

Ponte Vedra NewsLine

OCTOBER 2018 Volume 5 Issue 10

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

A Florida NewsLine Publication



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SenioRITAs look forward to 19th year raising funds to fight breast cancer

By Martie Thompson
editor@floridanewline.com

This year, the SenioRITAs tennis fundraiser celebrates its 19th anniversary with its typical three-part lineup to raise funds and awareness of breast cancer. According to committee co-chair Karen Aaro, these multiple events, in addition to the group's longevity, are what make the SenioRITAs fundraiser unique.



Photo courtesy Karen Aaro

All volunteer committee — many for the past 19 years.

"We have an all volunteer committee of 30 members, mostly Sawgrass members, who work hard from March to October planning these events and getting donations," Aaro said.

The first event is the Kick-Off Party at Pusser's on Oct. 2 from 5:30 p.m. – 7 p.m. Aaro said that more than 200 people typically attend and they take over the second floor of Pusser's Restaurant in Ponte Vedra Beach. The event is open to the public and the \$30 per person cost includes two drinks and heavy hors d'oeuvres.

Second is the Auction Party on Oct. 17 beginning at 6 p.m. at Sawgrass Country

SenioRITAs cont. on pg. 10

When Jeri Millard was diagnosed with breast cancer 17 years ago, she was frustrated because she had to go to many different places to get all the specialty items she needed. One day she said she had to undress five times for five different doctors and she wondered why they couldn't all come to one place? This gave her the idea to open In the Pink, a 501 C 3 boutique serving men, women and children with all types of cancer.

"I kept a notebook for eight years," Millard said. "I jotted down ideas of what should be in the store, so cancer patients could just go to one place for everything at a time when they are so tired and scared."

In the Pink opened in 2009 and Millard said it is more than just a place for cancer patients to get stuff — it's also a place to get knowledge.

"Women come to the store sometimes with their husbands and they are scared. I can take them to our private sitting room and talk to them and try to make them feel more comfortable," Millard said.

She said that sometimes seeing and touching items such as prosthetics and mastectomy bras and knowing what is available can make people less fearful.

"We show them that they can look normal again, and this can be very reassuring," Millard said.

In the Pink, which accepts most major types of insurance, stocks wigs, post-surgical garments, hats, scarves, and radiation skin care among other things. Millard said that men recovering from cancer often get compression garments and everyone can use the radiation skin creams. A new item that has enjoyed good word of mouth is an all natural product that chemo patients can apply to their eyebrows and eyelashes to keep them from falling out.

Millard believes that everyone should be afforded the same dignity when going

through cancer treatment and that is where the 501 C 3 status of In the Pink comes in. She



Mammoglam's stroking in Jacksonville

is proud that 100 percent of every dollar that is donated via fundraisers and sponsorships goes directly to In the Pink's mission of helping cancer patients in need. Patients with no insurance or who are Medicaid-eligible receive items free of charge. Meanwhile, all of the store's overhead is paid by insurance reimbursements and shop sales of items such as scarves, which



The original In the Pink boutique, 522 N. 3rd St.

are not covered by insurance.

Millard, along with husband Marty, is also known for bringing dragon boating to Jacksonville. She was looking for something she could do to continue exercising and one of her In the Pink clients sug-



Photos courtesy Jeri Millard

We won the battle...now let's paddle!

gested she check out dragon boating. In 2011, Millard raised enough money to purchase two dragon boats and the Jacksonville Dragon Boat Club was formed.

Today, the club has a workout facility and about 80 members of all ages. There are a number of teams, both recreational and competitive, made up of men, women, youth, mixed, and the breast cancer survivor team known as the Mammoglam.

In the Pink aims to be one-stop shop for cancer patients

By Martie Thompson
editor@floridanewline.com

In the Pink has expanded its services to include another location, on Hendricks Avenue in San Marco, to complement the original location on N. 3rd Street in Jacksonville Beach. Free yoga for cancer patients is held on Wednesday mornings at the Jacksonville Beach location.

Visit www.jaxinthepink.com for more information about In the Pink or to make a donation.



Yoga for Survivors is held at In the Pink weekly.

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OCTOBER
Special Section
national
breast cancer awareness month PGS 10-11



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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 the Publix at Palm Valley near the roundabout. Our winner was Sarah Schantz. Congratulations!

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November Special Section

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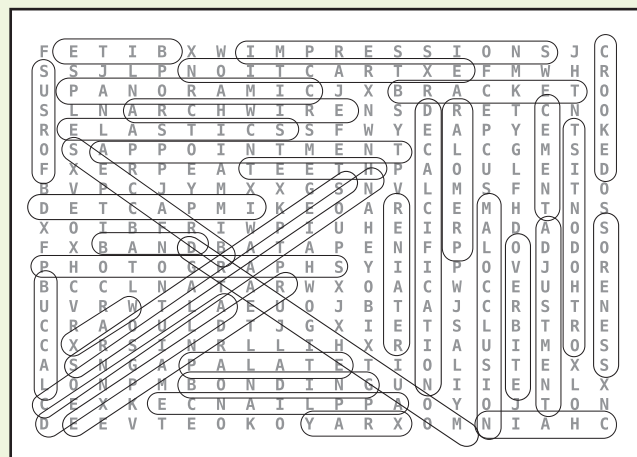
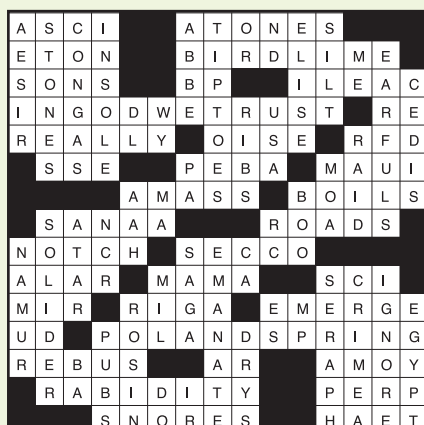
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answers to puzzles on page 14



CRYPTO FUN
Determine the code to reveal the answer!

Answers: A. braces B. wires C. elastic D. straighten

Answers to Puzzles



Oct

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	31			

around town

save the date!

Nov. 3 - Cascades eighth annual Art and Crafts Holiday Show

10 a.m. – 3 p.m.
Cascades at World Golf Village Amenity Center, 400 N. Legacy Trail

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. 13 - 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. 17 - Annual St. Johns CARES Food Drive

www.stjohnscares.org

October 1

St. Augustine/Jacksonville Newcomers Club shark tooth scavenger hunt

10 a.m. / lunch 12 p.m.
Call (904) 829-0643 for name of restaurant and to be added to attendee list

October 1

Current Events Discussion Group

10 a.m. (repeating event on Mondays)
Donovan's Irish Pub, US Highway 1
adsilby@yahoo.com

October 2

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

Oct. 2 - Nov. 6

Free Quit Smoking Now Class

Tuesdays, 6 p.m. – 7 p.m.
Flagler Hospital Wellness Center
Call Florida AHEC to register (904) 482-0189

October 4

U.S. Coast Guard Auxiliary Flotilla 14-7

7:30 p.m.
St. Augustine Yacht Club near the St. Augustine Lighthouse
(904) 460-0243

October 5

GTM Research Reserve new volunteer orientation

10 a.m. – 11:30 a.m.

Environmental Education Center, 505 Guana River Road
(904) 823-4500

October 6

The Sounds of Music to benefit Sound Connections music therapy program

5:30 p.m.
Ponte Vedra Concert Hall
For tickets: ccpvb.org or (904) 280-0614 x 1206

October 8

Caregiver support meeting

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

Beaches Toastmasters Club

7 p.m. – 8:30 p.m. (Repeating event on Mondays)
Baptist Hospital Beaches, Wilson Epstein Building
cgsml3@yahoo.com

Ponte Vedra Beach Municipal Service District Meeting

6 p.m. – 9 p.m.
Ponte Vedra Beach Branch Library FOL Room
www.pvmsd.org

October 9

Teen Halloween Party for all middle and high schoolers with live D.J.

5:30 p.m. – 7:30 p.m.
Ponte Vedra Beach Branch Library
(904) 827-6950

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

Sisterhood annual Game Day

10:30 a.m. – 3 p.m.
Beth El – The Beaches Synagogue, 288 Roscoe Blvd. N.

