



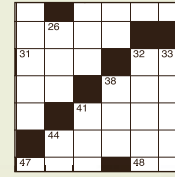
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Liberty Pines Academy students give back on Veteran's Day

By Lauren O'Shell
mail@floridanewslines.com

As Veterans Day nears, Liberty Pines Academy students have been hard at work giving back to our community.

Middle school students, with the help of the National Junior Honor Society, collected gently used clothing to donate to homeless veterans in St. Johns County. Students collected shirts, pants, socks and shoes. Two Men and a Truck and Jet Home Loans partnered with Liberty Pines Academy to pack and distribute a truck full of clothing donations to a local homeless veterans organization in St. Johns County.



Photos courtesy Lauren O'Shell
Patriotic Liberty Pines Academy students.

Harper Willim, an eighth grade student at Liberty Pines Academy and the National Junior Honor Society parliamentarian, said, "It is unfortunate that people who served our country are living on the streets, but this collection project is great because we are giving back to people who gave to us through their service. We are providing essentials for veterans in need, in the hopes that they can get back up on their feet, knowing that we will support them in their efforts."

In addition, elementary school students have focused this month to honor two

Liberty Pines Academy cont. on pg. 17

Nease students plan Veterans Day race to benefit K9s for Warriors

By Cassy Fiano-Chesser
mail@floridanewslines.com

Students at Nease High School are launching a fundraiser for wounded warriors that will have a direct impact right here on the First Coast. The Fun Run and 5K for K9s will take place on Nov. 11 — Veterans Day — and raise money and awareness for K9s for Warriors, a local non-profit organization that has grown into the largest provider in the country of service dogs for disabled American veterans. According to one of the student sponsors, Anna Hampton, the race will be run in and around the grounds of Nease High School and will include booths set up from sponsors and K9s for Warriors.

Nease International Baccalaureate (IB) students reached out to K9s for Warriors when they began planning the event, which was perfect for K9s for Warriors: Veterans Day is one of the most significant days of the year for them. The K9s for Warriors program is 100 percent free for veterans, and in addition to a service dog, provides them services for the rest of their lives.

"We provide service dogs for veterans with PTSD, Traumatic Brain Injuries (TBIs), or military sexual trauma," Elizabeth Reeser, community relations coordinator for K9s for Warriors, said. "We use 90 percent rescued service dogs, so we're actually saving two lives."

The dogs they train are taken from kill shelters to work with veterans, and get a second chance at a new life — just like the veterans they serve.

"We go to places all over Florida, all over the country, and then they're transported to Ponte Vedra to begin their training,"

Reeser said. "We actually just opened a new campus in San Antonio, Texas, and our goal there is to bring in rescue dogs. We won't have any warriors going to that location; we're just bringing the dogs to that location, vetting them, and getting them ready to go to

Ponte Vedra to be there for the warriors."

Dogs are trained to help with issues typical to the veteran community, like anxiety, depression, and hypervigilance.

"They learn to alert their warrior if someone is coming up behind them, so they can go out in public without constantly checking over their shoulder and scanning their surroundings," Reeser said. "Another big thing our service dogs do is be motivating; if you want to lay in bed all day because you're struggling with depression due to your PTSD, you can't, because you have to get up to let your dog out and feed them and take care of them — so that's a motivator. And it's someone that's not ever going to judge you or turn away, so it's kind of a constant companion."

In addition to the emotional support they provide, the service dogs learn several physical commands as well.

"They learn one called 'brace,' where they help a warrior, say, stand up from a chair because they're feeling dizzy because of their TBI; they can brace on their dog so



Photo courtesy Anna Hampton
Nease students Elkhan Bagirov, Virginia Peery, Anna Hampton, Lindy Gostage, and Taylor Hampson organized the Fun Run and 5K for K9s.



K9s for Warriors is the largest provider in the country of service dogs for disabled American veterans.



Photos courtesy K9s for Warriors
K9s For Warriors trains the dogs and matches them with soldiers.

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BFF Best Furry Friend of the month

Meet Daggs!

BREED:

Olde English Bulldogge

FAVORITE ACTIVITY:

Sunbathing on the patio

FAVORITE TREAT:

Cheeseburgers

FAVORITE FRIEND:

My Daddy

HOW YOUR BFF GOT THEIR NAME:

Our breeder named him Daggs. It is such a cool name, we kept it!



This month's sponsor:
Palencia Pet Clinic
159 Palencia Village Dr #101
www.palenciapetclinic.com

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

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Pgs 12-15

Senior NewsLine

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MYSTERY PHOTO



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

Last month's Mystery Photo was the entrance to Durbin Park Pavilion. Our winner was Edna Rodriguez. Congratulations!

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Linda Gay
Marketing & Sales

(904) 607-5062 cell
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Don't miss our first edition!

December Issue deadline November 15th

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around town

Nov. 1
Rotary Club of St. Johns meeting
 7:30 a.m. (repeating event on Fridays)
 St. Johns Golf and Country Club Clubhouse
www.rotarystjohns.org

First Coast Newcomers Club Dinner/Trivia evening
 6 p.m.
 St. Johns County Golf Clubhouse
 RSVP (904) 829-0643

Nov. 2
Cascades Art and Craft Holiday Show
 10 a.m. - 3 p.m.
 Cascades Amenity Center, 400 N. Legacy Trail,
 St. Augustine

Read to Rover (beginning readers practice reading to therapy dogs)
 11 a.m. - 12 p.m.
 Bartram Trail Branch Library
 (904) 827-6960

Bingo Night at St. Joseph's
 Doors open 6:15 p.m.; Games start 7 p.m.
 Cody Center, 4152 Loretto Road
 Open to the community; (904) 742-8777

Nov. 4
Current Events Discussion Group
 10 a.m. (repeating event on Mondays)
 Amenities Annex, 625 Market St., Palencia
adsilby@yahoo.com

Nov. 6
Jacksonville Camera Club
 6:45 p.m.
 Shepherd of the Woods Church, 6595 Columbia
 Park Ct.
www.jax.jaxcameraclub.com (repeating event,
 first and third Wednesdays)

Nov. 7
U.S. Coast Guard Auxiliary Flotilla 14-7
 6:30 p.m. - 8 p.m.

St. Augustine Yacht Club near the St. Augustine
 Lighthouse
pa@mysafeboating.com

Nov. 8
Bartram Friday Book Club: "The Outsider" by Stephen King
 10 a.m. - 11:45 a.m.
 Bartram Trail Branch Library, 60 Davis Pond Blvd.
 (904) 827-6960

Nov. 8 - 9
Dixie African Violet Society Show and Sale
 Friday, 9 a.m. - 5 p.m.; Saturday, 10:30 a.m. - 5 p.m.
 Lexington Hotel and Conference Center, 1515
 Prudential Drive
www.davs.org

Nov. 9
Groove in the Grove at TrailMark
 12 p.m. - 7 p.m.
 805 TrailMark Drive, St. Augustine
 Family friendly, featuring TJ Brown, Justin Lee
 Partin and The Band Be Easy

Friends of the Library Book Sale
 9:30 a.m. - 1 p.m.
 Bartram Trail Branch Library
 (904) 827-6960

Family seining
 9 a.m. - 11 a.m.
 Guana Dam, 505 Guana River Road
 (904) 823-4500

Nov. 10
Our Fallen Heroes Military Tribute
 3 p.m.
 Switzerland Community Church

Nov. 11
Northwest United for Progress Club's Heritage and Diversity Festival
 Social 6:30 p.m./Meeting 7 p.m.
 2777 Race Track Road
nwsjcp@gmail.com

Nov. 12
Bartram Tuesday Book Discussion: "Sing Unburied" by Jesmyn Ward
 6 p.m. - 7:30 p.m.
 Bartram Trail Branch Library, 60 Davis Pond Blvd.
 (904) 827-6960

Bartram Trail Newcomers' and Women's Club luncheon
 11 a.m.
 St. Johns Golf and Country Club, 205 St. Johns
 Golf Drive
 RSVP by Nov. 6; bartramtn@gmail.com

Nov. 12 - Dec. 17
Free Quit Smoking Now Class
 Tuesdays, 11 a.m. - 12 p.m.
 Flagler Health+ Wellness Center, 120 Health
 Park Blvd., St. Augustine
 Call Florida AHEC to register (904) 482-0189

Nov. 13
Alzheimer's and Dementia Caregiver Support
 3:30 p.m.
 River Garden, 11401 Old St. Augustine Road
 Repeating event on the second Wednesday of
 each month

Nov. 14
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

Rotary Club of Bartram Trail
 7:30 a.m. - 8:30 a.m. (repeating event on
 Thursdays)
 Westminster Woods, 25 State Road 13
www.bartramtrailrotary.org/

Nov. 15
Crafty Women: Snow Globes
 10:30 a.m. - 12 p.m.
 Julington Creek Service Center, 725 Flora
 Branch Blvd.
 (904) 827-6960

Nov. 15 - Jan. 15, 2020
Stetson Mansion Holiday Tours
 10:30 a.m., 1:30 p.m., 5 p.m. daily except Sunday
 mornings
 1031 Camphor Lane, Deland
 Reservations required: www.stetsonmansion.com

Nov. 16
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

Nov. 18
All Star Quilt Guild general meeting
 10 a.m.
 First Christian Church, 11924 San Jose Blvd.
www.orgsites.com/fl/allstarquiltguild or
 (904) 735-0506

Nov. 19
World Golf Village Toastmasters
 6:30 p.m. - 8:30 p.m.
 First Florida Credit Union, 1950 County Rd. 210W
Worldgolfvillage.toastmastersclubs.org

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.sjcchamber.com or call
 (904) 829-5681

St. Johns CARES planning meeting
 6:30 p.m.
 Celebration Lutheran Church, 810 Roberts Road
www.stjohnscares.org

Newcomers of North St. Johns luncheon featuring line dancing with Phyllis and Jerry Casper
 11 a.m.
 Guy Harvey Resort, 860 A1A Beach Blvd.,
 St. Augustine
 RSVP by Nov. 11: sjaird@comcast.net

Happy Hookers crochet group
 6 p.m. - 7:45 p.m.
 Bartram Trail Branch Library
 (904) 827-6960

Nov. 21
Wm. Bartram Scenic Highway Management Group meeting
 6:30 p.m.
 St. Johns County NW Annex, 725 Flora Branch
 Blvd.

