

Ponte Vedra

NewsLine



NOVEMBER 2018 Volume 5 Issue 11

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

A Florida NewsLine Publication



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Ponte Vedra Beach Library closing for renovations

By Angela Higginbotham
angela@floridanewsline.com

One of Ponte Vedra Beach's most enjoyed family spots will be closed for renovations in upcoming months. The Ponte Vedra Beach Branch Library will undergo much needed repairs for the safety of its patrons and staff. The



Photo courtesy St. Johns County Public Library System
The Ponte Vedra Beach Branch Library will be closed for repairs from Nov. 3, 2018 through March 2019.

library will be closed from Nov. 3, 2018 through March 2019.

"We realize what an inconvenience this is for our patrons but this has been a problem for a couple of years and we couldn't, in good conscience, wait longer to make the repairs," said Ponte Vedra Beach Branch Library manager Amy Ring. "There will not be any square foot of the library that won't be touched during the renovation."

The library opened in 1993 and the renovation project will replace the fire suppression systems for the sprinkler pipes throughout the 24,800 square foot building.

Library cont. on pg. 8

Middle school is traditionally a time of trying new things, while keeping up with increasingly challenging academics. For the 25 girls who are members of the Landrum Middle School cheer team, a busy balance of cheering, fundraising, and community service requires time management skills while providing the opportunity for fun and fulfillment.

The cheer team girls are from all grades, sixth through eighth, and many of them are brand new to cheerleading.

According to Monica Kohn, who has a sixth grader on the team, the veteran cheerleaders are assigned a "little sister" or new cheerleader to mentor throughout the school year. She said the girls are expected to keep a certain grade point average and lead as an example of school spirit, ethics, values, sportsmanship, and respect for self and others. In order to try



Landrum Middle School cheerleaders cheered on the participants and helped them stay hydrated at a recent triathlon at Hanna Park.

out, each girl must have three teacher recommendations.

The team is coached by Taylor Leigh Beamer, a first grade teacher and athletic director at Palm Valley Academy, in addition to being Landrum's head cheer coach. A graduate of Appalachian

The Landrum Middle School cheer team's hours of practice and performing will hopefully pay off as they compete at the UCA (Universal Cheerleaders Association) Regionals in December in Tampa with the goal of a bid to Nationals again in their Game Day routine and as well as their Competition routine. Last year the squad placed in the Top 20 in the nation at the UCA National High School Cheerleading Championship with their Game Day routine.

Throughout the year the team participates in various fundraisers, including selling discount cards and sponsor tee shirts. Money raised goes towards things such as competition costs and safety equipment like safety mats.

This year the team put on a cheerleading camp, a half-day program that focused on the introduction of basic skills and cheerleading techniques. Attendees learned a routine that they then performed at the Landrum Middle School homecoming football game on Oct. 10 as well as the Palm Valley Academy volleyball game on Oct. 11. Coach Beamer

Landrum cheerleaders personify school and community spirit



Photos courtesy Monica Kohn
Landrum Middle School cheerleaders perform at a game.

State University in Boone, N.C., she is AACCA National Safety Certified, and has coached All-Star teams, Pop Warner competition teams and college teams in her 20 years of coaching.

Kohn said the team practices Monday and Tuesday for two hours and performs at football/basketball games (depending on season) for three hours every week. They may also cheer at other events as requested by the school.



Landrum cheerleaders cont. on pg. 15

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NOVEMBER

Special Section

SENIOR
PGS 10-13 *NewsLine*

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MYSTERY PHOTO



Can you guess where this is? Submit your answer to mail@FloridaNewsLine.com.

Last month's Mystery Photo was Starling at Nocatee. Our winner was Vic Wallace. Congratulations!

Holiday Gift Guide

December Special Section

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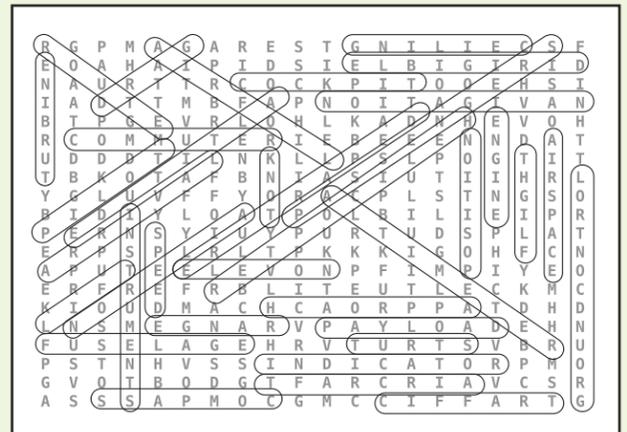
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answers to puzzles on page 16



CRYPTO FUN
Determine the code to reveal the answer!

Answers: A. plane B. takeoff C. landing D. flight

Answers to Puzzles



around town

Nov

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Nov. 17 - Feb. 3, 2019 - St. Augustine Nights of Lights
www.visitstaugustine.com

Nov. 30 - Dec. 2 - 42nd annual Art and Antiques Show "A Place in the Sun"
Hosted by the Women's Board of Wolfson Children's Hospital
Prime F. Osborn III Convention Center
www.artandantiquesshow.com

Dec. 1 - Palm Valley Boat Parade
6 p.m.
palmvalleyboatparade.com

Dec. 8 - 23rd annual Christ Church Nutcracker Ballet
6 p.m.
UNF Lazzara Theater
Tickets: missfeliciasdance.com

save the date!

Nov. 1
U.S. Coast Guard Auxiliary Flotilla 14-7
7:30 p.m.
St. Augustine Yacht Club near the St. Augustine Lighthouse
(904) 460-0243

Nov. 2
GTM Research Reserve new volunteer orientation
10 a.m. - 11:30 a.m.
Environmental Education Center, 505 Guana River Road
(904) 823-4500

Nov. 3 - March 2019
Ponte Vedra Beach Branch Library temporarily closed

Nov. 5
Beaches Toastmasters Club
7 p.m. - 8:30 p.m. (Repeating event on Mondays)
Baptist Hospital Beaches, Wilson Epstein Building
cgsm13@yahoo.com
Current Events Discussion Group
10 a.m. (repeating event on Mondays)
Donovan's Irish Pub, US Highway 1
adsilby@yahoo.com

Nov. 6
Election Day

Nov. 6
Daughters of the American Revolution (DAR) Ponte Vedra Chapter meeting
10:45 a.m. - 1 p.m.
pontevedrachapternsdar@aol.com
Parents with Hope (support for parents who have lost a child)
6 p.m. - 8 p.m.
Ponte Vedra Valley, 4750 Palm Valley Road
RSVP (904) 285-1130; www.pontevedravally.com/grief-support

Nov. 7
Toastmasters Club #5199 Ponte Vedra Beach
7:30 a.m. (repeating event on Wednesdays)
Players Community Senior Center, 175 Landrum Lane
carmenjsardinas@gmail.com

Nov. 8
Wine Tasting hosted by Miss Felicia's Dance to benefit Dreams Come True and Community PedsCare
5:30 p.m. - 7 p.m.
Table One, Ponte Vedra Beach
\$25; missfeliciasdance.com/wine-tasting/ or (904) 923-0604 for tickets
Shorebird Walk at Matanzas Inlet with St. Johns County Audubon Society
9 a.m. - 11 a.m.
Matanzas Inlet West Parking Lot, 8655 A1A S., St. Augustine
www.stjohnsaudubon.com

Nov. 9
Food Truck Friday
6 p.m. - 9 p.m.
Nocatee's Splash Waterpark

Nov. 11
Annual Dinner for the Birds to benefit HAWKE
6 p.m.
Raintree Restaurant, 102 San Marco Ave. St. Augustine
Buy tickets at www.hawkewildlife.org

Nov. 12
Caregiver support meeting
12 p.m. - 1 p.m. (repeating event on Mondays)
Ponte Vedra Memory Care Center, 1048 A1A N.
(904) 297-0061

Ponte Vedra Beach Municipal Service District Meeting
6 p.m. - 9 p.m.
Ponte Vedra Beach Branch Library FOL Room
www.pvmsd.org

Nov. 13
Friends of the GTM Reserve Board Meeting
5 p.m. - 6 p.m.
GTM Research Reserve Environmental Education Center
(904) 823-4500.
Lilies of the Valley widow support group
11:30 a.m. - 1:30 p.m.
Ponte Vedra Valley, 4750 Palm Valley Road
RSVP (904) 285-1130; www.pontevedravally.com/grief-support
Vicar's Landing Boutique to support employees' scholarship fund
9 a.m. - 2 p.m.
Vicar's Main Building; parking available onsite
www.vicarslanding.com