\$25 prepaid includes breakfast, lunch, drinks;
Bethelbeaches.org

Adult Coloring Club

10 a.m. – 12 p.m.
Ponte Vedra Beach Branch Library
(904) 827-6950

First Coast Card Club - adult card players

1 p.m. – 3 p.m.
Ponte Vedra Beach Branch Library
(904) 827-6950

October 10

Toastmasters Club #5199 Ponte Vedra Beach

7:30 a.m. (repeating event on Wednesdays)
Players Community Senior Center, 175 Landrum Lane
carmenjsardinas@gmail.com

October 11

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

October 12

Food Truck Friday

6 p.m. – 9 p.m.
Nocatee's Splash Waterpark

October 13

Sisterhood of the Traveling Plants presents "Seasons at Downton"

12 p.m. – 2 p.m.
FOL Community Room, Ponte Vedra Beach Branch Library
(904) 827-6950

October 16

St. Johns CARES meeting

7 p.m.
Bartram Academy, 164 Everest Lane, Ste. 1
www.stjohnscares.org

Ponte Vedra Democratic Club Meeting

6:30 p.m. – 7:45 p.m.
Ponte Vedra Beach Branch Library
Newcomers welcome; [Facebook.com/PonteVedraDemocrats](https://www.facebook.com/PonteVedraDemocrats)

St. Johns Federated Republican Women meeting

6:30 p.m.
Davidson Realty, World Golf Village
sjfedrepublicanwomen@gmail.com

October 20

Nocatee Farmers Market: Fall Festival

10 a.m. – 2 p.m.
Town Center Field, Nocatee

October 20 - 21

Family Fun Days

Saturday, 10 a.m. – 4 p.m.; Sunday, 12 p.m. – 4 p.m.
Lord of Life Lutheran Church, 276 Roscoe Blvd. N.
Bounce houses, face painting, crafts, games, concessions

October 22

Blood Drive

10 a.m. – 3 p.m.
Starling at Nocatee, 999 Crosswater Pkwy.
(904) 596-0880

Ponte Vedra Woman's Club luncheon meeting

6 p.m.
Lulu's Grill
RSVP: pr@pontevedrawomansclub.com

October 31

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For tickets:
904-280-0614 x 1206
www.ccpvb.org • ctatem@ccpvb.org

The Cultural Center
AT PONTE VEDRA BEACH

take 5

Waterway cleanup scheduled

The St. Johns Audubon Society is participating in a waterways cleanup on the Litter Gitter, Captain Adam Morley's vessel, on Wednesday, Oct. 17 from 9 a.m. – 11 a.m. Volunteers are needed to help clean up the wading bird habitat and feeding grounds along the Intracoastal Waterway. Trash bags and grabbers are provided, but volunteers should bring their own work gloves, bug spray, sunscreen, and (reusable) water bottle. Rubber boots or water shoes are recommended, as volunteers will wade through shallow water to pick up along the spoil islands in the marshes. Meet at Genungs Fish Camp, 291 Cubbedge Road in St. Augustine. RSVP to Marcy Brenner at marcyjbrenner@me.com or stjohnsaudubonsociety@gmail.com or call (401) 441-9263 for more information.

Storytellers bring back popular show

Tale Tellers of St. Augustine present Theater of the Mind: Storytelling, on Wednesday Oct. 10 at the Limelight Black Box Studio Theatre, 11 Old Mission Ave. in St. Augustine. "A Dark and Stormy Night, VIII," one of the Tale Tellers' most popular shows, is back featuring a brand-new ensemble of tellers and tales to thrill the listener. The performance begins at 7:30 p.m. General

admission is \$10 and group rates are available in advance. For reservations or more information, call (904) 540-0402. The Tale Tellers of St. Augustine, a non-profit organization of cultural and educational orientation, was founded in 1993 to promote the art and perpetuate the tradition of storytelling. Guests and new members are invited to meetings on the second Monday of each month at 7 p.m. Call (904) 471-0179 for more information.

Cummer Beaches art lecture series continues

Cummer Beaches, a support group of the Cummer Museum of Art and Gardens, is hosting an art lecture series at the Beaches Museum and History Park Chapel. The second program, on Friday, Oct. 5 from 6 p.m. to 7 p.m. with wine and cheese starting at 5:30 pm., will feature Dr. Debra Murphy, professor of art history at UNF. She will speak about the Italian Renaissance, entitled "Rome as the Center for the Arts." Dr. Murphy has been the inaugural chair of the Department of Art and Design at UNF since 2004. The lecture is free and open to the public.

Children's author to visit library

Noted children's author Dan Yaccarino will visit the Ponte Vedra Beach Branch

Library on Wednesday, Oct. 17 at 11 a.m. with a repeat program at 3 p.m. Children everywhere know Dan Yaccarino for his many books, his Parent's Choice award winning, animated TV series "Oswald" on Nickelodeon, Emmy award winning "Will's Wild Life" on NBC, and "The Backyardigans" on Nickelodeon. The author has written more than two dozen books that have been translated into many languages. His work has been recognized with many awards, including The Bologna Ragazzi, N.Y. Times 10 best illustrated, American Library Association Notable Books, and The Parents' Choice Award. The programs are for children aged four and older. Yaccarino will talk about how his books were created and add illustrations; books will be for sale at the programs. The programs are free and open to the public.



Photo by MetroCreative

each month; the next luncheon will be on Oct. 10 at the Sawgrass Golf Country Club. This social club consists of a fun and diverse group of women who have recently moved to the beaches and/or have gone through a major life event. Those looking for new friends and interesting activities should visit the group's website for more information and to make a reservation for the luncheon. Visit www.newcomersofthebeaches.com to learn more.

Newcomers group seeks members

The Newcomers of the Beaches holds luncheons on the second Wednesday of

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Your Vote Counts Elections ahead

By St. Johns County Supervisor of Elections Vicky Oakes

The Nov. 6 General Election is quickly approaching.

An important deadline is coming: Oct. 9 is the deadline to register to vote.

Simply visit our website at www.votes-jc.com. You can register to vote online or update your voter information. By using My Voter Status under the quick links, you can also check your record, locate your polling place, request a vote by mail ballot, and view your sample ballot when they become available.

If you prefer to register to vote in person, simply visit your local library or the Tax Collector's Office.

November's ballot will be a very long one with 13 constitutional amendments. Although legal challenges have been made to remove some of the amendments from the ballot, time will tell. Be sure to visit our website often and check under "What's New." We will be adding some research materials for you particularly on the judges and the amendments.

You may wish to consider voting by mail to avoid lines at your precinct on election day. Requesting a ballot is simple: you can call the office at (904) 823-2238 or use the online request

form available on our website. Vote by mail ballots are mailed 35 days prior to the election, so you will have plenty of time to do your research, vote and return your ballot prior to Election Day. The deadline for requesting a ballot to be mailed for the General Election is Oct. 31.

Early voting will be held between Oct. 24 and Nov. 3. There will be seven early voting locations open in St. Johns County from 8 a.m. – 6 p.m. daily where you can cast your ballot in person. We will be publishing the locations a little closer to the election, and the information will be included on your sample ballot.

Sample ballots will be mailed to all registered voters to help you prepare for the long ballot. They are scheduled to be mailed the first week in October. They will also be available on our website around that time.

My staff and I are always ready to assist you and we will make it easy for you to vote. Visit our website (www.votesjc.com) or call the office at (904) 823-2238 if you have any questions or need assistance.

The Sheriff Reports

By St. Johns County Sheriff David B. Shoar

Halloween safety

Later this month many of our younger children will be taking part in the age-old custom of trick or treating on Halloween. Our goal at the St. Johns County Sheriff's Office is that this event is an enjoyable adventure for everyone and I would like to pass along some safety tips.

Children should only be allowed to trick or treat at homes or businesses they are familiar with. They should trick or treat while it's still light outside, or they should carry a flashlight so they can see and be seen easily. Parents, make sure that your child's costume including masks and wigs are flame resistant; they should also be light in color and clearly visible to motorists. Avoid costumes that are oversized and high-heeled shoes that can cause a child to trip. The costumes should have reflective strips as well.

