

# Ponte Vedra NewsLine

OCTOBER 2021 Volume 8 Issue 10

Ponte Vedra, Palm Valley, Nocatee and South Ponte Vedra Beach

A Florida NewsLine Publication



page 3  
Meet Minnie!

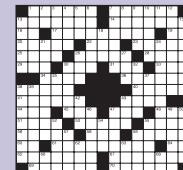


page 6

Q&A with St. Johns County Sheriff Rob Hardwick



page 13  
Get To Know ...  
Farah Mansouri



page 14  
Puzzles

## Teen Court a benefit to our community's youth

By Martie Thompson  
editor@florianewsline.com

Teen Court, developed in Texas in the 1980s, is based upon the premise that youthful offenders will more readily accept responsibility for their actions when judged and sentenced by their peers. In St. Johns County, Teen Court has been in existence since 1999 as part of the St. Johns County Clerk of Court's office, under the watchful eye of Theresa Simmons, the county's Teen Court coordinator. In her position, she not only is responsible for acting as a liaison with the State Attorney's office and the St. Johns County Sheriff's office for referrals who become the "defendants" in Teen Court, but also for recruiting teen volunteers from area high schools who become the "prosecutors," "defense attorneys," and "juries" in Teen Court.

"I have worked in various departments at the Clerk's office and believe me every job is important here; however, the best position I've had and have a passion for is Teen Court," Simmons said. "I got a chance to make a difference in the lives of children — making a difference one child at a time — and I love it."

"Theresa has been a critical and integral component of our Teen Court," said St. Johns County Clerk of Court Brandon Patty.

**Teen Court** cont. on pg. 2

Presorted Standard  
ECRWSS  
US Postage Paid  
Jacksonville, FL  
Permit No. 1858

\*\*\*\*\*ECRWSSDDM\*\*\*\*\*  
Residential Customer

Florida NewsLine  
450 State Road 13 N., Suite 106 PMB 101  
St. Johns, FL 32259

## First women's match play championship tees off in St. Johns County



Photos  
courtesy Mark Berman

To help kick off the PXG Women's Match Play Championship, a Women's Initiatives Collaboration with Generation W, PXG brought in its marketing team from Arizona and its regional sales leaders, seen here with the official championship trophy, which was produced by Ponte Vedra Beach non-profit Ocean Sole Africa.

By Tiffany Merlo Phelps  
mail@florianewsline.com

Over the past 14 years, Mark Berman has been on a golf journey with his daughter Hannah as she played golf at the junior, high school, college and elite level (pro). While it was exciting and rewarding, one glaring discrepancy became very clear to him, especially as Hannah went pro.

"You get to the end of college, and all of a sudden you have been lured by this dream and this promise to be able to play golf professionally — but for men versus women, it is significantly different," he said. "When you get out of college, you are faced with very few opportunities as a woman golfer to grow and to get better."

Consider this: On the women's side, there is the LPGA, the Symetra Tour (2019 total money leader \$124,000) and three developmental tours with average purses of \$30,000 with \$7,500 in average wins. On the men's side, there is the PGA Tour, the Korn Ferry TOUR (2019 total money leader \$565,000) and more than 30 developmental tours with

an average purse of \$100,000 with \$16,000 in average wins.

"It is an age-old disparity. It is because there were always so many boys/men playing golf. It was never really focused on girls and women playing golf until about 10 or 12 years ago when the industry basically said we are focusing on getting girls to play," Berman said.

When Hannah first began playing, 1,200 young women between the ages of 14 – 18 were ranked by the National Junior Golf Scoreboard.

"Now there are 5,000 ranked. And this does not include girls under the age of 14 and college age women," said Berman. "There was never the need until all of sudden there was this explosion of girls (the high school classes of 2014 – 2018). They are now starting to graduate college, and that is the explosion. Now we have unbelievable talent, unmatched, unparalleled, innumerable talent. They are absolutely good enough to play in the LPGA or just a year or two away from it, but they need that developmental time."



Mark Berman and daughter Hannah Berman out on the golf course.

Against this backdrop, Berman, managing partner of MediaShare Consulting Group and in the golf industry for 25 years, created the first ever professional women's golf tournament in St. Johns County and the first in Jacksonville since 1976.

The PXG Women's Match Play Championship will take place Oct. 26 through Nov. 4 at the World Golf Village. It is under the umbrella of the Women's All Pro Tour. It is one of only three US women's developmental tours for women and the only one which provides a pathway into the Symetra Tour. It is open to all professional players who are not LPGA players.

"This was my brain child, my dream. I pitched to PXG to be our title sponsor, and they said absolutely," said Berman. "I am fond of saying that I'm not doing this for Hannah, but I am doing it because of her."

Sixty-four "rising star professional female golfers" are set to play in the back-to-back tournament series, which features one 54-hole stroke-

**Match Play Championship** cont. on pg. 6

Strictly Senior Services Inc [StrictlySeniors.org](http://StrictlySeniors.org)

You or your loved one can now travel with peace of mind.  
My service promotes independence while providing personalized care. I offer short and long distance transportation with a kind, caring advocate in the driver's seat!

**Call for escorted door-to-door transportation to/from:**

- ♥ Medical Appointments ♥ Special Occasions with Family and Friends
- ♥ Community Activities ♥ Social Engagements
- ♥ Shopping Trips and Salon Visits
- ♥ Airports (including pick-up, drop-off and flight companions)

**"We Provide More Than a Ride"**

Tracey Kuczinski - Your Senior Advocate  
[StrictlySeniors.org](http://StrictlySeniors.org)  
**904.481.6786**  
WHEELCHAIR ACCESSIBLE SENIOR TRANSPORTATION

**Teen Court** cont. from pg. 1

"She's been in her position for 21 years and had the first Teen Court case in 2000."

Simmons said since its inception, Teen Court has tried 1,938 cases and more than 500 volunteers have been involved. Prior to the pandemic, Teen Court was held in the St. Johns County Court-room Annex on Tuesday evenings from 5 p.m. – 9 p.m.

The purpose of Teen Court is to direct minor cases — first time misdemeanors such as retail theft, battery, trespassing and disruption of school — away from the formal juvenile court. Those offenders who are referred to Teen Court, as well as their parents, meet with Simmons to determine if they are willing to voluntarily participate in the program. The offender must admit guilt to their charges, testify truthfully in Teen Court, and be willing to accept the sanctions of the Teen Court. Assuming they do, usually no further action is taken and the case is dismissed by the State Attorney.

The defendant has a "teen-defense attorney" assigned to their case who is responsible for bringing out mitigating circumstances in an effort to sway the jury to reduce the penalties the jury is required to impose. There is also a "teen-prosecuting attorney" who is trying to bring forward all the reasons why a stronger penalty should be imposed by the jury.

The "juries" in Teen Court are made up of trained middle and high school volunteers along with a few previous



Photo courtesy Teresa Monson

defendants from Teen Court, who are mandated to serve on a jury as part of their sentence. This offers the young offenders a unique opportunity for rehabilitation. The jurors listen to both of the teen volunteer attorneys' arguments and then retire to the deliberation room to come to agreement about the number of jury duties and community service hours the defendant must serve, as well as any other appropriate sanctions.

Simmons said the teenage volunteers in Teen Court also gain from their involvement and in fact several have gone on to law school themselves.

"Teen Court gives the volunteers a sense of confidence," she said. "They learn to stand up tall and speak clearly. This translates well to the high school and college classroom."

The program, like many, has been on hiatus the last year due to the pandemic, but Patty said his office is constantly monitoring the delta variant and is hopeful to restart Teen Court this winter. Simmons will be retiring in December, a loss that Patty said will be big.

"Our intent is to continue to offer Teen Court, and in fact to grow the program," Patty said. "This is a legacy program through multiple clerks of court and we want to continue to build it."

Simmons said she is still sending out information to teen volunteers who request it (email [tsimmons@stjohnsclerk.com](mailto:tsimmons@stjohnsclerk.com) if you are interested) and plans to come back as a volunteer after her retirement to lend assistance and knowledge. Patty said his office will post the Teen Court restart date to its website ([www.stjohnsclerk.com](http://www.stjohnsclerk.com)) as soon as it is set.

## St. Johns County Clerk unveils snapshot of 2020 county finances

By NewsLine Staff  
[mail@florianewsline.com](mailto:mail@florianewsline.com)

In late September, St. Johns County Clerk of the Circuit Court and Comptroller Brandon J. Patty presented the inaugural publication of "Tracking Your Tax Dollars: A Guide to St. Johns County's Finances" to the Board of County Commissioners.

Known officially as the Popular Annual Financial Report, the easy-to-understand booklet features highlights from the Comprehensive Annual Financial Report, which is a 400-plus-page accounting of the county's fiscal year 2019-2020 budget and finances. The Popular Annual Financial Report is designed to be straightforward and comprehensible for the general public and others without a background in public finance.

The 18-page Popular Annual Financial Report is accessible online at [www.stjohnsclerk.com/pafr](http://www.stjohnsclerk.com/pafr). A limited number of printed copies are available at the St. Johns County Clerk of the Circuit Court and Comptroller, Richard O. Watson Judicial Center, 4010 Lewis Speedway, in St. Augustine.

## A Bolles Education Offers the World.



**A GLOBAL CURRICULUM**

**FOREIGN LANGUAGE PROGRAMS**

**INTERNATIONAL STUDENT ADVISORS**

**OUR GLOBAL ONLINE ACADEMY**

**LEARNING ABROAD PROGRAM**

**STUDENT-LED SERVICE CLUBS**

**MULTICULTURAL ORGANIZATIONS**

**THE LIST GOES ON**

## Passports not required.



**Bolles.org**

Pre-K through Grade 12, Day & Boarding School.

# FLORIDA NewsLine

Ponte Vedra NewsLine • The CreekLine • Mandarin NewsLine

450 State Road 13 North  
Suite 106 PMB 101  
St. Johns, FL 32259  
(904) 886-4919  
[www.FloridaNewsLine.com](http://www.FloridaNewsLine.com)

**Publisher**  
Mark Pettus  
[Publisher@FloridaNewsLine.com](mailto:Publisher@FloridaNewsLine.com)

**Editor**  
Martie Thompson  
[Editor@FloridaNewsLine.com](mailto:Editor@FloridaNewsLine.com)

**Bookkeeper**  
Emily Whitehead  
[Accounting@FloridaNewsLine.com](mailto:Accounting@FloridaNewsLine.com)

**Social Media**  
[SocialMedia@FloridaNewsLine.com](mailto:SocialMedia@FloridaNewsLine.com)

**Advertising Sales**  
Linda Gay  
[Linda@FloridaNewsLine.com](mailto:Linda@FloridaNewsLine.com)  
(904) 607-5062 cell

Rebecca Thomson  
[Rebecca@FloridaNewsLine.com](mailto:Rebecca@FloridaNewsLine.com)  
(724) 968-7602 cell

Ponte Vedra NewsLine Community Newspaper is a free monthly publication distributed via bulk mail to all addresses in Zip Codes 32081 and 32082. Submission of articles and photographs are received by mail or email, although email to [editor@FloridaNewsLine.com](mailto:editor@FloridaNewsLine.com) is preferred. The writers' opinions do not necessarily reflect the opinion of Florida NewsLine. Advertising Rates are available by request. Florida NewsLine is not responsible for advertisement content or accuracy of information provided by its advertisers. Nor does Florida NewsLine endorse any of the products or services included in this publication. Florida NewsLine reserves the right to refuse advertisement or copy from any advertiser. All rights are reserved and no portion of this publication may be copied without the express written consent of the publisher. ©2021.



# BFF Best Furry Friend of the month

Meet Minnie!



**BREED:**  
Domestic shorthair  
**FAVORITE TACTIVITY:**  
Sleeping  
**FAVORITE TREAT:**  
Fancy Feast Gravy Lovers  
**FAVORITE FRIEND:**  
Her eight-year-old human, Rose  
**HOW YOUR BFF GOT HIS NAME:**  
She has a "Hidden Mickey" on her fur.

Do you have a cute pet? Send us your pet's picture and the answer to the five questions above before the 10th of the month. Also tell us you saw the BFF contest in Ponte Vedra NewsLine. Your pet could be our BFF of the month and appear in Ponte Vedra NewsLine! Email [editor@floridanewsline.com](mailto:editor@floridanewsline.com) to enter your pet.

