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BFF Best Furry Friend



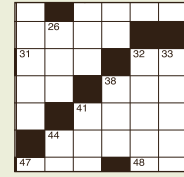
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Inquiring Minds want to know!



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Puzzles

What you need to know about the new texting and driving law

By Martie Thompson
editor@floridanewslines.com

On July 1, Florida joins most of the rest of the nation by enacting a law making texting and driving illegal. Previously a secondary offense, the new law makes this a primary offense and allows law enforcement to pull over drivers for texting without committing another offense such as speeding. Fines for texting and driving will be about \$116 and three points can be assessed to a driver's license, according to St. Johns County Sheriff's Office NW District Commander Kevin Cronin.



Photo by MetroCreative

Cronin said the law does not permit drivers to do anything with manipulating alpha/numeric digits on a phone or sending / receiving data. He said at this point, the law appears to have an exemption for the use of GPS/navigation equipment, but he plans to wait to see the exact verbiage contained when the final law is issued. Drivers are permitted to use their devices while

Texting and driving cont. on pg. 17

Project Renewed Hope brings the light of hope through projects of love

By Martie Thompson
mail@floridanewslines.com

About three years ago, Lindsey and Nick Sima were confronted with the unexpected when their second child, Beau, was born with what turned out to be Esophageal Atresia. He needed major surgery at three days old and the Simas then found themselves in and out of the hospital for two years, including a one-month stay in the pediatric intensive care unit at Wolfson Children's Hospital when Beau was nine months old. (Beau is thriving today.)

Lindsey Sima said her eyes were opened to not only the children, but also the parents, who walked through such trauma and anxiety from seeing their children struggle.

"We had a lot of support during our hospital stay from friends, family and church members, but not everyone did," Sima said.



Gift cards provide a treat for tired parents.

And thus, Project Renewed Hope, with a mission to bring hope to as many chil-

dren and families it can through acts of love, was born.



Photos courtesy Lindsey Sima

Items from Project Renewed Hope are dropped off monthly at Wolfson Children's Hospital.

"I knew I wanted 'hope' in the name," Sima said. "Because in the season of desperation, we all need hope. 'Renewed' refers to needing to bring good things like hope back. And this is definitely a 'project.'"

Sima said she started her mission of providing hope by making gift baskets for families with children in the hospital around Christmas 2017. With two young children



Project Renewed Hope provides items like inspirational books as well as waiting room supplies such as adult coloring books and magazines.

at home (and now three children, with ages of six years, three years, and nine months), Sima realized she needed to streamline things.

She started Project Renewed Hope as a non-profit organization about six months ago and is currently the only volunteer. She put together a website with a donation link and uses those funds to purchase inspirational books for adults and children, gift cards to places like Starbucks and Chick fil A

(with a card attached: "You deserve a break! Love, Project Renewed Hope") and customized journals created by someone at her church.

"Journaling is so therapeutic, from our own experience," Sima said.

Once a month, Sima delivers boxes with these items to the child life coordinator at Wolfson Children's Hospital for her to distribute to families needing hope.

Sima said her long term goal is to grow the non-profit and eventually serve more hospitals and perhaps have a



Custom made journals allow for therapeutic journaling.

team of volunteers and/or employees to manage the increased workload. But for right now, she knows she is right where she needs to be.

"I have three little babies to take care of, and of course they are my priority," Sima said. "I do what I can do for now. But I have felt called to do this and plan to continue."

Visit www.projectrenewedhope.org for more information or to make a donation via PayPal.



Lindsey Sima with Beau.

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BFF Best Furry Friend of the month

Meet Oscar (Oskee)!

- BREED:**
Chiweenie
- FAVORITE ACTIVITY:**
Walking around Julington Creek Plantation which he does twice daily.
- FAVORITE TREAT:**
Say, cheese!
- FAVORITE FRIEND:**
He likes visiting with the neighborhood kiddos when he's on his walks! Oscar likes cats too, such as Maui, his feline pal.
- HOW YOUR BFF GOT THEIR NAME:**
The family is from the Illinois originally; Oskee is the University of Illinois chant, "Oskee wow wow!" He's a character and full of personality



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@floridanewslines.com to enter your pet or sponsor the BFF contest.

AUGUST's Enhanced Section Back To School Guide

IS YOUR BUSINESS: Education Related? GET NOTICED in this section!

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AUGUST Ad Deadline is JULY 15th



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MYSTERY PHOTO

Win two free day passes to Adventure Landing's Shipwreck Island (value \$65) by correctly guessing our Mystery Photo this month. We will hold a random drawing of all correct answers. Email your guess to mail@floridanewslines.com. Good luck!