Children should be reminded to only cross streets at the corners and never cross between parked cars. Young children should never be allowed to go out alone and older children should only go out with small groups. Make sure you set a time when they should be home and know the route your children will be taking. Tell your family on which streets you'll be trick or treating. Let your children know not to cut through back alleys and fields. Make sure they know to stay in populated places and don't go off the beaten path. Stay in well lit areas.

Children always want to help with the pumpkin carving. Small children

shouldn't be allowed to use a sharp knife to cut the top or the face. There are many kits available that come with tiny saws that work better than knives and are much safer, although you can be cut by them as well. It's best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.

If you will be out driving on Halloween, take extra time and watch for children darting in and out from between parked cars. Slow down and pay attention. Watch for children walking on roadways, medians and curbs. Enter and exit driveways and alleys very carefully. And always watch for children that may be wearing dark clothing.

Feed your children a spooky Halloween dinner and instruct them not to eat any treats until an adult can examine them. Also remind your child to never go into the home of a stranger or get into their car. Make Halloween a fun, safe and happy time for your children in hopes that they will carry on the tradition that you taught them and remember; if you see suspicious activity please call the Sheriff's Office or your local law enforcement agency and report it.

Have a Spooktacular Halloween this year and stay safe. Contact me at dshoar@sjso.org if you have a topic you would like to see addressed in this column. Also, there is a host of information on our website at www.sjso.org or be sure to follow us on Facebook, Twitter, Instagram and our newly launched Nextdoor page.

The difference between your "local" daily newspaper and your local community paper

FLORIDA *NewsLine*



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FYI Contact Numbers

St. Johns County Local Government (www.sjcf.us)
Sheriff's Office:
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, bccd3pwaldron@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: How has the beginning of the school year gone in District 4?

A: Really well. Some schools look different with new principals at Ocean Palms and Palencia elementaries and the opening of Palm Valley Academy, but the school year is off to a good start. I have visited all the schools and they are getting used to new routines and bus routes.

I want to say a huge thank you and hat's off to the community for helping with the opening of Palm Valley Academy. Teachers and administrators got into the school a little later than we anticipated and everyone was working seven days a week. We couldn't have done it without our volunteers and parents who did things like distribute t-shirts, work the business partner fair, deliver school supplies and facilitate school tours. It was a busy time, but it was a phenomenal time. The school has a great energy.

Q: Do you have any updates on school safety?

A: All St. Johns County School principals recently went through the first session of a mental health training program entitled "Youth Mental Health First Aid Training." This is a research-based program we are rolling out to meet our students' needs. Other organizations, such as the University of North Florida, have used this program successfully.

Q: There are several important community events happening soon. What can you tell us about them?

A: The school district is sponsoring a community meeting called Parenting for Future Success on Sept. 27 at 6 p.m. at Gamble Rogers Middle School. This is the same meeting as the one held on

Sept. 20 at Liberty Pines Academy in case anyone missed that one. It will have community partners such as Flagler Hospital, EPIC, Children's Home Society, SAYS and the sheriff's office to help explore mental health, suicide prevention, and drug and alcohol abuse.

Also on Sept. 27, from 7 p.m. – 8:30 p.m., Ponte Vedra High School is hosting an informational panel on "The Teenage Brain ... What Parents Need to Know." Licensed psychologist Dr. Edward Taylor, as well as Aylin Ozdemir, MD, health coach Cheryl Olson and youth leader Kelly Minter will be on the panel. All are welcome to attend.

On Oct. 6, the Ponte Vedra Cultural Center will hold the Sounds of Music, an event to benefit their music therapy program in several St. Johns County Schools for special needs children. What people may not realize is that the Cultural Council pays for the music therapists via their fundraising. It's important to me to support this.

Finally, on Oct. 15, a teacher planning day, the Children's Behavioral Health Summit will be held at Sebastian Middle School from 8:30 a.m. – 3 p.m. This is a consortium that the St. Johns County School District participates in and it is like a mini conference with adult and teen tracks. Sheriff David Shoar, Judge John M. Alexander, parent advocate Linda Scaffa, Dr. Laurie Truog from St. Augustine Youth Services and Superintendent Tim Forson will be on the panel. You can register online at sjcbhc.eventbrite.com.

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: Now that TRIM notices are out, what is next for the Property Appraiser's office?

A: We will be undergoing a major change in the next 12 months in our office, although it will be seamless to property owners. For the past 13 years, we have used a specific CAMA (Computer-Assisted Mass Appraisal) software, that is now very obsolete. It is very labor intensive and expensive to maintain. Starting in mid-September, we will be converting to a new CAMA system, which will cut maintenance fees and field time in half.

Q: How is this new system able to do that?

A: It utilizes aerial photography, MLS and Google Earth to do assessments. Right now, our appraisers go into the field with a tape measure, a clipboard and a camera. Soon, they will go out with a tablet that has a built in laser measure, a built in camera, guidance on the most efficient route to a property and real time uploading of data. We will also be able to do some measurements using aerial photography. With our rapidly growing county, we will be able to maintain the same level of staff we have now for the next several years.

Q: How will you pay for the new system?

A: In the last 18 months, we have cut operating costs in the Property Apprais-

er's office by \$390,000 per year, due to a staff reduction of 15 people and a reduction from 15 vehicles to eight vehicles. This is a permanent annual savings and will pay for the new CAMA system in just under two years. The new system will be more efficient and more accurate and represents a true savings for the taxpayer.

Q: When do you expect the new system to be fully functioning?

A: Over the next 12 months, in addition to doing our regular tasks, we will be converting to the new system. This will require a lot of data cleanup and also training, which will be good because, since everyone will be learning the new system together, it will make our appraisal practices totally consistent. Our goal is for next year's tax roll submission and TRIM notices to be on the new system and be fully converted by November 2019.

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.

2018 - 2019 St. Johns County School Calendar

OCTOBER 2018				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

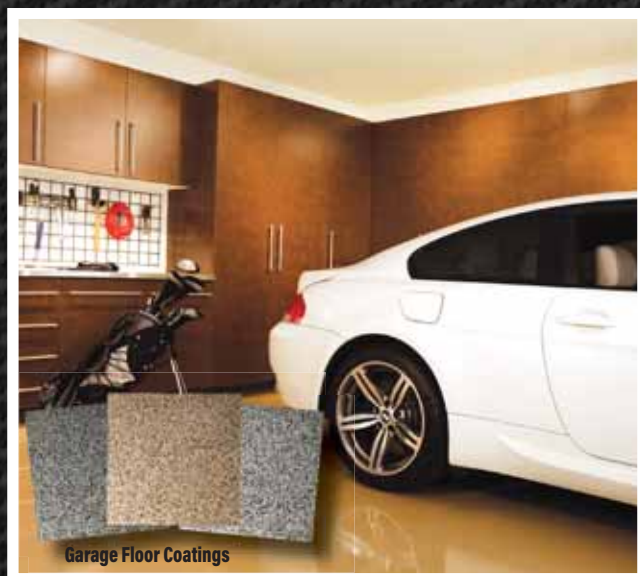
- Teacher Optional Planning
- Teacher Planning (non-student day)
- Teacher Inservice (non-student day)
- Classes Resume
- Student/Teacher Holiday
- End of Quarter
- Underline = testing dates

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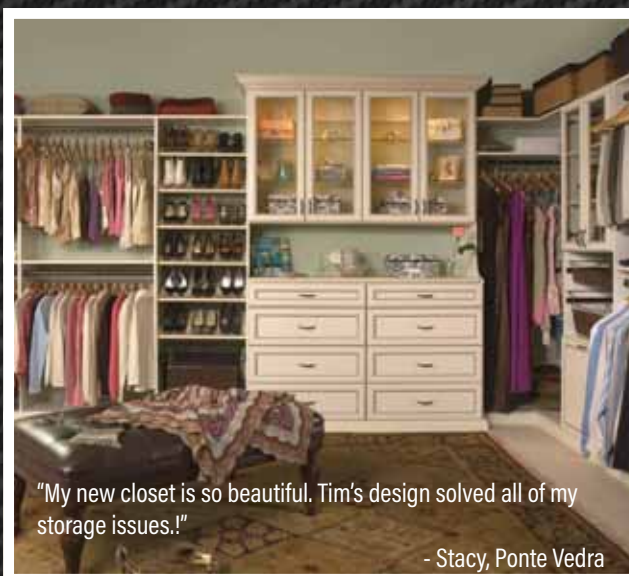


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Briefs

Ponte Vedra Woman's Club starts new season

The Ponte Vedra Woman's Club held its first meeting of the season on Sept. 24 at the Sawgrass Country Club. Members and perspective members were present. Lori Marjerison spoke during the program about the charities the club will support this year: Beaches Emergency Assistance Ministry, St. Augustine Youth Services, Florida School for the Deaf and Blind, Betty Griffin Center, and Expanding Your Horizons. All monies raised this year will be divided among these charities.