## ST. JOHNS Business Monthly

Are you interested in promoting your business in St. Johns Business Monthly, a feature section included in both The CreekLine and Ponte Vedra NewsLine? Call Linda 904-607-5062

## Table of Contents

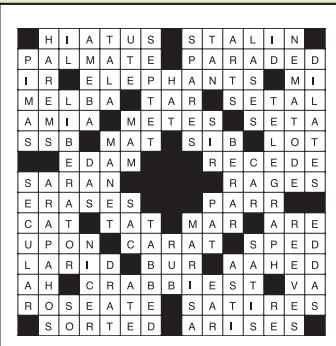
- 4 Q&A Vicky Oakes
- 4 Q&A Kelly Barrera
- 5 What's Going on in Ponte Vedra
- 7 St. Johns Business Monthly
- 8 Briefs
- 10 COA Community events
- 16 Nease football seniors
- 17 Nutrition Check
- 18 Travel

## MYSTERY PHOTO



Can you guess where this is?  
Submit your answer to:  
[mail@FloridaNewsLine.com](mailto:mail@FloridaNewsLine.com).

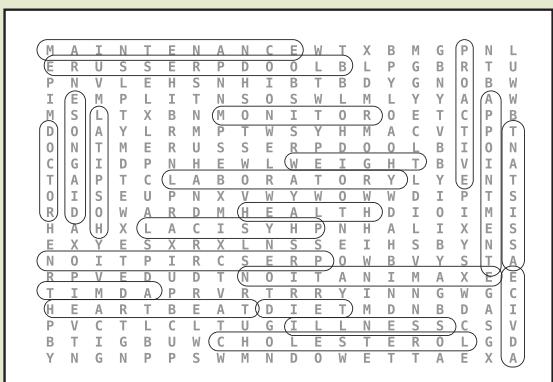
Last month's Mystery Photo was Baptist HealthPlace at Nocatee. Our winner was Carl Schuck. Congratulations!



ABCDEFHIJKLMNOPQRSTUVWXYZ  
**CRYPTO FUN**  
Determine the code to reveal the answer!

Answers: A. doctor B. checkup C. testing D. diagnosis

Answers to our Puzzles PG 14



Daily Savings Club Members Save 15% on Food Everyday!

**20% OFF**

One Regularly Priced Item  
Coupon not valid for Seed/Bird Food, Optics, Daily Savings Club Memberships, Campania Baths or Sale Items. Cannot be combined with other coupons/discounts. Coupon expires 10-31-21

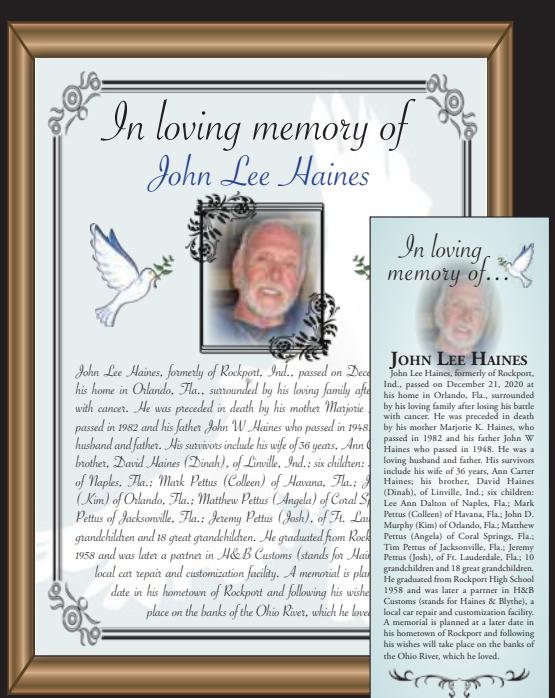
Bird Food • Feeders • Garden Accents • Gifts

Publish Obituaries in Ponte Vedra NewsLine

Honor your loved one with an obituary in Ponte Vedra NewsLine and receive a

Complimentary Memorial Plaque and Bookmark

Call 904-886-4919 for more information or to publish an obituary.



**St Johns**  
450 SR13 at Racetrack Rd  
(next to Publix)  
904.230.3242  
[wbu.com/jacksonville](http://wbu.com/jacksonville)

**Jax Beach**  
4138 Third Street South  
(between Trader Joes & Staples)  
904.246.6832  
[wbu.com/jacksonvillebeach](http://wbu.com/jacksonvillebeach)

**Coming Soon!**  
**St Augustine**  
180 Capulet Drive # 5  
(At Murabella)  
[wbu.com/staugustine](http://wbu.com/staugustine)



## Remember. Renew. Rejoice. WE ARE BISHOP KENNY

[www.bishopkenny.org](http://www.bishopkenny.org)



### Exceptional Care You Deserve

River Garden offers the best in long-term and short-stay nursing care, as well as rehabilitative services. But, don't take our word for it — see for yourself!

#### Private Rooms Available

(904) 886.8420

[Admissions@RiverGarden.org](mailto:Admissions@RiverGarden.org)

[RiverGarden.org](http://RiverGarden.org)



### Q&A with St. Johns County Supervisor of Elections Vicky Oakes

**Q: Why are we in the process of redistricting right now?**

A: Every 10 years the Census Bureau counts the population in each state to determine the overall population of the U.S. for the purpose of reapportioning Congressional representation, with the primary goal of creating districts equal or nearly equal in population.

It's important to note that redistricting affects only those races that appear on a ballot in an election — it's the way we change voting districts and that determines who represents us locally, at the state level, and in Washington DC.

**Q: What is happening at this time?**

A: Locally, both the Board of County Commissioners and the School Board are working jointly to redistrict by the end of the year. They have to come up with districts that have a standard deviation of population up to 5 percent. In St. Johns County, we like to keep our County Commission and School Board districts together. The Florida State Legislature will start working on their redistricting when session begins in January. Nationally, Florida will gain one congressional seat when redistricting is completed.

**Q: Locally, will we keep five districts for the County Commission and School Board?**

A: Yes, but the way the boundaries are drawn will change to reflect population changes. District 1 in the Northwest and District 4 in the Northeast have gained the most population and the new boundaries will be drawn to encompass a smaller geographical area so that the

population of all five of the county's districts is very close to the same.

**Q: What happens next for the Supervisor of Elections Office?**

A: Once the new county commission / school board districts are determined, we will begin work on new precinct lines. We plan to finalize precinct lines, finalize polling places, and mail voters their new voter cards in May 2022. This is cutting things very tight, because June 13 – 17, 2022 are the candidate qualifying dates in advance of the Aug. 23, 2022 Primary Election. The 2022 General Election will be held on Nov. 8, 2022.

**Q: How can readers learn more or participate in the redistricting process?**

A: There will be community meetings this fall: Nov. 1 at 6 p.m. in the School Board Auditorium and Nov. 2 at 6 p.m. in the Nease High School Media Center. The Joint Board Meeting for Final Approval of the District Map will be held on Dec. 9 at 9 a.m. in the Board of County Commissioners Auditorium.

There are two websites that have comprehensive information about redistricting. For the St. Johns County districts, visit [www.stjohns.k12.fl.us/redistricting](http://www.stjohns.k12.fl.us/redistricting) to see the proposed map options. The State of Florida also has a website: [floridaredistricting.org](http://floridaredistricting.org).

**Q: What is the best way for our readers to contact you?**

A: Readers can email me at [voakes@votesjc.com](mailto:voakes@votesjc.com) or call me at (904) 823-2238. Our website, [www.votesjc.com](http://www.votesjc.com) also has a wealth of information.



### Q & A with St. Johns County School Board Member Kelly Barrera, District 4

**Q: Do you have an update on Pine Island Academy and the final completion of construction?**

A: There are still some finishing touches to be made at Pine Island Academy as we are experiencing supply chain slow downs; however, at Pine Island Academy and our other schools, even with all the distractions in the world, when you close the doors of the schools and the kids are inside learning and thriving and the teachers are teaching — everything is moving forward the way the school district expects it to.

**Q: Are there any job opportunities with the St. Johns County School District?**

A: The school district is hiring. We have some critical need positions like in transportation (bus drivers and bus aides), food service, and paraprofessionals. The well known labor shortages, in addition to the district's 8 percent growth this year and the return of 10,000 district learners to brick and mortar schools, are all contributing to our employment needs. We expect we will be in a constant hiring cycle this year.

**Q: Do you have an update on High School III?**

A: The construction is moving along, but there are supply shortages being experienced. The principal is currently holding community meetings and I expect the school board will be selecting this school's name in the next couple of months.

**Q: Do you have anything else to share with District 4?**

A: We have started moving to the new standards — called BEST — and have incorporated them into our student progression plans. We are looking forward to the elimination of the high stakes testing of FSA (per Gov. Ron DeSantis) and moving to a more progress monitoring process.

**Q: How can our readers contact you?**

A: They can email me at [kelly.barrera@stjohns.k12.fl.us](mailto:kelly.barrera@stjohns.k12.fl.us) or call me at (904) 547-7510.

# OCTOBER

## What's Going On in Ponte Vedra? A modified calendar of events

### Community Calendar

Northeast Florida AHEC will host a free **Tai Chi for Arthritis program** via an online live webinar for people 60 years and older on Wednesdays and Fridays, Oct. 1 – Nov. 24, from 9:30 a.m. – 10:30 a.m. Call Northeast Florida AHEC at (904) 482-0189 or (877) 784-8486 to register.

**GTM Research Reserve** will host a guided exploration hike on Saturday, Oct. 2 from 9 a.m. – 11 a.m. Meet at the GTM Research Reserve Trailhead Pavilion (west of Guana Dam), 505 Guana River Road. Wear comfortable, closed-toe shoes. The event is free but parking is \$3 per vehicle. Visit gtmnerr.org for more information and to register.

**Daughters of the American Revolution (DAR)**, Ponte Vedra Chapter, will meet on Oct. 5, from 10:45 a.m. – 1 p.m. Contact pontevedrachapternsdar@aol.com for additional details.

**The Jacksonville Camera Club** will meet on Oct. 6 and Oct. 20. Visit jax.jaxcameroclub.com for more information and meeting location updates.

**Nocatee** announces the following events, open to the public: Food Truck Friday on Oct. 8 from 6 p.m. – 9 p.m. at Nocatee Station Field and Farmers Market on Saturday, Oct. 16 from 10 a.m. – 1 p.m. at Nocatee Station Field. Visit www.nocatee.com/events for more information.

**The St. Johns County Civic Round-table** will meet on Monday, Oct. 11 at 12 p.m. with guest speaker Carol Saviak, Strategic Partnerships Manager at St. Augustine-St. Johns County Airport Authority, North East Florida Regional Airport. This will be an in-person meeting inside of the Passenger Terminal. RSVP to info@scjroundtable.org if you would like to attend. Email info@sjroundtable.org to register for the meeting or for more information about the St. Johns County Civic Roundtable.

**The Friends of Ponte Vedra Beach Library** kick off the concert season on Tuesday, Oct. 12 by hosting a free performance by the Lisa Kelly/JB Scott Quintet in the FOL Room at 6 p.m. Featured are Lisa Kelly on voice, JB Scott on trumpet, Bill Prince on sax, Scott Giddens on piano, Dennis Marks on bass, and Jeremy Smith on drums.

NuVenture will host a **free community shredding event** at its offices in Bartram Office Park, 13241 Bartram Park Blvd., on Friday, Oct. 15 from 11 a.m. – 1 p.m. UltraShred will be on premises for community members to shred any of their financial/private documents at no charge. A food truck will conveniently be available for lunch. NuVenture is also sponsoring a raffle entry for each \$20 donation to benefit Hart Felt Ministries. For every \$50 donation,

there will be three tickets for the raffle and lunch provided. Call NuVenture at (904) 253-7600 or visit www.hartfelt.org for more information about Hart Felt Ministries.

**The Ponte Vedra Democratic Club** will meet on Tuesday, Oct. 19 for a 6 p.m. Chat & Chew and 6:30 p.m. meeting at Christ Episcopal Church, Room 106, 400 Solana Road. Dr. Austin Trantham, Jacksonville University history professor, will speak about what to expect from the Supreme Court this session. Email janetkary@gmail.com for more information about the club.

Northeast Florida AHEC announces a free **Tools to Quit Tobacco Class**, which includes free nicotine patches, gum or lozenges on Tuesday, Oct. 19, from 10 a.m. – 12 p.m. at Flagler Health and Wellness Center, 120 Health Park Blvd. in St. Augustine. Call (904) 482-0189 for more information or to sign up.

**The Newcomers of North St. Johns** will host a meeting and luncheon on Tuesday, Oct. 19 at 11:15 a.m. at Ruth's Chris Steak House, 814 A1A North, Suite 103 in Ponte Vedra Beach. Doors will open at 11 a.m. The event will feature actor Dianne Jacoby, who will portray infamous female pirate Anne Bonny. The cost for the luncheon and program is \$32 for members. All reservations must be received by Oct. 8. Contact Sue Aird at sjaird@comcast.net to register.