Nov. 23
First Coast Card Club - Lunch/cards
 1 p.m. - 4 p.m.
 Mexican Restaurant in St. Augustine
 RSVP: (904) 814-9612

Nov. 26
Free Tools to Quit Smoking Class
 3 p.m. - 5 p.m.
 Wildflower Healthcare Clinic, 268 Herbert St.,
 St. Augustine
 Call Florida AHEC to register (904) 482-0189

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take 5

Art and Craft Holiday Show scheduled

Cascades at World Golf Village is hosting its ninth annual Art and Craft Holiday Show on Saturday, Nov. 2, from 10 a.m. – 3 p.m. at the Cascades Amenities Center, 400 N. Legacy Trail, St. Augustine. The show will feature new artists as well as many past favorites and a huge variety of items including pottery, woodblock prints, children's books, note cards, canvas art, quilted handbags, jewelry, wood art, ceramics, doll clothes, hand painted scarves, and more. All are created by local artists. In many cases this will be the only venue offering these items. Door prizes and cookies will be provided. This is an indoor event and will take place rain or shine.

Registration open for Field of Dreams

Registration for the Spring 2020 season of Field of Dreams is now open. The Field of Dreams Baseball League is a non-profit organization that gives children with special needs (intellectual or physical disabilities) the opportunity to play baseball in an organized league, to wear a uniform, to have their names announced; and to participate in the National Anthem before each game. Games throughout the eight-week sea-

son are played on Saturdays at Aberdeen Park in St. Johns County. Visit www.fodbaseball.com to register children aged five – 19 (if still in school) at no charge.

Fall into good health by becoming tobacco free

Northeast Florida AHEC will hold a free Quit Smoking Now class series at Flagler Health+ Wellness Center Building, 120 Health Park Blvd. in St. Augustine, on Tuesdays from Nov. 12 to Dec. 17 from 11 a.m. – 12 p.m. Attendees will receive free patches, lozenges, and gum as well as a free quit plan, workbook, water bottle, stress ball and more. Call Northeast Florida AHEC at (904) 482-0189 to register and learn more about classes near you.

5th Quarter BT a hit with high schoolers

The next 5th Quarter BT, an event designed to provide free, fun, alcohol and drug-free events for high schoolers following Bartram Trail High School home football games, will be held on Friday, Nov. 1 on the grounds of Faith Community Church, 3450 County Road 210W. Two previous events have been a big hit with more than 100 students enjoying the bungee trampoline, jumping over and ducking under the rotating bar in the Meltdown game,

trying their luck at the Big Red Balls and a mechanical bull. Popcorn, fresh cotton candy, shaved ice and root beer floats are available at no charge, thanks to generous sponsors. This is not just a Bartram Trail High School event; it is for all high schoolers.

Bartram Trail Newcomers' and Women's Club presents "Cooking for the Holidays"

The Bartram Trail Newcomers' and Women's Club will hold its monthly meeting and luncheon on Nov. 12 at 11 a.m. at the St. Johns Golf and Country Club, 205 St. Johns Golf Drive. Lunch choices include stuffed chicken breast saltimbocca, Togarashi seared tuna tropical salad, or vegetarian tropical salad, all with chef's choice of appetizers, rolls, dessert, iced tea, coffee or soda. At this meeting, Chef Eric Fritsche will present as well as demonstrate "Cooking for the Holidays." The cost is \$20 per person; make checks payable to BTNC and mail to Mary Ann Kriniske,



Photo courtesy Claudine Owen
High schoolers have fun at 5th Quarter BT.

156 Worthington Parkway, Saint Johns, FL 32259 no later than Nov 6. Email first vice president Donna Holland at bartramtnc@gmail.com for more information or visit www.facebook.com/BTNC1 to download a membership form.



Welcome to our Team!



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Hip & Knee Specialist

ALEXANDER LAMPLEY, MD
Hand, Wrist & Elbow Specialist



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with State Attorney, 7th Judicial Circuit,
R.J. Larizza

Q: What can you tell us about your proposed mental health pilot program?

A: In the next session, I'll be asking the state legislature to approve, for the 7th Circuit, a pilot program to address mental health issues. These are not unique to the 7th Circuit, but exist statewide.

Q: What is some background to explain why such a mental health program is needed?

A: A lot of people who become involved in the criminal justice system have mental health issues and some are the result of co-dependent substance abuse issues. Many times the crimes are misdemeanors with no victims, especially among the homeless or panhandlers — things like disorderly intoxication. Some of these same folks might be arrested as many as 15 times in a year, which requires a lot of manpower. It is a cycle: they are arrested, go to jail for some period of time, are released, and they go and do whatever it was again because they haven't gotten the help they need. Those charged with felonies often are evaluated and get needed treatment as part of their case, but those charged with misdemeanors don't. Part of the challenge is that oftentimes, they don't necessarily want treatment. So we need to leverage something, like the threat of additional jail time, to get them to agree.

Q: So what does the pilot program propose to do?

A: We decided we needed to develop a program to leverage low level offenders and provide them with realistic treatment opportunities — possibly while they are still incarcerated or possibly while in a shelter or other community-based program. In Volusia County, approximately 40 percent of inmates could potentially qualify for this pilot program and I'm sure in St. Johns County a similarly significant percentage of individuals could be helped.

So the mental health pilot program would first identify those incarcerated with mental health issues and then hopefully get funding for a treatment system that would become an integral part of the criminal justice system. Our goal is to get these folks off the streets and into homes and then hopefully employed. We would work with organizations like EPIC Behavioral Services to develop these programs.

Q: So what is the next step?

A: I've spoken to the legislative delegation for the 7th Circuit and the pilot program will be introduced into the next legislative session for the 2020 – 2021 budget year. Funding is always an issue, but we are hopeful.



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

Q: Can you give us any insight on the proposed Fruit Cove Village project on Roberts Road?

A: I actually heard a lot of concerns from residents about this even before I received the details of the project. I met with the applicant and the original documents specified commercial development with a gym on Roberts Road just south of the elementary school. I was surprised they wanted to put something like this in a residential neighborhood and I told them so. The applicant said it would be a small fitness facility, like a boutique fitness place. In the last five minutes of our discussion, I noticed "future development" on the plans and asked about that. The applicant hadn't talked about it at all and only when asked said it was for the future, but would eventually contain a restaurant and that they wanted to serve alcohol — which would require a special approval due to the proximity to the school.

Q: So what did you tell the applicant at that point?

A: I told the applicant that I support commercial development, but only if the community embraces it — and I haven't seen that so far. In fact, the overwhelming majority of people I have heard from are not in favor of this due to traffic concerns among other things. I hear that loud and clear. So I told the applicant they would need to get the community's approval.

Q: I believe they held a community meeting, but this future development wasn't discussed?

A: That is my understanding. So that's why I told the applicant they need to have another community meeting with this new information and that they needed to get the community's buy in. This type of meeting is the applicant's responsibility, not mine, but I haven't heard if they've scheduled a meeting.

Q: Can the project go to the Board of County Commissioners for a vote without such a meeting?

A: Yes, the developer has the right to go to the Board of County Commissioners without a community meeting, but I communicated with them that I'm not sure how well their project would fare.


Q: Do you have anything else to share with residents of District 1?

A: I appreciate people reaching out about this and other projects. I do always ask people, if not this project, then what would they like to see there? Property owners do have rights to develop their property, so I'd like to know what people would like to see built. Much like the Earth Fare going in off County Road 210. This type of retailer was asked for by the community in lieu of the original tenant, which the community was not in favor of. I try to encourage discussion between the developer and the community to hopefully find something acceptable to both.

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

A: Readers can email me at bcc1jjohns@sjcfl.us or call me at (904) 615-7437.

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

Q: Can you give us an update on the status of new High School HHH?

A: At our school board meeting in early October, we approved the site plan and the building plan for the new high school. I am excited about it because the building begins with safety in mind. It's designed to be a secure facility when students are on site. I'm also excited about the auditorium, which will seat about 850 and will allow for community events. The school is gorgeous. I think the community will really be enhanced by it.

Q: How will stadium lights and traffic flow be addressed?

A: The stadium will be located in the back of the property near the wetlands and laid out so lights from the stadium are nowhere near houses. To help with traffic flow, we will build a service road along the east side of the property that will eventually be absorbed by 2209 when that road is extended. So, there will be two entrances to the school: one off International Golf Parkway and also this new road.

Q: When will ground be broken and how will the school be paid for?

A: We are looking forward to breaking ground by the end of the year. Before that, the school board will issue bonds to cover the \$110 million cost of building two schools, High School HHH and K-8 School MM in Nocatee. They will be built and financed together, although the K-8 school will break ground a bit later as it won't take as long to build. We plan for both schools to be open at the start of the 2021-2022 school year; the caveat for this timetable is that we need to get acceptable construction bids.

Q: What can you tell us about the new Nocatee K-8 school?

A: I'd like to give a shout out to the Nocatee developers, The PARC Group. The original property we were going to build on ended up not being desirable due to size and a retention pond built on it. So the developer agreed to build an extension to Crosswater Parkway earlier than they had planned to give us access to our new school site, which is a more acceptable site located at the southern end of Nocatee, just north of

Las Calinas. This K-8 school is being redesigned using the prototype of Freedom Crossing Academy and Palm Valley Academy, including the three story academic building.

Q: Do you have any insight on Gov. DeSantis' recent proposal to increase teacher pay?

A: While we are very appreciative of the governor's desire to focus on increasing teacher pay, because it's something we've wanted for many years, there are no details yet as to funding sources and how this would affect teacher pay scales. We don't know how the legislature will respond. So we will have to wait and see.

Q: Do you have anything else to share with District 1?

A: I'm excited by some recent major donations to the school district. THE PLAYERS, in conjunction with Flegler Health+, committed \$1 million to facilitate youth mental health programming. On the day this was announced, First Lady Casey DeSantis had a focus group with Nease students regarding mental health. I was able to sit in. What these students saw as the major cause for mental health issues was mostly stress. Mrs. DeSantis asked the students' opinions about how to talk about mental health and address the stigma of asking for help. We just need to keep attention focused on this important issue.

Also, the new Burlington store in Durbin Pavilion recently donated \$10,000 to Durbin Creek Elementary as part of its community partnership program. These funds may be used by teachers for classroom initiatives or supplies and we are very grateful for Burlington's generosity.