The club's next big event is the Lagos Jewelry Premiere at Underwood's on

Oct. 4 from 4:30 p.m. – 6:30 p.m. Ten percent of all Lagos collection sales on Oct. 4, 5, and 6 benefit the charities. There will also be a raffle of a Lagos 18kt gold ladies caviar bracelet. Email waysandmeans@pontevedrawomansclub.com so Underwood's can get a count for hor d'oeuvres and drinks and to obtain tickets for the raffle.

The next club meeting is Oct. 22 at Lulu's Grill with registration starting at 6 p.m. and the program starting at 6:30 p.m. The program that night will be the Angel Tree for the children.

Jacksonville Symphony offers season bus from the beaches

For the first time, the Jacksonville Symphony will provide a round-trip bus from the Beaches to 10 Symphony concerts throughout the season. Patrons will be picked up and dropped off at the Books-A-Million parking lot at 738 Marsh Landing Pkwy. in Jacksonville Beach. The Jacksonville Symphony bus will run to five Florida Blue Masterworks series concerts and five Fidelity National Financial Pops series for those wanting to attend, but not wanting to drive. The bus will depart at 7 p.m. sharp the night of the concert from the Books-A-Million parking lot to the Times-Union Performing Arts Center, where the Symphony performs. Round-trip transportation on the bus and premium concert seating starts at \$55 per concert.

Concerts on the bus schedule include: Bachtoberfest 2018: The Reformation – Saturday, Oct. 20; A French Fantasy – Saturday, Dec. 1; Holiday Pops – Saturday, Dec. 8; Don Giovanni – Friday, Jan. 25; Cirque Musica – Saturday, Feb. 2; Frank and Ella – Saturday, March 30; Mozart's Jupiter – Saturday, April 27; Patriotic Pops – Saturday, May 25; and Season Finale! Mahler 5 – Saturday, June 8.

To reserve seats on the Beaches Bus, contact Group Sales at groupsales@jax-symphony.org or call (904) 356-0426.

Visit JaxSymphony.org for more information.

Evening of Promise held at TPC Sawgrass

Nemours Children's Specialty Care held its sixth annual Evening of Promise at The Clubhouse at TPC Sawgrass on Aug. 24. The event included both a silent and live auction with many items including two tickets to the Country Music Awards in Nashville, an in-home dining experience for eight with Matthew's Restaurant, and a one of a kind ticket package to all 2019 golf majors donated by THE PLAYERS.

Guests enjoyed live music performed by The Royals, cocktails, and a buffet



Photo courtesy Jeff Westcott Photography
Dr. Paul Pitel, Chair of Pediatrics and Dr. Nelly Mauras, Division Chief of Endocrinology with Nemours Children's Specialty Care, Jax enjoying the live band.

style dinner. The event raised more than \$150,000, benefiting the Pediatric Diabetes Program at Nemours Children's Specialty Care.

INK! (Investing in Kids) benefits from Nights of Lights

Old Town Trolley, St Augustine's premier trolley experience, supports INK! (Investing in Kids) during the oldest city's holiday tradition, Nights of Lights. Old Town Trolley will donate \$1 for every pre-sold ticket with 100 percent of the proceeds helping to provide innovative programs and classroom resources that further the academic success of all St Johns County public school students.

"Our teachers are reaching into their pockets spending hundreds of dollars of their own money to help students reach that 'aha' moment," said Dave Chatterton, Director of St. Augustine Old Town Trolley. "We want to inspire the community to help bridge that gap. By partnering with INK!, we can make the difference for numerous teachers and students."

Donna Lueders, executive director of INK!, said, "We are delighted that Old Town Trolley has agreed to partner with us. The Old Town Trolley executive team as well as their cast members are the spirit behind the holidays. What better way to celebrate the season with Old Town Trolley and INK! giving support to our beloved students and teachers. Your website ticket purchase is giving them the gift that keeps on giving... One for the Kids!"

Visit www.trolleytours.com/st-augustine/nights-of-lights for more information or to purchase tickets.



Inquiring Minds want to know!

By Martie Thompson
editor@floridanewslines.com

Are you puzzled about something going on in Ponte Vedra or wondering about whatever happened on a topic from a previous issue? Email your question to us at editor@floridanewslines.com by the fifth of the month and we will do our best to track down the information for you.

While we will do our best to answer all the questions we receive, we may not be able to answer all questions received each month. Also, due to publication scheduling, the time it takes to research answers may vary.

Here is the answer to the question we received this month:

Q: What is being built next to and north of Valley Smoke Restaurant on Roscoe Boulevard?

A: We reached out to Casey Keough, a planner with the St. Johns County Growth Management department. She said: "It appears that a building permit was issued for the construction of a single family residence with attached RV garage in August 2017 for 9 S. Roscoe Blvd. The property has a Single Family Residential zoning designation."

Email your question to us at editor@floridanewslines.com

Music Lovers
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Sunday, Oct. 28
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ST. JOHNS Business Monthly

MarketInsight



Why we invest

By Scott Grant
ScottGrant@StJohnsBusinessMonthly.com

People talk about investing all the time. People love to tell me about investments they have made, particularly the successful ones. They talk about investing in real estate, precious metals, bitcoins, and even stocks. Sometimes they talk about investing in themselves. That can mean anything from buying new clothes or a car to getting an education. Most people will tell you that an education is a good investment. I concur. I have also heard people talk about investing in things like boats and recreational vehicles. A boat is not an investment. A boat is a hole in the water, surrounded by wood, into which one pours money.

Some of the things that people think are investments are not really investments. Benjamin Graham, who taught Warren Buffett at Columbia defined it this way: "An investment operation is one which, upon thorough analysis, promises safety of principal and an adequate return. Operations not meeting these requirements are speculative." Therefore, investments need to provide the promise of two things: safety of principal and an adequate return. Not every investment you make will deliver those two things, but you need to enter in to them with expectation that, over time, they will provide both.

Time is another key factor. We do not buy investments with the expectation of making a quick return. When we buy something expecting to flip it for a relatively small profit over a short period of time, we are speculating and not investing. There is nothing inherently wrong with speculating, you just need to realize that is what you are doing. You also need

to realize that speculating is no substitute for investing. You need to invest for your future.

My investment expertise lies in the stock market. People talk about investing in stocks, but what does that mean? What is a stock? When people talk about stock they are usually talking about Common Stock. Common Stock is traded in shares. Each share of Common Stock represents an ownership interest in a Corporation. When you buy a share of stock, you are buying an ownership interest in the underlying Company, albeit often a small percentage ownership. If you were to buy 100 shares of Coca-Cola, for instance, you would own one-42.5 millionth of the company. Not enough of an interest to have any say in what the company does, but still enough to share in the profits of the enterprise.

So, why buy stock? You need to buy stock because these huge companies will shape all our futures. We hear it said again and again that multinational corporations have too much power. That is probably true, but it is all the more reason that we need to be invested in those companies. We live in a world where jobs are becoming more transient and where we will be asked to provide for our own futures. Fifty years ago, it was possible to live in retirement, and live reasonably well, without any long-term savings or investments. Those day are gone forever.

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

Financial advisor takes part in Alzheimer's awareness relay walk

By Martie Thompson
editor@floridanewsline.com

Karsten Jacobson, of the financial services firm Edward Jones, recently took part in a historic event — a transcontinental walk across America to fight Alzheimer's disease. Edward Jones launched the Walk Across America, a one-time, 16-week relay-style walk across 12 states, to raise awareness about the impact of Alzheimer's disease. The oldest city on each coast served as the trailheads for Walk Across America, leaving from San Diego on July 9 and from St. Augustine on Aug. 27. In teams of eight, more than 1,000 Edward Jones financial advisors and branch office administrators will complete the 3,100-mile journey relay-style. Each team will carry a hand-carved walking stick, named Gus, harvested from the farm of Ted Jones, son of the firm's founder, Edward Jones Sr.