**The Friends of Ponte Vedra Beach Library** will present Dr. Paul Brazis in the FOL Room of the library on Tuesday, Oct. 19 at 6 p.m. as part of the group's Speaker Series. His talk is entitled "Death in the Arena: Gladiator Games from Ancient Rome" and he will discuss what it was like to spend a day at the Roman Gladiator Games.

**Ponte Vedra Woman's Club** announces a presentation on behavioral skin cancer research by Dr. Julie Merten, PhD, MCES, associate professor of the University of North Florida Department of Public Health on Wednesday, Oct. 20 at 12 p.m. at Sourter Kitchen + Bar, 831 1st St. North, Jacksonville Beach. The club will also host Treasures in the Trunk on Saturday, Oct. 23 from 10 a.m. – 2 p.m. at Coldwell Banker, 240 Ponte Vedra Park Drive. Visit www.pontevdra-womansclub.com for more information.

**The Savvy Job Hunters Ministry Zoom Workshop**, "Interviewing and Salary Negotiation with a Mock Interview" will be held on Oct. 22 from 10 a.m. – 12 p.m. Email nwhite@christepiscopal-church.org to register.

**The Ponte Vedra Beaches Coalition** will meet on Oct. 25 from 10 a.m. – 12 p.m. at the Ponte Vedra Beach Branch Library. Visit www.pvbcoalition.org for more information.



# We're Open!

45 Durbin Pavilion Drive #101  
St. Johns, Florida 32259

Stop by & say "Hi!"

(904) 481-8078

Hello@Slate.RealEstate

<https://slate.realestate>





## Q&A with St. Johns County Sheriff Rob Hardwick

### Q: What can you tell us about the Sheriff's Office's new training facility?

A: The complex is conveniently located off Agricultural Center Drive, near State Road 16 and Interstate 95. This venture actually started with the previous administration and we just opened in the last few months. Previously, our deputy training took place in a facility that we rented from the school district. This new facility will be a better use of taxpayer dollars.

### Q: What is contained at the new facility?

A: There are two ranges, one of which is the primary range for our deputies. We need to keep our 360 deputies in law enforcement and our 150 deputies who work in corrections proficient with firearms. The second, smaller range is a guest range for other entities and partners in law enforcement, like the FBI out of Jacksonville, as well as for specialized teams like our SWAT team.

The large building on the property houses our 911 communications center for SJSO

and St. Johns County Fire and Rescue, as well as dispatching for the St. Augustine and St. Augustine Beach Police Departments and the National Parks. Last year we had 300,000 calls just to SJSO and 95,000 were 911 calls. That comes out to about 678 calls a day, so it is very busy.

Also in this half of the building is our real time crime center with our criminal analysts. It's their job to track crime as it is in progress in St. Johns County. This is one of the tools we use to deter crime within St. Johns County.

The other half of the building is our training division. Every member of SJSO, approximately 900 full time and part time employees, receives some type of training here. We have a number of classrooms of different sizes to accommodate many sizes of groups. It is more cost effective to bring the training to us than to send all of our employees out.

The property also contains a state certified driving track to keep our deputies concurrent with their required skills for emergency vehicle operations.

### Q: What are the future plans for the complex?

A: The property is a 45 acre parcel, so we still have available space for future use. My plan as sheriff is to continue to move more services here and provide a healthy work environment with everyone under one roof. We are spread out over 20 buildings; basically whatever building the county had available, they put us in. My current office is in the old medical examiner's office.

The first department we intend to relocate here is our fleet services. They are currently located in the old Wise Potato Chip factory in a building that used to house raw potatoes.

### Q: Do you have any plans for substations?

A: I'm in favor of co-locating with the St. Johns County Fire Department to save taxpayer dollars. Currently in the works with the fire department are joint locations in SW St. Johns County, Silverleaf, and Nocatee, where an addi-

tion to the existing station for our use is in the design phase. It is my goal to have administrative staff work at these locations to make it easy for community members to visit and get assistance.

### Q: Can you remind readers of the non-emergency number for the St. Johns County Sheriff's Office?

A: Our non-emergency number is (904) 824-8304. I'd recommend that community members program this number into their phones for future non-emergency use. But of course, if you forget this number, you can always call 911 and we will determine the correct routing for your call.

### Q: What is the best way for our readers to contact you with any questions or suggestions about this article?

A: They can email me at [sheriff@sjso.org](mailto:sheriff@sjso.org) or call me at (904) 824-8304. Also, our website, [www.sjso.org](http://www.sjso.org) has a wealth of resources, from alarm registration to Crime Stoppers to our Neighbors app.

**Match Play Championship** cont. from pg. 1 play tournament the first week at King & Bear, followed by a Match-

Play event the following week at Slammer & Squire. Berman credits his sponsors for their generosity, which enabled the event to be free.

To be clear, though, this is not just about golf. That's why Generation W, a Jacksonville Beach-based women's thought leadership organization, will host the "Links to Leadership Summit" during the event.

"This event goes beyond the golf course," said Donna Orender, founder and CEO of Generation W. "Links to Leadership will be energizing, informative and inspirational. It is designed to create the opportunity for the players and guests to learn from each other, develop personal leadership skills and provide collective connection skills."

Hannah Berman, a 2016 Ponte Vedra High School graduate, is excited to participate in the event.

"I am so proud of my dad. He cares about women's sports more than

anyone I know," said Hannah, now 23 and an associate golf professional in Colorado and at the Sawgrass Country Club on a seasonal basis. "Women are worth it in sports. There is no reason why we should have anything less than men. Women across the board are worth it and should feel empowered by this."

Hannah Berman began playing golf at age nine and became a two-year captain on the Ponte Vedra High School golf team, the MVP and a four-time postseason champion.

For Mark Berman, this event, which will raise money for INK! (Investing in Kids operated by The St. Johns County Education Foundation), is all about creating opportunities for women in golf, in the community and in the golf industry.

"It is not a knock against the guys. It is just how do we create more playing opportunities and eventually earning opportunities for these young women so that they can get to their next level."

For more information about this free event, visit [www.PXGWMPC.com](http://www.PXGWMPC.com).

**Save \$500**  
on your next garage or closet project  
Minimum purchase required.  
Must mention ad. Not valid with any other offer. Expires 10/31/21

**ELITE SERVICE**  
HomeAdvisor

**tailored living**  
featuring **P** PremierGarage

**BEST OF**  
**2020 WINNER**

Closets • Garages • Garage Flooring • Offices • Pantries

**Garage Storage**

**Floor Coatings**

**15 Years Locally Owned**

WE DO IT ALL FOR YOU - WE'VE GOT THIS.

**904.204.0659** [TailoredLiving.com](http://TailoredLiving.com)

# ST. JOHNS BusinessMonthly

## MarketInsight



### Florida Man

By Scott Grant  
ScottGrant@StJohnsBusinessMonthly.com

On Tuesday, July 25, 2017, just after 3 p.m., Alexander Sperber parked his red Mustang in the parking lot and entered a branch of the Regions Bank on Third Street in Fort Lauderdale. He approached a teller and extended his left index finger. He told her that he had a gun and demanded that she put money into the bag he was carrying.

The teller filled the bag with \$4700 and a red dye pack. Sperber fled on foot. The dye pack exploded. His clothes, face, and a cast on his left hand were stained. He proceeded to run down Los Olas Boulevard, stripping naked and tossing fifty- and hundred-dollar bills into the breeze. Observers were shocked. "Was he naked?" a dumbfounded observer asked. Another man commented that he thought the philanthropic streaker was an escaped mental patient.

The police arrested Sperber after he had run a few blocks. They put a yellow tarp over his nudity and brought the bank teller to the scene to make a positive identification. They then took the bank robber to Broward Health Medical Center for evaluation. The FBI came to interview him. Sperber waived his Miranda rights and told the FBI the whole story.

He had woken up that morning and decided to rob a bank and run naked down the street throwing money away in order to jump start his career as a comedian. It turns out he wasn't an escaped mental patient. He was a graduate

of Lehigh University and a graduate student at Florida Atlantic. He also claimed to be an inventor. He was working on obtaining a patent for a new type of automated awning. Something to protect people from the hot Florida sun.

Sperber was held in jail and faced up to 10 years in prison if convicted. In January of the following year, a federal judge found Sperber not guilty by reason of insanity. The trial lasted just 25 minutes. It seems that everyone involved, including prison psychiatrists agreed that the would-be bank robber-comedian was so mentally ill that he could not be held responsible for his actions. The prosecution told the judge that Sperber believed "that a chip installed in his head compelled him to commit the bank robbery to further his career as a comedian."

At the time, the story was presented as just another classic Florida Man tale and in some ways it is. But as more facts came to light, the story became more tragic. Sperber had a long history of mental illness. He suffered from schizophrenic hallucinations and often stripped naked under stress. He also had a history of autism. In the end, he received the treatment he needed and was released.

*Scott A. Grant is a local columnist, author, speaker, and historian. By day he is a fiduciary asset manager and president of Standfast Asset Management. He welcomes your comments or questions at scottg@standfastic.com.*

## ST. JOHNS BusinessMonthly

Are you interested in promoting your business in St. Johns Business Monthly, a feature section included in both The CreekLine and Ponte Vedra NewsLine? Call Linda 904-607-5062

## SCORE to host webinars for business owners

By NewsLine Staff  
mail@floridanewslne.com

SCORE is a national service organization that supports small businesses nationwide. SCORE has a network of more than 11,000 volunteers operating in more than 340 local chapters around the country. The organization is supported by the US Small Business Administration (SBA).

In October, SCORE Jacksonville will host a four part series of interactive workshops entitled "Achieve Your Business Dream," perfect for aspiring and emerging business owners. They are taught by SCORE mentors with decades of business experience in the topics they teach. This four week program usually has a \$99 fee; however, TD Bank has sponsored this series. It is strongly recommended that you register for and attend all four sessions.

The goal is to provide you with the background you need to assemble a business plan, start a business and make an existing business succeed. Workshops are online on four consecutive Tuesdays in October from 5:30 p.m. – 8:15 p.m. :

Session 1, Oct. 5: Business Foundations – What Will Your Business Be?

Session 2, Oct. 12 : Marketing Basics & Social Media

Session 3, Oct. 19: Financial Basics, Business Naming & Market Analysis

Session 4, Oct. 26: The Business Plan, Financial Projections & Funding

Register online at jacksonville.score.org.

*About SCORE: Locally, SCORE counselors' skills include: accounting, consulting, distribution, financial planning, franchising, human resources, marketing, operations, publishing, retail sales, strategic planning, sales, consumer products, Internet, technology and nonprofit management, and doing business with the government. SCORE provides support to business owners in several ways, including free confidential mentoring for startups and existing businesses, workshops to help entrepreneurs start and run a successful business, advice on how to get a business loan, and assistance with putting together a successful business plan. Visit jacksonville.score.org for more information.*



**With 10 years of IRS experience!**

**We are here for you and your loved ones!**

We are ready to prepare your  
**Personal & Business Tax Returns!**

**Tax Planning | Tax Consulting | IRS Representation**

**www.Jacobsonaccounting.com      Make your appointment!  
Located at 2201 Sawgrass Village Dr, Ponte Vedra Beach 32082      Phone: (904) 285-1040**

**NuVENTURE**  
FINANCIAL GROUP

**FINANCIAL PLANNING  
WITH A PURPOSE**

O: 904.253.7600 | F: 904.253.7601  
13241 Bartram Park Blvd. Suite 905  
Jacksonville, FL 32258  
[NuVentureFinancialGroup.com](http://NuVentureFinancialGroup.com)

**Bob Horne, RICP®**  
President / CEO

**Chris Morrison**  
Vice President

[Find us on Facebook](#) [Find us on Nextdoor](#)

## Briefs

### Halloween Doors & More drive in movie to benefit Community PedsCare®

On Saturday, Oct. 16, Community Hospice & Palliative Care Foundation's Halloween Doors & More will present a drive-in movie experience at the Jacksonville Fairgrounds.

For 17 years, Northeast Florida's premier Halloween event, Halloween Doors & More, has delighted kids and kids at heart. In the spirit of fun and Halloween, this year there will be two movies under the stars: Trolls: World Tour at 5 p.m. and Hocus Pocus at 7:30 p.m. Smiles are required, and costumes are encouraged.

