



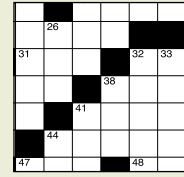
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Tackling student hunger — One SOUPer Bowl at a time

By Atharva Palande
mail@floridanewsline.com



Photo courtesy Atharva Palande

The third annual SOUPer Bowl will be held on Feb. 1, 2018, at Nease High School from 6 p.m. – 8 p.m.

On Feb. 1, 2018, the Nease High School cafeteria will be transformed into an epicure's delight when the school welcomes the community to its third annual SOUPer Bowl from 6 p.m. – 8 p.m. Accomplished chefs from across the area are joining forces to serve some of their finest creations in a memorable soup-tasting event. In addition, every guest can pick a specially handcrafted bowl made by a St. Johns County student to take home as a memento from the event.

The proceeds from the evening support First Coast Blessings in a Backpack, a program that benefits students in St. Johns County School District who are on free and reduced price lunches in school. While dependent on the school meals for their nutrition during the week, a lot of these children do not have guaranteed meals waiting for them at home over the weekend. First Coast Blessings steps in to fill that gap by sending food home with these students who are at risk for hunger. Often, this is the only nourishment available to them during

SOUPer Bowl cont. on pg. 17

2ND ALARMERS mark three years of assistance to St. Johns County Fire Rescue

By Angela Higginbotham
angela@floridanewsline.com

Three years ago, former volunteer firefighter and St. Johns County resident Dave Kirschbaum created a volunteer organization he calls 2nd Alarmers. His vision was to provide assistance to St. Johns County Fire Rescue (SJCFR) both on and off the scene. Kirschbaum and his volunteers give their time freely in an effort to assist firefighters at major fires in St. Johns County.

“Supporting St. Johns County fire and rescue is our way of giving back,” said Kirschbaum. “The volunteers receive a text when there is a fire and those that can go help will be there to do whatever they can. We don’t do anything dangerous or anything that we aren’t qualified to do. We let those who are trained handle the main tasks and we are there to offer support.”

Currently, Kirschbaum’s organization has grown to approximately 30 volunteers who hand out bottled water and assist with other duties. One simple idea has helped St. Johns County Fire Rescue work more efficiently and stay hydrated at the scene. The 2nd Alarmers have assisted SJCFR at major residential fires and events at locations spanning the entire county.

Volunteers are trained by SJCFR to operate a rehab trailer, which is most often utilized at major fire or long term response events. The rehab trailer con-



Photos courtesy 2nd Alarmers
2nd Alarmers at the rehab unit.



St. Johns County Fire Rescue personnel fight fires; 2nd Alarmers provide support.



2nd Alarmers help St. Johns County Fire Rescue workers.

tains additional air bottles and equipment to refill the depleted air bottles of firefighters. The trailer also contains an ice chest with bottled water. As firefighters rotate out of a fire, trained 2nd Alarmers assist them in exchanging their empty air bottle for a full one, provide water for rehydration and refill the empty air bottles for future use.

2nd Alarmers take pride in operating the rehab trailer at SJCFR training exercises for the 18 fire stations of St. Johns County. The volunteers have also provided assistance at major St. Johns County events such as THE PLAYERS golf tournament and the New Year’s Eve St. Augustine Beach Blast. Community education is also an important role supported by the 2nd Alarmers for SJCFR. Hands-only CPR and fire prevention training at county

schools play a large role in their involvement in community outreach.

A registered 501c3 non profit, the organization started with former firefighters, but has grown to include retired and working members from all walks of life. The activities of the 2nd Alarmers are varied and expanding. Those interested in joining this organization are sure to find something of interest in an area they are passionate about.

2ND ALARMERS TAKE PRIDE IN OPERATING THE REHAB TRAILER AT SJCFR TRAINING EXERCISES FOR THE 18 FIRE STATIONS OF ST. JOHNS COUNTY.

“We are always looking for more members. The more active, steadfast volunteers we have, the more we can do to help,” Kirschbaum said.

Volunteers must be at least 21 years of age to join. For more information, contact the 2nd Alarmers Association of St. Johns County at 2ndalarmers@gmail.com or call (904) 625-7579.

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St. Johns Reads activity at Bartram Trail Branch Library

The Bartram Trail Branch Library will host a discussion of this year's St. Johns Reads selection, "Dead Wake: The Last Crossing of the Lusitania" by Erik Larson on Tuesday, Feb. 13 from 7 p.m. – 8 p.m. The book tells the tragic story of the sinking of the HMS Lusitania in 1915. The ship was sunk during World War I by a German U-boat. Larson tells the story of the doomed ocean liner through the ship's passengers as well as the U-boat's crew. Visit www.sjcpls.org or call the library at (904) 827-6960 for more information.

Second Sunday at Stetson's to feature guitarist Sam Pacetti



Photo courtesy Stetson Kennedy Foundation. Sam Pacetti

The Stetson Kennedy Foundation hosts Second Sunday at Stetson's, a musical series and artistic event at his home Beluthahatchee, 1523 State Road 13, each month. On Feb. 11, guitarist and North Florida native Sam Pacetti will be the featured guest. A fingerstyle guitar wizard and a deft songwriter, capable of haunting depth and wry humor in the space of one song, he's nationally recognized as one of the greatest guitar talents of his generation. Reservations are recommended and a donation of \$10 includes a tour of Stetson's home, museum and park from 1 p.m. – 2 p.m. and 4 p.m. – 5 p.m. plus the musical performance from 2 p.m. – 4 p.m. Visit www.stetsonkenedy.com/second-sundays.html for more information.

Ancient City Cat Club to host cat show

The Ancient City Cat Club will hold its annual Cat Show on Saturday, Feb. 24 and Sunday, Feb. 25, from 10 a.m. – 4 p.m. each day. The event will be at the Solomon Calhoun Community Center, located at 1300 Duval St. in St. Augustine. More than 125 pedigreed cats and kittens will be judged each day and many exotic and new breeds will be on display, along with mul-

multiple cat vendors, raffles, food and free parking. Visit the club's Facebook page, www.facebook.com/ancientcitycatclub/, for more information.

Centrist Project forms

The Centrist Project, which is based on the premise that the two party political structure of the nation is broken, has a new Jacksonville area chapter. Nationwide the Centrist Project has more than 21,000 members; the local chapter began with one person in the spring of 2017 and now has more than 35 members in a 25 mile radius of Jacksonville. Members will be meeting in January and February to share ideas for how to grow the chapter and increase local awareness of the Centrist Project. Visit www.centristproject.org/jacksonville or contact atcentristprojectjax@gmail.com for more information about upcoming meetings and events. The group is also on Facebook and Twitter.



Photo courtesy Ancient City Cat Club. The Ancient City Cat Show will be held on Saturday, Feb. 24 and Sunday, Feb. 25, from 10 a.m. – 4 p.m. each day.

Florida Friendly Landscaping workshops offered

UF/IFAS Extension St. Johns County will offer a series of Florida-Friendly Landscaping™ (FFL) workshops to provide in-depth training on the nine principles of FFL. On Feb. 23, from 9 a.m. – 12:30 p.m. at St. Johns County Extension Wind Mitigation Building, the workshop topic will be How to Water Efficiently and Fertilize Appropriately. Additional workshops in the series will be held March 30 and April 27. The fee is \$10 per workshop and pre-registration is required as spaces are limited. Visit <https://floridafriendlyfridayfeb23.eventbrite.ca> to register. For questions, email terraf@ufl.edu call (904) 209-0430.

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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			

around town

save the date!

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

2nd
Rotary Club of St. Johns meeting
 7:30 a.m. (repeating event on Fridays)
 St. Johns Golf and Country Club Clubhouse
 www.rotarystjohns.org

3rd
Character Counts! 6 Pillars 6K/3K Run/Walk
 9 a.m.
 Palencia Elementary School
 www.racesmith.com/races/CHARACTERCOUNTS.html

St. Johns Chapter of the Catholic Writers Guild
 10 a.m. - 12 p.m.
 St. Paul's Catholic Church school auditorium, 2609 Park St.
 www.dosafl.com/outreach/catholic-writers-guild/ or writerrod@comcast.net

5th
Current Events Discussion Group
 10 a.m. (repeating event on Mondays)
 Donovan's Irish Pub, US Highway 1
 adsilby@yahoo.com

6th
First Coast Card Club - adult card players
 1 p.m. - 3 p.m.
 St. Augustine Main Library, 1960 Ponce de Leon Blvd.
 (904) 829-0643

World Golf Village Toastmasters
 6:30 p.m. - 8:30 p.m.
 First Florida Credit Union, 1950 County Road 210W
 Worldgolfvillage.toastmastersclubs.org

8th
Rotary Club of Bartram Trail
 7:30 a.m. - 8:30 a.m. (repeating event on Thursdays)
 Westminster Woods, 25 State Road
 lancedmalcolm@gmail.com

Palencia Bridge Club plays Party Bridge
 11 a.m. - 3 p.m. (repeating event on Thursdays)

Donovan's Irish Pub, 7440 US Highway 1
 Diane Tamplin, (904) 808-7326

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

10th
Friends of the Library Book Sale
 9:30 a.m. - 12 p.m.
 Bartram Trail Branch Library
 (904) 827-6960

12th
The Northwest United for Progress Club meeting
 7 p.m.
 2777 Race Track Road (NE corner of Race Track and Flora Branch)
 nwsjcp@gmail.com

4-H Science Club
 5 p.m. - 5:45 p.m.
 Bartram Trail Branch Library
 (904) 827-6960

13th
St. Johns Reads: "Dead Wake" by Erik Larson
 7 p.m. - 8 p.m.
 Bartram Trail Branch Library
 (904) 827-6960

Bartram Trail Newcomers and Women's Club luncheon featuring SJSO Cpl. Greg Suchy
 11 a.m.
 St. Johns Golf and Country Club
 RSVP by Feb. 6, bartramtnc@gmail.com

14th
St. Johns CARES Kids meeting
 6:45 p.m.
 Primrose School, 785 Crosswater Pkwy., Nocatee
 www.stjohnscares.org

15th
Understanding Bluebirds and their behaviors, presented by Florida Naturalist Gary Whiting
 6:30 p.m.
 Wild Birds Unlimited Store, 450 State Road 13N
 Limited free seating, call (904) 230-3242 to reserve