Jacobson said his day to walk, Aug. 28, was rainy with thunderstorms in the area. He and his team left from Guana's South Beach parking lot at 8 a.m. and walked northward on the beach to Mickler's Landing, where he got off the beach and walked on Ponte Vedra Boulevard to the Duval County line. From there, Jacobson passed off Gus, the walking stick, to a colleague who continued walking to Mayport, the terminus for the day. Jacobson estimated he walked 12 miles of the 21 total miles for the day.

He said walking on the beach was a great way to carry out the mission of Alzheimer's awareness, although since it was high tide and he had to walk in soft



Photo courtesy Karsten Jacobson
Karsten Jacobson with Gus, the walking stick, on the beach during his portion of the relay-style Walk Across America.

sand, his calves let him know about it the following day.

"I knew embarking on this journey that it was to bring awareness to Alzheimer's disease," Jacobson said. "But walking on the beach and talking to colleagues who had knowledge of the disease really put it in perspective. It was a good time to reflect on what this disease does to people and I was glad to be able to help raise awareness."

The cross-country walk will culminate in St. Louis on Oct. 28 as the final team crosses the stage at Enterprise Center during this year's annual Walk to End Alzheimer's fundraising event, chaired by John Beuerlein, the Edward Jones principal who leads the firm's Older Adult Council.

"This four-month Walk Across America is one more way to increase awareness of Alzheimer's and the resources available to deal with it," said Beuerlein.

Visit us online at
www.floridanewsline.com

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ST. JOHNS Business Monthly



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Breast Cancer awareness events

September 29

Hope Floats Block Party
12 p.m. – 6 p.m.
Taps Bar and Grill, 2220 County Road 210W, St. Johns
www.thedonnafoundation.org

October 2

SenioRITAS kick off party
5:30 p.m. – 7 p.m.
Pusser's Restaurant
www.the-rita-foundation.org/senioritas

October 4

Pink Ribbon Golf Classic
Ponte Vedra Inn and Club
www.pinkribbonjax.org

October 5 - 6

Third annual Netti Kayak Challenge
Catch, photo and release redfish, trout, flounder
\$50 registration includes dinner and t-shirt
Benefits In the Pink
www.nettikayakchallenge.com

October 6

Pink Ribbon Symposium
8 a.m. – 1 p.m.
Thrasher-Horne Conference Center, 283 College Drive, Orange Park
www.pinkribbonsymposium.org

October 6

Cancer Wellness for Women presented by The Pink Ladies and Ackerman Cancer Center
8:30 a.m. – 1 p.m.
First Baptist Church, 1600 S. 8th St., Amelia Island
RSVP: (904) 277-2700

October 8

Tacos for TaTas
5:30 p.m. – 8:30 p.m.
TacoLu, 1712 Beach Blvd., Jacksonville Beach
www.thedonnafoundation.org

October 8 - 10

David Yurman Trunk Show
Pink Ribbon Golf Classic
Underwood's Jewelers

October 11

Pink Ribbon Golf Classic Cocktail Party and silent auction
6 p.m. – 9 p.m.
Marsh Landing private residence
\$100 per person; www.pinkribbonjax.com

October 13

Making Strides of Jacksonville
7 a.m. registration / 9 a.m. walk
TIAA Bank Field - East Club Plaza
www.makingstrideswalk.org

October 17

SenioRITAS Auction Party
6 p.m.
Sawgrass Country Club
www.the-rita-foundation.org/senioritas

October 19, 20, 21

SenioRITAS Tennis Tournament
Sawgrass Country Club
www.the-rita-foundation.org/senioritas

October 20

20th annual Pink Ribbon Golf Tournament hosted by Cimarrone Ladies Golf Association to benefit Baptist Health Foundation
8 a.m. shotgun start
Cimarrone Golf Club
Registration, hole sponsorship or donations:
www.clga.info

October 21

Bingo for Breast Cancer to benefit The Donna Foundation
2 p.m. – 5 p.m.
Kayak Club, Shearwater
Sponsored by Danielle Wright, Coldwell Banker Realty; Shearwater; Hope Floats; and Helping Hands of St. Johns County

SenioRITAS cont. from pg. 1

Club. This event, also open to the public, has an admission price of \$40 and will include an extensive live and silent auction with items such as vacations, dinners, rounds of golf and autographed memorabilia.

"The theme of the Auction Party this year is 'Ooh La La' and we will celebrate all things French," Aaro said. "Decorations will also follow the theme, with red, black and pink cafe awnings."

Also at the Auction Party, Aaro said Dr. Al Copland of Mayo Clinic, whose triple negative breast cancer research has been the recipient of more than \$300,000 raised by SenioRITAS over the years, will speak. Breast cancer survivors are also recognized.

The first two parties lead to the main event, the three-day tennis tournament, held Oct. 19, 20, and 21 at Sawgrass Country Club. Aaro said there is frequently a waiting list to play and players are matched for competition by using their USTA or Country Club ratings.

"Women come from all over the country to play in this tournament and most wear pink," Aaro said. "It's become quite a celebration."

The tournament is also open to the public and parking is available at the Sawgrass golf clubhouse. As its donation, Vicar's



The pink flag lined walkway at the SenioRITAS tennis tournament.

Landing provides a shuttle bus from the parking lot to the tennis courts. Along the way is a long walkway lined with pink flags honoring breast cancer survivors and in memory of those who have lost the fight.

The precursor to the SenioRITAS was the RITA foundation (Research is The Answer) formed by Chuck Jantz in 1997, in which women of all ages played tennis. Jantz currently serves as co-chair of the SenioRITA committee with Aaro. Then 19 years ago, Sawgrass tennis player Mary Pappas came up with the idea of making the tournament for women 40 and older and called it the SenioRITAS.



Karen Aaro has participated in the SenioRITAS tennis tournament for six years.

One hundred percent of the proceeds of all three events go directly to Mayo Clinic for breast cancer research and to Baptist Beaches for patient services, such as paying for mammograms for women who can't afford them. Over the course of 19 years, more than \$4.4 million, including matching funds, has been raised for the cause.

Tickets to all events are available online or at the door. Visit www.the-rita-foundation.org/senioritas for more information or to make a donation.

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Pink Briefs

12th annual Pink Ribbon Golf Classic set to tee up

The 12th annual Pink Ribbon Golf Classic tournament will be held on Oct. 4 at the Ponte Vedra Inn and Club. Since 2006, the distinctive events of the Pink Ribbon Golf Classic have raised more than \$1,465,000 for local breast cancer research and clinical services at Baptist Medical Center Beaches and Mayo Clinic-Jacksonville. Pink Ribbon Golf Classic is an all volunteer effort organized by a dedicated group of women and lead in part by breast cancer survivors committed to improving outcomes for local breast cancer patients.



Photo courtesy Pink Ribbon Golf Classic
Golfers at a prior year's event wear pink.

In 2018 Pink Ribbon Golf Classic is going for the green with an increased goal of \$300,000. Last year the contribution to Baptist Medical Center Beaches purchased new high resolution 3-D mammography equipment; in 2018, the goal is to add a PET/CT scanner to the Wilson Cancer Center enabling doctors to evaluate treatment efficacy. At Mayo Clinic - Jacksonville, fundraising will continue to support the important research and clinic care at the Jacob Center for Breast Health. Those programs include innovative new therapies such as the DigniCap Service, an acupuncture and massage pilot study, and anti-estrogen clinical trials.

In the Pink Ribbon Golf Classic signature event, women golfers from Ponte Vedra and the surrounding communities tee it up Oct. 4 at Ponte Vedra Inn & Club in the only all-women charity golf tournament in the Jacksonville area.

Golfers and non-golfers alike can look forward to the Pink Ribbon Golf Classic Cocktail Party on Thursday, Oct. 11, to be held at a beautiful Marsh Landing home and feature the work of prominent area artists offered in a silent auction. Tickets, online registration and additional information on the Pink Ribbon Golf Classic

can be found at www.pinkribbonjax.org.