Proceeds from Halloween Doors & More benefit Community PedsCare, a nationally recognized pediatric program for children in Northeast and North Central Florida living with complex, chronic, life-limiting, or advanced illnesses. All vital care and support are provided at no cost to the family, which is made possible through generous community supporters, efforts of the Community Hospice & Palliative Care Foundation, and Medicare.

Admission is \$25 per car, per movie. Call (904) 886-3883 or visit [CommunityHospice.com](#) to purchase admissions and sponsorships for Halloween Doors & More.

### Volunteers needed to make friendly calls to seniors

The pandemic has underscored how older adults living alone are often more isolated

and need a connection to the community and friends. You can help solve this problem without even leaving your home.

ElderSource, a nonprofit organization that works to empower seniors with dignity and independence, is recruiting volunteers for its Caring Connections Telephone Reassurance Program. Caring Connections offers a simple way for someone to make a difference in the life of a homebound older adult.

Caring Connections volunteers are needed immediately with approximately 40 seniors currently waiting to be matched with volunteers. All volunteers are trained, background screened and matched with a special friend. Hours are flexible, as the volunteer and the senior work together to set the days and times convenient for each person to connect by phone.

Volunteers are needed in all seven counties of the ElderSource service area that includes Baker, Clay, Duval, Flagler, Nassau, St. Johns and Volusia.

To learn more about how to be a Caring Connections volunteer or if an older adult would like to be matched with a volunteer, email [Volunteers@MyElderSource.org](mailto:Volunteers@MyElderSource.org) or call the ElderSource HelpLine at (904) 391-6699.

### Most advanced Contrast-Enhanced Mammography now available

Ackerman Cancer Center, the world's first and only private practice offering

proton beam technology, is offering another first: Contrast-Enhanced Mammography (CEM) as a cutting-edge cancer diagnostic method at Ackerman Breast Clinic at its location in Amelia Island.

Excluding skin cancer, breast cancer is the most common cancer in women in the United States, with more than 250,000 breast cancers diagnosed each year. Contrast-enhanced mammography has been shown to find breast cancer better than traditional mammograms, and is especially beneficial to women with dense breasts or at a high-risk of breast cancer. It provides exceptional clarity to help rule out cancer or highlight an abnormality requiring further attention. Contrast-enhanced mammography is just like a normal mammogram except it uses a contrast medium, which is a substance that is injected into the bloodstream and shows up on an x-ray. The contrast medium collects in tissues with robust blood flow, especially cancerous tissues, enabling the radiology team to study that area in more detail. It is performed simultaneously with a 2D mammogram; 3D mammography can also be performed at the same visit.

Founded in 1997, Ackerman Cancer Center was established to deliver patients the highest-quality of personalized cancer care, while remaining committed to the mission of service to those in need throughout the entire spectrum of society. Visit [ackermancancercenter.com](#) for more information.

### Assistance with past due energy bills for low-income seniors now available

The Emergency Home Energy Assistance for the Elderly Program (EHEAP) that was previously administered by the Council on Aging will now be offered by St. Johns County. This is ongoing assistance for heating/cooling (electric) bill assistance to an elder who is in immediate

danger of losing home energy. Payment is made to the energy vendor or landlord (if utilities are included with the rent) on behalf of the eligible household that meets income and residency criteria.

Benefit payment amounts are determined based on a documented home energy crisis and eligibility guidelines:

- Elder (60+) must be experiencing a verifiable home energy crisis.
- Household income must be below 150 percent of the federal poverty level.
- Utility bill must be past due for assistance with this program.
- Applicant is a St. Johns County resident, and cannot be a resident of a group living facility or a home where cost of residency is subsidized through a program administered by the state. Also cannot be a student living in a dormitory.
- Complete the entire EHEAP Application and provide all required documentation (list found at <http://www.sjcl.us/SocialServices/index.aspx>).

All applicant/household EHEAP benefit(s) must be combined. Each applicant/household is allowed up to \$5,000 each until instructed otherwise. Allowable categories for financial assistance include past-due utility payments for heating/cooling, deposits to restore energy, and late, disconnect, or reconnect fees. Categories not eligible for financial assistance include water, sewer, and garbage charges, meter tampering charges, or return check charges.

Completed applications can be mailed to 200 San Sebastian View, Suite 2300, St. Augustine, FL 32084. For more information or assistance with the application process, call (904) 209-6140.

**Briefs** cont. on pg. 14



**PREDDY**  
LAW FIRM  
**Estate Planning • Wills • Trusts  
Probate • Guardianship**  
More Than 25 Years Legal Experience  
**904-665-0005 • [www.preddylaw.com](http://www.preddylaw.com)**  
12627 San Jose Blvd. • Ste. 102 (Just north of the Julington Creek Bridge)

## We're really living at Windsor Pointe!

### Some Preferred Apartments Still Available!



Come see why everybody's moving to Jacksonville's vibrant Independent Living residence: new friendships, recreation activities, four dining venues and an unbeatable location.

**CALL TO PLAN YOUR  
PRIVATE TOUR.  
(904) 490-6300**

**Windsor Pointe**  
VIBRANT INDEPENDENT LIVING

*A Residence of Legend Senior Living®*  
[WindsorPointeJAX.com](http://WindsorPointeJAX.com)



**NO BUY-IN**

VISIT OUR WELCOME CENTER: 14333-26 BEACH BLVD, JACKSONVILLE, FL 32250

**OPENING IN OCTOBER!**



## Better health is close by.



**Health and happiness go together. That's why Baptist Health created a fitness, medical and wellness center right here in Nocatee.**

HealthPlace has a wealth of ways to get and stay healthy. The center includes a new family YMCA, a healthy café, and a Baptist Center for Healthy Living, with classes and events, health coaching, and more.

And you can get the medical care you and your family need, right here:

**Behavioral health for kids and adults**

- Baptist Behavioral Health
- Wolfson Children's Behavioral Health

**Cardiology**

- Baptist Heart Specialists

**Gastroenterology**

- Borland Groover

**Imaging and lab for kids and adults**

- Baptist Imaging Center and Lab
- Including mammography, X-ray, ultrasound and bone density

**Neurology**

- Baptist Neurology Group

**OB/GYN**

- Trogolo Obstetrics and Gynecology
- Women's Care Florida
- Women's Physicians of Jacksonville

**Orthopedics for kids**

- Nemours Children's Health, Jacksonville

**Primary care and pediatrics**

- Baptist Pediatrics
- Baptist Primary Care

**Rehabilitation for kids and adults**

- Brooks Rehabilitation
- Wolfson Children's Rehabilitation

We have a friendly team ready to help you at **202-4YOU**. They can answer your questions or get you connected with a doctor for you and your family.  
Better health is close by!  
To learn more, or sign up for updates, visit [baptistjax.com/Nocatee](http://baptistjax.com/Nocatee).

**Baptist HealthPlace at Nocatee**  
400 Colonnade Drive  
Ponte Vedra, FL 32081

 **healthplace**

# New class of Newcomers of The Beaches

By Bonnie Evans  
mail@floridanewslime.com

What fun it was to welcome so many new members to Newcomers of the Beaches at the Marsh Landing Country Club outside pavilion on Wednesday, Sept. 8. The group has monthly luncheons as well as many activities that keeps one physically and mentally fit. The objective is to make new friends and have a great time doing it.

President Penny Dollar introduced new vice president, Maria Schefferine, as well as the current members of the board of directors. The revised bylaws were unanimously approved by the membership. There is no longer a graduation date. Every new member introduced themselves. Members are from all over the Beaches area who are new residents or had a recent life changing event.

There was great enthusiasm when each activity leader gave a short presentation of their activity. The varied cornucopia of fun activities is extensive where there is literally something for everyone.

On Oct. 13, our 184 members will be actively working on Community Volunteer Day, where they will assist various organizations with their specific needs. The charities are BEAM, Rethreaded, Betty Griffin Center, St. Francis House, Port in the Storm, Foster Closet, Ponte Vedra Gardens, Cummer Museum and Jacksonville's Animal Care and Protective Services.

Visit [www.newcomersofthebeaches.com](http://www.newcomersofthebeaches.com) for more information — and to find your new best friend.

## Community groups — something for everyone

By NewsLine Staff  
mail@floridanewslime.com

The COA Center at Flagler Health+ Village at Nocatee announces the formation of new special interest groups. No instructor will be present at any of the events; meetings will be self-guided by the group except for the Caregiver's Support Group. Advance registration for clubs and meetings is required by emailing [pbrunell@stjohnscoa.com](mailto:pbrunell@stjohnscoa.com) or by calling (904) 819-3234.

**Book Swap:** First Tuesday of every month from 10 a.m. – 11:30 a.m. Bring a book and connect with other readers in the community. Leave a book you think others would enjoy and take a book home to read. (Oct. 5)

**Widows and Widowers:** Social group meeting the second and fourth Tuesday of every month from 11 a.m. – 12:30 p.m. (Oct. 12, 26)

**Scrapbooking Club:** Bring your own supplies or bring some you would like to exchange with others. Meeting the

third Tuesday of every month from 10 a.m. – 12 p.m. (Oct. 19)

**Caregiver Support Group:** This group meets weekly to give caregivers a chance to discuss current issues. This group meets every Tuesday at 1 p.m. There is a trained facilitator present at every meeting to guide the group.

**Community Crafting:** Bring your craft and work on it with friends. Get new ideas and socialize with other crafters. This group meets every Wednesday from 9:30 a.m. – 11:30 a.m.

**Just 4 Us LBGT+ Social Club:** The COA invites LGBT+ Community Seniors to meet on the third Wednesday of every month from 2:30 p.m. – 3:30 p.m. (Oct. 13)

**Plant and Garden Group:** Special meeting prior to presentation on Oct. 27 at 9 a.m.

*COA Center at Flagler Health+ Village at Nocatee is located at 351 Town Plaza Ave, Suite 205.*

Visit [www.FloridaNewsLine.com](http://www.FloridaNewsLine.com)



Photo courtesy Bonnie Evans

**NEW EXPANSION LOCATION**

**Jacksonville speech & Hearing Center South**

**NOW OPEN!**

**SPEECH AND HEARING HEALTH FOR THE WHOLE FAMILY**

**SCHEDULE YOUR APPOINTMENT TODAY!**

14595 PHILIPS HIGHWAY, STE. 2 JACKSONVILLE, FL 32256 904.355.3403 [WWW.SHGJAX.ORG](http://WWW.SHGJAX.ORG)



**St. Augustine's top independent real estate company has now opened in Ponte Vedra Beach**

238 Canal Blvd Suite 4, Ponte Vedra Beach, FL 32082  
904.330.1971

[www.esrpontevdra.com](http://www.esrpontevdra.com)



**George Daugherty  
REALTOR®**

**805-448-8230**

George@endlesssummerrealty.com



**Bobby Mitcham  
REALTOR®**

**904-533-8638**

bobby@endlesssummerrealty.com

## Newcomers Alumnae welcome Atlantic Beach Arts Market to luncheon

By Brooke Freeman  
mail@floridanewslne.com

Newcomers Alumnae held its first monthly luncheon after a long summer hiatus on Wednesday, Sept. 1 at Marsh Landing Country Club. Members were entertained by two members of Atlantic Beach Arts Market, owner Gloria Moore and her assistant Jeannie Gabrynowicz.

Moore is originally from Boston, Mass. and moved to the Jacksonville area in 1984. After she retired, she set up her own pottery studio and partnered with

her daughter and son-in-law in opening the Atlantic Beach Arts Market — a 5,000 square foot creative space and vintage market, open seven days a week and located at 1805 Mayport Road. The market has more than 90 local artists and vendors, a learning studio, while also selling art, jewelry, paintings, pottery, glass, fine art and handmade gifts.

The speaker at Newcomers Alumnae's Oct. 6 luncheon will be Allison Misora and a special guest from K9s for Warriors, which is the nation's largest provider of



Photo courtesy Sally Lutz  
Gloria Moore and Jeannie Gabrynowicz.

trained service dogs to military veterans suffering from PTSD, traumatic brain injury and/or military sexual trauma. The cost for this luncheon is \$23. Reservations for lunch must be made by contacting bartshar@comcast.net as soon as possible in order to reserve a seat.

Newcomers Alumnae is a social group of women who live in Ponte Vedra Beach, Nocatee, Jacksonville Beach, Atlantic Beach, Neptune Beach, Jacksonville and St. Augustine. Contact brookemeister@msn.com for more information.