March 3 Faithful Servant Missions Run with a Mission 5K, 10K and 1 mile fun run
 8:30 a.m.
 Nocatee Greenway
 www.runsignup.com/runwithamission

March 8 G.R.I.T. WBO 2018 Signature Event, featuring keynote speaker Amy Pope Wells
 11 a.m. - 4 p.m.
 UNF University Center
 www.wbonfl.org/signature-event

March 17 Vilano Bridge 5K and 10K
 8 a.m.
 North Shores Community Center, Vilano Beach
 www.1stplacesports.com/races/vilanobridgerun

March 17 St. Augustine Lions Seafood Festival
 10 a.m.
 Francis Field, St. Augustine
 http://lionsfestival.com/tickets/

March 31 - April 1 50th annual Mandarin Art Festival
 10 a.m. - 4 p.m.
 Mandarin Community Club, 12447 Mandarin Road
 www.mandarinartfestival.org

April 14 Relay for Life of North St. Johns
 12 p.m. - 10 p.m.
 Bartram Trail High School
 http://main.acsevents.org/site/TR/RelayForLife/RFLCY18SER?pg=entry&fr_id=86383

17th
Fruit Cove Cruise In sponsored by Sunshine State Chevelles
 4 p.m. - 8 p.m.
 PDQ parking lot, 194 State Road 13
 Repeating event on third Saturday of each month
 (904) 827-6960

19th
All Star Quilt Guild
 9:45 a.m.
 First Christian Church, 11924 San Jose Blvd.
 www.orgsites.com/fl/allstartquiltguild or (904) 502-5254

20th
Happy Hookers crochet group
 6 p.m. - 8 p.m.
 Bartram Trail Branch Library
 (904) 827-6960

North Business Council of the St. Johns County Chamber of Commerce
 8 a.m. - 9 a.m.
 Westminster Woods on Julington Creek, 25 State Road 13
 Register at www.sjchamber.com or call (904) 829-5681

St. Johns CARES meeting
 7 p.m.
 Bartram Academy, 164 Everest Lane, Ste. 1
 www.stjohnscares.org

Newcomers of North St. Johns luncheon featuring comedian/magician Mark Alan
 11 a.m.
 Palencia Club, 600 Palencia Club Drive
 RSVP by Feb.12, sjaird@comcast.net

Feb. 20 - March 27
Northeast Florida AHEC Quit Smoking Now class
 Tuesdays, 6 p.m. - 7 p.m.

Flagler Hospital Wellness Center
 Free; call (904) 482-0189 to register

23rd
Helping Hands of St. Johns County
 10 a.m.
 First Florida Credit Union, 1950 County Road 210W
 jacqphil@aol.com

24th
Project SOS - Boys and Girls Club Grand Anchor Gala
 6 p.m. - 10 p.m.
 Ponte Vedra Inn & Club, black tie/masks optional
 www.bgcnf.org/events/

Chocolate and Beyond, sponsored by RSVP
 2 p.m. - 4 p.m.
 First Coast Technical college, 2980 Collins Ave., St. Augustine
 www.rsvpstjohns.com or (904) 547-3952

27th
First Coast Card Club - adult card players
 1 p.m. - 3 p.m.
 St. Augustine Main Library, 1960 Ponce de Leon Blvd.
 (904) 829-0643

28th
United States Navy Band performance
 3 p.m. - 4 p.m.
 Bartram Trail Branch Library
 (904) 827-6960

St. Augustine/Jacksonville Newcomers Club Trivia evening/dinner
 6 p.m.
 Contact Lea for name of World Golf Village restaurant and to be added to attendee list
 (904) 829-0643 or (904) 814-9612

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with Jimmy Johns, St. Johns County Commissioner, District 1

Q: Do we have any more good news on the FEMA hurricane funds front?

A: Yes, we had another Project Worksheet (request for payment) approved, so our total approved to date is between \$6 million – \$7 million, or about 20 percent of what we expect to receive. We haven't yet received a check for the money, but having the worksheet approved is a big step in the right direction.

Q: How about an update on Hurricane Matthew reimbursement from the state?

A: The approximately \$40 million that St. Johns County is due to receive from state funding for Hurricane Matthew will not be reallocated to other counties as we discussed last month. In fact, we expect to start receiving this money in late January/early February. This is a good way for St. Johns County to start the year off as it will help us manage our capital reserves and maintenance and overall help us make more informed budget decisions going forward.

Q: Can you shed any light on the Board of County Commissioners' vote to establish a special assessment for a dune and berm renourishment in South Ponte Vedra and Vilano?

A: Basically, before the holidays, the Board of County Commissioners approved allowing the process of considering the application for funding for coastline renourishment. What we did won't cost taxpayers any money, but because of state and federal regulations, we had to approve the process by Dec. 31. This Department of Environmental Protection (DEP) source of funds, up to \$10 million, required the residents to qualify geographically (which they did) and will require them to match the funding 50/50. This is sand for private property — on the private side of the property line, not the general population access — and the residents will have to decide whether they want to participate in the funding

match. St. Johns County is just a conduit and has no say in where or when sand will be placed, nor will the county pay any money. Whether this process continues will depend on a survey being sent out shortly by our Public Works department to the qualified homeowners.

Q: Do you have any updates on NW St. Johns County development, like the proposed retail on the northern side of County Road 210 near Greenbriar or the Crystal Lagoon on County Road 210?

A: The retail hub near the 210/Greenbriar intersection will be coming to the Board of County Commissioners in the next month or so for proposed rezoning and signage deviations. There will be an opportunity for public input. As with many developments in the Northwest, a big issue will be the cost to widen the roadway, including signals and turn lanes, that must be estimated and then agreed to throughout the lengthy process of approvals. It is important to note that nearly all of the new roads in the area are paid for entirely by the developers as part of the impact fee structure. This is also the case with the Crystal Lagoon development, which as I understand it, is on schedule and in the process of filling the lagoon with water. County Road 210 was improved with four-laning and elevating the roadway due to this development, Twin Creeks.

Q: How is 2018 looking so far?

A: I'm looking forward to 2018. We have a great board and a lot going on as money will be coming in for hurricane recovery. I'm feeling better about the county's cash flow and ability to balance the budget.

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

A: Readers can email me at bcc1johns@sjcfl.us or call me at (904) 615-7437.



with St. Johns County Property Appraiser Eddie Creamer

Q: Based on the time of the year, can you please go over the basic exemptions to ad valorem taxes that are available?

A: First of all, we are presently in the period where homeowners need to file for all exemptions. The deadline for filing is March 1 for the 2018 tax year.

1. Homestead: To qualify for any of the other exemptions, a homeowner must qualify for this one. You must own and live in the property as of Jan. 1 of the tax year and you cannot have homestead benefits in Florida or any other state.
2. Widow/widower: This allows for an exemption of \$500 if you are a widow or widower.
3. Disability: This allows for an exemption of \$500 if you are disabled.
4. Total Civilian Disability: If you are totally disabled, you pay no ad valorem taxes (subject to a maximum gross income requirement.)
5. Totally and Permanently Disabled Veteran: This allows for complete exemption of ad valorem taxes with no income restrictions. Also, the surviving spouse of a totally disabled veteran receives the same benefit.
6. Combat Related Disability: This exemption is based on a percentage of disability, as certified by the Veterans Administration (VA).
7. Deployed Military: Since our area is the headquarters for the Florida National Guard, we have some deployed service members taking advantage of this exemption, which allows for the exemption of ad valorem taxes for the portion of the year that they are deployed.
8. Totally and Permanently Disabled First Responders: This is a new exemption

for 2018 and exempts these people from all ad valorem taxes. The caveat is that they must have been a Florida resident at the time they became disabled.

9. Senior: If you are over the age of 65 and have an adjusted gross income of less than \$28,841 (this amount is subject to change), you will receive a \$500 exemption. If you meet these requirements and if your house has qualified for homestead exemption for 25 years or more, then you receive a complete exemption.

Q: How should people apply for these exemptions?

A: We have streamlined the process. All you need for homestead exemption is a valid Florida driver's license showing the address of the property. Other exemptions require additional documents, which can be found on our website. Applications can be made online at www.sjcpa.us or in our office at 4030 Lewis Speedway. Of course, if you have any questions about qualifying, please call our office at (904) 827-5500.

Q: We are also in the time period to pay 2017 taxes. What is the latest date they may be paid without penalty?

A: We have passed the first and largest discount period of Nov. 30. The discount gets smaller each month, ending with Dec. 30, 2017, Jan. 31, 2018, Feb. 28, 2018 and finally, March 31, 2018 is the last day to pay 2017 taxes.

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@sjcpc.us or call me at (904) 827-5500.

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with Beverly Slough, St. Johns County School Board Member, District 1

Q: Is there any news yet on community meetings for the new K - 8 schools?

A: The principals just took their new assignments on Jan. 8, so it's a bit premature. I will probably have more information about that in the next issue.

Q: Is it almost time for Programs of Choice applications?

A: Following the High School Showcase in January, Academy Nights will be held at the various high schools in late January and early February. Applications for Programs of Choice will be accepted until 5 p.m. on Feb. 8. Visit the Career Academies website, <http://academies.stjohns.k12.fl.us/registration/>, for all the details.

Q: Did the district take advantage of the relatively quiet time before the start of the second semester to participate in training?

A: On Jan. 5, which was an inservice day for teachers, all district administrators, principals and vice principals took part in training provided by Professional Learning Communities. This year, this is a major area of emphasis for us and we learned a lot from keynote speaker Eric Twadell. The purpose of a Professional Learning Community is to enhance learning for all kids; teachers meet in groups in a collaborative process to raise the achievement by each child. Many of our teachers have attended the Professional Learning Community Institute, so I was pleased to be able to attend this training.

Q: What is happening around the district that you would like to share?

A: Ann Scott, Gov. Rick Scott's wife, will be visiting Ponte Vedra High School and Ponte Vedra/Palm Valley Elementary School on Jan. 22 to read to students as part of Celebrate Literacy Week. She reads to students around the state every year, but this is the first year she has visited St. Johns County.

Also, on Jan. 11, I had the pleasure of serving as a speaker at Switzerland Point Middle School for its Civics Day for seventh graders. The students rotated through all the speakers, which also included the Supervisor of Elections, a member of the military and someone from the Emergency Management Office who spoke about hurricane preparedness. I explained how

the school district works and received lots of good questions. The students were particularly interested in the process we use to zone the new schools.