Finally, the David Yurman Trunk Show and Cocktail Party at Underwood's Jewelers, Ponte Vedra on Nov. 8 - 10 provides an opportunity for early holiday shopping with 10 percent of the proceeds donated to the Pink Ribbon Golf Classic. The highlight is a reception and presentation of checks to Mayo Clinic-Jacksonville and Baptist Medical Center Beaches on Nov. 8 from 6 p.m. - 9 p.m.

Pink Ribbon Symposium promotes nutrition and healthy lifestyles

Now in its 11th year, the Pink Ribbon Symposium, a free breast cancer education, health and wellness conference, will be held on Saturday, Oct. 6 from 8 a.m. - 1 p.m. at the Thrasher-Horne Conference Center in Orange Park. Exhibits open at 8 a.m. and the program begins at 9 a.m. The event is free and open to the public.

This year's theme is "Nutrition and Healthy Lifestyles" and the special featured guests include:

- Aaron Gottlieb, owner, Native Sun Natural Food Market, who will present "The Native Sun Story." He will discuss how Native Sun began and its commitment to quality organic food and healthy lifestyles.

- Heather Borders, MBS, RD, LD/N and Jill Ligon RN, LD/N of Kailo Nutrition, who will present "Nutritious Choices." It's a journey to provide confidence, know how, and the ability to make sustainable and meaningful lifestyle choices that contribute to making healthy happen.

- Area physicians and experts will also present medical breakout sessions on updates on breast cancer and leading healthy lifestyles, which will include: How Molecular Profiling Affects Treatment Decisions; Heart Health and Cardiac Risks; Protecting Your Hearing; Oh, Those Varicose Veins; Family History and Genetics; and Coping with Stress and Anxiety. Participants may ask medical questions during the Q&A at the end of each session. Plus, more than 60 exhibitors will display a variety of insightful products and services on health, wellness, medical services, and beauty. Continuing education (CEU) credits are offered to healthcare professionals.

Visit www.PinkRibbonSymposium.org for more information.

Men from across community raise awareness and funds in the fight to end breast cancer

Several CEOs, chefs, attorneys, business

owners and a crooner from a popular Jacksonville swing band are among the gentlemen taking part in the third annual Real Men Wear Pink campaign, which features 34 prominent and influential area men taking a stand against breast cancer by supporting the American Cancer Society Making Strides Against Breast Cancer of Jacksonville. Throughout the months of August through October, Real Men Wear Pink participants will use their creativity, determination and energy to encourage the women in their lives and the community to act in the fight against breast cancer.

Local media member Charlene Shirk returns as Real Men Wear Pink chair, joined by attorney John Phillips, who was the top fundraiser for the 2017 Real Men Wear Pink. Phillips set an individual Jacksonville fundraising record of \$20,324, helping last year's Real Men Wear Pink group raise a total of \$86,000. This year the goal is \$90,000.

"In addition to raising awareness about breast cancer, these men will be raising critical dollars to help the American Cancer Society attack cancer from every angle

and save more lives from breast cancer," said Stacy Hanson, the American Cancer Society Making Strides Against Breast Cancer Event Chair and Chief Client Officer, Covent-Bridge.



Photo courtesy American Cancer Society
2018 Real Men Wear Pink with chair Charlene Shirk

According to the American Cancer

Society Cancer, this year an estimated 266,000 women in the United States will be diagnosed with breast cancer and an estimated 40,920 will die from the disease. Breast cancer is the most common cancer diagnosed in women (including skin cancer) and the second only to lung cancer as a cause of cancer death in women.

Each Real Men Wear Pink candidate is charged with a fundraising challenge of a minimum of \$2,500 and will compete to be the top fundraiser among the other candidates by the end of the campaign.

Visit http://main.acsevents.org/site/TR?pg=entry&fr_id=90421 for a listing of the 2018 Real Men Wear Pink or to make a donation. The Real Men will be at the Making Strides Against Breast Cancer walk on Saturday, Oct. 13 at 8 a.m.



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- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast pain
- Nipple pain or the nipple turning inward
- Redness, scaliness, or thickening of the nipple or breast skin
- A nipple discharge other than breast milk
- A lump in the underarm area



www.breastcancer.org

School Briefs

Ocean Palms welcomes new vice principal

Ocean Palms Elementary has kicked off the 2018 school year with many exciting changes, including a new addition to the school family: Brian Morgan, the vice-principal. Morgan is a Floridian, originally from Oviedo. He graduated from Flagler College and began his teaching career right here in St. Johns County. He has earned his National Board Certification and masters degree in Educational Leadership. His passion is to inspire students and lead by serving others.



Photo courtesy Brian Morgan
New Ocean Palms Elementary Vice Principal Brian Morgan and family.

Morgan has been married for nine years and likes spending time outside with his three young children. He enjoys surfing, fishing or paddle boarding in local hot spots and he is also active in the children's ministry at his church.

District 4 schools honored for volunteer services

All Ponte Vedra area schools recently earned Golden School and/or Silver School award status for the 2017 – 2018 school year. The Golden School Award recognizes elementary and secondary schools and the Silver School Award is presented to secondary schools only to recognize exemplary programs that promote parent and community involvement in education.

Ocean Palms Elementary and PVPV Rawlings Elementary both earned the Golden School Award, while Valley Ridge Academy, Landrum Middle School, Nease

High School and Ponte Vedra High School all earned both the Golden School Award and the Silver School Award.

Local student achieves top ACT score

Chandler Garcia, son of Regis and Gerri Garcia and a senior at Ponte Vedra High School, earned the highest possible ACT composite score of 36. On average, only around one-tenth of 1 percent of students who take the ACT earn a top score. In the U.S. high school graduating class of 2017, only 2,760 out of more than two million graduates who took the ACT earned a composite score of 36.

The ACT consists of tests in English, mathematics, reading and science, each scored on a scale of 1–36. A student's composite score is the average of the four test scores. The score for ACT's optional writing test is reported separately and is not included within the ACT composite score.

In a letter Garcia recognizing this exceptional achievement, ACT Chief Executive Officer Marten Roorda wrote, "Your achievement on the ACT is significant and rare. While test scores are just one of multiple criteria that most colleges consider when making admission decisions, your exceptional ACT composite score should prove helpful as you pursue your education and career goals."

Garcia would like to attend the University of Florida, University of Miami, or the University of Chicago, where he plans on majoring in Pre-Med with the goal of becoming a physician.



Photo courtesy Regis A. Garcia
Chandler Garcia recently earned the top score of 36 on the ACT.

Paint the Otter Rock and help school

Ocean Palms Elementary's newest fundraiser is here. Parents can showcase their favorite student or teacher by painting the Otter Rock and making a donation. Pictured is a welcome back to school painting with our Otter mascot and students.



Photo courtesy Susan Samko

The Sounds of Music to support in school music therapy program

By NewsLine Staff
mail@floridanewslines.com

On Oct. 6, The Sounds of Music, an event to support local elementary schools through the Cultural Center of Ponte Vedra's program Sound Connections, will be held at the Ponte Vedra Concert Hall. Sound Connections, a music therapy outreach program, is designed to provide music therapy services for children with special needs to help them reach their goals and maximize their potential for success.

Beginning at 5:30 p.m., this evening will include a silent auction, dinner, and musical acts that will include the St. Augustine Orchestra, Players by the Sea, and local children involved in the program.

With the lack of government funding, the Cultural Center raises more than \$100,000 each year to fund the existing program, which is staffed by board-certified music therapists who use music and music related interventions to help the children thrive and grow. This outreach program depends on the

community to continue providing for youths with special needs.

The program, which originated at Cunningham Creek Elementary, is currently also being offered at Valley Ridge Academy, Ocean Palms Elementary, and PVPV/Rawlings Elementary. The Cultural Center's goal is to expand this offering to three St. Augustine schools in the 2019 – 2020 school year. Sound Connections provides students with special needs with learning and skill acquisition. Learning through music therapy allows these children to absorb more nonmusical information that they will carry with them into their adult life. Areas addressed in music therapy include communication, social, emotional, cognitive, and motor functioning.

Visit ccpvb.org or call (904) 280-0614 x 1206 for tickets and more information. Funds raised by this event will be eligible for matching by the Persbacker-Wyman Family Foundation.