## "Feed the Frontline" delivers dinner to hospital workers

By NewsLine Staff  
mail@floridanewslne.com

The Rotary Club of Ponte Vedra recently delivered dinner to 135 medical personnel at Baptist Medical Center Beaches — the fourth such meal delivery in the club's "Feed the Frontline" effort. "Feed the Frontline" provides meals to frontline

workers who are caring for COVID-19 patients at local hospitals during this surge. So far, two meals have been delivered to Baptist South and two to Baptist Beaches.

Many of these frontline workers are pulling double and even triple shifts to cover needs.



Bob Wiltfong, Andy Scott, Sean Smith, Colleen Smith, Clare Butler, Lori Anderson, Andy Erickson, Gail Erickson, and Denny Baldwin at Baptist Beaches.

"Our health care team at Baptist Beaches is working tirelessly to provide the best care possible to all of our patients," said Baptist Beaches Hospital President Joe Mitrick. "It's extremely uplifting to get support from our partners at the Rotary Club of Ponte Vedra. The meal deliveries are a welcome break and help us soldier on to treat and comfort our patients. We are very grateful for the support."

The president of the Rotary Club of Ponte Vedra, MaryBeth Murray, praised fellow Rotarians from the Rotary Clubs of Ponte Vedra Beach and Palm Valley in joining the effort as well as Jason Chinn from Nocatee's Pieology location, who has been instrumental in providing pizzas for multiple meal servings.

"We could not do this without the help and donations of several people in our



community. It's nice to know that we are not alone in valuing the Rotary principle of 'Service Above Self,'" Murray said.

Anyone wishing to contribute to "Feed the Frontline" may do so via the Rotary Club of Ponte Vedra's Venmo account (@PonteVedra-Rotary) or by check payable to the Rotary Club of Ponte Vedra. Checks should be mailed to 101 Marketside Avenue, Suite 404-111, Ponte Vedra, FL 32081.

## Palencia Elementary hosts ninth annual Fore the Kids Golf Tournament

By Tiffany Trivedi  
mail@floridanewslne.com

Palencia Elementary School will again host its annual fundraiser, the Fore the Kids Golf Tournament on Monday, Oct. 18 at the Palencia Club. The tournament registration will open at 11 a.m. with a 1 p.m. shotgun start and a four-person scramble format. Entry includes lunch and a 19th Hole Awards Dinner. This event is one of the largest fundraisers put on by the school's PTO.

Each year, in partnership with the school's administration, the PTO determines how and where the money raised in the PTO fundraisers is best utilized. This year the decision was made to allocate some of the funds

to build an outdoor space for the children. The goal is to improve the playground areas and build an outdoor classroom. This will give the children and teachers more options to promote creativity, have fun outdoors, and get closer to nature.

There are many ways to get involved in this event — from sponsoring, to donating time to help run the event, to playing in the tournament.

Golf Chair Christina Oleksyn said, "We have players that have played in this tournament for nine years and have truly made it a tradition to continue to play. The sponsors and players are the heart of our tournament and I wish I

were able to list them all. Last year this fundraiser broke a record on the net amount earned and we want to exceed that amount this year. Every player and every sponsor counts and we can't thank everyone that participates enough."

Visit <https://palenciapiratespto.com/fore-the-kids-golf> if you would like to

register to play in the tournament or you're interested in becoming a sponsor. Lastly, it takes a lot of volunteers to make this event run smoothly. So, if you are available on Oct. 18, there are many ways you can lend your time and energy; visit the Palencia Elementary School PTO Facebook page to sign up to volunteer.

**Looking for a  
Meaningful Volunteer  
Opportunity?  
Be a Friend to a Senior**



The ElderSource Caring Connections Telephone Reassurance Program needs volunteers to make friendly phone calls to seniors who are living alone or are homebound. Your call can go a long way to help someone who might be feeling lonely or isolated.

Caring Connections volunteers are trained, background screened and then matched with a special friend. Hours are flexible as you and your senior will set days and times convenient for you.

*"Phone calls from my volunteer Toni, helped me mentally and physically during the pandemic. Now I am feeling more like myself." – Ms. Kim, Telephone Reassurance Program Participant*

Learn More About Becoming a Caring Connections Volunteer  
Call: 904-391-6631  
Email: [Volunteers@MyElderSource.org](mailto:Volunteers@MyElderSource.org)  
Visit: [MyElderSource.org/about/volunteer-opportunities](http://MyElderSource.org/about/volunteer-opportunities)

Volunteers are needed in Baker, Clay, Duval, Flagler, Nassau, Volusia and St. Johns counties.



**AFFORDABLE WATER**  
CONDITIONING • SOFTENING • PURIFICATION

Residential  
Commercial  
Industrial

**CLEAN WATER FOR YOUR HOME**

Affordable Water solutions for your home with the best customer service in the industry.

- Water Softeners & Filtration Systems
- Service on most makes and models
- Delivery of Salt & Potassium for your system

30 YEARS OF AFFORDABLE QUALITY

Call today 904-262-0197 for your Complimentary Water Test & Analysis.

3760 Kori Road • [www.affordablewaterjax.com](http://www.affordablewaterjax.com)



**CARDIOLOGY CARE CLOSE TO HOME****Dr. Ameeth Vedre**  
MD, FACC, FACP,  
FASE, FASNC**Dr. Neil K. Sanghvi**  
MD, FACC,  
FHRS Clinical Cardiac  
Electrophysiologist

**Flagler Health + Village at Nocatee**  
351 Town Plaza Ave, Suite 203  
Ponte Vedra, FL 32081  
(904) 342-8300

**Accepting New Patients**[www.FirstCoastHeart.com](http://www.FirstCoastHeart.com)

# How to roast pumpkin seeds

By NewsLine Staff  
[mail@floridanewslne.com](mailto:mail@floridanewslne.com)

Carving jack-o'-lanterns is a Halloween tradition that both adults and children enjoy. It's hard to resist an opportunity to carve a funny or scary face into a pumpkin that will soon make its way to the front porch, but there's another irresistible element to carving pumpkins as well.

Roasted pumpkin seeds make for a tasty, tempting treat. Seeds must be removed before carving pumpkins, so turning them into a savory snack is a great way to make use of them and cook up some fuel for family carving sessions.

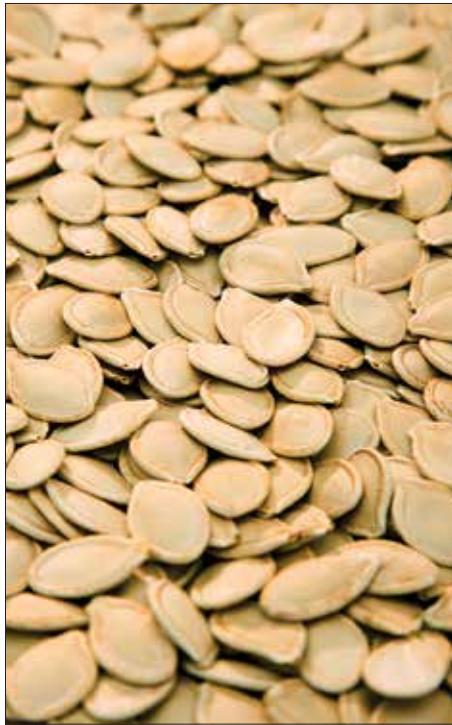


Photo courtesy MetroCreative

Roasted pumpkin seeds make for a tasty, tempting treat.

Roasting pumpkin seeds is a straightforward process, though some people may have their own techniques to make seeds more flavorful. The following recipe for "Pumpkin Seeds" from the Food Network reflects various ways to prepare this beloved snack, ensuring that people with varying tastes can no doubt find a way to incorporate their favorite flavors into this Halloween staple.

## Pumpkin Seeds

1. Seed the pumpkin: Preheat the oven to 300 degrees F. Using a spoon, scrape the pulp and seeds out of your pumpkin into a bowl.
2. Clean the seeds: Separate the seeds from the stringy pulp, rinse the seeds in a colander under cold water, then shake dry. Don't blot with paper towels; the seeds will stick.
3. Dry them: Spread the seeds in a single layer on an oiled baking sheet and roast 30 minutes to dry them out.
4. Add spices: Toss the seeds with olive oil, salt and your choice of spices (see below). Return to the oven and bake until crisp and golden, about 20 more minutes.
5. Sweet Toss with cinnamon and sugar (do not use salt in step 4).
6. Indian Toss with garam masala; mix with currants after roasting.
7. Spanish Toss with smoked paprika; mix with slivered almonds after roasting.
8. Italian Toss with grated parmesan and dried oregano.
9. Barbecue Toss with brown sugar, chipotle chile powder and ground cumin.

## Why do we say "Trick or treat?"

By NewsLine Staff  
[mail@floridanewslne.com](mailto:mail@floridanewslne.com)

Homeowners think nothing of having goblins, nurses, vampires, or astronauts showing up at their doors each October asking for candy. Any other time of the year and these visitors might be turned away. But Halloween is all about the magical and the macabre, and trick-or-treating is a major component of the festivities.

Kids and adults alike cry out "trick or treat" at each house they visit. Many utter this familiar phrase without a second thought and may have no idea how this familiar custom came to be.

During the Middle Ages, less fortunate individuals would go "souling," which was a process of going door-to-door asking for food on Nov. 1 in return for saying prayers for the deceased on All Souls Day on Nov. 2. Many centuries later, the tradition of "guising" began in Scotland around the same time of year. People began wearing masks and costumes to disguise themselves and prevent evil spirits from harming them. Spirits were thought to cross over more readily around Halloween. The custom also was called "mumming" and was celebrated in nearby England and Ireland as well.

Costumes were eventually accompanied by hijinks. Mischief makers would sing a rhyme, do a card trick or tell a story in exchange for a treat. If that treat wasn't presented, a "trick" could be played. For 19th century children, tricks included jamming hot cabbage into a keyhole to stink up a house or frightening passersby.

History.com indicates that when European immigrants arrived in America, they didn't give up their annual mischief or requests for treats, and the custom spread throughout the early 20th century in the United States.

While the practice of begging for treats in some shape or form went by many names, Merriam-Webster reports that a newspaper in Saskatchewan, Canada first mentioned the words "treat" and "trick" together in print. A 1923 article indicated, "Hallowe'en passed off very quietly here. 'Treats' not 'tricks' were the order of the evening." By 1927, more and more children were uttering "tricks or treats" to solicit candy from their neighbors.

Trick-or-treating gained steam throughout the 1950s, with endorsements by major candy companies. The custom also was showcased in popular comic strips.



Photo courtesy MetroCreative

## DISCOVER GRACIOUS SENIOR LIVING A WORLD APART

Enjoy active senior living at our Life Plan Community in beautiful World Golf Village. Every residence is maintenance-free, so you can enjoy a tee time with special resident privileges on World Golf Village's championship courses, savor a delicious meal in the dining room, or participate in a wellness class instead of keeping up with your home. You'll love great services and amenities like housekeeping, scheduled transportation and 24-hour security. Best of all, you'll find safety and security for the future with our full continuum of care, should your needs change.

**Call (904) 569-7871 today  
to learn more!**

**Westminster  
St. Augustine***Live Well. Be Happy.*

235 Towerview Drive, St. Augustine, FL

Independent Living | Assisted Living | Nursing Care | Rehabilitation



# Life

travel · pantry raiders · gardening  
fishing · entertainment · puzzles

## Get to Know ...

### Farah Mansouri

Growing up, Farah Mansouri enjoyed making pies and cinnamon rolls with her maternal grandmother who is from Dalton, Ga. "She is known to be a phenomenal baker in Dalton. She has always made extravagant classy cakes as well as dessert recipes that have been passed down her maternal line," she said. Mansouri and her three sisters would help with "less skillful tasks" such as cutting strips of pie crust for the top of the pie or mixing the batter; however, the biggest takeaway for Mansouri was "getting the best tasteful outcome from various desserts." This lesson has served Mansouri well as she began to explore cake baking the summer before her sophomore year of high school just as the pandemic began. She watched a lot of "Cake Boss" on television, baked her first cake for a friend's birthday, ordered more supplies and started "Sweets by Farah." Soon the cakes became more elaborate, and she received orders for birthdays, weddings and graduations — all courtesy of social media postings showcasing her work, primarily made by her very supportive



Photo courtesy Farah Mansouri  
Farah Mansouri

mother and sisters. The feedback was positive, more orders came in, and Mansouri found that she liked trying more intricate designs as well as experimenting with recipes, including vegan options. She also had more time to dedicate to perfecting her skill because she spent her sophomore year attending school virtually. Now 17, Mansouri has turned her focus to baking cakes for children who live at the Homeless Coalition of St. Johns County. It is a passion for Mansouri, who is now a junior and back to in-person school. Most importantly to Mansouri, baking for the Homeless Coalition is a way for her to practice her faith.