At this same time, the eighth graders from Swiss Point were on the annual Washington D.C. trip and they received a special treat — while in the Capitol Rotunda they ran into Vice President Mike Pence, who kindly spent some time chatting with them. I'm glad that the school district can provide our students opportunities like these to extend their learning.

Q: How can our readers contact you?

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

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Your Vote Counts!

By St. Johns County Supervisor of Elections Vicky Oakes

The Supervisor of Elections Office now has a new service available on our website due to a recent law change. This new service is convenient, simple and available 24 hours a day, seven days a week.

Did you know you can now register to vote or make changes to your voter information online? On Oct. 1, 2017, Florida joined 35 other states and the District of Columbia which also have online voter registration available. Register to vote Florida.gov is mobile friendly and accessible through our website, votesjc.com, by selecting Register to Vote.

To submit a registration online, applicants will need a Florida driver's license or state identification (ID) card and the last four digits of their Social Security Number to complete and submit the voter registration application electronically. Once the individual's identity is verified and the application is deemed complete, a voter information card will be issued by the St. Johns County Supervisor of Elections Office.

The website has multiple safeguards in place to verify and protect a person's identity and personal information, including a state-of-the-art firewall, data encryption, CAPTCHA boxes, session timeout after inactivity and the use of multi screens.

The website requires information that only the person seeking to register or change an existing registration should know. All of this information is verified in real-time in order for a person to complete the application process online. If the information cannot be verified, a person is not able to move forward with submitting the application electronically. Additionally, there is no retention of data within the website because it is securely transmitted to an internal system.

My staff and I are always here to serve you and we will make it easy for you to register and vote. Please call the office at (904) 823-2238 or use our online forms and resources to help you prepare for Election Day.

The Sheriff Reports

By St. Johns County Sheriff David B. Shoar

I would like to remind all of our citizens of a very helpful tool that's available if we ever have to evacuate the entire county for a natural disaster or notify portions of the county for any other type of emergency or information. It is part of the CodeRED program. Remember, covering 609 square miles of territory in the face of an emergency or disaster is an ominous task. Severe weather conditions or the threat to human life may make access impossible to the most directly affected areas. We at the St. Johns County Sheriff's Office feel that the CodeRED system can reach those at risk with potentially lifesaving information.

CodeRED serves as a communications personnel force multiplier to the tune of 60,000 call attempts per hour. Sheer demand for the telephone lines that would be needed to attain anything approaching this level of saturation would be overwhelming for our agency, not to mention the staff required. Through this system, emergency management personnel can selectively communicate a message to St. Johns County neighborhoods with vital information almost as quickly as they themselves learn of the situation.

The system can be used in a variety of events to include dangerous weather conditions or evacuations, fires, bomb threats, gas leaks, missing children or adults, escaped prisoners, hazardous material emergencies, or sexual predator notifications. It can also be used by other

CodeRED program

St. Johns County Departments to notify residents of boil water notices and the like. Over the past 11 years we have used the system to notify neighborhoods of sexual predators who move into a residence, escaped state prisoners, and missing autistic children as well as Alzheimer's patients who have wandered off.

St. Johns County residents can register for this service privately or as a business, without charge, by visiting our website (www.sjso.org) and following the link for CodeRED. You need to register a physical address and phone number(s) and/or email address. Your information will remain completely private and will only be made available to notify you of critical situations.

The benefits of this system are only realized when the emergency contact database that we build is accurate and up to date. Once registered, it is important to remember to update us in the event that you move or change telephone numbers. Since this service is geographically specific, in that we can deliver a message into Julington Creek without the necessity of alerting Crescent Beach, it is necessary for the computer to correlate your telephone number to a specific physical street location.

Our goal in this program is to achieve voluntary participation from a majority of the households located within St. Johns County. Visit www.sjso.org for more information and feel free to contact me at dshear@sjso.org if you have any concerns or questions about your Sheriff's Office.

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Briefs

Comedian/magician to entertain Newcomers of North St. Johns

Newcomers of North Saint Johns will host its February luncheon on Tuesday, Feb. 20, at 11 a.m. at the Palencia Club, 600 Palencia Club Drive. Mark Alan, a professional



Photo courtesy Priscilla Cobbs
Pat Johnson, Jackie Garon, June Butler, Mary Capo, and Jennifer Hiser at the Pena Peck House for the Newcomers of North St. Johns November luncheon.

comedian/magician will perform funny, interactive magic, comedy, mentalism, and hilarious escapes. All St. Johns County residents are invited to attend.

This luncheon will feature a choice of cabernet short ribs or blackened mahi with cinnamon pecan butter, served with house salad, roasted vegetables, sweet potato mash, sea salted caramel gelato for dessert, and freshly brewed coffee, hot and iced tea and sodas with a cash bar available. The total cost for the February luncheon is \$30 for members or \$32 for guests; reservations are non-refundable and must be received by Feb. 12.

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

United Way announces Campout for a Cause
United Way of St. Johns County is partnering with St. Johns Golf and Country

Club and South Hampton neighborhoods to host community campout nights in the month of March. Neighborhood families, CDD members and their guests are invited to pitch a tent and campout under the stars. There will be s'mores, an outdoor movie and more fun.

The purpose of this fundraising event, co-ordinated by United Way SJC and resident volunteers, is to increase awareness about the housing crisis facing the youth in our community.

Want your neighborhood to be next? Visit bit.ly/uwsjccampout to sign up.

Library's Food for Fines program collects items for families in need

With the support of the community, the St. Johns County Public Library System collected 7,527 donated food items for local families in need with its popular Food for Fines initiative.

In its 10th year, 2017's Food for Fines program offered patrons an opportunity to eliminate library fines and stock the Health and Human Services Food Pantry at the same time. Patrons could bring in one non-perishable food item to the library and \$1 of library fines would be waived from their record.

"Our community's generosity is inspiring as we noticed an increase in food donations from patrons who didn't even have fines on their library account," said Library System Director Debra Rhodes Gibson.

Hastings Branch Manager Brad Powell said, "With so many local families still recovering from Hurricanes Matthew and Irma, it was wonderful that the library could help others right before the holidays."

Visit sjcpls.org for more information about this program and other services of the St. Johns County Public Library System.



Photo courtesy St. Johns County Public Library System
Library staffers with some of the items collected during the Food for Fines program.

St. Johns resident named new clinical director at Jewish Family & Community Services' Dupont Counseling Group

Jewish Family & Community Services (JFCS) recently named St. Johns resident Yougeeta Singh as the clinical director of Dupont Counseling Group, a division of the nonprofit that provides counseling services to First Coast families. Singh will oversee a team of clinical social workers, mental health counselors, and marriage and family therapists at Dupont Counseling Group.

She has almost 15 years of social work experience, previously serving as the clinical director at Volunteers of America and clinical coordinator of Baltimore City Health Department. Singh is a licensed clinical social worker in Florida who graduated with a bachelor's degree from St. Peter's College and a master's degree in social work from Rutgers University.

"Yougeeta's impressive experience and commitment to helping others make her a perfect fit for our team," Jewish Family & Community Services CEO Colleen Rodriguez said. "Dupont Counseling Group is poised to help even more people on the First Coast overcome challenges with Yougeeta at the helm."

Established in 1917, Jewish Family & Community Services has been operating in the Jacksonville community for 100 years, providing a wide range of services, including adoption coordination, foster care, mental health counseling, emergency financial assistance, senior support and student dropout prevention. Visit JFCSjax.org for more information.

St. Augustine Humane Society milestones wrap up year 2017

The St. Augustine Humane Society has completed its major fundraising efforts in 2017 with the annual Pin Up Paws calendar launch party that raised more than \$17,000, calendar contest and sales that raised \$15,000, and Columbia Restaurant Community Harvest program gift certificate donations of \$6,100. In addition, a generous anonymous donor from St. Augustine contributed \$10,000 to fund feline surgeries.

Another milestone includes a recent fundraising program set up by a local family who lost their pet Labrador of 13 years to cancer. Mookie's Fund was established as a grant to help families experiencing financial difficulty cover the cost of cremation for their pets along with providing a copy

Briefs cont. on pg. 9

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ST. JOHNS Business Monthly

MarketInsight



Why should I invest in the stock market?

Scott Grant
ScottGrant@StJohnsBusinessMonthly.com

Over the years, people have frequently asked me this question. I have also heard them tell me a lot of reasons that they should not — too much risk, it is rigged, not enough money, they have lost in the past, or my favorites: they are scared of the economy, climate, the President or some foreign power. Interestingly, those last four fears change over the years. It was not always the same President, same foreign power or even the same climate issue that had would-be investors in a debilitating panic.

So, let me tell you now why you should invest. First, let's start with a basic concept: "The value of an investment is what it pays you." This is the first thing they teach you in finance class. It is a pretty simple concept really; any investment can be valued based on how much income it pays its owner. For instance, a commercial property might be worth 10 times its annual rent. Therefore, a strip mall with annual rental income of \$200,000 per year is worth \$2,000,000. The 10 multiplier is called the Gross Rental Multiplier and it varies over time and by area. Obviously, there are other factors. As any Realtor will tell you, location is so important that they mention it thrice.

Other assets can be valued the same way. Suppose you owned a pizzeria and you wanted to sell it. You would want to know how much your business is worth. Once again, you would use a multiplier. For argument, let's just say that you sell \$1,000,000 worth of pizza and pasta. If we assume the multiplier is two-times revenue, your pizzeria is worth \$2,000,000 plus the value of the fixtures. A second way to value would be to

multiply the actual earnings. Any business can be valued this way, from a pizzeria or a dry cleaner to a major corporation like Microsoft or Apple.

Both Microsoft and Apple pay a dividend. Many of the big-name corporations you have heard of pay a cash dividend to every shareholder. United States companies usually pay that dividend quarterly. So, if you owned 100 shares of Microsoft, then last quarter they would have sent you a check for \$42. Now that might sound like a small amount of money, but there is a trick. The amount of money you get every quarter tends to go up over time. Ten years ago, the same shares would have paid you only \$11. It is this growth in income that makes stocks so attractive. Stocks go up in value because they represent ownership in an underlying business with growing revenues and earnings. We often value those stocks based on an earnings multiplier called the price/earnings ratio. But, in the end, it is not the earnings growth we want as much as the potential increase in dividends that those larger earnings will afford. Remember, "the value of an investment is what it pays you."