Nov. 14
Newcomers of the Beaches luncheon
11 a.m.
Sawgrass Country Club
RSVP: www.newcomersofthebeaches.com

Nov. 17
10th Annual Super Scenic 72-Mile Garage Sale
8 a.m. - 2 p.m.
10 community stops between Ponte Vedra Beach and Flagler Beach
Scenica1a.org
Inaugural St. Augustine Out of the Darkness Community Walk for Suicide Prevention
10 a.m. - 12 p.m.
Pedro Menendez High School outdoor track
www.afsp.org/staugustine
Nocatee Farmers Market: Animal Encounters
10 a.m. - 2 p.m.
Town Center Field, Nocatee

Nov. 18
The Nutcracker Tea
4 p.m. - 6 p.m.
The Ponte Vedra Inn and Club
Purchase tickets at www.missfeliciasdance.com

Nov. 19
First Coast Newcomers Club trivia evening/dinner
6 p.m. dinner/ 7 p.m. trivia
Call (904) 829-0643 for name of St. Augustine Beach restaurant and to be added to attendee list
Tickets at www.missfeliciasdance.com

Nov. 20
Ponte Vedra Woman's Club luncheon meeting
11 a.m.
Casa Marina
RSVP: pr@pontevedrawomansclub.com
St. Johns CARES meeting
7 p.m.
Bartram Academy, 164 Everest Lane, Ste. 1
www.stjohnscares.org
St. Johns Federated Republican Women meeting
6:30 p.m.
Davidson Realty, World Golf Village
sjfedrepublicanwomen@gmail.com

Nov. 27
First Coast Card Club - adult card players
1 p.m. - 3 p.m.
St. Augustine Main Library, 1960 Ponce de Leon Blvd.
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take 5

Vicar's Landing Boutique to be held Nov. 13

The ever popular Vicar's Boutique, located in the Sawgrass Players Club, is returning on Tuesday, Nov. 13 from 9 a.m. – 2 p.m. Offering elegant treasures at very low prices, it has been a shopper's fan favorite for more than 25 years. Jewelry, art, furniture and antiques are just a few of the special offerings in separate venues. Members continue this grand sale to support the scholarship program for employees. Items are donated by new members who scaled down from very large homes, by associate members planning to move in and by the members currently in residence. Enter the Sawgrass Players gate and follow the signs to Vicar's Landing. A security guard will direct you to parking on site. Lunch can be purchased for cash in the Blue Heron Café on campus. Each venue will accept only cash or checks.

Audubon to host Bird Walk: Guana Sea Watch

Join Duval and St. Johns County Audubon Societies for some great birding at the observation platform at GTM-NERR's (Guana Tolomato Matanzas National Estuarine Research Reserve) North Beach Access (approximately seven miles north of the Gate Gas Station on A1A) on Saturday, Nov. 10 from

8:15 a.m. – 11:15 a.m. Attendees will scan the ocean for pelagic species, ducks and anything else that flies/floats by. There is very little walking (short stair climb) and the trip is a great for birders of all levels and experience. There are portalet facilities in the parking lot. Bring binoculars and the \$3 per vehicle parking fee.

Tale Tellers of St. Augustine celebrates 25 years

Worldwide storytelling event "Tellabration!" will be held on Nov. 13 at 7:30 p.m. at the Limelight Theatre, 11 Old Mission Avenue in St Augustine.

"Tellabration!" is when thousands of people around the world gather in small towns and big cities to celebrate storytelling during the last full week before Thanksgiving. This event will be Tale Tellers of St. Augustine's final 25th Anniversary event, with a commemorative CD release show presenting a line-up of tellers drawn from the best Florida has to offer. Each paid admission of includes a commemorative CD. Tickets are available on a first-come-first-served basis the night of the event, or may be reserved in advance for pick-up at the door. Call (904) 540-0402 or (386) 439-9413 for tickets or more information.

Beach cleanup scheduled

4ocean (www.4ocean.com), an ocean cleanup company working to rid the ocean and waterways of plastic and trash, will conduct a major cleanup event at Jacksonville Beach Pier (503 1st Street N., Jacksonville Beach) on Saturday, Nov. 10, from 9 a.m. – 12 p.m. With headquarters in Boca Raton and in Bali and a Cleanup Division in Haiti, 4ocean is a global movement actively removing trash from the ocean and coastlines while inspiring individuals to work together for cleaner oceans, one pound at a time. Since launch in January 2017, 4ocean has already pulled more than 1.5 million pounds of trash. Attendees should bring a reusable water bottle and wear close-toed shoes. Necessary cleanup materials will be provided. Visit the group's Facebook event page to register: <https://www.facebook.com/events/404165413449816/> All participants who do not register in advance for the event will be asked to sign a liability waiver.



Photo by MetroCreative

Birding seminar offered

Plants for Birds, a free seminar, will be held Nov. 1 at 6:30 p.m. and hosted by Wild Birds Unlimited, 450 State Road 13 N. Naturalist, photographer, and Wild Birds Unlimited staff member Gary Whiting will share a stunning look at dozens of North Florida's most common (and uncommon) birds and provide insights on the native plants that provide food and shelter. He will also share practical tips on bird feeding and identification and demonstrate real examples from his own yard. Space is limited, call (904) 230-3242 or visit the nature shop to register.

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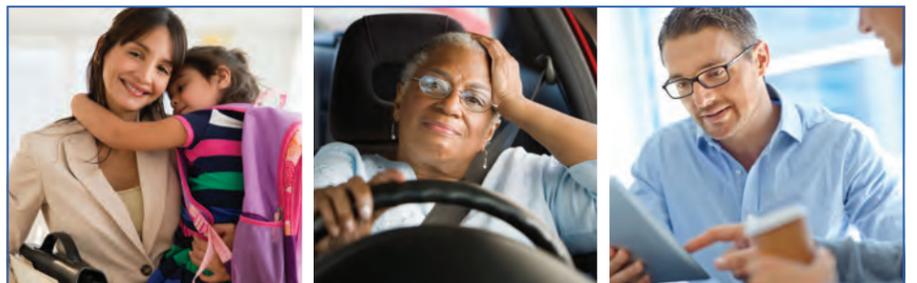
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Briefs

Italian art lectures continue at Cummer Beaches

Cummer Beaches is presenting the third of Italian art lectures by Dr. Debra Murphy, Professor of art History at the University of North Florida and the inaugural chair of the Department of Art and Design since 2004. Murphy will discuss Caravaggio and the Drama of Baroque Art at the Beaches Museum and History Park on Friday, Nov. 2 from 5:30 p.m. to 7 p.m. with refreshments at 5 p.m.

Although he died in 1610, Michelangelo Merisi da Caravaggio, the bad boy

of Baroque Art, cast a long shadow over most of the 17th century. Numerous artists were influenced by him while others rejected his dramatic and realistic approach. Selections from the Cummer Museum's impressive Baroque collection, including an early work by Peter Paul Rubens, will be discussed in the context of Caravaggio's contributions and challenges to artistic norms.

The program is free and open to the public.

Newcomers of North St. Johns schedule November luncheon

Newcomers of North Saint Johns (NNSJ) invites any resident of the St. Johns County area to its November luncheon on Tuesday, Nov. 13, beginning at 11 a.m. at Guy Harvey Resort, 860 A1A Beach Blvd. in St. Augustine Beach. Doors will open at 10:30 a.m.

Prince Pele's Polynesian Revue will entertain. Travel with Prince Pele and his Polynesian Revue on a musical journey through the South Pacific Islands. Hang loose and relax as they perform songs and dances in a fun-filled "luau" atmosphere.

The total cost for the November luncheon is \$30 for members and \$35 for guests. All reservations must be received by Nov. 1. Garden salad with homemade honey citrus and ranch dressings will be followed by sauteed

chicken breast with cremini mushrooms in classic marsala sauce paired with Mayport shrimp in caramelized garlic cream sauce with sun-dried tomatoes and fresh spinach. This plated duet will be accompanied by Tuscan Orzo with tomato, squash, peppers, onion, fresh



Photo courtesy Priscilla Cobbs
Patricia Droukas-Spurgeon, Cheryl D'Angelo, Chris Meritzis salute the opening of the September 2018 to May 2019 season of the Newcomers of North St. Johns Club at Serenata Beach Club.

basil and extra virgin olive oil, and fresh baked rolls and butter. Dessert will be white chocolate mousse with fresh berries. coffee and tea is included; cash bar is available.