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Get to Know . . .

Sheila Hickson-Curran

By Martie Thompson
editor@floridanewsline.com



Photo courtesy Jennifer Grissom
Sheila Hickson-Curran

Sheila Hickson-Curran has lived in nearly all the corners of the world, so for her to live in Ponte Vedra Beach for the past 23 years is quite an endorsement for the area. Born and raised in York, England, she moved to London to attend The City University, where she received her degree and trained as an optometrist. While working at an eye clinic in Kingston, Jamaica, several years later, she met her now-husband, Steve, who was there in the Peace Corps. They moved to Sydney, Australia for her job and lived there for three years before moving to Ponte Vedra Beach.

Hickson-Curran is an optometrist employed as the medical safety officer for Johnson and Johnson, where she oversees the safety of their contact lens products in development and in the marketplace. She is also a breast cancer survivor of 12 years. She and Steve have one son, Henry, who is a recent graduate of Ponte Vedra High School and now attends the University of North Florida.

1) What do you like best about living in Ponte Vedra Beach?

We like all the outdoor activities, including going to the beach and swimming in the ocean. My husband and I do about three to five triathlons a year and we like biking and running and swimming to train for them.

2) What can you tell us about your breast cancer diagnosis?

I was diagnosed with breast cancer 12 years ago as the result of a mammogram. I was completely shocked as I was fit and led a healthy lifestyle. Cancer ran in my family, but not a lot of breast cancer. As it turns out, we have the BRCA-2 mutation and I was the first in my family to find out. I was diagnosed early and had surgery only — six surgeries — a double mastectomy and had my ovaries removed. I felt like I controlled everything I could control and then I got on with my life. I've had no recurrence of the disease.

3) How did you come to be involved with dragon boating and Mammoglam?

About 10 years ago, I was involved in Pink Links, a PGA TOUR rehab program through learning golf. I met Jeri Millard of In the Pink and then when dragon boating came to the area, I was one of the first members. Mammoglam is part of the Jacksonville Dragon Boat Club and is a group of women breast cancer survivors. We train and participate in dragon boat festivals around the world. It is a friendly and supportive group and dragon boating is good exercise. We are always open to and welcome new members! (Visit www.jacksonvilledragonboatclub.com)

4) Did you attend the recent dragon boat festival in Florence, Italy with the Mammoglam?

I did! It was wonderful to meet teams from all over the world, like New Zealand, Singapore and Canada. It was an awesome experience in a beautiful city.

5) What is the best advice that anyone told you after your breast cancer diagnosis?

Take your time. Gather your information. And then, if you can make a choice about your treatment, make an informed choice. Be your own health advocate. Nobody cares more about you than you. There is a lot of help out there ... use it! I know I asked a lot of questions and also got a second opinion. Early detection is key, because if you are diagnosed early, the more choices you have.

Get to Know . . .

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

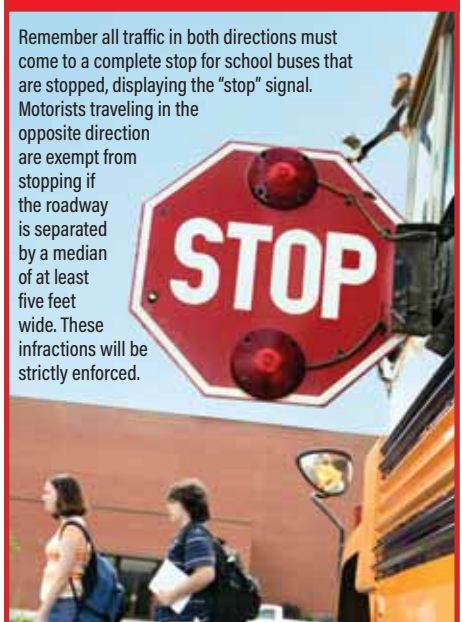
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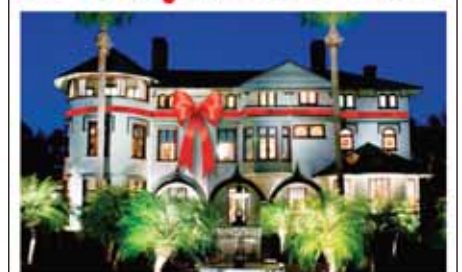
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Hollingsworth celebrates 40 years of service

By NewsLine Staff
mail@floridanewline.com

The St. Johns County Board of County Commissioners recognized Tax Collector Dennis W. Hollingsworth for 40 years of dedicated service to the residents of St. Johns County on Aug. 21, 2018 at Tuesday's regular Board of County Commissioners meeting.



Photo courtesy St. Johns County Tax Collector's Office
St. Johns County Tax Collector Dennis W. Hollingsworth was honored for his 40 years of service to St. Johns County residents.

was elected St. Johns County Tax Collector and he has held the office ever since.

As Tax Collector, Hollingsworth is responsible for numerous expansions and improvements in services offered to the citizens of St.

Johns County. The office now incorporates the Division of Driver's License for the Florida Department of Highway Safety and Motor Vehicles. The office collects taxes and non-ad valorem assessments for various taxing authorities and also handles tourist development tax collection, business tax receipts, beach pass sales, hunting and fishing licenses, child safety restraint inspections and concealed weapons permits.

Hollingsworth graduated from St. Augustine High School and received his associate of arts degree from St. Johns River Community College. He then earned a Bachelor of Business Administration degree from Stetson University, and a Master of Business Administration from Jacksonville University.

Hollingsworth began working for St. Johns County Tax Collector Winnie Hill in 1978. At that time, the county government occupied the building that is now the Casa Monica Hotel on Cordova Street downtown. His first duties were as a field inspector and title clerk. Six years later, Hollingsworth

A native of St. Augustine, Hollingsworth maintains strong ties and involvement with the St. Johns County community. He and his wife Jan (Feltner) Hollingsworth have twin sons, Shelby and Colby. He is an avid runner, enjoys studying the Bible, and spending time with his family.



Photos courtesy Claudia Skarvinko
Entire ASGA JAX group that attended 2017 event.



At the end of the tournament last year.

American Singles Golf Association members defend state title

The Jacksonville Chapter of the American Singles Golf Association (ASGA JAX) will defend its 2017 win of the Florida Cup title at a tournament on Oct. 13 and 14 at the Omni Resort in Orlando. Last year, ASGA JAX sent a team of six men and six women to compete in a Ryder Cup format against other Florida ASGA chapters, which resulted in winning this annual tournament against 125 other single golfers from all over Florida. ASGA is a national golf association of single golfers with 70+ chapters, dedicated to "Fun, Fellowship, and Fairways." Members of the local ASGA JAX chapter golf all year long at a variety of courses. The group welcomes single golfers to join them for a round of golf. Contact Larry Nelligan at laurence1274@att.net or Claudia Skarvinko at cskarvinko@comcast.net for more information about the next local golf event. Visit www.singlesgolf.com and www.jaxsinglesgolf.com for more information about the national and local organizations.

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Photo courtesy Nocatee

Nocatee hosts summer farmers market

On Sept. 15, Nocatee residents enjoyed the Sounds of Summer Farmers Market at the Town Center Field, which featured family friendly activities and local vendors, in addition to fresh summer produce.

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This 'n That

By Mims Cushing
mail@floridanewslines.com

Understanding the cane ... and Myositis

Did you ever think when you were in school, running around playgrounds, that you would be using a cane in later life? Did you think that, as an older person, you'd be going to lunch with a good friend, both of you leaving a restaurant with a cane? Your pediatrician never told you that when you became a senior citizen you should use a cane, right?

My monthly column, titled "This 'n That," lets me write about all things serious and not serious. I prefer writing humor and lifestyle topics, but this subject is one I've been wanting to address for a while. The topic is the cane.

I have myositis, a rare autoimmune disease. Only 50,000 people in America have it. Very little is known about it. Myositis means chronic inflammation of the muscles. Muscles weaken or even atrophy. My leg muscles collapse sporadically, which makes me fall, and can cause broken bones and sometimes surgery. I've broken my ankle, pelvis, elbow, and both feet in the past 10 years. I've probably fallen 20 or so times. In mid-July 2018, I fell against a wall, and broke five vertebrae and cracked five ribs — so for many weeks no swimming for me, which is my go-to choice of exercise. Until lately, I have done three or four sessions a week of stretching exercise in aqua therapy — in a 90 degree hot therapy pool — and do stretches at home as I watch the news. Physical therapy is an essential part of my day so I can avoid immobility. You can't be a couch potato if you have myositis.