Obviously, growing revenues and earnings is not a guarantee that a company's price will increase, particularly in the short term. The price-earnings multiplier changes the more or less enthusiastic investors become about the market as a whole or about the prospects of a particular company.

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

Briefs cont. from pg. 8

of "The Grief Recovery Handbook for Pet Loss." Mookie's family volunteers at the Humane



Photo courtesy St. Augustine Humane Society Mookie

Society and has also set up a donation account for tax deductible contributions to the non-profit to support Mookie's Fund which helps ease the burden of pet loss for those who are struggling financially.

According to Carolyn Smith, the Humane Society's executive director, due to funding and grants last year the non-profit was able to provide 1,822 wellness visits, 5,466 vaccinations, 533 microchips, 1,937 spay neuter surgeries, 223 special surgeries, nine dental procedures, and 20,000 lbs. of pet food. The St. Augustine Humane Society is located at 1665 Moultrie Road in St. Augustine. Visit www.staughumane.org for more information.

Lagoon amenity will be centerpiece of new community

Developers have begun filling the Crystal Lagoon at Beachwalk, a luxury home community off County Road 210. Within the first week, 2 million gallons have poured into the 14-acre water amenity. Set against a white lining, the lagoon is already taking on the natural turquoise hue that will deepen to a Caribbean blue as it approaches its 10-foot depth.

By February, its waters will be surrounded by a 100-foot white-sand beach with palms and footpaths. When finished, Beachwalk's Crystal Lagoon will be the largest man-made water feature in the U.S.

The lagoon will be maintained with water treatment technologies like those used in municipal water systems, said Beachwalk developer John Kinsey. The proprietary system uses ultrasonic disinfection pulses that are so efficient, only 1 percent of the chemicals and 2 percent of the energy used by conventional swimming pool filtration systems will be needed. Crystal Lagoon technology was developed 20 years ago and first used at the San Alfonso



Photo courtesy mbpr group. Workers have begun filling the Crystal Lagoon at Beachwalk.

del Mar resort in Chile. Since then, it's been part of more than 300 real estate projects in over 60 countries.

Construction at Beachwalk will include single-family homes and twin villas on the lagoon. Beachwalk will have 761 homes at build-out.

Visit www.mybeachwalkhome.com for more information.

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ST. JOHNS Business Monthly

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BTHS Happenings: VyStar celebrates 10th anniversary of Bartram Trail Branch

By Delaney Cantrell
mail@floridanewline.com

The year 2017 was monumental for Bartram Trail High School and VyStar Credit Union as they celebrated the 10 year anniversary of the first high school branch opening. VyStar decided to enter this new arena with the desire in mind to teach timely financial education to the community. The program focuses on financial education, leadership development, and community service and has proven to be a win-win situation for both VyStar and Bartram Trail students.

VyStar's Michael Rathjen, high school program manager, and Lindsey Ledford, high school branch coordinator, along with Bartram Trail's Business Academy

teacher, Catherine Farina, are all instrumental in the success of the Bartram VyStar program.

VyStar Chief Member Services Officer Randy C. Swift said, "The goal of VyStar's High School Branch program is to create a learning environment where every student is encouraged to gain financial literacy knowledge. Through this unique partnership with six school districts across Northeast Florida, thousands of high school students will start on an improved path of planning for their financial future."

Swift was involved in the initial planning of the partnership with Bartram Trail

and has seen the program grow into what it is today, encompassing 13 different schools with 156 career academy students.

After a competitive application and interview process, 12 student interns are selected from each school for a paid internship. Then they will work at their school branch and at a local VyStar branch over the summer. According to Rathjen, narrowing the selection down to the top 12 applicants is one of the more challenging parts of the program.

"In addition to a positive attitude, I look for students who've taken initiative and seem to have a set of values they do their best to live by," Rathjen said.

Ledford, who was a former student intern, goes on to add that the panel looks for students with notable character. She said that the company aspires to have interns that reinforce VyStar's values within their high school community.

"Our expectation is that they recognize the unique opportunity at hand and that they take advantage of the knowledge we share and the resources VyStar provides," she said.

When asked the biggest program benefit, Rathjen responded that the high impact

financial education training teaches life skills, such as how to earn, spend, save, and share money wisely.

Rathjen said, "It's not a matter of if we need to learn these concepts; it's a matter of when. We can either take time to prepare for our future or we will take time to repair from our past."

Adding to the educational benefit, Ledford said, "I was able to apply the education and knowledge learned in my high school business classes in a hands-on environment, while working to develop a strong work ethic and strengthen my professional skills."

Many of the current interns speak of the high level of self-confidence they have gained from being part of the program and being introduced to the business world at an early age.

Rathjen and Ledford both stressed that as long there is a need for financial education and personal and professional development among youth, VyStar will be there to provide the needed support.



Photo courtesy Delaney Cantrell
2017-2018 VyStar interns



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Palencia Elementary welcomes new captain

By Emily Turner
mail@floridanewslines.com

As Palencia Elementary sails into 2018 we do so with a new captain at the helm. Catherine Goodrich has been named by St. Johns County School District as the new principal for Palencia. Goodrich will be stepping up from her position of vice principal, a role she took over in the fall of 2016.

Goodrich has a bachelor of science in early childhood education from Florida State and a master of education, educational leadership from the University of North Florida. She began her career in education more than 25 years ago as a teacher, then a director in early childhood education.

Goodrich joined the St. Johns County School District in 2005 as a second-grade teacher at Timberlin Creek Elementary School. In 2010, she became the assistant principal for Timberlin Creek. From 2013 – 2015 she moved to be the assistant

principal at Osceola Elementary, before working at the district level for a year as Employee Evaluation Specialist.



Photo courtesy Emily Turner
New captain, Catherine Goodrich, with some students at Palencia Elementary School.

Some of Goodrich's core educational beliefs and values will certainly guide her leadership. She said she is committed to school decisions being focused on the best interest of the children and student learning. She knows that when you do this then all children can achieve greatness. Goodrich also believes in the power of laughter and joy, especially in the educational setting.

Goodrich has two sons; her older son Nicholas is 19 and is in the Navy studying Nuclear Engineering, and her younger son Benjamin is a senior at Douglas Anderson School of the Arts. She is recently remarried and loves to travel with her husband.

Emily Turner is a member of the Palencia Elementary School PTO.



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Seascape wall mural dedicated at Julington Creek Elementary

On Dec. 14, Julington Creek Elementary dedicated the mural painted at the school by St. Johns County artist Laurie Klein. Principal Jeanette Murphy emceed the



Photos courtesy Tommy Bledsoe Fifth Grade Art Club

event, introducing the artist and members of the school's Fifth Grade Art Club, who designed and painted butterflies added to the mural. Klein had a vision of bringing egrets, sea gulls, manatees, and the beauty of the county's coastal environments to the campus of Julington Creek Elementary School. To do that she set about designing an outdoor wall mural more than 30 feet long and 8 feet high. With the help of the school's art teacher, Linda McAnarney, and art room volunteer, Akram Djahani, she sketched and painted through the summer and fall months to make her dream come to life.



A close up of Laurie Klein's mural at Julington Creek Elementary



Laurie Klein's mural was dedicated at Julington Creek Elementary on Dec. 14



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Creekside wrestling advances to Elite 8

In the inaugural FHSAA State Series Dual, the Creekside Knights wrestling team defeated Orange Park 59 – 15 in the first round out regional dual, then in the regional East finals, defeated Matanzas 36 – 35 to advance to the Elite 8 of the FHSAA state dual wrestling series finals. Creekside is the only team competing in the FHSAA state dual series. Result in the final match vs Matanzas were as follows: 126: Stone White (MATA) over CJ Sexton (CREE) (MD 11-2) 132: Lawrence Russo (MATA) over Andrew Keck (CREE) (Fall 1:22) 138: Griffin Wilder (MATA) over Jake Summers (CREE) (Dec 13-8) 145: Ian Eckert (MATA) over Jalen Hines (CREE) (Fall 3:40) 152: Tyrone Jones (MATA) over Josh Benavides (CREE) (Fall 3:43) 160: Billy Shaw (CREE) over Quenteen Robinson (MATA) (Fall 5:04) 170: Tristan Diaz (CREE) over Sam Russo (MATA) (Dec 5-2) 182: Brandon Dickman (CREE) over Tyrel Scheltz (MATA) (Fall 0:25) 195: Trey Chesser (CREE) over Christian Zaborowski (MATA) (Fall 5:57) 220: Caleb Dickens (CREE) over Logan Wells (MATA) (Inj. [time]) 285: Saul Storey (CREE) over Cecil Bermudez (MATA) (Fall 2:00) 106: Shaun Culbreth (MATA) over Kai Pelleriti (CREE) (MD 11-1) 113: Luke Davis (CREE) over Ethan Goodman (MATA) (Dec 5-4) 120: Nick Lipka (MATA) over Colin Brown (CREE) (Fall 5:23).



Photo courtesy Richard Marabell



Photo courtesy Jessica Paul

BTHS Women in Architecture and Engineering honored for gingerbread replication

The Women in Architecture and Engineering of Bartram Trail High School were awarded a first place ribbon for the "Best Engineering" category for their detailed replica of the iconic Wells Fargo building in Jacksonville at the Gingerbread Extravaganza, hosted annually by the Jacksonville Historical Society. The Bartram Trail students were first time builders in the event. According to Jessica Paul, vice president of the club, the first phase of building was constructing a giant block of Rice Krispy treats into the building's

basic shape that would act as a strong base. The next phase included baking the gingerbread, which took a couple of batches to perfect, to act as the concrete and the sugar glass to act as the iconic glass panels. The sugar glass was the most tedious and time consuming part due to a great deal of trial and error. Finally, the last phase of construction was assembly and decoration. They started with the glass because that was the most delicate component. After the main building was completed, the students went an extra step and decorated it for the holidays, adding snow, ribbons, and wreaths.

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Valentines traditions from around the world

By NewsLine Staff
mail@floridanewline.com

The origins of Valentine's Day are largely unknown. Some suggest Valentine's Day was initially a way to honor St. Valentine on the anniversary of his death. Others believe it was the Christian church's way of Christianizing the Pagan celebration of Lupercalia, a fertility festival dedicated to Faunus, the Roman god of agriculture.