Contact Sue Aird at sjaird@comcast.net for a registration form for this luncheon, NNSJ membership information, or information about other upcoming activities. Newcomers of North St. Johns offers a wide variety of activities including smaller lunch groups, wine socials, golf, Mah Jongg, holiday parties, day trips, and cultural events.

Local author to speak at AAUW November meeting

Local author Laura Lee Smith will be the guest speaker at the Nov. 8 meeting of the St. Augustine branch of the American Association of University Women. The program, open to the public, will take place at the Serenata Beach Club, 3175 S. Ponte Vedra Blvd. Smith will discuss her latest book, "The Ice House," published in 2017, a novel that follows the intertwining paths of an ice-house owner in Jacksonville and his estranged son, who is a single father living in Scotland.

A native of Red Bank, N.J., Smith grew up in Lake Worth and has also lived in Gainesville and Atlantic Beach. She earned bachelor and master's degrees from the University of North Florida and now resides in St. Augustine with her husband and children.

Prior to the program, there will be a luncheon at 11:30 a.m. at a cost of \$35, which includes an entrée, salad, bread, tea or coffee, dessert, tip and tax. Entrée choices are chicken piccata, grilled Atlantic salmon and Mediterranean pasta. The reservation deadline for the luncheon is Wednesday, Oct. 31. For reservations, contact Peggy Kinchen at (505) 980-7865 or pkinchen02@gmail.com. Information about the organization is available at staugustine-fl.aauw.net.

BRAG ABOUT YOUR SCHOOL OR STUDENTS!

We would love to publish your great news in Ponte Vedra NewsLine!

Send it in! Photos also welcome!
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2018 - 2019 St. Johns County School Calendar

NOVEMBER 2018				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

- Teacher Optional Planning
- Teacher Planning (non-student day)
- Teacher Inservice (non-student day)
- Classes Resume
- Student/Teacher Holiday
- End of Quarter
- Underline = testing dates

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Sheriff David B. Shoar, dshoar@sjso.org, (904) 824-8304

Ponte Vedra Field Office: (904) 209-2215

Property Appraiser:
Eddie Creamer, sjcpa@sjcpa.us; (904) 827-5500

Supervisor of Elections:
Vicky Oakes, voakes@votesjc.com, (904) 823-2238

Tax Collector:
Dennis Hollingworth, taxcollector@sjctax.us, (904) 209-2250

Clerk of Court:
Hunter S. Conrad, (904) 819-3600

St. Johns County Board of County Commissioners

District 1:
Jimmy Johns, bcc1johns@sjcf.us, (904) 209-0301

District 2:
Jeb Smith, bcc2smith@sjcf.us, (904) 209-0302

District 3:
Paul Waldron, bcc3pwaldron@sjcf.us, (904) 209-0303

District 4:
Jay Morris, bccd4@sjcf.us, (904) 209-0304

District 5:
Henry Dean, bccd5hdean@sjcf.us, (904) 209-0305

St. Johns County School Board (www.stjohns.k12.fl.us)

District 4:
Kelly Barrera, kelly.barrera@stjohns.k12.fl.us, (904) 547-7510

State of Florida Elected Officials

State House District 17:
Representative Cyndi Stevenson, Cyndi.Stevenson@myfloridahouse.gov, (904) 823-2300

State Senate District 7:
Senator Travis Hutson, (386) 446-7610

Federal Elected Officials

U.S. Congress District 4:
Representative John Rutherford, (202) 225-2501

U.S. Senate:
Senator Bill Nelson, (202) 224-5274
Senator Marco Rubio, (202) 224-3041



with Kelly Barrera, St. Johns County School Board Member, District 4

Q: What has been the response of the St. Johns County School District to school districts in the panhandle following Hurricane Michael?

A: Superintendent Forson has said that we in St. Johns County appreciated the help and resources given to us when we had hurricanes here — and we want to help our neighbors in the panhandle. We are working to see if there is any support we can give, trying to lend resources where we can to help their schools get up and running.

Q: What can you tell us about the school district's five, 10, and 20 year plan?

A: We just approved this plan, which prioritizes where we see the greatest needs for new schools. The main point is we are always planning for growth and always updating the plan each year. This year, we identified a new high school, a new middle school and a new K – 8 school in addition to expansions to Creekside High School, Liberty Pines Academy and South Woods Elementary for our five year plan. My priority is the new schools, but of course funding is always the issue for that. With the half cent sales tax and additional bonding capabilities coming up in 2021, we will also fund another K – 8 school in the northeast, but that is now contained in the 10 year plan.

Q: Do we know where the new schools in the five year plan will be located?

A: The school district has some sites, but the location has not been determined yet. The Growth and Planning Department is working on data for this. It is not too early to examine the sites, but it's still too early for a decision.

Q: What is a common concern that you are hearing lately from parents?

A: I have heard lots of conversations about concerns regarding vaping, alcohol and drugs, particularly as pertains to our middle and high school students. I would encourage parents to be aware of the damage these things do to developing brains and be proactive in their conversations with their children. On the district website (www.stjohns.k12.fl.us) we have resources as well. I believe the district is being proactive in making sure families have resources available and we encourage everyone to take advantage of these resources.

I'd also like to point out the volunteer and mentoring opportunities available, whether through ASSIST for our homeless students, or RSVP, or Take Stock in Children. Just one hour per week can make a difference in especially a middle or high school student's life. Having someone other than a parent help students navigate where they are going and who they are is so important.

Q: What else is happening in District 4?

A: We listened to all the School Improvement Plans in September. Although the schools had different initiatives, the overall theme was providing the best education possible for all students. Positive reinforcement and creating cultures of caring ... I saw this in all District 4 schools. I left these meetings excited because I could tell the schools' leaders all had insight and they were putting it into practice.

Q: How can our readers contact you?

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



with St. Johns County Property Appraiser Eddie Creamer

Q: Can you give us an update on the tax roll?

A: The tax roll has been certified and sent to the Florida Department of Revenue and the St. Johns County taxing authority.

Q: What happens next?

A: Beginning in the last week of October, property owners will be receiving their tax bills. If the bill is paid in November, there is a 4 percent discount applied; if paid in December, the discount is 3 percent; if paid in January, the discount is 2 percent; and if paid in February, the discount is 1 percent. There is no discount for paying in March and the bill is due March 31, 2019. All tax bills are past due on April 1, 2019.

Q: Can you shed some light on the proposed Constitutional Amendment 1, which will appear on ballots on Nov. 6?

A: This amendment directly affects ad valorem taxation in our state by proposing an additional homestead exemption of \$25,000. There is a calculator available on our website, www.sjcpa.us, where property owners can estimate the impact, if any, on their taxable value. There is also a detailed explanation of how the proposal will work and who

will be affected. We encourage voters to become the most informed that they can and our office is happy to provide unbiased information.

Q: What about Constitutional Amendment 2, which places limitations on property tax assessments?

A: Currently, there is a 10 percent cap on assessment increases on non-homesteaded properties. If this amendment doesn't pass, then the 10 percent cap would be repealed. It is important to note that this applies only to non-homestead properties and is retroactive, meaning that if it doesn't pass, it applies back to when the amendment was first passed; if these property values went up, it would result in a larger tax bill for 2019. The effect in our county is primarily on commercial properties, but it also applies to second homes.

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

A: Our office is located at 4030 Lewis Speedway Ste. 203, (904) 827-5500. It is open Monday – Friday, 8:30 a.m. – 5 p.m. Also, readers can email me at Eddie@sjcpa.us or call me at (904) 827-5500.

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Library cont. from pg. 1

Regardless of the renovation process, the library will remain as an Early Voting site Oct. 24 – Nov. 3. It will also still serve as an Election Day polling site on Nov. 6.

During the closing, patrons can request, check out and drop off items at a temporary storefront located at the Tax Collector's Annex, 5430 Palm Valley Road, from 11 a.m. – 6p.m. Monday through Friday and 11 a.m. – 4 p.m. on Saturday.

Visit www.sjcpls.org/closure for more information and additional announcements regarding the closure.