**Q: How does it feel to make a specialty cake for a child at the Homeless Coalition and to see that child's reaction?**

A: Their reactions are awesome. I put together a form where they indicate their interests, and I create a personalized cake based on this information. I have made Fortnite, lumberjack and princess cakes. I was trying to figure out something to do for the community with baking, and this fit perfectly. I have paused on baking cakes as a business for now, so that I can concentrate on fulfilling more orders for the Homeless Coalition.

**Q: How does your faith impact your volunteerism?**

A: In the Bahá'í faith, service plays a pertinent part in navigating life. Bahá'ís believe that service to our neighbors gives meaning and purpose to life. "Service to humanity is service to God." Making cakes for children who reside at the Homeless Coalition allows there to be bridges in the community, ultimately leading to unity.

**Q: What have you learned from baking?**

A: I have learned my skills and time are worth much more than I perceive. I put hours into my decorating which is my form of art and passion; I often underestimate my worth. Also, baking is very relaxing and therapeutic. It is a way for me to use my creativity.

**Q: What is the most unusual cake you have ever baked?**

A: I baked a hamster cake for my cousin. I tried to search for "hamster" cakes, but I had to come up

with something on my own as it was so unusual. I used fondant to make the hamsters. I make my own fondant recipe using marshmallows and powdered sugar because it is easier to work with and tastes better than pre-made fondant.

**Q: What other interests do you have?**

A: I am very interested in ornithology — the study of birds. I love all types of birds, but especially parrots. In middle school, I made a PowerPoint presentation to get a parakeet, and it worked. Now I foster birds through a rescue organization called the Phoenix Landing Foundation in Jacksonville (main headquarters in North Carolina). I took a training class at the vet to learn proper bird care, and the class was run by Phoenix Landing. That's how I got involved in fostering. I hope to pursue this as a profession one day.

**Q: What is it like growing up the youngest out of four sisters?**

A: I am not able to compare it with anything else because it is all I have ever known, but I love all my sisters and definitely would not want it any other way. I think growing up with three older sisters taught me to be vocal, independent, and also gave me three built-in best friends.

[Author's Note: To follow Mansouri's cake creations, look for "SweetsbyFarah" on Instagram.]

### Get to Know ...

Interested in being featured? Email Martie Thompson at [editor@FloridaNewsLine.com](mailto:editor@FloridaNewsLine.com)

**Ponte Vedra NewsLine reaches your target market!**

Get your business in front of our readers!

**Affordable Rates - Multi Issue Discounts  
Complimentary Graphic Design**

We make  
advertising easy ...  
Call today!



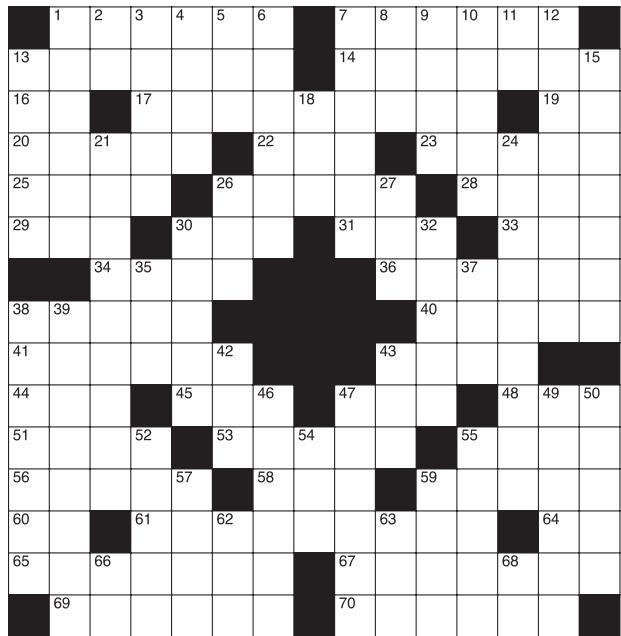
Linda Gay  
**(904) 607-5062**  
[Linda@FloridaNewsLine.com](mailto:Linda@FloridaNewsLine.com)



Rebecca Thomson  
**(724)-968-7602**  
[Rebecca@FloridaNewsLine.com](mailto:Rebecca@FloridaNewsLine.com)

# Puzzles

Answers on page 3  
Provided by MetroCreative



## CLUES ACROSS

- Break
- Ruled Russia
- Having several lobes
- Walked around proudly
- Atomic #77
- Largest living land animals
- The Great Lakes State
- A type of toast
- Partner to feather
- Bristlelike
- Bowfin
- Distributes
- Hairlike structure
- Sino-Soviet block (abbr.)
- Where wrestlers work
- Blood relation
- A great deal
- Round Dutch cheese
- Move further away from
- Type of wrap
- Furies
- Removes from the record
- Young salmon

## CLUES DOWN

- Feline
- Skin decor
- Disfigure
- They \_\_
- Formal term for "on"
- Weight of precious stones
- Traveled rapidly
- Long-winged aquatic bird
- Prickly husk
- Expressed pleasure
- Exclamation of surprise
- Most irritable
- Virginia
- Optimistic
- Humorous works
- Arranged systematically
- Emerges

## CLUES DOWN

- Wives of a polygamous man
- Where hurt ballplayers land
- Single-celled animal
- Rhythmic pattern
- One from Utah
- A group of seven
- Refrains from inflicting
- Light brown
- Humanistic discipline
- Emits coherent radiation
- It says who you are
- Roundworm
- Group of Native Americans
- Makes wider
- Headgear
- One who sets others free
- Form of communication
- A Brit's mother
- Title of respect
- Famed modernist painter
- One-time province of British India
- Prosecutors
- Motor vehicle
- Non-religious
- Native Americans of Colorado and Wyoming
- Pouch
- Touch gently
- Chose
- Actress Tomei
- Former Broncos coach Dan
- Icelandic poems
- More decent
- Grillmasters use it
- Self-immolation by fire rituals
- Expression of annoyance
- Spumante (Italian wine)
- Consumed
- Body part
- Thus
- Rupee
- AH
- CRABBIEST
- VA
- ROSEATE
- SATIRES
- SORTED
- ARISES

## WELLNESS WORD SEARCH



Find the words hidden vertically, horizontally, diagonally, and backwards.

## WORDS

ADMIT  
ADVICE  
APPOINTMENT  
ASSTANT  
BLOOD PRESSURE  
CHOLESTEROL  
DIAGNOSE  
DIET  
DOCTOR  
EXAMINATION  
HEALTH  
HEARTBEAT  
HOSPITAL  
ILLNESS  
LABORATORY  
MAINTENANCE  
MONITOR  
PHYSICAL  
PRESCRIPTION  
PROACTIVE  
WEIGHT

## CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to health and wellness  
Each number corresponds to a letter.  
(Hint: 12 = S)

**A.** 25 6 20 8 6 13  
Clue: Medical professional

**B.** 20 3 10 20 4 17 19  
Clue: Well visit

**C.** 8 10 12 8 1 7 24  
Clue: Medical examination procedures

**D.** 25 1 5 24 7 6 12 1 12  
Clue: Identification of an illness

## Briefs

**Briefs** cont. from pg. 8

### Hospital named one of Florida's "Best Employers"

Baptist Health Jacksonville has been named one of Florida's best employers by Forbes magazine. In its annual "America's Best Employers by State 2021" list, Baptist Health is ranked No. 1 among all ranked employers in Jacksonville in any industry, and No.

10 among all 100 ranked companies in Florida. Further, Baptist Health ranked No. 3 among all ranked health care providers in the state, and was the only North Florida health care provider among the top three.

The award methodology was based on surveys of Americans working for businesses with at least 500 employees

who were asked to rate their employers on various criteria, including workplace safety, competitive compensation, advancement opportunities, and openness to telecommuting. Surveys were anonymous, allowing participants to respond freely. The final list ranked 1,328 employers who received the greatest number of recommenda-

tions in each of the 50 states and the District of Columbia (D.C.). Then it was broken down into the top 100 companies in each state and D.C. Forbes partnered with Statista, Inc., a global market research firm, to compile the annual list.

### New location for free disposal of yard waste

Residents in St. Johns County may be experiencing a delay in yard waste collection due to the national workforce shortage. Republic Services and Advanced Disposal have encountered difficulties completing yard waste routes on scheduled service days. In an effort to provide additional options to the community, residents may bring yard waste to the following locations free of charge:

Tillman Ridge Transfer Station, 3005 Allen Nease Road, Elkton, FL 32033. Drop off hours are 7 a.m. – 6 p.m., Monday through Friday and 7 a.m. – 1 p.m. on Saturday.

Republic Services Facility, 445A Republic Drive, St. Augustine, FL 32095. Drop off hours are 7 a.m. – 3 p.m., Monday through Friday.

Drop off service is for St. Johns County residential customers only; no commercial trucks or vehicles will be allowed. In addition, all garbage and recycling routes will remain on schedule.

Visit [www.recyclestjohns.com](http://www.recyclestjohns.com) for updates.

## Community Marketplace Call to advertise (904) 886-4919



**KIM DAVIS**  
**Broker/Owner**  
CIPS/CLHMS/CDPE  
904.707.1372  


Your Real Estate Pro  
[KIMMDAVIS.COM](http://KIMMDAVIS.COM)



**The Right Cleaners**  
Make the Right Choice  
Family owned and operated since 2008

**House Cleaning Services**  
Prices starting at \$80  
**(904) 207-5674**  
Call or text us now



**NocaTutor**

- K-5 Reading & Math Tutoring
- K-5 Reading and Writing Courses
- FSA Prep
- In Person or Virtual
- Florida Certified Teachers

**REQUEST A FREE ASSESSMENT**  
**(904) 747-2244 • [info@nocatutor.com](mailto:info@nocatutor.com)**



**Pediatric House Calls**  
**Virtual Visits and After Hour Visits**  
Changing the way children receive medical care!

**Bluebird Pediatrics**

Julie Bredt  
MSN, APRN, FNP-C

[www.bluebirdpeds.com](http://www.bluebirdpeds.com) | 904.747.0797

THE FOLLOWING ADS HAVE NOT BEEN SCREENED BY THE SOUTHEASTERN ADVERTISING PUBLISHERS ASSOCIATION (SAPA); Therefore, any discrepancies thereof shall not be the responsibility of the aforementioned association. Your publisher has agreed to participate in this program and run these ads as a service to the Southeastern Advertising Publishers Association.

#### AUTOMOBILES

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

Train online to do medical billing! Become a Medical Office Professional at CTI! Get trained & certified to work in months! 888-572-6790. (M-F 8-6 ET)

A1 DONATE YOUR CAR FOR BREAST CANCER! Help United Breast Foundation education, prevention & support programs. FAST FREE PICKUP - 24 HR RESPONSE - TAX DEDUCTION 1-855-758-6966 (t)

CASH FOR CARS! We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-833-238-0340 (t)

DONATE YOUR CAR OR TRUCK TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paper-work Taken Care Of. CALL 1-855-972-5518 (m)

Donate your car, truck or van. Help veterans find jobs or start a business. Call Patriotic Hearts Foundation. Fast, FREE pick-up. Max tax deduction. Operators are standing by! Call 1-833-909-0926 (m)

#### EDUCATION

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 866-717-8606

Attention Active Duty & Military Veterans! Begin a new career and earn your Degree at CTI! Online Computer & Medical training available for Veterans & Families! To learn more, call 833-970-3466

Attention Active Duty & Military Veterans! Begin a new career and earn your Degree at CTI! Online Computer & Medical training available for Veterans & Families! To learn more, call 844-545-4568 (t)

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 866-455-0151 (t)

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-972-3288 (t)

#### FINANCIAL

Credit Card Debt Relief! Reduce payment by up to 50%! Get one LOW affordable payment/month. Reduce interest. Stop calls. FREE no-obligation consultation Call 866-892-2773

Over \$10K in debt? Be debt free in 24-48 months. Pay a fraction of what you owe. A+ BBB rated. Call National Debt Relief 866-949-0934.