Regardless of its origins, Valentine's Day is now celebrated by millions and is one of the retail industry's most lucrative shopping holidays. Many different traditions can be linked to Valentine's Day. Here is a list of the interesting ways Valentine's Day is celebrated across the globe.

In South Korea, men get to enjoy the spotlight on Valentine's Day, as women bestow gifts of chocolate on them. In return, a month later men

reciprocate with gifts for women on White Day. South Koreans take Valentine's Day a step further on Black Day, which falls on April 14. This is an opportunity for all single people who may not have received Valentine's Day gifts to gather at restaurants and eat a dish called "black noodles" as they celebrate their singleton status.

Denmark and Norway didn't really celebrate Valentine's Day until recently, but have now put their own spin on the traditions. Men write funny poems or rhyming love notes called Gaekkebrev and send them to women anonymously. Women must try to guess their admirers by counting dots that are put on the note that correspond to the number of letters in the man's name.

In Estonia, Valentine's Day is a day more devoted to friendship than ro-

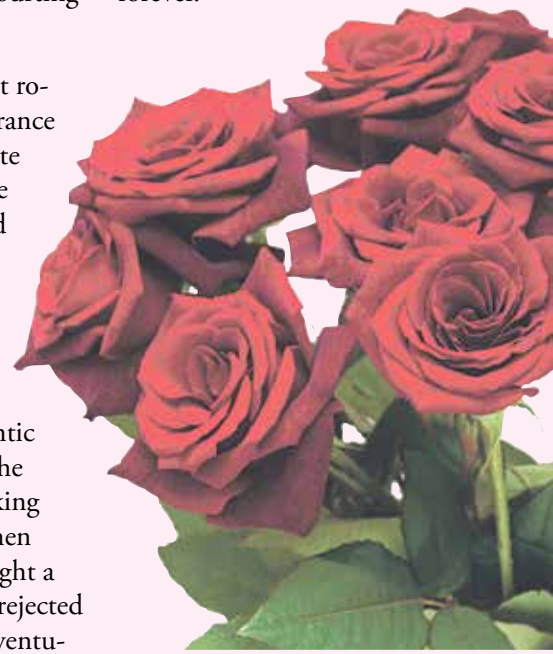
mantic love. It is called "Sõbrapäev" in Estonian, which translates to "Friend's Day." Cards and gifts are exchanged among friends.

In Wales, Valentine's Day is not celebrated. Rather, the Welsh commemorate St. Dwynwen's Day, who is their patron saint of lovers on Jan. 25. It is customary to gift love-spoons, a tradition that likely stems from the practice of sailors carving intricately decorated spoons of wood and presenting them to women they were interested in courting or marrying.

Considered to be one of the most romantic countries in the world, France can be an ideal place to participate in Valentine's Day traditions. The French have an old custom called "une loterie d'amour," which is a drawing for love. Single men and women of all ages once entered houses that faced one another and took turns calling out to one another to find romantic matches. The men could refuse the match and leave the woman looking for another man to call on. Women who were not paired up would light a bonfire and damn the men who rejected them. The French government eventu-

ally banned the practice because of rowdy crowds.

Italian lovers celebrate Valentine's Day in much the same way as Americans. One interesting Valentine's tradition in Italy is locking padlocks to different structures, which is called "Lucchetti dell'Amore (locks of love)." Couples attach the locks to bridges, railings and lamp posts, inscribe their names and throw away the key. The action suggests the couple will be together forever.



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Enjoy a low-calorie Valentine's treat:

Rockin' Red Velvet Trifle

Decadent treats have become a staple of Valentine's Day — but not all Valentine's celebrants want to indulge in high-calorie treats with their significant others. For those who want the decadence without all those extra calories, try the following low-calorie recipe for "Rockin' Red Velvet Trifle" from Lisa Lillien's "Hungry Girl 200 Under 200: Just Desserts" (St. Martin's Press).

Rockin' Red Velvet Trifle

(Makes 8 servings)

- 1 packet hot cocoa mix with 20 to 25 calories
- 2 tbsp. mini semi-sweet chocolate chips
- ½ cup moist-style devil's food cake mix
- ½ cup moist-style yellow cake mix
- ¼ cup fat-free liquid egg substitute
- ½ tsp. red food coloring
- Dash of salt
- 4 ounces fat-free cream cheese
- 2 tbsp. Jell-O Sugar-Free Fat-Free Vanilla Instant pudding mix
- 2 tbsp. Splenda No Calorie Sweetener (granulated)
- ¼ teaspoon vanilla extract
- 1 8-ounce container Cool Whip (thawed)
- 4 cups chopped strawberries



Photo courtesy MetroCreative
Rockin' Red Velvet Trifle

Preheat oven to 350 F. Spray an 8-inch by 8-inch baking pan with nonstick spray. Place the cocoa mix and 1 tablespoon chocolate chips in a glass. Add 1/4 cup very hot water, and stir until mostly dissolved. Add 1/3 cup cold water.

In a large bowl, combine the cake mixes, egg substitute, food coloring, and salt. Add cocoa mixture and whisk until smooth. Pour batter into the baking pan, and sprinkle with remaining 1 tablespoon chocolate chips.

Bake until a toothpick inserted into the center comes out mostly clean, 26 to 28 minutes. Let cool completely, about 30 minutes in the pan and 30 minutes out of the pan on a cooling rack.

Meanwhile, in a medium bowl, stir cream cheese until smooth. In another medium

bowl, combine pudding mix with Splenda. Add vanilla extract and 1/4 cup cold water, and vigorously stir until mostly smooth and slightly thickened. Add cream cheese and 1 cup Cool Whip, and stir until uniform. Cover and refrigerate.

Cut cake into 1-inch cubes. In a large glass bowl or trifle dish, evenly layer half of the cubed cake. Spread all of the pudding mixture over the cake layer. Evenly top with half of the strawberries. Continue layering with remaining cubed cake, Cool Whip and strawberries.

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Phantoms are runners up in December tournament



Photo courtesy Bob Mitchell

The WGV 10U Phantoms finished as runners up in the Vivian McGowan tournament at Burnett Park in December. Their road to the championship was highlighted by excellent pitching in the semi-final game with a combined no hitter by Grayson Sullivan and Jacob Guthmiller. The Phantoms beat the Bomb Squad 10 – 2, with Brody Kraft going two for two and Gavin Nickel going three for three. The Phantoms are Aiden Ramos, Gavin Nickel, Will B., Hudson Dye, Brody Kraft, Grayson Sullivan, Colin Ulrich, Jacob Guthmiller, Marc Mitchell, Blake Warner, Tyler Dellbrugge, Adam Ulrich, Q-dog Dye, Ernie Dye, and Kevin Dellbrugge.

Girls on the Run aims to change confidence drop in young girls

By NewsLine Staff
mail@floridanewsline.com

Studies show that by adolescence, girls' confidence drops twice as much as boys'. Girls on the Run, a non-profit program, uses activity-based lessons for girls in third through fifth grade to this. At the conclusion of the 10-week program, girls complete a celebratory 5k event,

giving them a tangible sense of achievement as well as a framework for setting and achieving life goals.

Girls on the Run of Northeast Florida's registration for the 2018 spring season is open until Feb. 2 and late registration will be available if space allows.

"Girls on the Run places emphasis on independent thinking, the importance of making healthy choices, healthy group dynamics and problem solving. The curriculum stresses peer support and doing one's best and rejects defeating others or exerting power over others," said Executive Director Laura Lasko.



Photos courtesy Girls on the Run



Girls on the Run of Northeast Florida has inspired girls locally for 26 seasons and has impacted the lives of 16,500 girls. This season, Girls on the Run will be offered at locations throughout Baker, Clay, Duval, Flagler, Nassau, Put-

nam and St. Johns counties. Most teams will meet two times a week for 75 – 90 minutes after school, with the exception of a handful of Saturday sites that meet once a week in the morning. The season will culminate in a 5k event on April 28 at the University of North Florida that brings together family, friends and community members to celebrate the girls' growth throughout the season.

Program registration is now open through Feb.2; late registration will be available if there is space open on that team until that team meets for the second time. Visit www.gotrnefl.org for more information about the program, site locations and registration.



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Get to Know . . .

Tad Holtsinger

By Angela Higginbotham
angela@floridanewslines.com

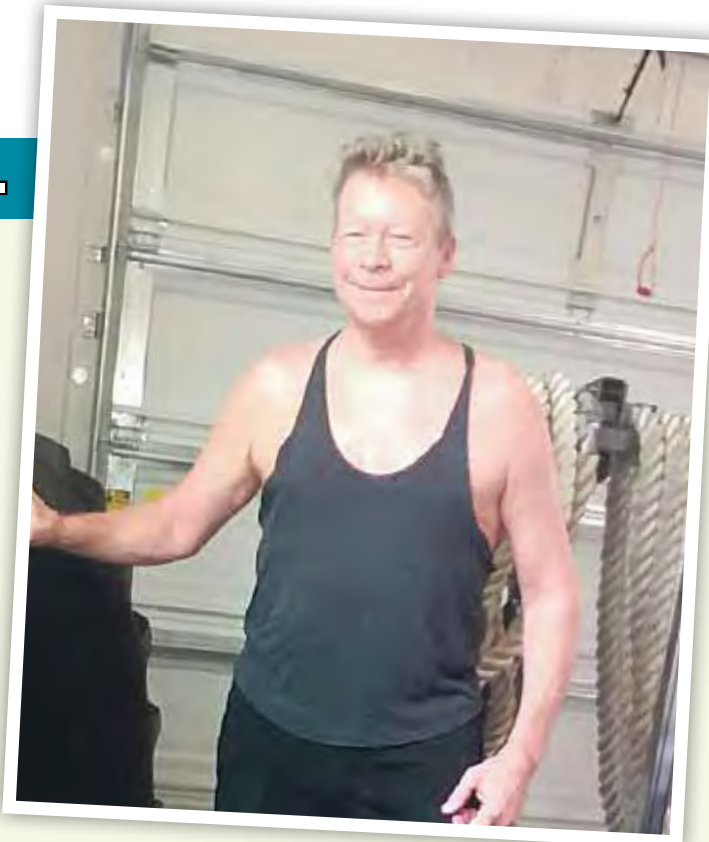


Photo courtesy Tad Holtsinger
Tad Holtsinger in his garage gym.