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.



with St. Johns County Property Appraiser Eddie Creamer

Q: As Veterans Day is approaching, can you please clarify exemptions that apply to veterans and active duty service members?

A: Yes, this is a timely issue and one that we get a lot of questions about. Following are the disabled veterans and active duty exemptions (you must be a resident of Florida for all of them):

- **Disabled Veteran Exemption.** This is the only one you don't need homestead exemption for. This deducts \$5,000 of the taxable value of the property. Requirements: Must be a disabled veteran of 10 percent or more; must be a service related condition; must be honorably discharged and have a letter from the VA defining the degree of disability. This also extends to surviving spouses as long as they were married for at least five years and as long as they don't remarry.
- **Totally and Permanently Disabled Veterans Exemption.** This basically makes a disabled veteran's homestead property 100 percent exempt from ad valorem taxes (they would still have to pay for other fees, if applicable, like CDD fees or garbage/recycling.) Requirements: Must be honorably discharged and have a service related disability with a letter from the VA that defines this. The veteran's disability must be total and permanent and service-related. Also, if they are confined to a wheelchair or legally blind they will qualify. This also extends to a surviving spouse as long as they don't remarry.
- **Seniors Combat Related Disabled Veterans Exemption.** Requirements: Must be 65 years old or older as of Jan. 1 of the tax year; must be honorably discharged; the disability must be not only service connected but combat related. The VA will make a percentage calculation of the disability and that becomes the reduction in the homesteaded property's taxable value. This does not extend to a surviving spouse.

• **Surviving Spouse of Veterans Who Died While on Active Duty Exemption.** This makes homesteaded property totally tax exempt from ad valorem taxes. To be eligible, one must be the spouse of a veteran who died on active duty and the deceased veteran must have been a permanent resident on Jan. 1 of the year in which they died.

Q: Are there any exemptions for deployed service members?

A: This is probably one of the least known exemptions, but in our area, might be one of the most important:

• **Deployed Service Member Exemption.** It is based on the number of days a servicemember is deployed in a qualified operation (as defined by the State of Florida). The property, which must be homesteaded, is eligible for an exemption equal to the percentage of time of deployment for the following tax year.

Q: Do you have any other tips?

A: There are two other things that are important to understand. Normally in Florida, if you rent your home you are subject to losing your homestead exemption. But if you are on active duty with orders to serve elsewhere, you can rent your home for the amount of time you are deployed as long as you don't get homestead exemption somewhere else. Also, deployed service members may give permission to someone to apply for exemptions on their behalf. This is the only case in which we will accept an application from anyone other than the applicant.

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

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



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with St. Johns County Supervisor of Elections Vicky Oakes

Q: What can you tell us about the Presidential Preference Primary?

A: The 2020 Presidential Preference Primary Election is part of the nominating process in Florida for the United States presidential elections. In the Presidential Preference Primary, voters registered with one of Florida's major political parties (Republican or Democratic) express their preference for the presidential candidate they would like to see representing their party on the General Election ballot in November.

After the Presidential Preference Primary, designated political party delegates from Florida formally nominate the preferred presidential candidate at the respective party's national convention. These national conventions are typically held in July or August. Based on the party rules governing delegate voting procedures, the party decides at the convention which presidential candidate will represent the party on the General Election ballot.

Q: When will we know the candidates' names involved in the Presidential Preference Primary?

A: By Nov. 30, 2019 the political parties must submit their list of presidential candidates to the Secretary of State. Candidates have until Dec. 9, 2019 to withdraw. No later than Dec. 17, 2019,

the Department of State certifies to the Supervisors of Elections the names for the ballot.

Q: When is the Presidential Preference Primary?

A: Florida's Presidential Preference Primary is on March 17, 2020. The deadline for voters to register to vote or update their party affiliation for the Presidential Preference Primary is Feb. 18, 2020. Eligible voters can vote in the Presidential Preference Primary by mail, by voting early, or by voting at the polls on Election Day.

Q: Who can vote in the Presidential Preference Primary?

A: Florida's Presidential Preference Primary is a closed-primary election. This means that you must be a registered voter with one of Florida's major political parties (Republican or Democratic) in order to be eligible to vote in the Presidential Preference Primary. Non-partisan voters are not eligible to vote in the party primary.

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

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

Editorial

St. Johns CARES and so can you

By Dianne Battle, St. Johns CARES

St. Johns CARES is ramping up for its most generous season yet, and support from you will make a big difference for many residents in need in St Johns County.

Coat Drive: During November, St. Johns CARES and Somebody Cares St. Augustine are collecting "Coats for Kids" for the St. Johns County School System ASSIST (homeless) Program. Gently used coats and other cold/wet weather garb can be dropped off at collection host sites listed on the St. Johns CARES website.

Food Drive: On Nov. 16, St. Johns CARES will collect non-perishable food items for the following food pantries: Christ's Cupboard, St. Francis House, and the S.E.A. Community. If you see an empty food bag by your mailbox beginning Nov. 14, please fill it with your donations for pickup by 9 a.m. on Nov. 16. Volunteers are needed to deliver empty grocery bags to local communities on Nov. 14 and on Nov. 16 to collect the bags of donations and deliver to one of two sorting locations: Julington Creek Golf Club or Celebration Lutheran Church. Volunteers also needed to sort and box donations. Teens will earn volunteer service hours. Visit the St. Johns CARES website volunteer signup link or use the contact information below to volunteer.

Turkey Trot: On Nov. 28 (Thanksgiving

morning), the fourth annual Psych Ed Connections 10k/5K Turkey Trot and the Kids Fun Run & Parade will be held at the new race location: Palm Valley Academy, 700 Bobcat Lane in Ponte Vedra Beach. You can sign up to race or to help with race logistics and teens will earn volunteer service hours. See the Turkey Trot registration link on the St. Johns CARES website or use our contact information below.

13th annual Giving Tree: Between mid-November and Dec. 8, businesses, organizations, schools, libraries, and churches will feature displays of paper ornaments identifying a client wish from one of 40 non-profit charities serving the elderly, veterans, homeless, abused, children and animals in St. Johns County. Pick the wish that suits your generosity and return the requested item to the giving tree host site by Dec. 8. During the second week of December, donations will be collected and prepared for pick-up by the benefiting charities. Volunteers are needed for this task and for delivering the paper ornaments in November. Teens will earn volunteer service hours. Sign up at the St. Johns CARES website.

You can donate, volunteer, or obtain more information on our website, www.stjohnscares.org, call us at (904) 407-5570, or email president@stjohnscares.org.

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ST. JOHNS Business Monthly

MarketInsight



The Umbrella

By Scott Grant
ScottGrant@StJohnsBusinessMonthly.com

I like umbrellas. I like the way that they keep me dry and I love the sound that the rain makes as it patters over my head. It is very soothing. I am also aware that, to this day, umbrellas are considered effeminate. They say that Clark Gable destroyed the undershirt when he did not wear one in the film, "It Happened One Night," co-starring Claudette Colbert. The scene from the 1934 film was considered racy at the time. Gable strips off his dress shirt and exposes his bare chest.

Gable epitomized masculinity at the time and his lack of an undershirt "suddenly made all sorts of men realize," according to Geoffrey Beene, "why do I have to wear an undershirt if Clark Gable doesn't wear an undershirt?" The downfall of the men's umbrella can similarly be traced to one man, Neville Chamberlain.

Chamberlain was prime minister of England. In 1938, he flew to visit Hitler at his Wolf's Lair in Berchtesgaden. While he was there, he acquiesced to Hitler's demand for a hunk of Czechoslovakia called the Sudetenland. Hitler, who had already gobbled up Austria, agreed to not ask for anymore. Chamberlain came home in his bowler hat, with an umbrella over his arm and triumphantly announced that he had achieved "peace in our time!" As we all know, the peace claim was premature. "Appeasement" did not work. The Nazis grabbed all of Czechoslovakia and then most of Europe.

After that event, men all over the world and particularly politicians refused to

be seen or photographed carrying an umbrella. President Richard M. Nixon was adamant on the subject. Even today, you will often see someone else holding the umbrella for the president. The umbrella in the hands of a man, a symbol of appeasement in the hands of a prime minister named Neville, became a symbol of weakness.

On the day that John F. Kennedy was shot in Dallas, a man stood in Dealey Plaza as the presidential motorcade passed dressed in a black bowler hat and tails, standing under an open umbrella. Conspiracy theorists call him "Mr. Peanut" and ponder what nefarious purpose his presence portends. The man, Louie Steven Witt, told the police and the FBI that he was there to protest JFK's appeasement of Cuba after the Communist takeover led by Fidel Castro.

He had purposefully dressed like Chamberlain for the event. Kennedy's father, Joseph Kennedy, was ambassador to Great Britain and a supporter of Chamberlain's ill-fated attempt at appeasement. The protest made sense, but the modern eye can easily see the opening of the black umbrella as a signal to would-be assassins.

Diplomacy, umbrellas, and undershirts come off badly in this story. Of course, so does mindless aggression. Perhaps there is an allegory there.

Scott A. Grant is a local author, historian, columnist, and speaker. He is president of Standfast Asset Management in Ponte Vedra Beach. He welcomes your comments or questions at scottg@standfastic.com.

Spotlight on NBC

Meet Eric Tatro of Florida Homes Realty and Mortgage

Originally from Michigan, North Business Council communications chair Eric Tatro joined the US Navy as a 19-year-old and spent time in Japan and San Diego before attending San Francisco State University. He graduated in 2006 with a business degree in corporate finance and began working in the commercial real estate field for CBRE in 2007. By 2013, he and wife Cherise Lloyd had moved to Dallas for jobs in their fields. Their latest move was in 2016 to St. Johns. Tatro said that like many others, they came to this area for the great schools (they have two boys in elementary school), but also because his parents live in St. Augustine. This time, instead of working exclusively with commercial real estate, Tatro now helps people buy and sell homes in Julington Creek and surrounding areas.

Q: What do you consider to be your biggest challenge in your business?

A: I'm relatively new to the area, so my challenge is to get my business going. Real estate in this area is very competitive, but I'm trying to create my own brand or edge.

Q: What do you consider to be your edge?