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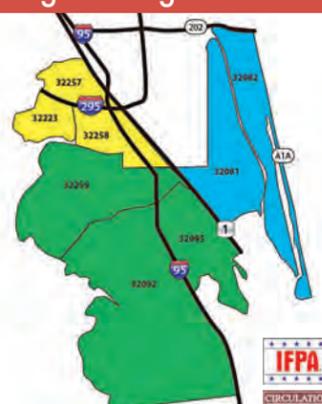
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This 'n That

By Mims Cushing
mail@floridanewsline.com

It's a grand-cup-of-coffee-and-glorious-pancake day

This is a very complicated country. Some wacko things happen, and I'm not just talking Washington D.C. I never talk about D.C. if I can help it. D.C. would probably pay me not to talk about D.C.

Let me give you an example of how cuckoo our country is, though I love her to smithereens and wave The Grand Old Flag 24/7 outside my house.

New (new?) governmental nutritional guidelines have been published again that should have as a logo, "The U.S. Government's Way of Taking All the Fun Out of Meals." It tells us what we know already, and are sick to death of hearing: eat less sugar, less red meat. Avoid processed foods, GMOs. Anyone who eats baloney or hot dogs should do it with their eyes closed so they can tell people who catch them eating the stuff, "It was an accident."

We are told again to eat a plant-based diet: more fruits, vegetables, nuts, and whole grains. We know this.

The reports that are published are sometimes ludicrous, sometimes not even helpful. Here's an example. Please read this sentence aloud: "Food groups do need to be eliminated entirely to Improve Sustainability Outcomes." You don't have to go to a writers' conference to be told that phrase is pompous, overbearing, grandiloquent, supercilious, high-handed, haughty, grandiose, arrogant... You get the idea. Thank you, Mr. Roget. How about saying instead, "...to help us live to a ripe old age?" I give the U.S. nutritional guidelines people that phrase ... free. Free. Take it.

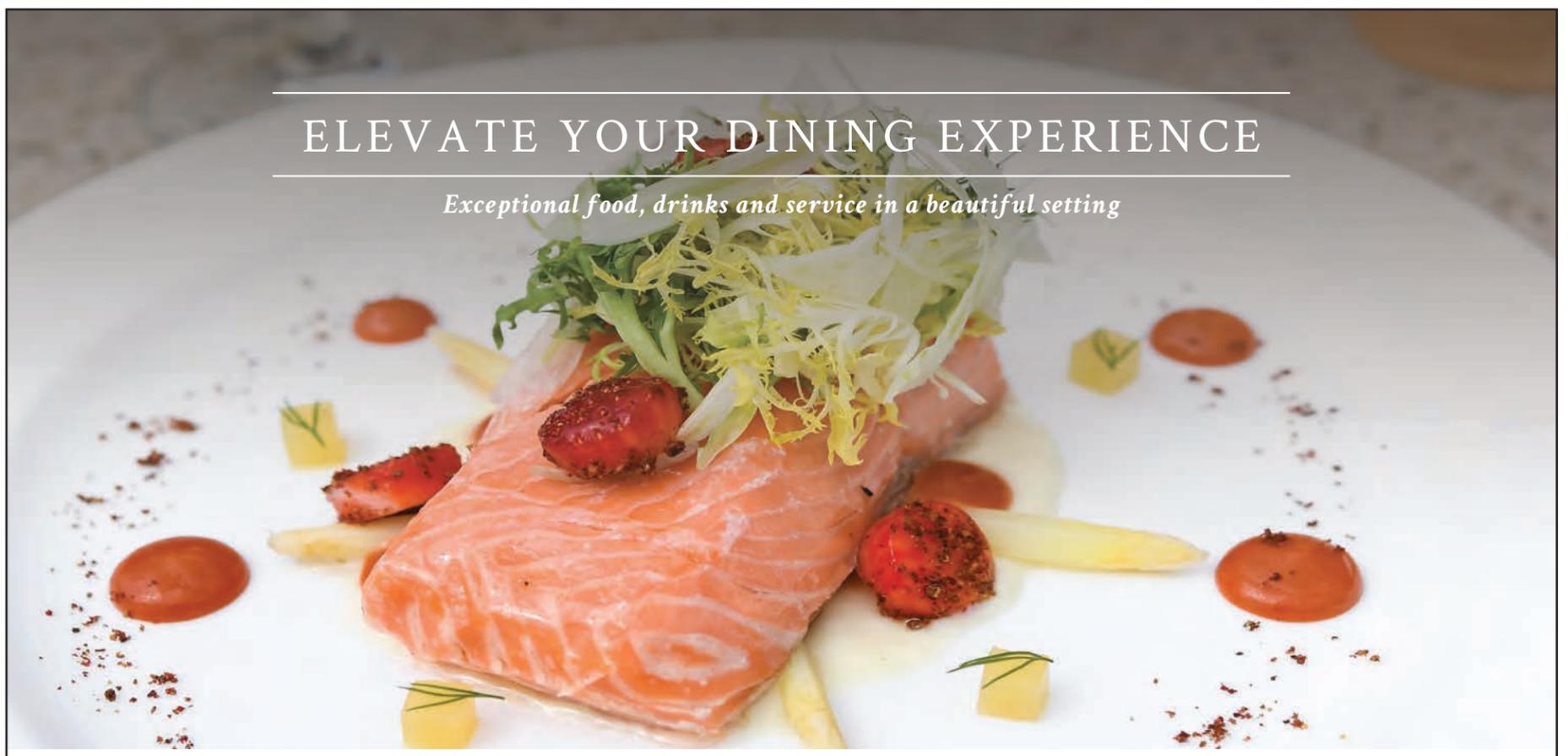
How can the food guerrillas allow Americans to stuff their face with pancakes and do not outlaw IHOP's Pancake Day? There is an International House of Pancakes Day. You can get free short stacks as long as you donate money to Children's Miracle Hospital Network or other specified charities. How nice is that? If nutritional scholars want to do some good for people in this country, they should suggest we send cash to charities and leave the pancake bloating extravaganza alone. Unless blueberry or banana pancakes count as a fruit.

By the way, lest you think I do not like pancakes, and that it is easy for me to throw IHOP Pancake Day under the bus, that is not true. A year ago a friend and I went out to breakfast and I ordered the usual: two fake eggs, one piece of dry toast and fruit. She ordered chocolate chip pancakes! I have been dreaming of her breakfast for a year! I have filed away chocolate chip pancakes as my go-to breakfast if the end of the world is looming and my bathroom scales have died.

The good news is that the first National Pancake Day celebration was in 2006 — yes, 12 years ago — and since then more than \$16 million has been raised for charities in the towns in which the IHOPs are located, which is pretty much everywhere.

What day can you celebrate in your house? National Everybody Do Their Own Laundry Day might be a good start. A washing machine is not a problem from a nutrition standpoint.

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MarketInsight



The right tool for the job

By Scott Grant
ScottGrant@StJohnsBusinessMonthly.com

I give a popular presentation about a 1942 submarine attack off Jacksonville Beach in 1942. At 9:30 p.m. local time on a Friday night, a German U-Boat, the U-123 under the command of Rheinhard Hardegen sank an oil tanker, the SS Gulfamerica, three to four miles off the coast while hundreds, if not thousands, watched in horror from the beach. The presentation has been remarkably successful. I will present it for the 100th time on Veteran's Day at the Castillo de San Marcos, this Nov. 11.

Two nights before the attack off Jax Beach, Hardegen and the U-123 were involved in another horrific attack off of Brunswick, Ga. In the course of 51 minutes, the German submarine sank two oil tankers, the SS Oklahoma and the SS Baton Rouge. The tankers were headed North when attacked. Both vessels went to the bottom, both were re-floated and repaired, and both would be sunk again later by different German submarines.

The night of the double sinking, a member of the Carnegie clan dropped a wrench from his private plane onto the lawn of the St. Simons harbormaster, Olaf Olsen. Around the wrench was a note. The note alerted Olsen, nicknamed Oley, that men, survivors of the sinking, were in danger of dying at sea. Oley was familiar with the yachts berthed there under his care. Oley knew he had to do something. Brave Americans were in danger. Time was of the essence.

Oley looked down the line of yachts and decided, "I am going to take that one!" The boat his finger pointed to was a 42 ft. Fairform Flyer built in Jacksonville by the Huckins Yacht Company. She was fast, and she was sea-worthy.

The yacht Olsen took out that night was owned by Coca-Cola heir, Charles Howard Candler. He took a doctor with him. Huckins boats were fast. The patented Quadraconic hull design was used on all PT boats during World War II. Huckins, in the spirit of patriotism, leased the technology to the Navy for the sum of one dollar. That night, Olaf "Oley" Olsen rescued 42 panicked survivors from the ocean. Most of those men would go back to sea.