Born in Miami, Fla., Tad Holtsinger moved around quite a bit with his family while growing up. He earned his degree in sales and sales management from Bowling Green State University in Ohio. In 2004, weary of the cold weather, he and his wife of 29 years, Debbie, moved to St. Augustine in an effort to escape the Connecticut winter.

Always an athlete, Holtsinger is passionate about fitness and inspiring others to lead an active lifestyle. He converted his three car garage into a full gym and recruited the guy across the street to come work out. Now the workout group has grown to five guys that come over a few times a week, ranging in age from 43 to 73 years.

"I have a H2 Hummer and sometimes we pull it down the street with a rope. We also flip a huge tractor tire and we often carry or throw heavy objects outside. We get a lot of crazy looks from passersby," Holtsinger said.

Holtsinger has worked in wine sales for the past 36 years. It's a business that he loves. He has a full wine room at home, but he always goes back to a simple Pinot Grigio as his favorite.

The Holsingers have four grown children and one grandchild. They enjoy living in Julington Creek Plantation's Magnolia Preserve.

1) What do you enjoy most about living in St. Johns County?

The weather. You wake up and it's usually sunny and warm. It just puts me in a good mood immediately. Even when it is cold here, it still makes me thankful that I'm not farther North.

2) What do you consider your greatest accomplishment?

Raising my four kids. No one has been to jail.

3) What inspired your passion for fitness and working out?

I've always been an athlete in organized sports — basketball, flag football, and running. I once took a year off from sales and worked as a personal trainer. It's important too as I'm traveling every week that I stay in shape and keep burning calories. I started working out with more cardio and weights when I turned 40 years old.

4) What else do you enjoy doing in your spare time?

Work travel takes a lot of my time, but I do enjoy the traveling. Cooking. I enjoy writing. I've written three books so

far and I hope to write more. I also enjoy learning about military history.

5) If you could spend the day with anyone, past or present, who would it be and why?

I've already done it. I do the cooking in my family and meeting Julia Child was on my bucket list. A mutual friend helped me make contact. I spent time at her home in Cambridge where she shot her tv show. We cooked and I did the dishes. She said that I was welcome anytime, as I was a really good dishwasher.

Get to Know . . .

Interested in being featured?
Email Martie Thompson at
editor@FloridaNewsLine.com

SOUPer Bowl cont. from pg. 1

the 65 hours between lunch at school on Friday and the start of school on Monday.

The consequences of hunger in schools range from the inability to concentrate to poor academic performance. Extensive studies have shown that grades are better, and morale higher, when students do not have to worry about an empty belly.

"Hunger should not be a worry or challenge for today's youth," says Kimberly Ward, Managing Director, First Coast Blessings in a Backpack. "It is important that, as a community, we do everything we can to feed them. I have seen the direct and powerful impact that this program has on the students, as well as the families and school as a whole."

The hope that no child in St. Johns County should go hungry has been the driving force behind the SOUPer Bowl event. Nease students have been packing food for school children at Webster Elementary for more than seven years in the only student-led and organized program in the area; however, about two years ago, matters came to a head when it was discovered that the available funding would be insufficient to feed the rising numbers of students in need at Webster Elementary.

Accordingly, the SOUPer Bowl event was envisioned and implemented by a group of parents, students and administration at Nease to cover the deficit. More than 100 students now combine talents from the Hospitality & Tourism, Digital Design, International Baccalaureate and Television Production academies at Nease to tackle hunger in the county schools. The event has successfully raised more than \$60,000 for Blessings in the last two years.

Tickets for the event are \$25 per person. Both ticket purchases and donations are accepted and can be made on the website or Facebook page. Business sponsorships are still available by contacting info@studentstacklehunger.org

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Nutrition Check: Showing love with good health

By Kristen Hicks-Roof Ph.D., RDN, LDN and Paige Chaffin
mail@floridanewsline.com

As you walk the grocery aisles this month, you will find an abundance of sugary, heart-shaped sweets intended to show your close ones how much you love and admire them. It is time to change this unhealthy trend and shower our loved ones with good health!

Our article last month highlighted the importance of setting SMART (Specific, Measurable, Attainable, Realistic and Timely) goals as a New Year's resolution. With only a month into the new year, this is a crucial time to continue striving towards achieving our goals to develop a habit. If you or your loved ones had (or plans to) set health goals, it would be better for them to be supported instead of thrown off with a basket of chocolates or a cookie bouquet. Aside from food, how can you show your love to promote health with them?

First and foremost, it is imperative to change the mindset that good health must consist of only salads, whole grains, and daily exercise. Although that may be the optimal goal, keep in mind the goal that was set, and showering them with love to help attain that goal. Some potential ideas may include:

Joining them for the week in completing that goal together: grocery

shopping together, walk together or organize together

Buying them a gift that helps them progress in accomplishing their goal: a pedometer, new cutting boards or a shopping list/organizer

Skipping the chocolates/flowers and adding something fresh: fresh herbs in a pot, a new fruit or vegetable to try or make something homemade

Dinner and be active: add in a neighborhood walk, play a game together or go for a bike ride around the park

Even though those marshmallow-filled chocolate hearts look appetizing, one day full of those treats is not worth the potential of your loved one losing sight of their goals. This year show your affection and devotion by showing your loved one you care about their health and well-being!

Kristen Hicks-Roof PhD, RD, LD is an Assistant Professor, Department of Nutrition and Dietetics at the Brooks College of Health, University of North Florida.



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Flotilla 14-7 holds Change Of Watch celebration

By NewsLine Staff
mail@floridanewline.com

On Dec. 4, 2017, Flotilla Commander Libby Rattrie held a Change of Watch Celebration to introduce the incoming 2018 staff and elected officers of the flotilla and recognize the achievements of the membership over the year.

The following individuals were recognized by the US Coast Guard with an Auxiliary Commandant's Letter of Commendation (ACLOC): Bill Hall, Vic Aquino, David Patrick, Steve Parsons and Libby Rattrie (presented by David Patrick, Auxiliary Division 14, 7th District Commander).

The following members were recognized by the Flotilla for their outstanding performance milestones this year:

- Outstanding New Member: Lyn McClelland
- Outstanding Member: John Holmes
- Outstanding Public Education: Bill Hall and Vic Aquino
- Outstanding Public Affairs: Henry Seiden
- Outstanding - Program Visitor: Carmen Gaultille
- Outstanding Vessel Examiner: Becky Kaurup (not present)
- Outstanding Boatcrew / Coxswain: Steve Parsons

- Special Achievement Award (21 years of service): Ann Ping

Rattrie, now the Immediate Past Flotilla Commander who will be continuing on in her position as Auxiliary Sector Coordinator, also recognized the Flotilla's achievements in areas of responsibility.

After her presentations at the event, Rattrie said, "As of this month, our 78 members volunteered and were recognized for providing a combined total of 10,430 volunteer hours to the U.S. Coast Guard and Auxiliary this year. We act as force multipliers, providing direct support to our teams at the Mayport U.S. Coast Guard Station

and Coast Guard Sector, Jacksonville, while allowing the active duty members to perform their jobs efficiently."

Rattrie continued, "Working with the great men and women serving on active duty at the Coast Guard, the Members of Flotilla 14-7 supported common missions including: Recreational Boating Safety Support, on the water Safety Patrols, on shore Marine Environmental Protection, waterway Marine Safety, Recreational Boating Safety, Search and Rescue, Marine Dealer Visits, Vessel Safety Examination and Public Education.

"We've spent nearly 200 hours to date completing our own Member

Training in these areas to maintain current Coast Guard standards of excellence.

"Many of our members have long histories of military service. So, we recognize the great relations maintained between the Defense services. One of our members reminded us of the 75th anniversary this month, of the Jacksonville Naval Station at Mayport, literally and figuratively next door to us at the Coast Guard Station."

The ceremony concluded with the introduction of the 2018 Elected and Staff Officers. They took their oaths of Office at the event.



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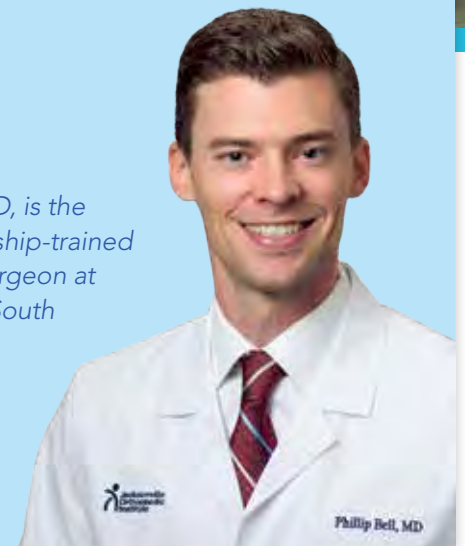
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If you have any of these symptoms, you could be making your hip or knee worse by waiting:

- 1 Unable to maintain an active lifestyle
- 2 Pain that gets worse at night and interferes with sleep
- 3 Catching, popping or locking
- 4 Difficulty putting on shoes and socks
- 5 Swelling

Phillip Bell, MD, is the newest fellowship-trained orthopedic surgeon at JOI's Baptist South location.



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Titans are runners up in December tournament



Photo courtesy Bob Mitchell

The Julington Creek 12u baseball team finished as runner-up in the Vivian McGowan Baseball Tournament at Burnett Park in December. The Titans went 5 – 1 on the week, only losing the championship game to the higher-ranked Mandarin Pitbulls. The Titans reached the championship by beating the Mandarin Tide 11 – 1 the night before. In that semi-final game Caden Worthington threw a five inning, zero earned run pitching effort supported by a three run home run blast from Dylan McCleod. The Titans are currently 7 – 3, with wins over the FCA Blue Claws, MAA Pitbulls, MAA Tide and CBC Red teams. JCB is a Cooperstown team and is made up of Brady Patterson, Ben Studer, Ronan McDonald, Ritchie Berrios, Roman Bascelli, Caden Worthington, Jackson Kane, Adam Harvey, Dylan McCleod, Dawson Vaughn, Bryce Boccio, Matthew Mitchell, Ryan McDonald, David Vaughn, Bob Mitchell, Rick Kane, and Brandon Bascelli.