A: I've decided to be very specialized and try to focus on Julington Creek Plantation and a few other local neighborhoods. I think it's best to know a few neighborhoods really well. Also, as part of the North Business Council, I meet a lot of people and connect people to others as well as the community.

Q: What are your long term business goals?

A: I'd like to continue building what I'm building right now, which is a residential practice. I'd also like to remain involved with the community.



Photo courtesy Eric Tatro
Eric Tatro

Q: Can you share a tidbit of advice as a realtor?

A: The market here is pretty much always good due to the schools and the quality of the neighborhoods. But some people still overprice their homes. My tip would be to get good information about pricing for your home. There are online sources, but a realtor can give you information about what has actually sold. It's important to price your home correctly at the start.

Q: What is your position with the North Business Council of the St. Johns County Chamber of Commerce?

A: As the communications chair, I try to reach out to members and non-members and broadcast events and attract people to our programs. I also help put together events, such as our upcoming after hours event and ribbon cutting on Jan. 22, 2020 at Westminster Woods of World Golf Village. I also like to help members make connections. If anybody is interested in learning about the North Business Council, they can reach out to me. I'd be happy to talk or meet for coffee.

Q: What do you think is the best thing about being involved with the North Business Council?

A: For me, it's being able to meet so many people in the area and also get plugged in with the bigger picture of what's happening in St. Johns County via our guest speakers.

The North Business Council meets the third Tuesday of each month at 8 a.m. at Westminster Woods on Julington Creek. Visit www.sjccchamber.com for more information.

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Alpine Groves Park Farmhouse restoration update

By Becky Leynes
mail@floridanewsline.com

If you have strolled through Alpine Groves Park recently, you have probably noticed a change of scenery down by the river — the Harris-Bennett Farmhouse is being restored. A perimeter fence has been erected and signs have been posted to keep park-goers out of the construction zone.



Photo courtesy Friends of Alpine Groves Park
Harris-Bennett Farmhouse

This project is funded by a grant from the State of Florida's Division of Historical Resources and funding from the Northwest Tower Committee and the Board of County Commissioners. Friends of Alpine Park, Inc., a non-profit group formed in 2012, is supporting St. Johns County in this endeavor. The group has worked with the county and the community over the last seven years to recognize and fund this historic structure.

When the restoration is complete, Friends of Alpine Park will share the history of the farmhouse with the public. Friends of Alpine Park is searching for historical pieces, ranging from the 1880s to 1930s, to place inside the restored farmhouse. Contact friendsofalpinepark@gmail.com if you have an item that might be appropriate to donate.

Becky Leynes is a member of the Friends of Alpine Park.

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Switzerland Community Center restoration update

By Al Abbatiello
mail@floridanewslines.com

In 2016, the William Bartram Scenic and Historic Highway Group decided to attempt restoration of the former Switzerland Community Center. This project was included in the group's original Master Plan of 2012 as submitted to and accepted by St. Johns County Board of Commissioners.

Other potential projects were included in the master plan, but it was decided the restoration of the Community Center was the most important for the community. Why? Because Northwest St. Johns County has no public gathering place available for community functions.

As described in "The CreekLine" in a September 2017 article, a structural analysis was critical to actually getting county approval to restore the building. The good news is, the building is structurally sound per an engineering study and report conducted by a qualified engineering firm.

Armed with this engineering report, the William Bartram Scenic and Historic Highway Group contacted County Administrator Michael Wanchick for permission to restore or build a new building on that site. Wanchick directed the director of County Planning to review the request and the ultimate determination that restoration was the only feasible possibility as current county construction standards prohibited the idea of building a new structure.

From that point the group's request went to county Land Management who needed to know the planned uses for the building, how the project would be funded, and a timeline for project completion. Land Management ultimately developed a lease document that needed a legal review that was eventually done by attorney Jane West, who thought it a favorable lease for the William Bartram Scenic and Historic Highway Group.

The lease has now been signed and submitted to the county for review and Board of County Commissioners approval on Nov. 5, 2019. Once the lease is approved, the group will secure the required liability insurance and begin fundraising.

It took a long time to move through government red tape, but the William Bartram Scenic and Historic Highway Group is now poised to earnestly move forward. There are many steps involved in the planning, staging, and construction of the building, but the group has secured the assistance of the architect that originally helped the county prepare its 2007 plan and grant request. This project will take several years to complete and many volunteers will be needed.

The William Bartram Scenic and Historic Highway Group needs your help to help move this project to completion. Readers interested in being part of this historic effort to restore a county treasure should email alabbat@comcast.net or call or text me at (904) 699-8475.

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Caregivers connect using today's technology

By Andrea Spencer
mail@floridanewsline.com

So many caregivers want and need to connect with other caregivers to share stories and seek advice. Yet, this is difficult to do when the responsibilities of caring for their loved one makes it hard to attend a support group. ElderSource has a solution for this dilemma.

Supported by proceeds from A Night with the Stars, ElderSource launched the Virtual Caregiver Support Group in July where caregivers "meet" using today's technology. Using the internet, smart phones, tablet, iPad, desktop or laptop computers and a video conferencing app, support group members connect face-to-face in real time in the comfort of their homes.

"This technology has allowed us to connect in a convenient way," said Alina C. a support group participant. "Surprisingly there's an intimacy that comes from being virtually face-to-face without the hassle of trying to attend an in-person meeting. It also allows for continued commitment to participate because you don't have to drive anywhere."

The group consists of 10 to 12 participants who meet once a week for 60 to 90 minutes. The sessions are facilitated by a skilled moderator who guides the participants through their conversations. Caregivers need to have internet access, a computer device and the video conferencing app. Participants are given instructions on how to download and use the free app.

"In such a short time, we've had terrific success with the Virtual Support Group," said Louise Starmann, group facilitator and licensed clinical social worker. "The individuals who are participating in the first group are feeling

less isolated and so happy to have the chance to bond with other caregivers 'walking the same walk.'"

Pauline A., another group members said, "I realized, as I reflect, that the group was so important to each other. We build a relationship of

caring about the concerns of the other members. You empathize because you understand how each member feels. Providing a listening ear and encouragement goes a long way."

Any caregiver living in northeast Florida can sign up; however, the group is focused on those who feel they cannot leave their loved one to attend a support group but would benefit from participating in one. It is also an ideal resource for working caregivers who are pressed on time outside of the workplace.

The first support group began in July and ElderSource plans to add additional groups based on community interest. For more information on how to participate or to make a referral for the Virtual Caregiver Support Group, email Louise Starmann at louise.starmann@eldersourceinstitute.org or call (904) 391-6699.



Photo by MetroCreative

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Senior NewsLine



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Senior NewsLine



Questions older drivers can ask themselves to see if it's still safe to drive

By NewsLine Staff
mail@floridanewsline.com

Everyone knows that adjustments must be made as one gets older. Athletes nearing their golden years may not be able to push themselves as hard at the gym as they once did. Professionals nearing retirement age might not be able to pull long hours at the office like they used to.

But aging affects more than just work and play. As people age, their ability to

perform everyday tasks, including driving, may diminish as well.

The National Highway Traffic Safety Administration notes that, as people age, certain changes they experience can affect their ability to safely operate an automobile. Changes in eyesight, physical fitness and reflexes may require aging drivers to reassess their skills behind the wheel. The National Highway Traffic

Safety Administration notes that drivers can ask themselves the following questions as they try to assess their driving abilities.

How is my eyesight? The American Optometric Association notes that vision changes naturally occur as a person ages. Such changes do not necessarily mean drivers have to give up the keys to their vehicles. In fact, they may just require more routine eye examinations. The National Highway Traffic Safety Administration says having trouble reading signs easily, recognizing someone from across the street, seeing street signs and pedestrians, and handling headlight glare are common signs of age-related eye problems.

Can I control my vehicle? Age-related loss of strength, coordination and flexibility can make it hard for aging men and women to control their vehicles. Some signs that drivers might be having trouble controlling their vehicles include trouble looking over shoulders to change lanes, difficulty moving foot from the gas pedal to the brake pedal and difficulty turning the steering wheel. Pain in the knees, legs or ankles also can make it difficult for drivers to control their vehicles.

Does driving make me nervous, scared or overwhelmed? Drivers who feel confused by traffic signs and traffic



Photo courtesy MetroCreative
Various remedies can address age-related driving issues, and drivers should discuss them with their doctors the moment they feel as though their skills

(including pedestrian traffic) should stop driving until they can discuss the issue with their physicians. Medication can sometimes make drivers feel sleepy or confused, and some aging drivers even find themselves overwhelmed in otherwise normal driving situations.

Are my loved ones concerned about my driving? Aging drivers may feel offended when family members question their ability to drive; however, the National Highway Traffic Safety Administration notes that sometimes other people notice things about a person's driving that the person does not. The concern expressed by loved ones should not be taken lightly.

Do I drive with passengers? Drivers who routinely drive with passengers, especially young children, carry extra responsibility. As a result, such drivers owe it to themselves and their passengers to honestly assess their driving abilities. behind the wheel are starting to diminish.



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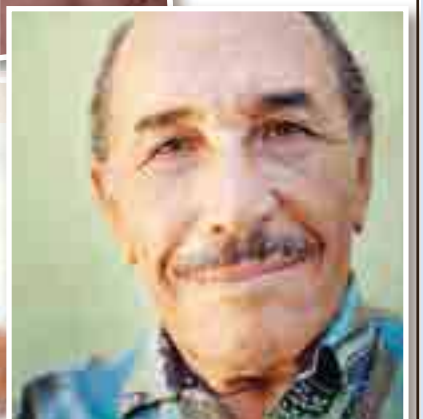
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Senior NewsLine

Daily steps to keep your heart healthy

By NewsLine Staff
mail@floridanewsline.com

Heart disease is a formidable foe. According to the Centers for Disease Control and Prevention, heart disease accounts for nearly 25 percent of all deaths in the United States each year.

Issues relating to the heart affect both men and women, and an estimated 15 million adults in the U.S. have coronary heart disease, the most common type of heart disease. And heart disease is not exclusive to the United States, as the Heart Research Institute says that every seven minutes in Canada someone dies from heart disease or stroke.

Such statistics are disconcerting, but they can serve as a wake-up call that compels people to prioritize heart health. Fortunately, heart disease is often preventable and people can employ various strategies to reduce their risk.