ARE YOU BEHIND \$10K OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 844-606-1554 (Hours: Mon-Fri 7am-5pm PST)

Credit Card Debt Relief! Reduce payment by up to 50%! Get one LOW affordable payment/month. Reduce interest. Stop calls. FREE no-obligation consultation Call 833-755-1695 (t)

¿Luchando con la deuda fiscal? Resuelve su factura de impuestos ahora! Detener las acciones de colección negativas. Negociar pagos mensuales asequibles. Llame a United Tax Fix 1-855-620-9258 (m)

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-877-316-7129 (m)

Wesley Financial Group, LLC. Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 844-405-1099 (m)

#### MISCELLANEOUS

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule

a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-888-927-8649 HughesNet Satellite Internet - 25mbps starting at \$49.99/mo! Get More Data FREE Off-Peak Data. FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-855-942-3256

GENERAC Standby Generators provide backup power during utility power outages, so your home and family stay safe and comfortable. Prepare now. Free 7-year extended warranty (\$695 value!). Request a free quote today! Call for additional terms and conditions. 1-833-953-0224

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 877-661-6587

Cross country Moving, Long distance Moving Company, out of state move \$799 Long Distance Movers. Get Free quote on your Long distance move. 1-844-452-1706

Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-855-404-2366

DIRECTV for \$69.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. One year of HBO Max FREE. Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Call for more details! (some restrictions apply) Call 1-844-335-2369 (m)

Lung Cancer? And Age 60+? You and Your Family May Be Entitled to Significant Cash Award. Call 1-855-635-9214 for Information. No Risk. No Money Out of Pocket. (t)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 855-397-7056 (m)

Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-855-708-0597 (m)

VIGRA & CIALIS! 60 pills for \$99.100 pills for \$150. FREE shipping. Money back guaranteed! 1-855-457-9751 (t)

We have Clinics STATEWIDE. Medical Marijuana Clinics, call today! Call 1-833-420-0421

Life Alert. One press of a button sends help FAST, 24/7! At home and on the go. Mobile Pendant with GPS. FREE First Aid Kit (with subscription.) CALL 877-354-1492 FREE Brochure. (m)

Earthlink High Speed Internet. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-877-929-1176 (m)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-866-287-4769 (m)

Get Your Medical Marijuana Card. Stop in for a sample of DBD Bud. Stop taking dangerous pain and Anxiety Pills with Toxic side effects. 1-833-420-0421

#### MISCELLANEOUS

Update your home with beautiful new blinds & shades. Free in-home estimates make it convenient to shop from home. Professional installation. Top quality - Made in the USA. Free consultation: 877-212-7578. Ask about our specials!

Long distance moving: Call for a free quote from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a relocation specialist 888-721-2194

HughesNet - Finally, super-fast internet no matter where you live. 25 Mbps just \$59.99/mo! Unlimited Data is Here. Stream Video. Bundle TV & Internet. Free Installation. Call 866-499-0141

Best satellite TV with 2 year price guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 844-842-4469

!!OLD GUITARS WANTED!! GIBSON, FENDER, MARTIN, Etc. 1930's to 1980's. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277

The Generac PWRcell solar plus battery storage system. Save money, reduce reliance on grid, prepare for outages & power your home. Full installation services available. \$0 down financing option. Request free no obligation quote. 1-855-270-3785

GENERAC Standby Generators provide backup power during power outages, so your home & family stay safe & comfortable. Prepare now. Free 7-yr extended warranty \$695 value! Request a free quote today! Call for terms & conditions. 1-844-334-8353

GENERAC Standby Generators provide backup power during utility power outages, so your home and family stay safe and comfortable. Prepare now. Free 7-year extended warranty (\$695 value!). Request a free quote today! Call for additional terms and conditions. 1-855-708-4101 (m)

#### HEALTH & MEDICAL

VIGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-888-623-3036 www.dental50plus.com/58#6258

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587

Stroke & Cardiovascular disease are leading causes of death according to the AHA. Screenings can provide peace of mind or early detection! Call Life Line Screening to schedule a screening. Special offer 5 screenings for \$149.1-833-549-4540 (m)

STD Testing - 100% Confidential - Test for 14 Most Common STD's - Quick & Discreet - FDA Approved - Visit: HealthTestFinder.com

VIGRA and CIALIS USERS! 50 Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. CALL NOW! 877-266-9827

Applying for Social Security Disability or Appealing a Denied Claim? Call Bill Gordon & Assoc. Our case managers simplify the process & work hard to help with your case. Call 1-844-408-7325 FREE Consultation. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC, Office: Broward Co. FL (TX/NM Bar.)]

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 844-866-4793

Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-855-708-0597 (m)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for your Free Author's Guide 1-844-218-1247 or visit http://dorranceinfo.com/florida (m)

Cable Price Increase Again? Switch To DIRECTV & Save + get a \$100 visa gift card! Get More Channels For Less Money. Restrictions apply. Call Now! 1-855-773-0527 (t)

DIRECTV for \$69.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. Call AmeriGlide today! 1-844-994-1745 (m)

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-844-994-1745 (m)

One year of HBO Max FREE. DirecTV is #1 in Customer Satisfaction (JD Power & Assoc.) Call for more details! (some restrictions apply) Call 1-844-335-2369 (m)

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-895-7245 (m)

Earthlink High Speed Internet. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-877-929-1176 (m)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-866-287-4769 (m)

Get Your Medical Marijuana Card. Stop in for a sample of DBD Bud. Stop taking dangerous pain and Anxiety Pills with Toxic side effects. 1-833-420-0421

HughesNet Satellite Internet - 25mbps starting at \$49.99/mo! Get More Data FREE Off-Peak Data. FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-855-485-4101 (m)

Need IRS Relief \$10K - \$125K+ Get Fresh Start or Forgiveness Call 1-855-908-2440 Monday through Friday 7AM-5PM PST (t)

Never Pay For Covered Home Repairs Again! Complete Care Home Warranty COVERS ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE. \$200.00 OFF + 2 FREE Months! 1-833-304-2083 Hours Mon-Thu, Sun : 9:30 am to 8:00 pm Fri : 9:30 am to 2:00 pm (all times Eastern). (t)

Up to \$15,000.00 of GUARANTEED Life Insurance! No medical exam or health questions. Cash to help pay funeral and other final expenses. Call Physicians Life Insurance Company- 844-721-1875 or visit www.Life55plus.info/flma (m)

4G LTE Home Internet Now Available! Get GotW3 with lightning fast speeds plus take your service with you when you travel! As low as \$109.99/mo! 1-888-708-1498 (t)

COMPUTER ISSUES? GEEKS ON SITE provides FREE diagnosis REMOTELY 24/7 SERVICE DURING COVID19. No home visit necessary. \$40 OFF with coupon 86407! Restrictions apply. 1-855-993-4172 (t)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-888-927-8649

HughesNet Satellite Internet - 25mbps starting at \$49.99/mo! Get More Data FREE Off-Peak Data. FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-855-942-3256

GENERAC Standby Generators provide backup power during utility power outages, so your home and family stay safe and comfortable. Prepare now. Free 7-year extended warranty (\$695 value!). Request a free quote today! Call for additional terms and conditions. 1-833-953-0224

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 877-661-6587

Cross country Moving, Long distance Moving Company, out of state move \$799 Long Distance Movers. Get Free quote on your Long distance move. 1-844-452-1706

Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-855-404-2366



CALL US TODAY FOR

**A FREE ESTIMATE**

**15% OFF**  
YOUR ENTIRE PURCHASE

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm,  
Sun: 2pm-8pm EST

**10% OFF**  
SENIOR & MILITARY DISCOUNTS

To the First 50 Callers\*\*

**BACKED BY A YEAR-ROUND  
CLOG-FREE GUARANTEE**

**1-855-995-2490**

**15% OFF**  
YOUR ENTIRE PURCHASE

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm,  
Sun: 2pm-8pm EST

**10% OFF**  
SENIOR & MILITARY DISCOUNTS

To the First 50 Callers\*\*

Promo Number: 285

## Ocean Palms Elementary embraces new school year



Photos courtesy Lisa Farese

Teachers and staff enjoy a buffet breakfast at their '80s-themed return to school celebration.

By Lisa Farese  
mail@florianewsline.com

The new school year is in full gear, and Ocean Palms Elementary School has embraced it with a back-to-school staff appreciation breakfast and lunch, a Meet the Teacher event, and a Tea and Tissues gathering.

Teachers and staff were welcomed back to school with a buffet breakfast of muffins, donuts, scones, fruit, bagels and yogurt, followed by lunch from Zoës Kitchen on Aug. 9. Additionally, their welcome back included stepping back in time, with an '80s-themed first day. In fact, they were "Walking on Sunshine."

Next, students and families embarked on the back-to-school season with the Meet the Teacher event on Aug. 13. Students and families could meet their new teachers in their classrooms throughout the morning, as well as shop at the school's Scholastic book fair, purchase apparel, and learn about the school at this kick-off event.

Finally, Aug. 20 marked the school's Tea and Tissues gathering for kindergarten parents. Here, parents could mingle with other kindergarten parents, the PTO, and the principal and assistant principal, while munching on bagels and sipping coffee.



Students and families meet their teachers and learn about the school at the Meet the Teacher event.

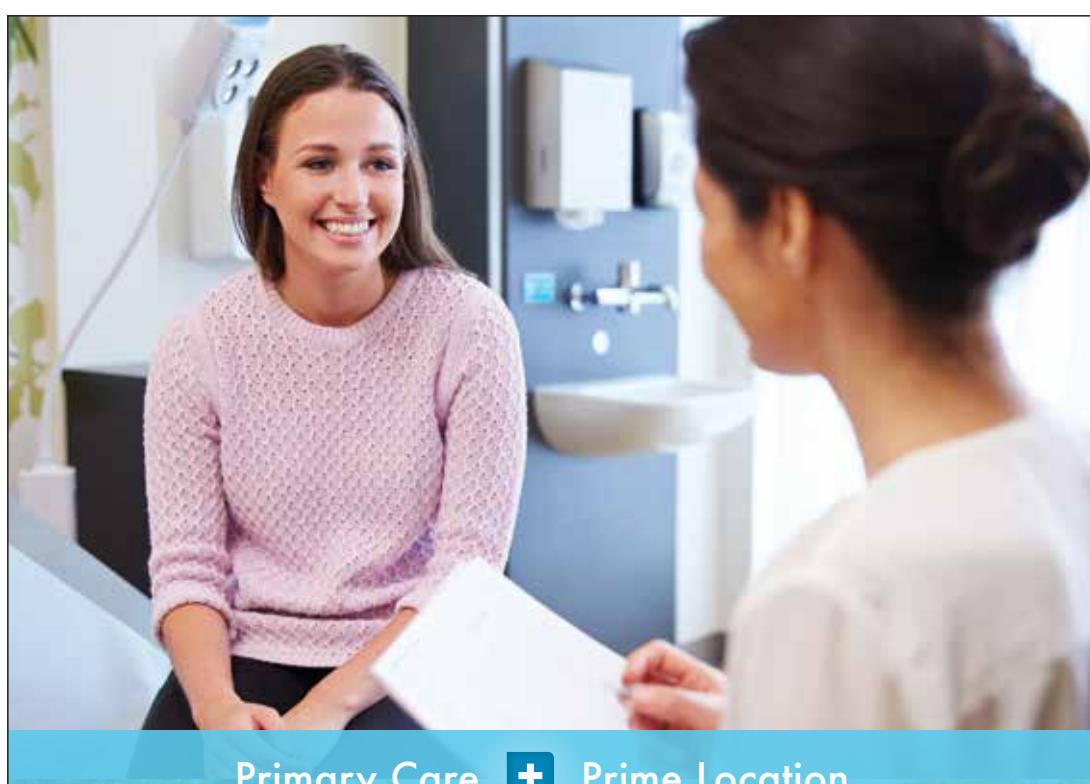
## Nease football players take on leadership challenge

On Labor Day, more than 30 Nease football seniors and their coach spent the day completing the daunting Osprey Challenge Course at the University of North Florida. In partnership with UNF's Taylor Leadership Institute, these seniors focused on overcoming obstacles and becoming a stronger, more cohesive group by completing the high ropes

course — culminating with a zipline across Lake Oneida. This is part of the Leadership Institute's increased efforts to immerse area students in UNF resources, including leadership training, the ropes course/zipline, group athletic events and community engagement opportunities with partners such as the Ronald McDonald House of Jacksonville.



Photos courtesy Dr. Matt Ohlson



### Total Care Right in Your Neighborhood. That's the Power of +.

When it comes to caring for your entire family, trust our family – the Primary Care doctors of Flagler Health+ Village at Nocatee. Conveniently located, we offer telemedicine visits, same day or next day appointments and even onsite lab and imaging services. It's complete care that treats the whole family from birth all the way through geriatrics.