Field of Dreams registration now open

By NewsLine Staff
mail@floridanewline.com

The Field of Dreams will soon kick off its eighth season of giving children with special needs an opportunity to play baseball. Registration is currently open and will remain open until the end of the season. Games throughout the eight-week season that starts on Feb. 3 and ends on April 14 will be played on Saturdays at Aberdeen Park, 1401 Shetland Drive.



Photo courtesy Gene Kolsnyk
Field of Dreams head umpire George Vancore assists a young batter on Opening Day 2017.

The mission of the Field of Dreams Baseball League is to create a sustainable voluntary organization that provides a safe ADA certified facility where special needs children of all ages can play baseball for free, and be an active part of a thriving athletic association. The Field of Dreams Baseball League is a non-profit organization which enables children that have special needs (intellectual or physical disabilities) with the opportunity to play baseball in an organized league; to wear a uniform; have their names announced; participate in the National Anthem before each game, and to be a player on an athletic team. During the 2017 season, the league had 150 players playing on 10 teams. Registration is open to children ages five to 19 (if still in school).

According to Stephanie Triay, communications director for the Field of Dreams, the organization would like to continue improving the community for children with special needs. To that end, they are raising money to put in a boundless playground, which is accessible to children of all ages and ability levels. A GoFundMe account has been created to help the group raise the \$600,000 needed to build the playground; type in keyword: boundless-playgroundsjc for more information.

Visit www.fodbbaseball.com if you would like to help the Field of Dreams committee raise money so that every child has an opportunity to play ball, or if you would like more information on attending games, volunteering, and/or donating.

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G. Quadir Khan, MD, FACOG

Boy Scout Troop 280 offers opportunity to beautify community

By NewsLine Staff
mail@floridanewsline.com

It may not feel like it now, but spring-time is just around the corner in North Florida — and now is the time to think about planning your landscaping needs to increase curb appeal. Nothing looks better than a fresh application of mulch, but getting the quantities of mulch home can take its toll on you and your car.

To raise funds for summer camp this year, Boy Scout Troop 280 is sponsoring their ninth annual Mulch Sale. The boys organize the sale on their own as they work towards both the Salesmanship Merit Badge and to live the tenet of the Scout Law that “a Scout is Thrifty” as they pay their own way to camp.

Mulch is packaged in two cubic foot bags, the same as available at retail and is priced at \$3.50. It is offered in plain shredded cypress, red cypress, black cypress, and medium pine bark nuggets. Delivery is included with the price, though there is a suggested minimum order of 10 bags. Troop 280 is also taking orders over the internet and giving the option of payment online via PayPal at www.julington-creekscouts.com. (To offset costs of using PayPal, there is a \$3 service fee for any size order placed online.)

The boys have one scheduled delivery date on April 7, with an option to have the scouts spread the mulch for an additional \$1 per bag the following week on April 14. The delivery area is throughout Julington Creek Plantation, south to Greenbriar Road, north to Julington Creek, west to the St. Johns River and east along the County Road 210 corridor to St. Johns Golf and Country Club.

Boy Scout Troop 280 is a Boy Scout Troop located in the heart of Juling-

ton Creek. The troop was founded in 2009 and is sponsored by River of Life United Methodist Church on Race Track Road. The Scoutmaster is Derek Smith.

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Travel

Waterfall Wonderland in Croatia

By Debi Lander
mail@floridanewslines.com



Photos courtesy Debi Lander
Waterfalls in Plitvice Lakes National Park

My love of photography often takes me to places off the grid. One such detour in Croatia took me to Plitvice Lakes National Park (PLEET-veet-seh), renowned for its breathtaking lakes. The park lies about two hours from Zagreb or the coast. I hopped a train to Zagreb, the capital, arranging a pick up the next morning for a day trip to the National Park.

One of Croatia's most popular tourist attractions, Plitvice achieved UNESCO World Heritage status in 1979. The lakes draw visitors, but make up only one percent of the park's beech and fir forest. Twelve upper lakes lie on dolomite surfaces and four lower lakes on limestone known as karst. A series of cascading waterfalls separated by natural travertine dams connect the lakes. The karst makes the lakes glisten in hues of Jacksonville Jaguar teal, brilliant emerald, and azure blue.

The tour guide escorted my small group through the park entrance,

explaining the trails and transportation system. We were then free to hike at our own pace, take a boat and bus ride, and return to the meeting spot five hours later. This plan allowed each person to go at their desired speed, stopping wherever the view compelled them.

I started down a paved trail with my travel buddy, Judy. We'd barely gone 20 feet when we discovered a magnificent overlook showcasing the aptly named Big Waterfall, 250 feet high. Its depth reminded me of the Grand Canyon, but here a turquoise lake anchored the dramatic drop. The gorge walls released water in lacy fairyland tendrils. I'd been expecting stunning waterfalls, but this view made me feel like I was floating through a dream. I stared in awe, enjoying a Zen moment.

Eventually we trotted off, as countless more waterfalls waited. Descending a zigzag course, at times steep, we came

upon boardwalks hovering just above the water. The walkways provide an intimate connection to the surroundings. They have no handrails so you must watch your step. For the unsteady the extreme shallowness of the lake is comforting.

Proceeding onward, more unusual land formations and hundreds — no, thousands — of miniature falls emerged. Finally, a restaurant and outdoor picnic area beckoned. We gobbled down lunch, then boarded the park's silent, pollution-free electric boat to cross the park's biggest lake. After what I'd seen, Lake Kozjak didn't impress, but I enjoyed the restful ride. The landing spot presented a bonanza of gurgling and gushing fountains. They reminded of the scene in the movie "Fantasia" where the water never stops.

Judy and I chose to hike the longer trail, but didn't realize just how lengthy it was. I must admit Plitvice could use better signage. We ended up walking seemingly endless miles, some on dirt trails, others on plank-ing. As the afternoon wore on, we

began to wear down. Still, we heard a waterfall rounding every corner, and catching sight of it, we'd sigh, "Oh my, how gorgeous." Thrilling though it is, this park produces scenic overload. Exhausted, but delighted we finally climbed up to the bus station and rode to the trailhead. We still had to hike back to the entrance.

To spend a day in an area of concentrated beauty, to breathe, and listen to nature is an intoxicating joy. Compared with the majesty of Yellowstone, Yosemite, and Niagara Falls, Plitvice is otherworldly. Is it worth a trip to Croatia? Absolutely. One of the best gifts I have ever given myself.

If you go: The park gets overcrowded in the summer. I went in April, which seemed ideal — not too hot or cold.

Visit www.bylandersea.com to read more of local travel writer Debi Lander's stories and travel tips.



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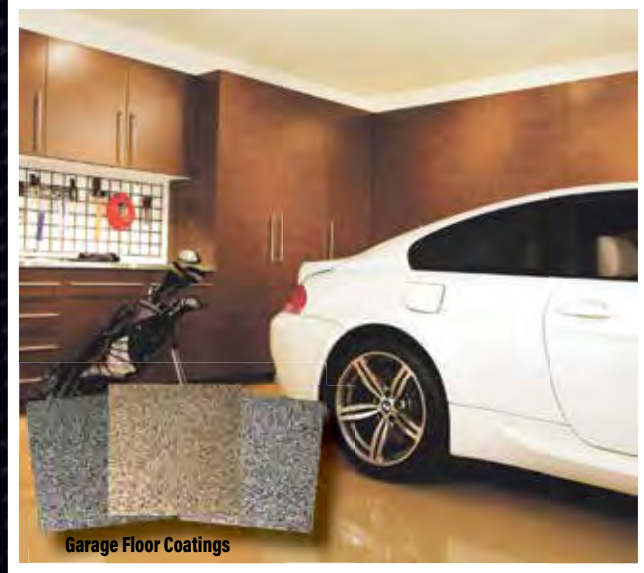









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Golf Tips from T Shot Ranch

Is the "Swing" the "Thing?"

By Janie C. Farina
mail@floridanewline.com

"It Don't Mean a Thing, if You Ain't Got That Swing" – Music by Duke Ellington

How really important is having a "model" golf swing in playing the game of golf? If you've been watching Tiger Woods's comeback from back injuries, the commentators are all raving about his improved golf swing. Not many golfers on this planet have the immense swing speed that Tiger delivers. "8.9 on the Richter Scale," for certain ... Tiger collapses the ball!

So why wasn't Tiger's swing a good enough "thing" to win the recent tournament? (Rickie Fowler ruled the day.)

Consider the components of game of golf employed during a normal round:

- Teeing off
- Fairway shots
- Pitching
- Chipping
- Sand shots
- Uneven lies, hitting out of the rough and over water, various trouble shots

- Putting/reading the greens
- Club selection
- Rules and etiquette
- Mental strategy for competitive golf

Quite the list, and I haven't even talked about the swing yet.

While Tiger was making his debut, the player I have been coaching for 15 years was competing in a career defining tournament called Q School.

Does she have the perfect swing? Well, this girl smacks it longer than most men, but still experienced a severe meltdown due to nerves the first two days. Luckily, she followed up blasting two rounds of 67 consecutively.

So how does someone blow up for two days, then shoot two days of the best rounds of her career with the same swing all four days? The answer is simple — the swing is the instrument we play, set to the many notes, or conditions, that we compose to form the music of playing the game of golf.

I see people hitting golf balls on the

range, day in and day out, searching for the perfect swing. When these same players play a game of golf, off the range, often their expectations get the better of them, and they are disappointed in their performance.

Just as my student cried out to me after those first two disastrous rounds: "My swing felt so good and I practiced harder than ever! Why did I bomb?"

My answer is simple: Having great swing is no guarantee for a great round. More importantly, expectation is signing up for disappointment, when what we really need out there is the discipline to focus on the conditions at hand.

To play the game of golf we would set to music, it's not only about

the instrument of our swing, it's a symphony of the swinging motion, properly fitted equipment, educating ourselves with the various techniques and strategies required during a round, and above all, conducting ourselves to have appreciation for the fortunate outcomes, and evaluate" and rewrite the unfortunate notes for the next time (i.e., focus!)

So for the player out there who has trouble carrying a tuned swing, remember, it's not always about that "Thing," the "Swing."

Janie C. Farina is a 26-year LPGA teaching and club professional in Duval and St. Johns County. Email her at hitthedirt2@gmail.com with comments or questions for future articles.