- Stop smoking right now. One of the best things to do to protect the heart is to stop smoking. The Heart Foundation indicates that smoking reduces oxygen in the blood and damages blood vessel walls. It also contributes to atherosclerosis, or a narrowing and clogging of the arteries.
- Eat healthy fats. When eating, choose polyunsaturated and unsaturated fats and avoid trans fats as much as possible. Trans fats increase one's risk of developing heart disease by clogging arteries and raising LDL (bad) cholesterol levels. Read food labels before buying anything at the store.



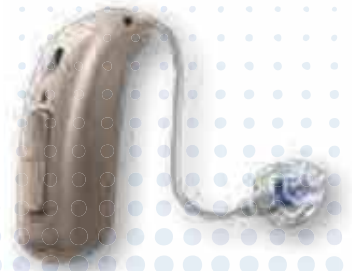
Photo courtesy MetroCreative
A healthy heart begins with daily habits that promote long-term heart health.

- Keep your mouth clean. Studies show that bacteria in the mouth involved in the development of gum disease can travel to the bloodstream and cause an elevation in C-reactive protein, a marker for blood vessel inflammation. Brush and floss twice daily, and be sure to schedule routine dental cleanings.
- Get adequate shut-eye. Ensuring adequate sleep can improve heart health. One study found that young and middle-aged adults who regularly slept seven hours a night had less calcium in their arteries (a sign of early heart disease) compared to those who slept five hours or less or those who slept nine hours or more.
- Adopt healthy eating habits. Changes to diet, including eating more fruits, vegetables, whole grains, and lean protein can help you lose and maintain a healthy weight, improve cholesterol levels and reduce blood pressure — leading to a healthier heart.
- Embrace physical activity. Regular moderate exercise is great for the heart. It can occur at the gym, playing with the kids or even taking the stairs at work.

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Briefs

Convenient ways to pay tax bill

St. Johns County Tax Collector Dennis W. Hollingsworth, CFC, embraces technology as a means to serve you and the website is an increasingly popular tool that saves taxpayers money and time, especially as tax bills are to be delivered Oct. 31. Simply visit www.sjctax.us, select “Need to Make a Payment,” “Pay Property Tax” and enter your information to access your bill.

Payment options online include E-checks and credit cards. To pay by E-check, simply have the routing and account numbers for your financial institution on hand. E-checks have a \$1 convenience fee. Payment by credit card is also available online, for a 2.45 percent convenience fee.

Please note the convenience fees are collected by and transmitted to the financial institution that process the transaction; the St. Johns County Tax Collector’s office does not retain any portion of the fee.

Anyone who prefers personalized service is welcome to visit any of the Tax Collector’s four offices. All locations are open Monday through Friday, 8:30 a.m. – 5 p.m. The St. Augustine main office at 4030 Lewis Speedway is also open until 6 p.m. every Friday.

The Main Office in St. Augustine will be open on Saturday, Nov. 30 from 8:30 a.m. – 12 p.m. Note that the branch offices will not be open on this day. All locations will be closed Thursday, Nov. 28 and Friday, Nov. 29 in observance of the Thanksgiving holiday.

For your added convenience, there is a drop box for payment by check only (do not place cash in the drop box) on the east side of the St. Augustine Main Office location.

Visit www.sjctax.us or call (904) 209-2250 for more information.

Hospital provides tips on measles

“It appears measles is resurfacing in the US,” said Megan Brown, DO, pediatric ER physician at Memorial Hospital. “It is a contagious virus which starts as a fever and can cause serious health complications and even lead to death.”

Measles was eliminated from the US in 2000, but New York has seen an outbreak of 1000 cases this year. In 2017, there were 110,000 confirmed cases in the US with the majority of those affected being younger than five years of age.

“The vaccine which is first given between 12 – 15 months of age is 97 percent effective against the virus,” said Dr. Brown. Prior to the availability of the vaccine, there were an estimated 2.6 million deaths each year from the virus. “It remains the leading cause of death in children less than five years of age worldwide.”

Measles is spread by droplets, which means when someone coughs, anyone within six feet has the potential to catch the virus which can remain in the air for up to two hours. It then takes six to 21 days before symptoms will start to appear. The infected person is contagious starting five days before the appearance of a rash.

The symptoms of measles include a fever, malaise (being tired), and not wanting to eat. These symptoms are followed by a cough, irritation to the eyes, and nasal congestion. The rash typically appears two to four days after the fever.

If you suspect you or your child may have measles and have not been vaccinated, seek medical attention immediately. The measles vaccines can be administered by a pediatrician or a primary care physician. Visit <https://memorialhospitaljax.com/service/family-medicine> for more information.

Helping Hands update

By Angie Clark
mail@floridanewline.com

The Game Day fundraiser for Horse Play that Helping Hands hosted on Sept. 23 was a great success. The group gave a monetary donation to Horse Play, a local charity that offers hippotherapy for dis-

abled children. A good number of people came to the event, which included lunch, games, and door prizes.

In September, Helping Hands members also assembled Bags of Hope, which were donated to breast cancer patients and survivors. These bags were filled with motivational items and well wishes.

At the October meeting, members decorated small Christmas trees that were donated to hospice for its holiday party. Members also put together Thanksgiving baskets that were given to employees at Florida School for the Deaf and Blind in St. Augustine. These baskets contained turkeys and all the fixings for a great Thanksgiving dinner.

Helping Hands is excited to be partnering with Switzerland Community Church to once again host Our Fallen Heroes Military Tribute to honor soldiers from Florida that died in Iraq and Afghanistan. This event will take place on Nov. 10 at 3 p.m. at Switzerland Community Church. Three hundred and sixty white crosses will be placed to represent the Florida soldiers. A short ceremony will be held at the event on Nov. 10 with the reading of each soldier’s name, followed by musical tributes and program.

Helping Hands is a volunteer group that meets the last Friday of each month at Faith Community Church on County Road 210 to do a small project for the community. There are no dues, officers, or stress. The group relies solely on donations of goods and services and appreciates its community partners. Everyone is welcome to join and members come when they can and do what they can with what is donated. Visit the group’s Facebook page “Helping Hands of St. Johns County” for more information.

St. Augustine Wild Reserve acquires new tiger cubs, coati and tortoises

By NewsLine Staff
mail@floridanewline.com

Born in November 2018, the St. Augustine Wild Reserve’s new tiger cubs, Shiva and Rupa, have grown by leaps and bounds. At nine months old, the girls weighed well over 150 pounds. They are very well mannered, and are walked on leashes daily.

The Reserve has also added a brand new coati mundi to the sanctuary. Cocoa is a mountain coati mundi, related to the raccoon, in the family Procyonidae. This coati subspecies resides in the Andes Mountains of South America. Cocoa is extremely intelligent and playful, and will weigh around 15 pound when fully grown. Coatis walk in the plantigrade fashion, on the soles of their feet, just like humans do. They have long, non-retractable claws that they use to rip into rotting logs to obtain yummy grubs and other insects. They are omnivores, so besides grubs, they enjoy fruits, rodents, bird eggs and even crocodile eggs.

Besides the new coati, the Reserve is now home to four young tortoises — two African spur thigh tortoises and two Galapagos tortoises. The spur thighs are also known as sulcata tortoises. They are named Mauritania and Mali, after the regions they inhabit in Africa, along the southern edge of the Sahara desert. This is the third largest tortoise species. The largest is the Galapagos, followed by the Aldabra tortoise, and then the sulcata tortoise. The sulcata excavates underground burrows to reach moisture and to avoid the hot African sun. These burrows can reach a depth of 10 feet or more. They eat

grasses and succulents. These new babies will reach a weight of 230 pounds and can live longer than 70 years.



Photo courtesy Deborah Warrick
Bottle feeding Rupa

The Galapagos tortoises, Darwin and Wallace, are the largest species of tortoise in the world and will reach a weight of 900 pounds. They can live more than 150 years; they are one of the longest-lived vertebrates. Galapagos tortoises are native to many of the Galapagos Islands, west of the Ecuadorian mainland. Their diet consists of cacti, various grasses, leaves and sometimes fruit. While Darwin and Wallace love to eat and feast daily on various greens and cacti, adults can actually live a year without food or water. They were named by Spanish explorers who discovered the Galapagos islands. Galapago means “tortoise” in Spanish.



Sulcata tortoise

Staffed by a host of valuable volunteers, the St. Augustine Wild Reserve is always in need of new caging and animal supplies. Plans are to raise funds to construct an on-site veterinary clinic, and a barn for diet preparation. Email wildreserve@aol.com to volunteer or visit www.staugustinewildreserve.org for more information.

The St. Augustine Wild Reserve offers tours on an appointment-only basis on Monday, Wednesday and Saturday at 2 p.m.; call (904) 940-0664 for reservations. The Reserve also offers a special VIP tour on Friday from 12 p.m. — 1:30 p.m. for an additional fee. The Reserve is a 501©3 tax exempt organization; donations may be sent to P.O. Box 3546, St. Augustine, FL 32085.

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Get to Know ...

Judith Goldstein

By Cassy Fiano-Chesser
mail@floridanewslines.com

A year in Hawaii turned into 30 years in paradise.

"I went there for what I thought was a year, and it ended up being a lifetime," Judith Goldstein said.

Originally from New York, Goldstein found a huge adjustment from the busy, fast-paced environment there to island life — but she fell in love as soon as she arrived.

"Greeted by the Mayor of Hilo, Kupuna (elders) embracing us with lei and song and signs welcoming us to Hilo, — well, I was spellbound, captivated and certainly knew my life would never be the same," she said. "My first home was literally in a banana patch and it took off from there."

Goldstein worked first as a preschool director, and then the first director of the Hilo Adult Day Care Center for vulnerable elderly before transitioning into academia, working for 20 years at the University of Hawaii as the administrative director of the UH Hilo Conference Department and International Travel Programs.

"I was selected as one of Hawaii's Top Ten Business Women, Minority Advocate for Hawai'i Island, an Athena Recipient, president of the Hawaii Island Chamber of Commerce and Hospice of Hawaii," she said. "Our thriving, innovative university travel programs won state and national acclaim for minority programming and cultural authenticity and I was beaming all the time."

Her work even went into outer space. "I was privileged to direct many scientific conferences, work with NASA scientists and in 2017 – 18 directed the International Moon Base Summit back on

the Island of Hawaii," she said. "The photo of all our Summit attendees was sent up on the last shuttle mission and now resides on the International Space Station."