In all endeavors, it is important to use the right tool. Oley Olsen selected the right tool that night! He was a professional. He knew what he was doing. For many of us, retirement is a scary proposition. Maybe not as scary as being sunk by a Nazi submarine, but scary enough. We are all living longer. The number of Americans over the age of 100 has increased 50 percent since the year 2000. Living longer means we will all need to save more money. Depending on your age, you may need millions of dollars just to maintain your standard of living.

If that number sounds daunting, it should. To save enough, you will need help. You will need to earn a higher rate of return on your retirement savings. The right tool for the job is the stock market. It is the only vehicle that will get you where you need to go. Retiring comfortably in America requires that you compound over time at a high rate of return. If you do not know what that means, ask someone. Call me if you like.

Scott A. Grant is President of Standfast Asset Management in Ponte Vedra Beach. He welcomes your comments or questions at scottg@standfastic.com.

Take steps to boost your retirement security

By Karsten Jacobson
mail@floridanewline.com

To raise awareness about the importance of saving for retirement, Congress dedicated Oct. 21–27 as National Retirement Security Week. And the evidence shows that increasing this awareness is indeed important. Consider this: Some 50 percent of households are considered at risk of not having enough money to maintain their living standards in retirement, according to the National Retirement Risk Index, produced by the Center for Retirement Research at Boston College.

What can you do to help yourself stay out of the "at risk" category? Here are a few suggestions:

- Define what retirement security means to you. Everyone has different ideas about what a secure retirement looks like. You might feel that true security means being able to remain in your current home and live independently throughout your life. Or you might only feel secure if you know you can afford to travel or help your grown children or grandchildren financially. Once you've identified your own vision of retirement security, you should be able to determine the financial resources you'll need to reach your desired outcome.
- Create an appropriate financial strategy. To achieve your idea of a secure retirement, you can't just hope for the best — you need to create a comprehensive financial strategy, accounting for your various sources of retirement income: Social Security, pensions, employer-sponsored retirement plans, your investment portfolio and so on. You need to know how much you can expect from these sources, and how you can strengthen them.
- Be diligent in your retirement savings. You could spend two or three decades

as a retiree, so you'll want to accumulate as many resources as you possibly can — and that means you'll need to save and invest diligently during your working years. Put in as much as you can afford to your 401(k) or other employer-sponsored retirement plan — and every time your salary goes up, try to increase your annual contributions. But you can also go beyond your employer-backed plan and contribute to an IRA. In all your retirement accounts, you'll want to include a reasonable percentage of growth-oriented investments, within the limits of your personal risk tolerance.

- Establish an appropriate withdrawal strategy. Your retirement security isn't just based on how much you've built up before you retire — it also depends on how you manage your assets and investment income during retirement. As you begin to take out money from your 401(k), IRA and other investment accounts, you need to establish a withdrawal rate appropriate for your age, retirement lifestyle and asset level. If you take out too much each year, you risk outliving your resources, but if you withdraw too little, you might be short changing yourself on your quality of life. You may want to work with a financial professional, who can review your entire situation — income, expenses and so on — and recommend an appropriate annual withdrawal figure.

These aren't the only keys to attaining retirement security, but they can still help you move toward that goal. Keep them in mind as the years go by.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Karsten Jacobson. Email Karsten.Jacobson@edwardjones.com for more information.

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ElderSource looking for volunteers from St. Johns and Duval counties

By NewsLine Staff
mail@floridanewsline.com

ElderSource, a nonprofit organization that works to empower elders and their caregivers age with dignity and independence, is currently recruiting volunteers in Duval and St. Johns counties to help people understand their Medicare benefits. Volunteers are a vital part of ElderSource's SHINE Program (Serving Health Insurance Needs of Elders), which helps elders make informed decisions about their Medicare health benefits and other health insurance issues.

Harry Drake, a St. Johns County resident, has been a SHINE volunteer for more than two years and touts how this program is not only important to seniors, but a fulfilling volunteer opportunity.

"Generally, when people turn 65 and become eligible for their Medicare benefits, they are unsure on how to sign up; they are confused and simply do not understand the process and the benefits they are entitled to," he said. "I am a very busy volunteer and it is really satisfying when I can help someone save quite a bit of money."

Drake recalled how he guided a woman toward selecting a Medicare Part D

Prescription Plan, saving her more than \$1,000 a year.

"Her doctor recommended that she begin taking this new medication, but it was not covered on her current formulary. After some research, I was able to give her a recommendation on a Part D plan that would cover it," he said.

SHINE is the only program of its kind that offers free and unbiased counseling on Medicare and health insurance issues. Volunteers receive basic training on Medicare, Medicare Part D (prescription drug program), Medicare Supplement Insurance and Medicare Advantage, Medic-

aid, and in turn, serve as counselors to their peers on how to understand and capitalize on these insurance benefits. Computer experience is helpful, but not necessary, to be a volunteer.



Photo courtesy ElderSource
St. Johns County resident and SHINE volunteer, Harry Drake.

Upon completion of the training, volunteers can be certified to give presentations in their communities and provide much-needed counseling with seniors to secure these complicated Medicare health insurance benefits. Volunteers, supported by SHINE staff, will connect with elders at

various locations in the community, including but not limited to health fairs, senior events and other community outreach events.

While SHINE volunteers are very busy during Open Enrollment (the period from Oct. 15 to Dec. 7 when Medicare beneficiaries can make changes to their plans), they counsel people year-round. Thousands of people turn 65 every day, making SHINE volunteers an invaluable resource to the community.

To become a SHINE Volunteer or to receive more information call ElderSource at (904) 391-6644.

ElderSource is a nonprofit organization that provides information and resources to seniors, adults with disabilities and their caregivers so they can live well and independently. ElderSource, funded by the Department of Elder Affairs through state and federal grants, impacts the lives of more than 12,000 seniors living in Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia counties. SHINE is a program of the Florida Department of Elder Affairs and is funded through a grant from the Administration of Community Living and operated in partnership with the state's 11 Aging and Disability Resource Centers.



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Cochlear implant a life changer for St. Augustine resident

By NewsLine Staff
mail@floridanewsline.com

St. Augustine resident Harry Zemon experienced severe hearing loss from two major factors in his life. First, he was in the meat business, which meant dealing with high intensity noises coming from band saws, patty makers and grinders. Pair that with a genetic defect and hearing loss for him at age 70 turned into severe hearing loss — and hearing aids were no longer helpful.

Zemon's first venture into seeking information on hearing correction was in 1986. Since he was in the military, he found it was covered completely by insurance if surgery took place in Tampa, which meant he would have a six-hour round trip every week for the first three to four weeks post-surgery. The VA provided many evaluations on his status of hearing and bone loss — but he just could not deal with the trips to Tampa. So, he waited.

When Zemon was able to obtain Medicare and the supplements, he inquired again. One day he was in the grocery store and a fellow in front of him was an older gentleman with a bright white cochlear processor firmly on his head.

He approached the gentleman, a local attorney, to talk about this particular implant, and they talked nearly 25 minutes. Zemon found out about an informative seminar in Jacksonville about cochlear implants, and he decided to go.

"I was sold," said Zemon. "I knew this was what I had to have."

In March 2018, Zemon underwent successful cochlear implant surgery by J. Douglas Green Jr., MD, in Jacksonville. The surgery resulted in Zemon being able to now hear his three grandchildren — he calls them the chatterboxes. He can hear and understand them, whereas before his daughter had to translate.

"It is a joy, a pleasure to hear them and the outside world again," said Zemon.

If he sees a person who is having a hard time to hearing, he strikes up a conversation sometimes. He chats about having a cochlear implant and how it's made a huge difference in his life.

Zemon also uses a caption phone with a screen to further discern words. It's like

Cochlear implant cont. on pg. 15



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Faith News

Church to host shredding event

On Saturday, Nov. 10, Lord of Life Lutheran Church, 276 N. Roscoe Blvd., will host its “Part with the Paper” shredding event. The community is invited to bring sensitive documents such as old tax file and credit card bills to be professionally shredded by award-winning document destruction company, Iron Mountain, from 9 a.m. – 12 p.m. A suggested donation of \$25 per person is requested for document shredding. Proceeds will go towards the building of the new sanctuary. Call (904) 285-5347 for more information.

Synagogue to host Women’s Bazaar

Just in time for holiday shopping, holiday health and holiday home, Beth El the Beaches will hold a women’s bazaar on Nov. 29 from 6:30 p.m. – 8:30 p.m. Admission is complimentary. This event will celebrate women entrepreneurs, professionals and artisans by featuring vendors from the Jacksonville area. Beth El the Beaches is located at 288 N. Roscoe Blvd. This event is presented by Beth El Sisterhood and Jacksonville Hadassah.