Andrew Hogan, MD  
Primary Care: Family Medicine  
(birth through geriatrics)



Sherif El-Salawy, MD  
Primary Care: Geriatrics,  
Internal Medicine



Learn more or schedule your appointment today at [FlaglerHealth.org/Nocatee](http://FlaglerHealth.org/Nocatee) or call 904.819.3233

# Pantry Raiders

Pack breakfast or lunch with a nut-free alternative

By NewsLine Staff  
mail@floridanewslne.com

Granola bars often fit the bill as nutritious options in portable packages. While store-bought granola bars are convenient, they tend to be made with nuts or oats, which are not ideal for those with food allergies or intolerances. This recipe for "Nut-Free Granola Bars" from "Eat What You Want" (Ten Speed Press) by Danielle Walker can be enhanced with raisins, chocolate chips or dried fruits.

## Nut-Free Granola Bars

Makes 12

2 tbsp. warm water  
1 tbsp. chia seeds  
1/3 cup light-colored raw honey  
1 tbsp. virgin coconut oil  
2 tbsp. unsweetened sunflower seed butter  
3/4 cup raw pepitas  
3/4 cup raw sunflower seeds  
1 cup unsweetened coconut flakes  
2 tbsp. sesame seeds  
2 tsp. pure vanilla extract  
2 tsp. ground cinnamon  
1/2 tsp. fine sea salt

1/4 cup chocolate chips, raisins, or dried fruit pieces

Preheat the oven to 350 F. Lightly grease the short sides of a 9- by 13-inch baking dish or rimmed baking sheet with ghee or coconut oil. Line the bottom and long sides of the pan with parchment paper so the ends hang over the sides.

Whisk the warm water and chia seeds in a small bowl and set aside.

Melt the honey in a small saucepan over medium-high heat. Turn the heat to medium and simmer for 5 to 7 minutes, until a candy thermometer reads 225 F. Stir in the oil and sunflower seed butter and remove the pan from the heat. Let cool for 10 minutes.



Photo courtesy MetroCreative

Nut-Free Granola Bars

Place the pepitas and sunflower seeds in a food processor and pulse once or twice until coarsely chopped. Add the coconut flakes, sesame seeds, vanilla, cinnamon, and salt and pulse a few more times, until coarsely chopped and incorporated. Add the chia mixture and the honey mixture and stir by hand until just combined. Immediately spread the mixture into the prepared baking dish.

Place a piece of parchment paper on top and use a flat-bottomed measuring cup to press the mixture firmly and evenly into the pan. Remove the top piece of parchment and bake for 15 minutes, until golden. Sprinkle the chocolate chips over the top. Let cool in the pan for 30 minutes, then transfer the pan to the freezer for 1 hour, until set.

Remove the pan from the freezer and lift the parchment flaps to remove the slab from the pan. Using a sharp knife, cut into 12 rectangular bars. Serve the bars chilled. Store in an airtight container in the refrigerator for two weeks, or in the freezer for six months. Defrost in the fridge overnight.

## Smiles by GLENOS & HADGIS ORTHODONTISTS



Dr. Jimmy Glenos



Dr. Craig Hadgis



TWO STATE-OF-THE-ART LOCATIONS

ST AUGUSTINE

ST JOHNS

FREE Initial Exam



904.79.SMILE (797.6453)

[smilesbyGortho.com](http://smilesbyGortho.com)



Voted  
Best Orthodontist  
St. Augustine  
and  
St. Johns

## Nutrition Check

By Kristen Hicks-Roof PhD, RDN, LDN, CLC and Crystal Liebenberg BS  
mail@floridanewslne.com

Did you know that Oct. 16 is recognized as World Food Day by the Food and Agriculture Organization? This day is recognized to spread awareness of the incredible food systems of the world and also brings forth awareness of food hunger and food insecurity. Food insecurity, otherwise known as lack of access or affordability of healthy foods, impacts nearly 10 percent of American households (USDA). Moreover, across Florida, one in eight people face issues of hunger and food insecurity (Feeding America).

How can you help improve the world's food systems for the better?

- Select variety in your dietary pattern (add in vegetables, fruits, beans, nuts, and whole grains, reducing the intake of processed foods)
- Reduce food waste and become more sustainable
- Support local, small food producers, farms, and organizations
- Get involved in gardening at your home or in your local community
- Join the movement #worldfoodday (<http://www.fao.org/world-food-day/communication-toolkit/en>)
- How can you help those who suffer from food insecurity?

- Surprise a friend/family member/neighbor with a meal
- Inform and educate those who are food insecure of resources in the local community (food pantries, food banks, food assistance programs). Some resources can be found here (<https://www.feedingflorida.org/taking-action/find-food-now/county/duval-county?foodSource=Food+Pantries&page=3>)
- Volunteer at food-related organizations (<https://feedingnefl.org/volunteer/>)
- Donate food, resources and/or money to organizations trying to fight food insecurity

The University of North Florida has a dedicated Center for Nutrition and Food Security. This organization has direct impacts on the Jacksonville and surrounding community by three main programs. These programs include Food Fighters, Meals on Wings and Hearts and More. To learn more and to get involved, contact them on their website ([https://www.unf.edu/brooks/Center\\_for\\_Nutrition\\_and\\_Food\\_Security/](https://www.unf.edu/brooks/Center_for_Nutrition_and_Food_Security/)).

Don't wait any longer, take action today!

Kristen K Hicks-Roof Ph.D., RDN, LDN, CLC is an assistant professor in the Department of Nutrition and Dietetics, Brooks College of Health, University of North Florida.

## Advertise in Senior NewsLine in our November issue

### Does your business cater to seniors?

Examples are senior living communities, in-home care, hearing aids, financial planning, insurance, legal services, medical providers and more.

This special section will include everything geared to senior adults and their caregivers, a lucrative market.

Ad deadline - Oct. 18



Call today and let us help you grow your business!

Linda Gay  
(904) 607-5067

[Linda@FloridaNewsLine.com](mailto:Linda@FloridaNewsLine.com)

Rebecca Thomson  
(724) 968-7602

[Rebecca@FloridaNewsLine.com](mailto:Rebecca@FloridaNewsLine.com)

# Travel

## The Heartland is Kansas

By Debi Lander  
mail@floridanewsline.com

Kansas, known as the "heartland," is the geographical center of the contiguous United States. I clicked my heels and flew to the state in hopes of finding sunflowers and stories about the Old West. I indeed found those, but also discovered a few unexpected delights.

The state's largest city, Wichita, sits on the historic Chisholm Trail, a rural highway used by cowboys driving cattle north from Texas. The Delano district was once a Wild West stopover where weary cattlemen found rest and recreation — hence, an area with many saloons and brothels. Across the river, the proper city insisted on tighter and tamer rules.

Wichita's Cowtown, a colorful living history museum, reflects life on the frontier from 1860 to the '70s. The lively main street presents historic and recreated shops with costumed interpreters: an apothecary, general store, doctor's office, milliner, blacksmith, and saloon complete with dancing girls. A gunfight happens twice a day. Stroll around to see the 1880s farmhouse, windmill, and farm equipment.

The Plains Indians inhabited the area before the settlers arrived. In tribute to the Native American tribes, Wichita's icon, the Keeper of the Plains, rises above the banks of the Arkansas River. Learn about the 44-foot steel sculpture and artist Blackbear Bosin in the nearby Mid-America Indian Museum.

Visiting a sunflower farm blooming at its prime calls for an early awakening. The golden yellow pastures explode between bedraggled cornfields. I photographed the glorious blossoms from many angles trying to capture their beauty. Sunflowers exude happiness, and seeing so many in one place felt reaffirming.

I was excited to learn about Strataca, a salt mine museum located within one of the world's largest rock salt deposits — and the only salt mine open to the public in the U.S. The 90-second elevator ride transports you down 650-feet to the former work area. Numerous video stations explain the history and mining techniques as they progressed since its opening in 1923. Visitors can ride two trains through older areas of the mine, understanding the difficult working conditions.

Strataca also serves as an excellent place for safe storage with its constant tem-



Coronado Castle.



Photos courtesy Debi Lander  
Kansas Maze.

perature of 68 degrees and dry air. The movie industry sends many films, props, and costumes for safeguarding. It's a practice I'd never heard about.

The town of Lindsborg, called "Little Sweden," was founded by Swedish immigrants. Today, 30 percent of the 3,500 population claim Swedish descent. Look around for the local mascots — 28 large Dala Horses, Swedish-style stout wooden animals brightly painted. Visit a small factory making the traditional horses in any size or color. Lindsborg holds seasonal festivals featuring traditional dancers in costume, something I'd love to see.

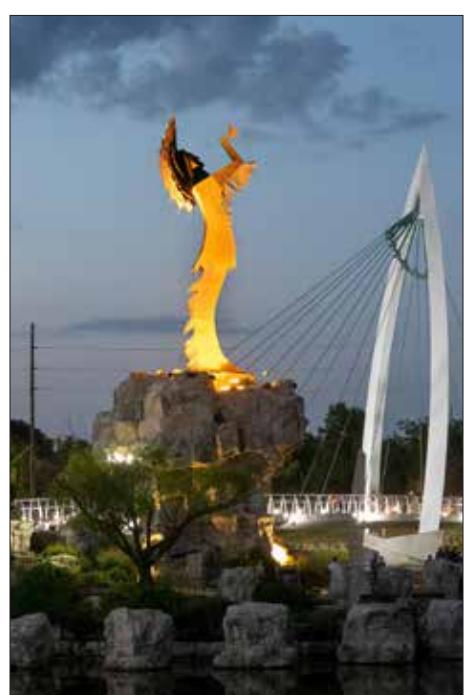
A drive up a winding road to a bluff overlooking Lindsborg takes you to Coronado Castle. The native stone structure looks like a small castle but is merely a shell with one great room and staircase up to a lookout and tower.

The WPA built the structure as a Works Project during the Great Depression. Locals like to picnic there; others are attracted to stargazing and astral photography.

I briefly stopped at the smallest state park in Kansas, Mushroom Rock. As the name implies, some of the limestone rock formations look like giant, 25-ft tall mushrooms. It's unusual and rather fun.

My visit to Kansas opened my mind to its rocking wonders. Still, there was much I missed, sadly the Eisenhower Presidential Library and the Oz Museum. Consider a visit to the Sunflower State and see what you find in the heartland.

Visit [www.bylandersea.com](http://www.bylandersea.com) to read more of local travel writer Debi Lander's stories and travel tips.



Keeper of the Plains.



Mushroom Rock State Park.



Sunflowers everywhere!

## ELEVATE YOUR DINING EXPERIENCE



*Experience the beautiful views from the iconic TPC Sawgrass Clubhouse while enjoying exceptional food and drinks.*

### OPEN TO THE PUBLIC

BREAKFAST, LUNCH & DINNER

SUNDAY BRUNCH

TPC.COM/NINETEEN  
(904) 273-3238

**NINETEEN**

T P C S A W G R A S S



## Retire in style at Starling!

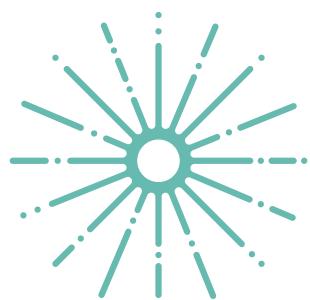
Our residents are unique – and so are their lives. Starling's senior living communities offer a range of retirement lifestyles that will keep you active, social and feeling right at home.

Whether you're sampling the gourmet dining options, enjoying the full-service salon or pursuing a new hobby, Starling is all about what matters: embracing life with friends, family and community.

**"The staff are wonderful and there are lots of activities. It feels like I am at a resort — the pool is beautiful and big. I am happy I'm here and it's perfect for me."**

- Dorothy

Luxury senior living is just a call away.



**STARLING  
AT NOCATEE**

### Independent Living

904.299.8188  
885 Crosswater Pkwy  
Ponte Vedra, FL 32081

### Assisted Living & Memory Care

904.513.0727  
999 Crosswater Pkwy  
Ponte Vedra, FL 32081





# The Only Wrong Move Is Not To Move.

With the original Vicar's Landing and Vicar's Landing at Oak Bridge, now under construction,



Convenient nearby shopping and restaurants

you have two incredible options for



Enjoy Ponte Vedra Beach's outdoor activities

luxury retirement living. Both properties feature gorgeous homes, every amenity

under the sun, the most attentive staff you'll ever meet, and a plan for every stage

of aging. Enjoy comfort, security, and a warm, inviting community that truly feels like home. Whether you choose Vicar's Landing or

Vicar's Landing at Oak Bridge, just don't choose to wait. Thanks to high

demand, space at both properties is limited. **Call us now to take a tour.**

New!

NOW UNDER CONSTRUCTION!



VICAR'S  
LANDING  
AT  
OAK BRIDGE



Life Choice Community™

904.285.6000 | [VicarsLanding.com](http://VicarsLanding.com)