Her husband, Michael, meanwhile, was a major grower of Hawaiian tropical flowers, and supplied the Hawaiian flowers to Disney. Through his work, he traveled to Florida frequently, and participated in many trade shows in the state. He fell in love with the First Coast area and, as Goldstein said, was "ready," thinking it would be a great place to retire.

"To say the least, the move to Jacksonville was more than a cultural shock! It was like I had been in a time warp for four decades," she said. "Everything was different. The environment, the people, the shopping, the Southern drawl, the time zone and the extraordinary number of choices, options and decisions you could make, even when you wanted to buy just a loaf of bread. It was a deliriously, overwhelming adjustment."

It was difficult to let go of her aloha lifestyle at first. "I was still holding on tight to my Hilo and university roots, and was unsure how to make the transition to this new and strange land," she said. "I stayed with my university position for a few more years after arriving in St. Johns."

Ultimately, though, the time difference made it too difficult, and leaving that position led her to discover a new love: a love of art.

"I stopped looking in the past and allowed myself to make wonderful friends and to begin a new direction which has now led me to an 'Art Awakening,'" she said. "Discovering a love of art — drawing, painting with watercolor pencils, paint and finding an entire group of peo-



Photo courtesy Judith Goldman
Judith Goldman

ple who share my interests and journey. We mentor each other, affirm each other and continue to finesse are art and skills. My work is now on exhibit at CC Framing & Gallery, the Cummer Museum Shop, and the Wine Bar in Jacksonville Beach. And, the remarkable thing is that I've never drawn before. I don't question where this gift has come from, but it's much more than an 'Art Awakening.' It's the beginning of new friendships, family, experiences and unparalleled joy."

And while moving to Jacksonville meant leaving her comfort zone, and the Hawaiian paradise she had grown to love, Goldstein found much to love about the First Coast, too, and learned a little bit more about herself as well.

"Who knew?" she said. "Moving to St. Johns allowed me to risk, to move out of my comfort zone, to believe that lasting, loving friendships can be found at any stage of life and that if you challenge yourself and are open to new discoveries, that 'yellow brick road' might just lead you to exactly where you want to be."

Get to Know ...

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

Liberty Pines Academy cont. from pg. 1

deployed soldiers near and dear to the Liberty Pines Academy family. Petty Officer First Class Noah Mayernik (USS Lassen) and Petty Officer Second Class Brennan Scoggins (USS Farragut) are recently deployed soldiers and the husbands to Liberty Pines Academy school nurse, Damaris Mayernik, and art teacher Rebecca Scoggins respectively. Elementary students have combined efforts to collect items like toothpaste, snacks, and playing cards to ship to these local Navy service members. In addition, all kindergarten through fifth grade students wrote letters of thanks and encouragement to these soldiers and their Navy strike groups. Students helped to box the items and their donations were shipped to reach these heroes just in time for the December holiday season.

"This entire experience makes me very proud to be a part of the Liberty Pines Academy family and community," said art teacher Scoggins. "The students have asked me to tell my husband how thankful they are for his service and that is one of the most heartwarming things!"

Scoggins said the donations will lift the servicemembers' spirits and make them feel a little bit of home while they are away.

"My husband talks about the days when they get packages and how it can really change the entire mood of the ship," she said.



A student writes her letter to a service member.

Liberty Pines Academy will be holding its annual Liberty Parade on Friday, Nov. 8 at 9 a.m. to honor all service members. This event is open to the public and all are invited to attend.

Lauren O'Shell is a third grade teacher at Liberty Pines Academy.

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School Briefs

School district announces graduation dates

The St. Johns County School District graduation schedule for high schools and First Coast Technical College is as follows:

Friday, Jan. 17, 5 p.m.: First Coast Technical College, FCTC Bldg. C

Tuesday, May 12, 4:30 p.m.: St. Johns Virtual School, FCTC Bldg. C

Wednesday, May 13, 7 p.m.: St. Johns Technical High School, St. Augustine High School Auditorium

Tuesday, May 19, 7 p.m.: Creekside High School, University of North Florida (UNF)

Wednesday, May 20, 5 p.m.: Ponte Vedra High School, UNF

7 p.m.: Pedro Menendez High School, St. Augustine Amphitheatre

Thursday, May 21, 7 p.m.: St. Augustine High School, St. Augustine Amphitheatre

Friday, May 22, 7 p.m.: Allen D. Nease High School, UNF

Saturday, May 23, 2 p.m.: Bartram Trail High School, UNF

Wednesday, May 27, 5 p.m.: First Coast Technical College, FCTC Bldg. C

Students win big at Florida Scholastic Association workshop

Bishop Kenny High School MultiMedia Design II students attended the Florida Scholastic Press Association District 2 workshop at the University of North Florida on Oct. 4. More than 100 students attended the workshop that was open to all Northeast Florida District members.



Photo courtesy Bishop Kenny

Tucker Ranney, Bryce Hinschberger, Jack Trent, Andrew Helow, Will Joyce, Savannah Mullins, Sephora Affa, Valentina Mosqueda, Natalia Vinas, Emily Voykovic and Katie Richmond.

The students attended a variety of sessions including videography, storytelling, and caption writing. The sessions were led by many industry professionals with a highlight being Brent Martineau

from ESPN. Bishop Kenny senior Jack Trent was also asked to give a presentation on Advanced Digital Storytelling focusing on cinematography and reporting techniques.

Bishop Kenny teacher Dawn Huskey was presented with the "Teacher of the Year" award for District 2.

Will Joyce said, "Mrs. Huskey is very determined to help her students reach their full potential; she is a master at helping us take our projects to the next level."

Huskey works with students taking MultiMedia II, Yearbook, Creative Photography, and CrusaderVision which is a student-run broadcast production team. She will compete against the other six Florida Scholastic Press Association district nominees during the State Florida Scholastic Press Association convention, to be held in Orlando on April 23 - 25, 2020.

Schools receive STEM grant funding

Three St. Johns County schools are among the 14 schools receiving grant funding from the St. Johns River Water Management District's Blue School Grant Program for projects to enhance student development in science, tech-




Photo courtesy St. Johns River Water Management District
St. Johns Technical School received a Blue School Grant for an agricultural water quality project in a previous round of funding.

nology, engineering and math (STEM) related topics and increase understanding of Florida's water resources.

Creekside High School and Freedom Crossing Academy received funding for a joint service-learning freshwater resources field study and St. Johns Technical School received funding for a water-conserving landscape project.

"It's exciting to see interest in the Blue School Grant program continue to grow, and I thank every teacher who applied for project funding," said St. Johns River Water Management District Executive Director Dr. Ann Shortelle. "I commend all of these educators for supporting water resource education and STEM, and I look forward to seeing the Blue School Grant-funded projects move forward in the months ahead."


School Briefs cont. on pg. 19



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Answers to puzzles on page 22

Answers

to our
Puzzles

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

CRYPTO FUN
Refer to the code to reveal the answer!

Answers: A. fruit B. vegetable C. harvest D. produce

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Photo courtesy Toni Chadwell

Team Hayden promotes inclusion in St. Johns County schools

Team Hayden, with the support of Community Hospice and Palliative Care child life specialist Danielle Eaves, presented at Freedom Crossing Academy in Beverly Slopey's fifth grade classroom, about differently abled people and acceptance. Evan Chadwell, 10 year old brother to Hayden Chadwell, eight years old and a medically fragile third grader at Cunningham Creek Elementary, have been working together on this presentation for three years. Students asked questions and had the opportunity to share their own experiences. The Chadwell brothers work together in the community to share their bond and answer questions people may have about living with a disability and in palliative care. They also have a therapy dog named Beau that travels with them. Visit www.facebook.com/teamhayden to learn more about Team Hayden.



Photos courtesy Amy Grimm

A book is a dream that you hold in your hands

The second grade students at Julington Creek Elementary School are excited about the community grant that has been provided to each second grade reader at the school. Community sponsors as well as sponsors from all over the United States have donated funds to provide each student a new book from Scholastic Books once a month for each month of the 2019 – 2020 school year. Pictured are Amy Grimm's class and Katie Hemingway's second grade classes with their new books.

School Briefs cont. from pg. 18

Forty-four teachers applied for funding, a record number for the program which is now in its fourth year. A total of 13 projects were selected, one of which is a joint service-learning project between two partnering schools.

Each school year, the program offers a total of \$20,000 in financial support to teachers working to promote water resource protection through hands-on learning opportunities.

Grants of up to \$2,000 per teacher are awarded for a range of sixth – 12th grade educational programs to enhance student knowledge of Florida's water resources. Projects included water conservation garden projects, water conservation classroom/community awareness projects and freshwater resources educational programs.

Visit www.sjrwmd.com/education/blue-school for more information.

Wishing everyone a happy and healthy holiday season!



Dr. Michael Bredehoeft



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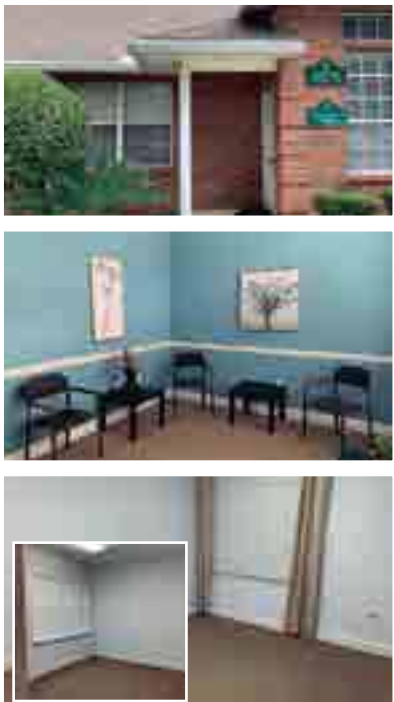
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BTHS Happenings

Bartram student gets early start in career interest

By Delaney Cantrell
mail@floridanewslines.com

Bartram Trail senior Maddy Thompson has had several very unique and rewarding experiences to prepare her for her future. Thompson is the president of Medical Club at Bartram and has proven qualified for this position.