Chabad @ The Beaches announces CKids Club Havdalah party

CKids Club offers a fun and educa-

tional experience for children and their parents to come together and explore their Jewish roots. The club will feature four innovative events throughout the year. The first event kicks off Saturday, Nov. 10 at 6:30 p.m. for an inspirational Havdalah and party for the entire family. A Havdalah is a Jewish ceremony marking the end of Shabbat. There will be activities, game shows, and crafts for all. Attendees can take home their very own handcrafted Havdalah kit. This event will take place at Chabad at the Beaches, The Aaron and Blanche Scharf Center for Jewish Life, 521 A1A North in Ponte Vedra. There is a cost of \$12 per child or \$9 if prepaid by Nov. 6. Visit www.chabadbeaches.com for registration. Call Chabad at the Beaches at (904) 543-9301 or email leah@chabadbeaches.com for more information.

A Rabbi’s love for his congregation far exceeds the pulpit

A rabbi is the center of Jewish life. At the heart of Judaism are three beliefs about leadership: We are free. We are responsible. We can change the world. Rabbi Michael Matuson of Beth El The Beaches Synagogue is the epitome of all three. Most rabbis serve to encourage a commitment in Judaism and cultivate

Faith News cont. on pg. 15

Volunteers needed for AARP Foundation Tax-Aide

By NewsLine Staff
mail@floridanewsline.com

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, celebrating its 50th year, offers free in-person preparation and assistance to anyone, especially those aged 50 and older. Volunteers make a difference in their communities by assisting those who might otherwise miss out on the tax credits and deductions they’ve earned.

Since its inception, AARP Foundation Tax-Aide has served more than 68 million taxpayers. The program is seeking volunteer tax preparers, client facilitators, those who can provide technical and management assistance and interpreters. Every level of experience is welcomed. Volunteer tax preparers complete tax preparation training and IRS certification.

Last year, 251 AARP Foundation Tax-Aide volunteers helped more than 16,000 people file their federal and state tax returns. The program is offered

at 27 sites in Duval, Clay, Bradford, Putman and St. Johns counties, including senior centers, libraries and other convenient locations.

AARP Foundation Tax-Aide has grown since its inaugural team of just four volunteers in 1968. The program now involves 35,000 volunteers and serves more than 2.5 million taxpayers annually at nearly 5,000 sites nationwide. In 2018 taxpayers who used AARP Foundation Tax-Aide received \$1.3 billion in income tax refunds and more than \$213 million in Earned Income Tax Credits (EITCs). Taxpayers do not need to be a member of AARP or a retiree to use Tax-Aide.

To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277). AARP Foundation Tax-Aide is offered in coordination with the IRS.



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Sleep loss can affect memory in seniors

By NewsLine Staff
mail@floridanewsline.com

Poor sleep can leave people feeling groggy, disoriented, depressed, and not up for facing the day. And now there's new evidence that insomnia can contribute to memory loss and forgetfulness among the elderly.

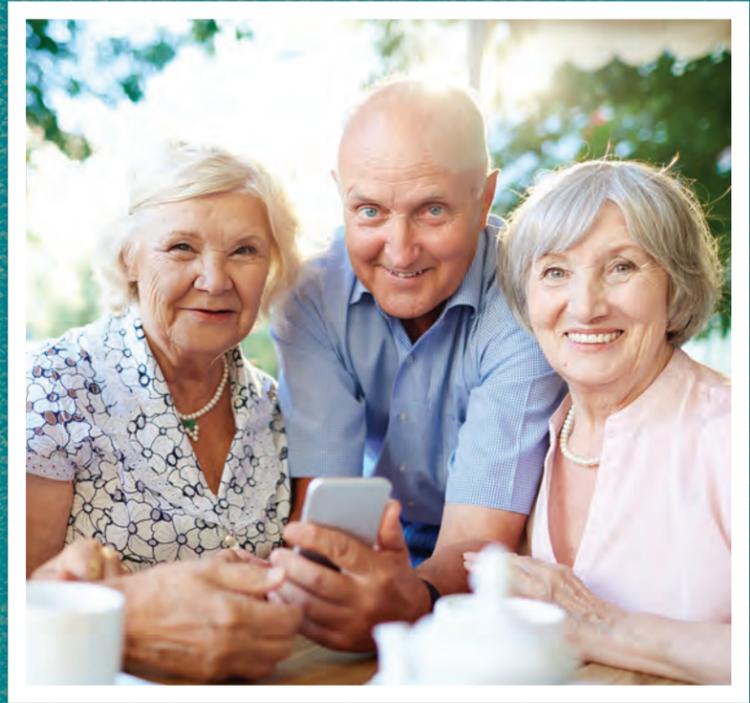
A study — the first of its kind — unveiled a new link between lack of sleep and memory loss. Researchers at the University of California, Berkeley found that during sleep, important brain waves are produced that play key roles in storing memories. These waves transfer the memories from the hippocampus to the prefrontal cortex, a portion of the brain where long-term information is stored. Sleep loss can cause the memories to remain in the hippocampus and not reach the long-term storage area, found researchers. This can contribute to forgetfulness and difficulty remembering simple details, such as names.

Seniors are frequently plagued with deteriorated sleeping patterns that lead to shallow sleep and more awakenings, says those at the University of California. This can contribute to the prevention of memories being saved by the brain each evening.

This is not the first time sleep and brain health have been measured. A 2008 University of California, Los Angeles study discovered that people with sleep apnea showed tissue loss in brain regions that help store memories.

WebMD says imaging and behavioral studies show the role sleep plays in learning and memory and that lack of sleep can impair a person's ability to focus and learn efficiently. Combine this with the necessity of sleep to make those brain wave connections for memories to be stored, and the importance of deep sleep is apparent.

Another study, published in the journal *Brain*, conducted by doctors at Washington University in St. Louis, linked poor sleep with early onset of dementia, especially Alzheimer's disease. Although poor sleep does not cause Alzheimer's, it may increase brain amyloid proteins believed to be intrinsic to the disease. When slow-wave deep sleep is disrupted, levels of amyloid can grow and clog the brain. This is corroborated by data published in the journal *Neurology*. Getting deep sleep is important for reducing these proteins. The quality of deep sleep among older adults is often 75 percent lower than it is in younger people.



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Purple for November – Pancreas Cancer Awareness month

By Martie Thompson
editor@floridanewslines.com

Judi Zitiello would like to turn everything purple for Pancreas Cancer Awareness in November, like everything is pink for Breast Cancer Awareness in October. Pancreas cancer is currently the third leading cause of cancer-related death — largely because there is no early detection method — and is expected to become the second in the next few years.

Zitiello's interest in pancreas cancer is personal; she was first diagnosed in 2014, when she was busy as a board member of the JT Townsend Foundation, named after the well-known Episcopal High School football athlete who suffered a spinal injury and paralysis

and then dedicated his life to helping the disabled receive assistance and adaptive equipment in the Jacksonville area. Sadly, Townsend passed away in 2013, leaving Zitiello and others to keep the foundation going.

When Zitiello was diagnosed with cancer just 10 months later, she resigned from the board and concentrated on her own health. She underwent surgery, chemotherapy and radiation and said it was about two years before she felt like herself again. She felt strongly that she wanted to fundraise for the JT Townsend Foundation again and with her new dedication to pancreas cancer awareness, she and her

husband Tom teamed up with long time neighbor and golf professional Fred Funk to start the Champions for Hope Celebrity Golf Classic.

“We knew we had to fight to find an early detection method for pancreas cancer,” Zitiello said. “And since the Zitiello, Funk and Townsend families were very close, it made sense to support both causes.”

After a year of incorporating and planning, the first Champions for Hope Celebrity Golf Classic was held in June 2017 and was able to donate \$550,000 to Mayo Clinic for pancreas cancer research and \$200,000 to the JT Townsend Foundation. The second event in 2018 resulted in donations to Mayo in the amount of \$350,000 along with \$150,000 for the JT Townsend Foundation.

The Champions for Hope Celebrity Golf Classic is the sole fundraising event of the Funk-Zitiello Foundation and they do it up right. The Friday night before the Saturday golf tournament is Gala Night at the TPC Clubhouse. Zitiello said approximately 260 people attend the gala, which features a live and silent auction, a VIP reception, dinner, and this past year, dancing to the Chris Thompson Band, which donates their time. As many items as possible are donated so that the maximum amount possible can be donated to the causes.