For years, my lab reports didn't show that I have osteoporosis; however, when you fall a lot you are automatically classified as having that ailment. (I do, also, have mild neuropathy, not from diabetes. Why I have it is unknown.)

To get back to the cane, I don't feel the need to use it a lot, but when I do, people whom I barely know — or know very well — say, "What are you using that cane for?" or "You are too young to be using that?" or "How come you have a cane?" Worse, "You don't need that thing!" What a rude thing to say! Do people think I'm using the cane for the fun of it? People say, "You look wonderful." That's nice, but the implication is you must be fine! You don't need the cane!

In "Coping with a Myositis Disease," written by patients, I read, "One of the most frustrating aspects of myositis is that your looks are deceiving ... your looks do not portray your disability." You look healthy on the outside, but on the inside things are not so pretty. If using a cane prevents me from falling, I will use it. (Sometimes, however, a cane can make a fall worse.)

A blood test and a muscle biopsy can point to myositis. To date, cures do not exist, although a few drugs such as prednisone and Methotrexate, a chemotherapy, can help. Hot weather worsens the symptoms. Extreme fatigue sometimes is so severe you need to nap a couple of times a day, but other days you are full of energy. The increased weakness causes you to fall and you can't get up because your muscles won't let you.

Strangers might open a door and offer to carry packages or tote bags. It is hard to open some doors that never seemed heavy in former days. Yes, I can open my own doors; however it's nice that people are kind. So, when you see someone using a cane — smile and ask if they need a hand. Such a simple gesture, but so appreciated.

The Pantry Raiders

Simple vegetarian dish packed with flavor

By NewsLine Staff
mail@floridanewslines.com

Vegetarian dishes are often loaded with flavor, which might come as a surprise to those who do not adhere to vegetarian diets. In fact, many dishes that originated in India, a country known for its flavorful, spicy cuisine, are vegetarian dishes that are popular the world over, among vegetarians and meat-eaters alike.

For those who want to try something simple, flavorful and vegetarian, the following recipe for "Lentils with Spinach" from Monisha Bharadwaj's "India's Vegetarian Cooking" (Kyle Books) checks all the boxes and will no doubt surprise those who feel the most flavorful dishes are those with meat.

Lentils with Spinach

(Serves 4)

- ¾ cup yellow lentils (toor dal), washed
- 3 large handfuls spinach, chopped
- 2 tbsp. sunflower oil, divided
- 1 tsp. coriander seeds
- 3 dried red chiles
- ¼ cup freshly grated coconut
- 1 tsp tamarind concentrate, diluted in ¼ cup water
- ½ tsp. turmeric
- Salt, to taste
- 1 medium onion, sliced

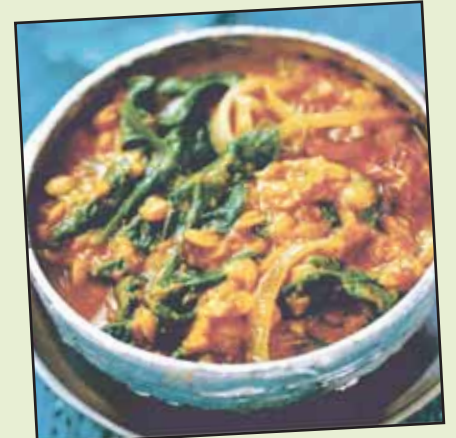


Photo courtesy MetroCreative
Lentils with Spinach

1. Put the lentils and 1 ½ cups of hot water into a saucepan and bring to a boil. Reduce the heat and simmer until the lentils are mushy, about 35 minutes.
2. In the meantime, place the spinach in a pot along with a little hot water and heat it for a couple of minutes. Add it to the lentils.
3. In a separate pan, heat half the oil and fry the coriander seeds until they turn dark, then add the chiles and coconut. Reduce the heat and stir for a couple of minutes. Remove from the heat, let it cool slightly, then tip it into a blender along with the tamarind and a few tablespoons of water and blend until you get a fine paste.
4. Add this to the lentils, along with the turmeric and the salt.
5. Heat the remaining oil in a small saucepan and fry the onions until golden, then add them to the lentils. Reheat thoroughly and serve hot with rice.

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Travel

Asheville for the Holidays: Gingerbread Competition and Biltmore's Grandeur.

By Debi Lander
mail@floridanewslines.com

Visions of sugarplums danced in my head as I drove to the Omni Grove Park Inn in Asheville, N.C. I made the trip last December to the historic Blue Ridge resort to view the winning entries in the National Gingerbread House Competition. My trail of crumbs led me to displays stopping me dead in my tracks — wide-eyed and childlike. Much more than elaborate houses and cutesy cakes, these creations were architectural masterpieces and stunning works of art. This contest takes gingerbread to the highest level of culinary art.

This “best-of-the-best” competition features three categories: children, teens, and adults. All entries must be 100 percent edible, nothing artificial, but need not be houses. Seventy-five percent must be gingerbread, leaving 25 percent for candy, icing and other edible additions.

Contestants submit their creation upon admission — meaning assembly beforehand. An Omni triage unit provides plenty of royal icing for last-minute fixes.

A highly regarded judging panel evaluates each entry based on overall appearance, originality/creativity, difficulty, precision and consistency of theme. The 2017 panel featured world-renowned pastry chefs and artists, including the founder of the International Sugar Art Collection, a curator of The Metropolitan Museum of Art, and the author of “Making Great Gingerbread Houses.”

Bragging rights seem the most sought-after award, but dividing \$25,000 in cash

and prizes puts icing on the ego cakes.

A visit to the Inn itself is another sweet treat, an overnight stay even better. The 513-room resort recalls a grand old National Park lodge, decorated for the holidays with some of the most glorious greenery, trees and lights anywhere. The Great Gingerbread House lures adults and kids alike to the welcoming Great Hall — a Hansel and Gretel 10 ½-foot gingerbread replica of the Inn. Children can buy hot cocoa while adults cozy up to the lobby bar.

Wine glass in hand, I browsed the floors of gingerbread art for hours, delighting in the children’s entries, relishing the creativity of the teens’ designs (my favorite, The



Venetian palace gingerbread



Photos courtesy Debi Lander
Swan and sleigh gingerbread

Wall from Game of Thrones), and swooning over breathtaking projects from adult winners.

Billie Mochow, a multi-year winner, said, “Coming up with my idea is one of the hardest parts.”

She contemplates possibilities from January through May, beginning her tedious artwork in the summer. Her elegant swan pulling a sleigh over a glassy lake was stunning.

The overall winning entry, by Ann Bailey of Cary, N.C., showcased a collection of books topped by sculpted figures from Dickens’ “A Christmas Carol.” These tiny, yet detailed gingerbread men (of sorts) would have made Michelangelo jealous. The three-dimensional assemblage brought audible gasps from onlookers.

Beyond gingerbread edifices, the Biltmore, America’s largest and perhaps grandest home, remains a must-see in Asheville. Always an eyeful, the Chateau-esque-style mansion, built for George Vanderbilt in 1895, dresses itself to the hilt during the holidays — as it did in Vanderbilt’s time. The Banquet Hall’s 35-foot Fraser fir is the centerpiece of the floral fantasy. Thirty thousand twinkling lights and hundreds of candles reflect in thousands of ornaments; miles of garland accent every corner. Outside, 300 hand-lit luminaries adorn the front lawn, drawing attention to a 55-foot Norway spruce draped with more than 45,000 lights.

Tickets aren’t cheap, so plan to spend the entire day taking in Biltmore’s gardens, winery and Antler Hill Village. Splurge and spend the night in the Biltmore’s lodging.

But, run, run as fast as you can to make the necessary reservations. The Gingerbread display is open to the public Sundays after 3 p.m. and throughout the day Monday through Thursday, Nov. 25 – Jan. 5. Asheville is well worth the eight-hour drive from Jacksonville.

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



Lighthouse gingerbread

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