Photo courtesy Maddy Thompson
Maddy Thompson

Thompson spent the summer experiencing first-hand the day in the life of a nurse. In her internship with UF Health, Thompson worked in the emergency department, cleaning the areas and interacting with the patients to keep them company while waiting. She also witnessed doctors and nurses in action when an emergency came through the doors, even getting to shadow some of the nurses.

"I got to talk to many medical professionals, which has helped me understand the variety of different careers in medicine," said Thompson. "I also got to tour different parts of the hospital, which gave me a realistic picture of how everything operates."

This year, Thompson plans to ask different medical professionals to come speak to the club about their experiences in the medical field.

"We're also working on having some hands-on activities planned for the members, such as Hands Only CPR training," said Thompson.

She also plans to offer various service projects to give back to the medical community, such as a coloring book/coloring supplies drive to donate to the Ronald McDonald House for the children staying in the house.

When asked what her duties include as president of Medical Club, she said, "I organize and run the meetings and ensure that there is always some type of

service project going on for the members. I also plan activities for each meeting, as well as contact guest speakers to come speak to our members."

Thompson said that her favorite part of Medical Club has been learning about the various careers within the medical field and getting to do hands-on activities.

"I have learned that there are countless careers in medicine that I didn't even know were available until my involvement in Medical Club," she said.

Thompson hopes that the members of Medical Club will get excited about the option of going into the medical field and that they will gain a deeper respect for everything that it has to offer.

She said, "I hope that the medical skills the members learn will instill a desire to go out and help people and that they will continue to use these skills throughout their lives."

Thompson plans to get her bachelor's degree, followed by her masters, at a state university, majoring in nursing.

"Medical Club has allowed me to gain some exposure into the different careers and opportunities that there are in the medical field," she said. "I am grateful that this club has helped in trying to figure out my future career path."

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Keeping your pets safe during the Holiday Season

By Michael Bredehoeft, DVM
mail@floridanewsline.com

As wonderful as the upcoming holiday can be for your family, it can be a dangerous time for our four-legged friends. Table food, ornaments and decorations can have disastrous consequences if ingested by your dog or cat.

Table Food: Slipping your pet rich holiday foods and bones can lead to inflammation of the intestinal tract (enteritis) and pancreas (pancreatitis), which can lead to vomiting, diarrhea, dehydration and in severe cases, blood poisoning and death. Dogs are extremely attracted to dark chocolate, which contains theobromine and caffeine. In small amounts, it is likely to only cause diarrhea, but in large amounts can lead to arrhythmias of the heart and seizures. Keeping our furry loved ones away from the dinner table at mealtime will help reduce episodes of accidental ingestion, as well as the temptation to share your meal.

Ornaments: Tinsel, ribbons, garland and potpourri, oh my! All of these holiday regulars can make your home look like a shiny, exciting playground to your cat. The attraction cats have to tinsel and garland is obvious, but if ingested, can lead to a life threatening blockage of the intestinal tract. If your pet likes batting around the low lying glass ornaments, consider placing them out of reach or going plastic. Who doesn't love the smell of pine and evergreen during the holidays? Both liquid and dry

potpourri can be extremely toxic to your pet, so be sure to keep them safely away.

Holly and Mistletoe: Thinking about decking your halls with holly, mistletoe and poinsettias? Think again! They are known to cause stomach and intestinal upset if ingested. In addition to these symptoms, holly berries can cause central nervous system depression and mistletoe can cause depression of the heart. If you suspect that your pet may have ingested a poisonous plant, call your veterinarian or the poison control hotline at 1-888-426-4435.

Guests and Pets: Your holiday guests, especially children, may not know the proper way to interact with your pet. Supervise every interaction your pet has with others. Be sure to watch for signs of distress, like growling and hissing. Creating a comfortable, quiet, safe place for your pet, such as their crate or a separate room, during these high stress events will go a long way in reducing their (and your) anxieties.

Wishing you and your pet a very warm and safe holiday season!

Michael Bredehoeft, DVM is the owner of Switzerland Animal Hospital. Visit www.switzerlandanimalhospital.com for more information.



Photo courtesy Catherine Murphy

Third time's a charm

Hope Floats, the local fundraising team for The DONNA Foundation, is holding its third annual Block Party for Breast Cancer at Taps Bar & Grill on County Road 210W, on Saturday, Nov. 9 from 12 p.m. – 6 p.m. The event will include games, giveaways, raffles, and refreshments as well as live music and all you can eat barbecue. All proceeds from this event provide social, emotional and economic relief to those living with breast cancer in the Jacksonville area. The cost of admission is \$12 in advance or \$20 at the door, which includes all you can eat homemade barbecue and a dessert, live entertainment and one non-alcoholic beverage. Advance tickets are available online at www.thedonnafoundation.org and clicking the 'Events' tab or visit: <https://thedonnafoundation.org/event/block-party-for-breast-cancer-2-2/>

This promotion is sponsored by Hope Floats, which is solely responsible for event fulfillment. The DONNA Foundation name and logo is used by permission. All proceeds will go to The DONNA Foundation to support the critical care needs of families living with breast cancer.



Photo courtesy PGA TOUR

THE PLAYERS and Flagler team up to sponsor youth mental health program

On Sept. 30, THE PLAYERS Executive Director Jared Rice presented \$1 million to the Flagler Health Care Foundation to help fund a youth behavioral and mental health program in St. Johns County Public Schools. This amount was a part of the total \$9.25 million that the 2019 tournament generated for Northeast Florida charities. Rice was joined at Allen D. Nease High School for the announcement by First Lady of Florida Casey DeSantis, Flagler Health+ CEO Jason Barrett, St. Johns County Superintendent of Schools Tim Forson, St. Johns County School Board Chair Kelly Barrera and 2019 tournament chairman Adam Campbell. B.R.A.V.E. — Be Resilient And Voice Emotions — is a program designed to address the mental health stigma that prevents youth from seeking support for themselves and/or their peers experiencing mental distress.

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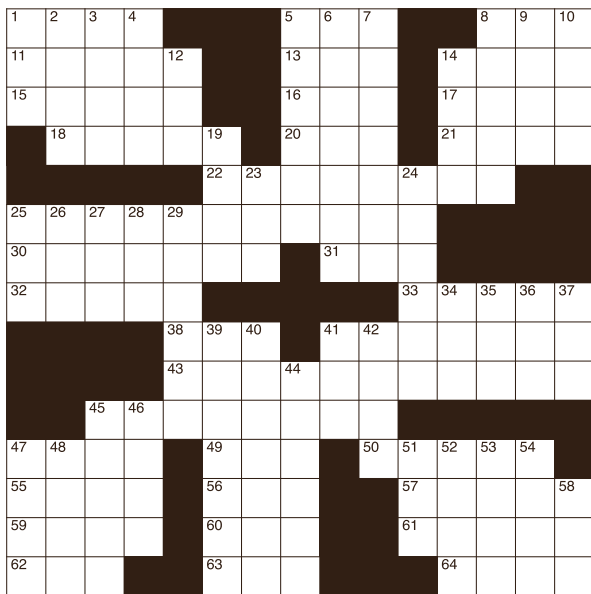
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Puzzles

Answers on page 18
Provided by MetroCreative



CLUES ACROSS

1. Shelter for pigeons
5. Popular lit genre ___-fi
8. Used to harvest agave
11. Wintertime accessory
13. "Gandalf" actor McKellen
14. Taxis
15. Political plot
16. Public television
17. Nigerian ethnic group
18. Informal loan clubs
20. "Wheel of Fortune" host
21. C C C
22. North, South and Central make them up
25. In an early way
30. Lied down in rest
31. Female hip-hop trio
32. Improves
33. Genus of mackerel sharks
38. Electronic countermeasures
41. Emerging

CLUES DOWN

3. Reciprocal of sine
2. Political organization
3. Defunct funk record label
4. Geological times
5. One who drinks slowly
6. Nightclub entertainment
7. Establish in one's mind
8. Restaurants
9. Off-Broadway theater award
10. Requests
12. You don't watch to catch it
14. Intestinal pouches
19. Satisfy
23. Wet dirt
24. Regularly repeated
25. Before
26. The color of Valentine's Day
27. Indicates near
28. Bon ___: witty remark
29. One's holdings
34. Request
35. Prefix meaning "badly"
36. Midway between north and northeast
37. Ottoman military title
39. Teased
40. Happily

41. Pie ___ mode
42. Mars crater
44. Sports TV personality
45. Taxi driver
46. Abba __, Israeli politician
47. The sick are sometimes on it
48. Relating to olives
51. Swiss river
52. Grayish white
53. A way to engrave
54. Where Coach K. works
58. Midway between south and southeast

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to fruits and vegetables. Each number corresponds to a letter. (Hint: 23 = e)

A. 13 4 19 15 24
Clue: Sweet, seeded food

B. 7 23 25 23 24 10 26 16 23
Clue: Food plant

C. 14 10 4 7 23 11 24
Clue: Gather crops

D. 22 4 17 2 19 8 23
Clue: Grown by farming

PRODUCE WORD SEARCH

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

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

WORDS

- APPLE
- BEET
- CANTALOUPE
- CARROT
- CHERRY
- CRANBERRY
- FIG
- GRAPEFRUIT
- GRAPES
- KIWI
- ONION
- ORANGE
- PEAR
- PEPPER
- POMEGRANATE
- POTATO
- PUMPKIN
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November 2019

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

- Teacher Optional Planning
- 8 Teacher Planning (non-student day)
- 2 Teacher Inservice (non-student day)
- Classes Resume
- Student/Teacher Holiday
- End of Quarter
- Days in question

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Travel

Autumn and apples in Hendersonville, NC

By Debi Lander
mail@floridanewline.com



Photos courtesy Debi Lander
Point Lookout Vineyards

Hendersonville, NC, may be overshadowed by its neighbor Asheville, but when it comes to apples, the smaller mountain city shines. Hendersonville ranks as the seventh largest producer of apples in America. Since I adore apples, I accepted an invitation to participate in an agritourism tour.

What exactly is agritourism? By definition: any agriculturally-based operation or activity that brings visitors to a farm, ranch or other business. So, you'd expect to visit apple orchards, and you'd be right. Families, often multiple generations, come together for outings to the farms.



Shooting an apple cannon

They enjoy picking apples off the tree or choosing among the numerous varieties on sale. The farms also sell produce and small-batch products like apple butter, apple salsa, applesauce, and yummy bakery items such as fried apple hand pies and apple cider donuts.