On Saturday morning, the main event is held at the TPC Stadium Course. Each foursome is paired up with a local celebrity, such as a PGA TOUR or Champions Tour player, a Jacksonville Jaguars player, an NFL alumnus or other local celebrity. Zitiello said the highlight is what happens on the practice range before the 8:30 a.m. shotgun start.



Photos courtesy Geek Chic Photography
Judi Zitiello with grandchildren Jude Garrity and Olive Zitiello

“The JT Townsend Memorial Gospel Choir, directed by Vickie Ferrie, performs. It is so moving to hear the inspiring music in such a beautiful setting,” Zitiello said.

The tournament features donated food or beverage or a golf challenge on each of the 18 holes to ensure that a good time is had by all. Last year, 18 foursomes played in the tournament.

Today, Zitiello acts as the managing director of the Funk-Zitiello Foundation in addition to counseling friends of friends who have been diagnosed with pancreas cancer. She chronicles her journey in a blog, www.zjudes.com, hoping that someone will find a little hope and encouragement. She has what she calls a “special connection” with grandson Jude, who was named after her and was born one week after her first diagnosis; Zitiello found that her cancer had returned this summer. She considers herself a miracle, as only 9 percent of those diagnosed with pancreas cancer live five years. She plans to make it past that anniversary in April of 2019.

“I truly believe that God has given me this extra time, and I had better do something good with it,” Zitiello said.

Visit www.championsforhopegolf.com for more information about the Funk-Zitiello Foundation's Champions for Hope Celebrity Golf Classic. Their text to pledge number is (904) 530-2331. Visit www.jttownsend-foundation.org for more information about the JT Townsend Foundation and visit www.pancan.org for more information about pancreas cancer.



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Get to Know . .

*Wayne
Chattaway*

By Angela Higginbotham
angela@floridanewsline.com



Photo courtesy Wayne Chattaway
Wayne Chattaway

Wayne Chattaway grew up enjoying the sand and surf of Jacksonville Beach as an avid surfer and lifeguard. A graduate of Fletcher High School and Florida State University, Chattaway studied computer science and marketing. He has spent his career with tech companies throughout the Jacksonville area and currently serves as CEO of The Anti in Ponte Vedra Beach. Chattaway has given his time to the Rotary Club and volunteering with the Kate Amato foundation. He and his wife, Sue, are also franchise owners of the Bach to Rock music school in Jacksonville Beach. They have four children, students at Ponte Vedra High and Landrum Middle. The Chattaway family enjoys spending lots of family time outdoors.

1. What do you enjoy most about living and working in Ponte Vedra?

I enjoy the beach and doing any water activity like surfing and paddleboarding. The school system is also great.

2. What service does The Anti offer clients?

The Anti is a consulting company that helps clients improve the workforce experience by implementing HR solutions. We believe in helping

organizations stay focused on the things you can control, like understanding customer and worker expectations, solving for how to meet them, and constantly anticipating how to exceed them. We've grown substantially over the past year while obtaining some high end clients. We have 21 employees all over the country and three in Europe.

3. What was most intriguing when considering the start of your company?

In the tech field, it's easy to work an 80-hour work week. I wanted to create a culture where it wasn't like that. I wanted a family-oriented culture that people enjoyed working at, but also is a big contender in the industry.

4. What would you consider your greatest accomplishment thus far?

I adore my kids, so I'd have to say they are my greatest accomplishment. That's why I'm so thankful to have created a workplace that has such a great work/life balance so that I can be very present with my family.

5. What is something that most people don't know about you?

I'm a tech guy by day but I'm still an aspiring lifeguard. I'm a hippy at heart.

Landrum cheerleaders cont. from pg. 1

and many of the current Landrum and Palm Valley Academy cheerleaders taught all the technical material and routines at the camp.

Community service is very important to the school and the cheerleading team. So far this year, the cheerleaders have taken on projects including making dog and kitty warmers and toys for the Jacksonville Humane Society and volunteering their time for the Colman and Baughman Triathlon at Hanna Park. The triathlon took place on Sept. 23, and the girls cheered on the participants and helped keep them hydrated throughout the event. Future projects in the planning stages include a beach clean up and hosting a bake sale to raise money for SAFE Pet Rescue.

Cochlear implant cont. from pg. 11

closed-caption on television. Presently, he's working on a new therapy program using his cell phone to further increase sound understanding even more clearly.

Today the external cochlear processor comes in different colors and shades. Zemon opted for the darker one, so it's barely noticeable. Today's products can hardly be seen under the hair.

Zemon firmly believes that if people are still leery about what cochlear implants and severe hearing correction are all about, they should seek out the experts.

"Information is key, and what I knew initially barely scratched the surface," he said. "A long time ago the surgery cost so much that it seemed as much as heart surgery — it's come a long way today and is perfected.

"It's really a life changer. Regardless of whether you are seven or 70, your world opens up all over again!"

Faith News cont. from pg. 12

learning, religious practice and belief — but many don't go over and beyond as Rabbi Matuson has done.

With retirement on the horizon in a few years, Rabbi Matuson reflected on many aspects of his career as a leader.

"How can I convey my gratitude to a community for all the support, friendships, laughter and moments of holiness I have known at Beth El? How can I possibly express my gratitude to a community who make real the dreams of my prayers?" the Rabbi asked himself.

With these values in mind, Rabbi Matuson has pledged to create and direct the first \$100,000 to a fund dedicated solely to paying down the Beth El building mortgage.

"I believe in Beth El's mission to be a vibrant Jewish presence at the Beaches," Rabbi Matuson said. "I believe in Beth

El's commitment to teaching and demonstrating how to live a joyful Judaism, a life informed and inspired by sacred Jewish values. I believe a secure financial future is absolutely critical to our success..."

The rabbi's commitment to his congregants has been met with such overwhelming pride that many have become inspired to match his pledge. As the highest of holy days concludes, Rabbi Matuson and the entire Beth El family will forever feel the effects of his gratitude, commitment and love for the future of their synagogue.

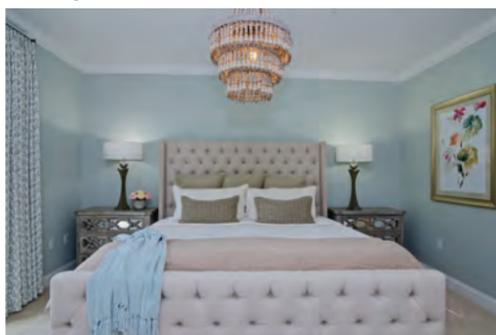


Photo courtesy Beth El The Beaches Synagogue
Rabbi Michael Matuson

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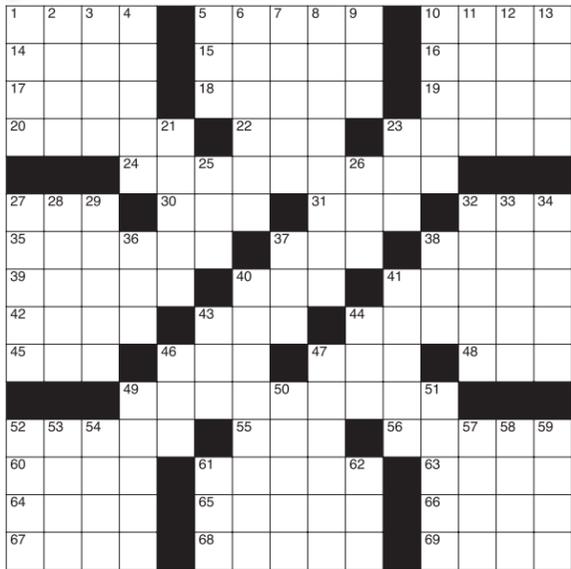
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Puzzles

Answers to puzzles on page 3
Provided by MetroCreative



CLUES ACROSS

1. Boat structure
5. Affirmatives
10. From end to end
14. Ancient Syrian city
15. Plant parts
16. Anatomical feature of worms
17. Invests in little enterprises
18. Cuts the skin off
19. Noted child psychiatrist
20. Satisfies
22. Take by sips
23. Matched
24. It changed the world
27. U.S. Founding Father Adams
30. Father
31. Swiss river
32. They hold music
35. Spoke
37. Used to write
38. Cold wind
39. More competent
40. Test for high schoolers