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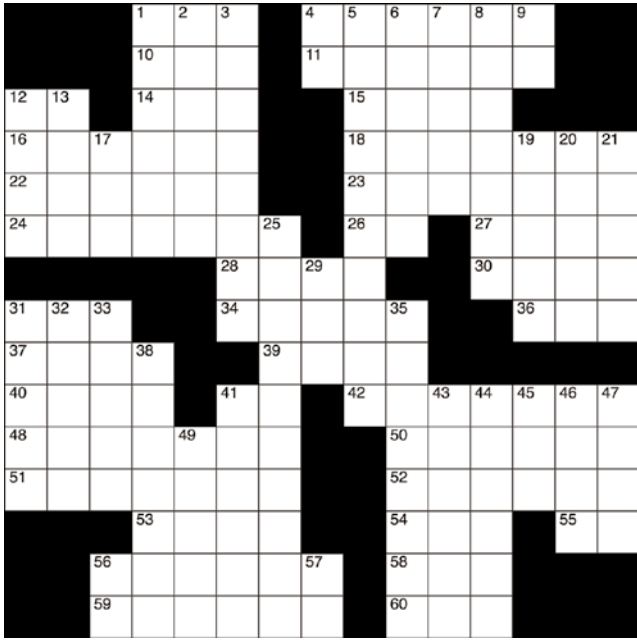


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Puzzles

Answers on page 2
Provided by MetroCreative



CLUES ACROSS

1. Plural of be
4. Dress
10. Nothing
11. Relating to apes
12. They protect and serve
14. Swindle
15. Show's partner
16. Lift
18. Raise up
22. Do something to an excessive degree
23. Occupies
24. Power-driven aircraft
26. Indicates position
27. Matchstick games
28. This and ___
30. No longer here
31. Health insurance
34. Spore-producing receptacle on fern frond

36. Monetary unit
37. Sweet potatoes
39. Tropical Asian plant
40. Guilty or not guilty
41. Carbon dioxide
42. Able to arouse intense feeling
48. Earl's jurisdiction
50. Omitted
51. Heartbeat
52. Albania capital
53. Fashion accessory
54. Interaction value analysis
55. Symbol of exclusive ownership
56. More promising
58. ___ student, learns healing
59. Nonresident doctor
60. Midway between east and southeast

CLUES DOWN

1. Enrages
2. Capital of Saudi Arabia
3. Uses in an unfair way
4. Cesium
5. Written works
6. Breakfast item
7. Found in showers
8. A way of fractioning
9. Unit of measurement
12. Sailboat
13. Indian goddess
17. For each
19. Farewell
20. Ethnic group of Sierra Leone
21. German industrial city
25. Measures intensity of light
29. Small, faint constellation
31. Promotes enthusiastically
32. Malaysian inhabitant
33. Ancient units of measurement
35. An unspecified period
38. Frame house with up to three stories
41. Lassie is one
43. Martinis have them
44. Rant
45. Famed journalist Tarbell
46. Opening
47. Round Dutch cheese
49. Archaic form of do
56. Once more
57. Registered nurse

ORNITHOLOGY WORD SEARCH

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

WORDS

- ABDOMEN
- ABIOTIC
- ACCLIMATION
- AERODYNAMIC
- AFTERFEATHER
- AIR
- ALBUMEN
- BEND
- BICONICAL
- BILL
- BIODIVERSITY
- BIPEDAL
- BIRDS
- BLIND
- BREAST
- BROOD
- CACHING
- CALAMUS
- CAMBER
- CARRION
- CLUTCH
- DIURNAL
- DIVE
- DORSAL
- DOWN
- EGGS
- FORMATION
- MEMBRANE
- MIGRANT
- MOLT
- NICITATING
- NOCTURNAL
- PECTORAL
- ROOST
- SACS
- WING

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to birds. Each number corresponds to a letter. (Hint: 17 = i)

A. 1 17 8 9 21
Clue: Feathered limbs

B. 14 25 18 2
Clue: On bird's face

C. 11 23 17 9 3 10
Clue: Process of flying

D. 21 24 18 6
Clue: Coast in air



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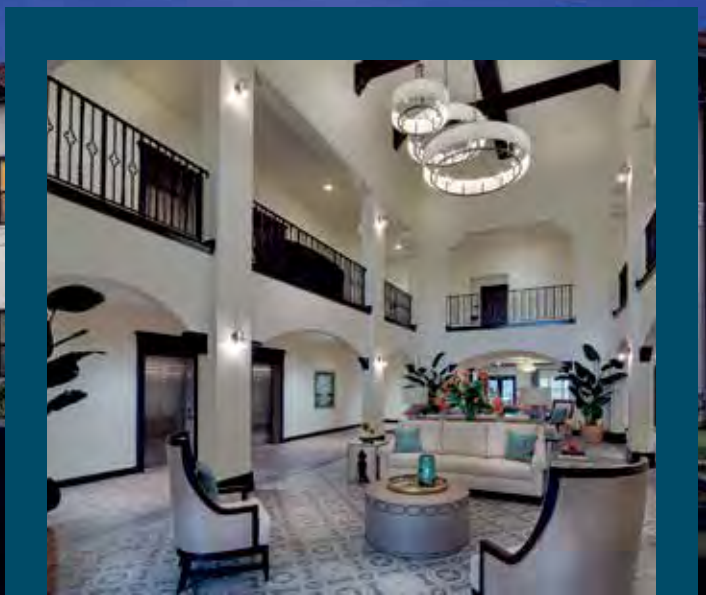
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Fishing

Capt. David's Fishing Report

By Captain David Lifka
mail@floridanewsline.com

Sailfishing has been really hot just a few miles off the beach. A little farther offshore kings, cobia, and dolphin have been providing a decent bite. Closer to shore and in the waterway, blues, trout, drum, sheepshead and reds are there for the taking on the warmer prettier days. Wow! Hard to believe the fishing is this good and it is still only February.

Believe it or not, the fishing really is this good if you are willing to jump in the car and make a drive several hours south on Interstate 95 or Interstate 75.

While there is probably no better fishing anywhere else in the United States than Florida, Florida's quality fishing (just like everywhere else) depends on what the weather happens to be. With the preferred sustained water temperature for many of Florida's species of fish needing to be in the 60s and above, it only makes sense that the farther south you drive, the better the fishing will get. A not so long drive can be the answer for any of those that might be suffering from fishing withdrawal as we wait on our own

area waters to warm with the coming spring.

At this time of year, we are hopefully just a few weeks away from spring and a new fishing season. Now is the time to be checking tackle, charging batteries, getting the boat serviced, and making final preparations.

Just a few days of warmer temperatures will be all it takes to turn on a large-mouth bass. A week of warmer temperatures at the beach may be all that is needed bring on a bluefish bite. A couple weeks of warm weather should definitely bring on a whiting run in the surf, black drum in our area waterways, and the return of a variety

of species of saltwater fish to the St. Johns River.

As spring approaches it's almost time to start fishing again. In the meantime, if you are ready to fish now, a quick drive south could help those fishing withdrawals with some pretty nice catches and a weekend the whole family can enjoy.

Fishing Report: Time to be getting ready for spring-time fishing. Bass equipment first, surf equipment second, and get early an appointment for the boat's new year servicing.

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Gardening

Winter in Florida

By Lesley Arrandale
mail@floridanewslines.com

After a mild start to the season, 2018 has brought us the coldest winter snap since 1989, including flurries of snow just a few miles west and north of Duval County. While our climate is not tropical, many of the plants that grace our landscapes are from more southerly areas and will have really suffered unless well protected.

It may be tempting to tidy up after freezing temperatures have done their worst, but to save plants' potentially still living root systems as well as top growth, leave the major clean up till spring when new growth will show exactly how much of a plant is still alive. This article describes how we may best protect our plants and since the winter is still young it could prove useful: <https://tinyurl.com/y9qbqpcq>

Gardening is potentially fraught with difficulties, and it may sometimes feel like a battle to stay ahead of adverse weather, insect pests, and diseases in our own yards and gardens. Unfortunately there are wider problems that need national or even international cooperation. For example, there is currently an emerging problem in Europe, namely a bacterial disease called Xylella fastidiosa. This has been active in parts of the U.S. and Brazil for years, although not yet in Florida, and affects some ornamental plants as well as olive trees and grapes.

Florida has a proactive approach to dealing with cases of invasive pests and diseases. In the case of sudden oak death, action by the state successfully isolated nursery specimens carrying the pathogen Phytophthora ramorum which causes the disease. It's hard to imagine the south without its majestic oaks. Unfortunately, another more successful invader, the redbay ambrosia beetle has wreaked havoc in our coastal areas, where it has caused the fungus on which it feeds to outright kill many of the native redbay trees (*Persea borborea*) and swampbay (*P. palustris*), and it is threatening the economically important commercial avocado (*P. americana*) grown in south Florida.

This may sound like a call to arm yourselves with a battery of chemicals, but please don't. Take regular care of your plants, and scout for insects and diseases. If you find a problem that is difficult to remedy, the Extension Service can help. Master Gardeners have the resources to help you determine what's wrong, and if there's a potentially serious problem they can take the next steps to help ensure the insect or disease doesn't spread.

Either photograph your problem plant material or insect and email the Extension Office, at duvalcountymastergardener@gmail.com. Photographs

should be high quality, and show clearly the plant or insect. Describe how the problem began and progressed. Or visit the office at 1010 N. McDuff Ave. from 9 a.m. – 12 p.m. or 12:30 p.m. – 3:30 p.m. where you can discuss the situation with a master gardener. You can also telephone to ask for advice on (904) 255-7450, but a picture or specimen would be easier to diagnose. Plant material should be double bagged, and insects should be sealed in a clear container in a little rubbing alcohol to preserve them.

Check out the January/February issue of A New Leaf: <https://tinyurl.com/ydxlcj6x>. There are plenty of pointers for keeping the garden in tip top shape: the regular sections on "What

to Plant" and "What to Do" are invaluable.

On Feb. 24, the Extension Service will host the annual program "A Day of Gardening." It is always very popular, so register early. You'll find details in A New Leaf.

Lesley Arrandale is a Master Gardener with the Duval County Cooperative Extension Service/City of Jacksonville Agriculture Department, which is a partnership between the United States Department of Agriculture (USDA), the University of Florida Institute of Food and Agricultural Sciences (UF/IFAS) and the City of Jacksonville.

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