At Grandpa's Orchard, visitors can get lost in the cornfield maze or jump around haystacks. The most fun, however, seems to be shooting an apple cannon. Load an apple and fire at a target. The fruit explodes when it hits, bring-

ing lots of laughs. Those hard-to-please teenagers love this activity.

Stepp's Orchards offers three apple cannons (the appeal crosses all ages), tractor rides, and pick your own sunflowers as well as apples. Don't miss their delicious apple slushy.

Orchards aren't the only places on an agritourism tour. Henderson County was recently named an official American Viticultural Area, and their three vineyards are producing surprisingly good wines. Burntshirt Vineyards runs an estate winery, meaning all the grapes used in their wines grow on site. Taste a dry or sweet wine flight or take a complimentary vineyard tour. Drive up to Point Lookout Vineyards and bask in a gorgeous mountain panorama seen from 2,900 feet.

More than the typical red and whites, some varieties include plum, vanilla, blackberry, citrus or espresso. In addition to wine, Saint Paul Mountain Vineyards is growing apple trees from Normandy, France, to make a hard cider that tastes much like champagne. Utterly surprising and delicious.

Hard ciders have become very popular and Hendersonville's Bold Rock Cidery offers some of the finest. An incredible 70 tons of apples go through Bold Rock every week, all converted to hard cider and seltzer. Sit back and sample a cider flight and learn about the apples that created them.

I hadn't considered textiles, but the Oriole Mill uses only natural fibers. The very complicated operation weaves artistic patterns into upholstery and fabrics for home furnishings such as quilts, pillows, bags and towels. On a behind the scenes tour, I watched a Jacquard loom in action, first in slow motion, then at full speed. The tour requires reservations, but is free.



Stepp's Orchard

You might wonder how the Carl Sandburg Home National Park Historic Site would fit in with agritourism. The reason is, Carl Sandburg's wife bred

champion milk-producing goats, and the darling descendants from the herd are residents. You can stroll the surrounding trails and pet the dairy goats for free, but you need to purchase a ticket to tour the home of the "Poet of the People."

Japanese Maple trees are a specialty of MrMaple.com, a business run by two young men in Hendersonville. Their weekly podcasts have become YouTube sensations, and they are now internationally famous as are their unique species of the trees. They ship anywhere.

As you can tell, Hendersonville is a lively place. The downtown shops are pedestrian-friendly and full of excellent restaurants featuring local farm produce. A few gift shops devote space to locally made arts and crafts. I was overwhelmed by the abundance of unusual attractions and heartily recommend a visit to the area.

If you go: VisitHendersonvilleNC.org

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





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Fishing

Capt. David's Fishing Report

By Captain David Lifka
mail@floridanewslines.com

It's not often we get a shrimp run that lasts well into October, but this year we did. Many months of "just right" weather ended up being a major contributor to this year's successful season.

It seemed this year "Honey Holes" were everywhere, and all just seemed to get better from one week to the next. As the shrimping got better the shrimp got bigger. By the time October rolled around, St. Johns River Shrimp were starting to look like Mayport Shrimp.

While we still have stragglers leaving the river, this year's shrimp run is over, but as far as fishing goes, the next few weeks have the potential to be just as good as this year's shrimp run.

Fall fishing is usually pretty good just because it follows our summer shrimp run. Fall fish are the same fish that came into the river earlier this summer looking for shrimp to eat, but are now bigger and fatter. For a successful fall fishing season, torrential rains will need to continue to avoid our areas of the St. Johns River and farther south.

Hopefully some of those St. Johns River Shrimp caught while shrimping this year were frozen and saved for bait. If not, with a little luck, straggler shrimp can still be caught for live bait. Live baby croakers, quartered blue crabs, cut croaker or lady fish are all your next baits of choice for the St. Johns this



Photo courtesy Jim Bagnardi
On Oct. 4, Jim Bagnardi filled his five-gallon bucket shrimping on the St. Johns River near marker #10.

time of year. And your targets should be reds, flounder, trout, weakfish, croaker, and anything else that bites.

In the surf, the fall run south for many species of fish should begin to peak soon. This time of year weather conditions make surf fishing more difficult than most other times, but the rewards of some really nice catches of reds or drum are probably greater. Schooling mullet can also be cast netted in the surf as they migrate south. These are great tasting saltwater mullet and well worth the effort.

Fishing Report: Reds in river, on docks, and at Buckman Bridge. Weakfish growing in numbers and size. Panfish bite pretty good up in creeks taking worms.

Whether you catch one, some, or none, the family time spent fishing will last a lifetime.

Gardening

Enough of the heat!

By Master Gardener Volunteer Lesley Arrandale
mail@floridanewslines.com

In the first week of October we were still experiencing record-breaking temperatures, along with the rest of the south and east. In the first half of September we had adequate rains, but by the end of the month we were in a moderate drought; it does make a garden harder to manage when conditions are so out of the norm.

Thankfully, the heat is forecast to break, and rain really is on its way. We should soon be able to enjoy cool season annuals, like mums (chrysanthemums) and violas. Greens are some of the vegetables that benefit from cooler weather, and many of them are attractive enough to replace the usual ornamental cabbage. Pretty edibles for the flower border include kales and Swiss chard, and herbs like rosemary, sage, onion chives, and cilantro. Chard is sometimes sold in the ornamental section of big box stores, but they may have been treated with pesticides which could make them inedible. Not all pesticides formulated for ornamentals can be used for growing edibles, so it is safer to buy plants from the vegetable section.

I recently read an article about plant blindness, which explained that many people simply don't see the plants around them, don't know much about their place in the world, and therefore have little idea of their fundamental value to our existence (see <https://tinyurl.com/y5ctnv85>). As children, we almost all learn about the living world in relation to animals: we have pets, visit the zoo, and read books with animal characters. It's only if parents are gardeners, or enjoy visiting parks and

gardens, and encourage their children to discover the plants around them that children learn to appreciate, understand, and enjoy them.

The Japanese believe that "forest bathing" — shinrin-yoku — is a great healer, and designate areas with walks and benches to encourage people to relax and soak in the peace and tranquility (see <https://tinyurl.com/y6kneueq>). All you really need are trees, of which we are lucky to have plenty in Jacksonville, and some "me time." In the UK, family doctors may write prescriptions for people with emotional problems, or who are simply lonely, connecting them with outdoor activities like group walks, or community gardening projects.

Duval County Extension manages several community gardens around town. For anyone who has ever hankered after a plot of their own, this can be a great solution. The Extension Service takes applications from any resident, on a first-come-first-served basis. School and community groups can get advice on setting up their own gardens. For more information see <https://tinyurl.com/y4gornhm>. Contact Beth Marlowe at (904) 255-7450, or by email at bmarlowe@coj.net.

As always, do read "A New Leaf" for timely tips. The upcoming November-December issue will be available here: <https://tinyurl.com/yxuhw2qq>. Happy Fall!

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Creekside High swimmers help others find the perfect match

By Heidi Brososky-Weaver
mail@floridanewslines.com

When visiting “Be The Match” on Twitter, one finds a sense of urgency in many of the posts. “Two sisters diagnosed with rare disease in need of bone marrow transplant” and “Toddler with sickle cell anemia desperately needs donation before her second birthday” are just a few examples.

However, there are also stories of hope, such as the 11-year-old boy saved by his little sister’s stem cells and the Uber driver who donated blood to a girl with leukemia. It is life-changing stories like these that propel members of the Creekside High swim and dive team to get the word out about “Be The Match,” a worldwide registry operated by the National Marrow Donor Program.

“Every time we do a drive, people will come up to us and say, ‘Oh, I know somebody who is alive today because of this,’” said Nina Kannatt, whose daughter, Anna Gapinski, spearheaded this service project at Creekside until she graduated. Now, Kannatt’s son, David Gapinski, continues the tradition.

During various events, including the homecoming football game, teammates share information and encourage people to become blood and bone marrow donors. Other options include giving umbilical cord blood or tax-deductible donations, which are needed for uninsured patients, donor costs, and medical research.

“I’ve had people close to me who were diagnosed with various types of cancer.



Photo courtesy Heidi Brososky-Weaver
The Creekside swim and dive team supports Be the Match.

Not all of them have survived, but spreading the word about BTM can give people with blood cancers a chance at life,” said swimmer and Creekside sophomore Lourdes McKay.

Through the efforts of the swim and dive team, 15 people have signed up this year. Even though registering is as simple as filling out a short application and taking a cheek swab, Kannatt said that many people shy away from it due to “stories they’ve heard about it being painful.”

In actuality, about 80 percent of donors are asked to give blood — and do not require surgical procedures, according to the bethematch.org website. The chance of being asked to donate is 1 in 430, and there is always an opportunity to decline. Although an estimated 20,000 people a year search for a donor, it is more difficult for people with ethnically diverse backgrounds. For instance, Asians and Pacific Islanders have a 41 percent chance and black or African American people have a 23 percent chance of finding a match.

Kannatt hasn’t been called to donate during her 30 years in the registry database, but she says she will continue to spread the word and keep memories alive. She shares about her father, Herman Kannatt, who was a 30-year leukemia survivor, and Byron Plapp, a dear family friend. Plapp was a local swimmer and transplant recipient who passed away in 2015 at the age of 25 after a hard-fought battle with lymphoma. Each year, the Bolles School holds a Byron Plapp Swimming and Diving Invitational to honor this alumnus, who was a 1st Lieutenant and graduate of the U.S. Military Academy at West Point, where he also swam competitively.

To date, Be The Match has facilitated more than 92,000 blood stem cell transplants, giving many patients hope for a future. For McKay and other members of the swim team, these statistics are encouraging.

“I think we should all give back to our community a little more. So, this cause is important to me for that reason,” she said.

For more information, contact Kannatt at ninakannatt@gmail.com, text teambyron to 61474, or visit bethematch.org. (People between the ages of 18 – 44 are selected as donors by physicians about 86 percent of the time.)



Photo courtesy Heidi Brososky-Weaver

FCMS cross country teams victorious

The Fruit Cove Middle School boys’ and girls’ cross country teams competed in the Florida Youth Championship in Lake City on Oct. 20. Their determination and dedication to running paid off as both teams earned first place. Matty Ryan won the boys’ race after several months of training. The teams are coached by Jill Benavides.

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