CLUES DOWN

41. Mild analgesic
42. Indian industrial city
43. Fellas
44. Short-tailed martens
45. No seats available
46. Golf score
47. A way to sink
48. Type of investment account
49. Songs
52. Type of sword
55. ___ King Cole, musician
56. Type of vaccine
60. Site of the Taj Mahal
61. Languished
63. Ethnic group in South China
64. Prevent from seeing
65. Word of farewell
66. Charity given to the poor
67. Chops
68. Swiss capital
69. One point east of southeast
1. Type of hall
2. Swedish rock group
3. Long, narrow cut
4. Indicating silence
5. Talk at length
6. Wiped away
7. Sweet substance (alt. sp.)
8. Babar is one
9. Soviet Socialist Republic
10. French avant-garde composer
11. Commoner
12. Swiss river
13. A single-minded expert
21. Passover feast and ceremony
23. Indie record label (abbr.)
25. Fellow
26. Strong tree
27. Drenches
28. Spindle
29. North Dravidian language
32. Lounges about
33. Preamble
34. Essential for nachos
36. Afternoon beverage
37. 007's creator
38. Founder of Babism
40. Music played in open air
41. Profoundly wise men
43. Disfigure
44. Unhappy
46. Prefix denoting "in a"
47. Cotton fabric; satiny finish
49. Closes tightly
50. The lowest point
51. Semitic sun god
52. Grads wear one
53. Phil ___, former CIA
54. Fermented rather than distilled
57. Aids digestion
58. Unstressed-stressed
59. Body part
61. Wonderful
62. Expected at a certain time



Solve the code to discover words related to aviation.
Each number corresponds to a letter.
(Hint: 14 = L)

A. 2 14 12 9 22
Clue: Flying device

B. 23 12 18 22 11 4 4
Clue: Get off ground

C. 14 12 9 1 26 9 8
Clue: Return to runway

D. 4 14 26 8 16 23
Clue: Air trip

AVIATION WORD SEARCH

R G P M A G A R E S T G N I L I E C S F
 E O A H A I P I D S I E L B I G I R I D
 N A U R T T R C O C K P I T O O E H S I
 I A D T T M B F A P N O I T A G I V A N
 B T P G E V R L O H L K A D N H E V O H
 R C O M M U T E R I E B A E E N N D A T
 U D D D T I L N K L L P S L P O G T I T
 T B K O T A F B N I A S I U T I I H R L
 Y G L U V F F Y O R A C P L S T N G S O
 B I D I Y L O A T P O L B I L I E I P R
 P E R N S Y I U Y P U R T U D S P L A T
 E R P S P L R L T P K K I G O H F C N
 A P U T E E L E V O N P F I M P I Y E O
 E R F R E F R B L I T E U T L E C K M C
 K I O U D M A C H C A O R P P A T D H D
 L N S M E G N A R V P A Y L O A D E H N
 F U S E L A G E H R V T U R T S V B R U
 P S T N H V S S I N D I C A T O R P M O
 G V O T B O D G T F A R I C R I A V C S R
 A S S S A P M O C G M C C I F F A R T G

WORDS

- AILERON
- AIRCRAFT
- AIRFOIL
- AIRSPACE
- ALTIMETER
- ALTITUDE
- APPROACH
- ARRIVAL
- CEILING
- COCKPIT
- COMPUTER
- COMPASS
- DEPARTURE
- DIRIGIBLE
- DRAG
- ELEVON
- ENGINE
- FLIGHT
- FUSELAGE
- GROUND CONTROL
- HELICOPTER
- INDICATOR
- INSTRUMENTS
- KNOT
- LIFT
- NAVIGATION
- PASSENGERS
- PAYLOAD
- PILOT
- POSITION
- RANGE
- ROUTE
- SPEED
- STRUT
- TRAFFIC
- TURBINE

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

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FAVORITE FRIEND:
Sarge, his family's cat.

HOW YOUR BFF GOT THEIR NAME:
Google! The family ran through hundreds of names before settling on Baxter.

Ponte Vedra NewsLine

Do you have a cute pet? Send us your pet's picture and the answers to the five questions above before the 10th of the month. Your pet could be our BFF of the month and you could win a Gift Certificate! Does your business cater to pets? Would you like to sponsor our contest? Email editor@floridanewsline.com to enter your pet or sponsor the BFF contest.

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Eddie Creamer

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Karate kids traverse 10,000 miles of ATA Tournaments

By NewsLine Staff
mail@floridanewslines.com

The 10,000 mile trail that two ATA Taekwondo competitors amassed together was their path of success to five cities spread across the USA during the opening six weeks of the karate season.

Jessie Miller and Lilly Sonn are local black belt karate kids, who during this marathon of weekend tournaments, collectively won 18 medals and earned first place rankings as Florida state champions, as well as placement in their divisions as the world's top 10 medalists.



Photo courtesy Ted Miller
Karate kids Lilly Sonn and Jessie Miller.

The next major event for these contenders will be Fall Nationals in Orlando. The Tournament of Champions, to be held in Little Rock, Ark., during the 50th anniversary of ATA's World Expo of Martial Arts, marks the end of the karate season in July 2019.

This first 10,000 miles is just the beginning of two young girls' very ambitious journey to attempt to win a world title. Both girls are also assistant instructors, have previously won state and district

regional championships, are honor roll students, active in their churches, and have been featured nationally as "Leadership Kids" in ATA's World Magazine.

Miller and Sonn train at the Karate America do-jang located in Ponte Vedra Beach, owned by Grand Master Clark, operated by 7th Degree black belt Master Daniel Gimenez, 6th Degree World Champion Amber Smith and 5th Degree black belt Justin Escarra.

Ponte Vedra High School senior is Youth Olympian

By NewsLine Staff
mail@floridanewslines.com

Seventeen year-old Ponte Vedra High School senior Lawrence (Lance) Tan, a life-long Ponte Vedra resident, qualified as one of 16 foil fencers worldwide for the Summer Youth Olympics at the 2018 Junior and Cadets World Fencing Championships held in Verona, Italy, in April 2018. Tan, a dual citizen, has been representing the Philippines since he was recruited as a heritage athlete at 14 years old.

The Youth Olympic Games is an international multi-sport event organized by the International Olympic Committee. The games are held for qualifying athletes between the ages of 14 and 18 years old every four years consistent with the current Olympic Games format. The Youth Olympic Games is the largest and most elite multi-sport event for youth athletes with more than 200 nations and more than 4000 youth athletes competing at the event in Buenos Aires in October.

Tan is the first Filipino fencer to qualify for the Youth Olympics and one of only seven qualifying athletes representing the Philippines. Tan began fencing in Florida as a five-year-old at Fioretto Fencing Academy and Jacksonville Fencing Club, but for the past three years, has been training in Orange County, Calif., at Golubitsky Fencer Center, with Hall of Fame foil fencer Coach Sergei Golubitsky, a former three-time world champion



Photo courtesy D. Deguzman
Lance Tan at the Youth Olympic Village in Buenos Aires in October.

and Olympic silver medalist. Tan will be accompanied to Buenos Aires by his travel coach, Hungarian elite foil coach Bettina Budavari of Ferencvárosi Torna Club, (FTC, Budapest).

"What is so special about the Youth Olympics is that it focuses not just on winning and losing, but on cultural and educational exchange," Tan said. "It is an opportunity for young people to get together and celebrate each other and our love of sports. The theme is, in the spirit of the games, 'Feel the Future' and that is a good theme because we are all teens looking forward to our futures!"

Both Tan and Budavari offered a free intensive youth fencing clinic at the national training center in Manila for 28 promising young fencers before traveling to Buenos Aires for the Youth Olympic Games.

Budavari said, "This was our way of giving back to the sport of fencing in the Philippines. We hope to inspire more young fencers to compete in international events and to qualify for the next Youth Olympic Games."

GENERAL ELECTION ★ November 6, 2018

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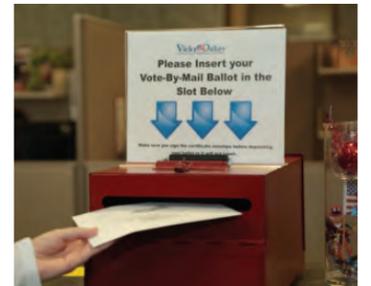
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Ponte Vedra Branch Library 101 Library Blvd. Ponte Vedra Beach, FL 32082	Julington Creek Annex 725 Flora Branch Blvd. St. Johns, FL 32259	W.E. Harris Community Center 400 E. Harris St. Hastings, FL 32145	NEW LOCATIONS

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