Last month's Mystery Photo was the South Hampton community center. Our winner was Nicole Wroten. Congratulations!

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around town

Fireworks over the Matanzas:

Thursday, July 4. Festivities begin at 6 p.m. Fireworks over the bayfront between the Castillo de San Marcos and the Bridge of Lions begin at 9:30 p.m.
www.visitstaugustine.com

American Pride 4th of July:

Thursday, July 4. Festivities begin at Moosehaven at 5 p.m. Fireworks over the St. Johns River begin at 9:20 p.m. www.moosehaven.org

Downtown Jacksonville:

Thursday, July 4. Fireworks over the downtown riverfront will begin at 9:45 p.m.
www.jaxhappenings.com

Jacksonville Beach:

Thursday, July 4. Fireworks from the Jacksonville Beach Pier begin at 9 p.m.
www.jacksonvillebeach.org



July 1

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

July 2

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

July 5

Bartram Friday Book Club: "All We Ever Wanted," by Emily Giffin
10 a.m.
Julington Creek Service Center, 725 Flora Branch Blvd.
(904) 827-6960

July 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)

July 6

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

July 8

Living with Lung Cancer Support Network
6 p.m.
Ackerman Cancer Center, 10881 San Jose Blvd.
RSVP: (904) 880-5522

July 9

Wild Wonders Animal Show, presented by Mike Rossi, part of The Best Summer
2 p.m. - 3 p.m.
Switzerland Community Church, 2179 State Road 13
(904) 827-6960

July 9

Bartram Tuesday Book Discussion: "Little Fires Everywhere," by Celeste Ng
6 p.m.
Twisted Compass, 585 State Road 13
(904) 827-6960

July 9 - Aug. 13

Free Quit Smoking Now Class
Tuesdays, 6 p.m. - 7 p.m.
Flagler Hospital Wellness Center
Call Florida AHEC to register (904) 482-0189

July 10

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

July 10

Rotary Club of Bartram Trail
7:30 a.m. - 8:30 a.m. (repeating event on Thursdays)
Westminster Woods, 25 State Road 13
lancedmalcolm@gmail.com

July 11

St. Johns County Chamber Women with Vision Council
11:30 a.m. - 1 p.m.
The Palencia Club, 600 Palencia Club Dr.
RSVP: Sjcchamber.com

July 11

Palencia Bridge Club plays Party Bridge
11 a.m. - 3 p.m. (repeating event on Thursdays)
Donovan's Irish Pub, 7440 US Highway 1
Diane Tamplin, (904) 808-7326

July 12

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

July 13

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

July 15

All Star Quilt Guild
9:45 a.m.
First Christian Church, 11924 San Jose Blvd.
www.orgsites.com/fl/allstarquiltguild or
(904) 735-0506

July 16

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

July 16

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

July 16

"The Adult Opioid Crisis," presented by Sherri Cheshire, NEFL AHEC
11:30 a.m.
RSVP for lunch: kbell@rivergarden.org or (904) 288-7855

July 17

Traditional Healing with Nature's Plants
10 a.m.
Garden of Eatin, Lake Beluthahatchee
Pre registration required: (386) 972-1891

July 20

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

July 20

Artists in Motion Open House
10 a.m. - 2 p.m.
Artists in Motion, 1465 County Road 210W, Ste. A
www.artistsinmotionfl.com

July 20

Ancient City Chapter of Florida Writers Association meeting
10 a.m.
Main Library, 1960 N. Ponce de Leon Blvd., St. Augustine
Open to the public; fwastaug@gmail.com

July 22

Men Helping Men Prostate Cancer Support Group
6 p.m.
Ackerman Cancer Center, 10881 San Jose Blvd.
RSVP: (904) 880-5522

July 23

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

July 23

Fun with photos and Facebook: Learn from River Garden Summer Teens
11:30 a.m.
RSVP for lunch: kbell@rivergarden.org or (904) 288-7855

July 26

Helping Hands of St. Johns County
10 a.m.
Faith Community Church, 3450 County Road 210W
jacqphil@aol.com

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take 5

Irrigation schedule helps conserve water

St. Johns County urges residents to help conserve water by observing mandatory irrigation schedules and reducing water usage whenever possible. Homes with odd numbered or no addresses may irrigate on Wednesdays and Saturdays; homes with even numbered addresses may irrigate on Thursdays and Sundays; and nonresidential properties may irrigate on Tuesdays and Fridays. There should be no irrigation between 10 a.m. and 4 p.m. For more information on water conservation or irrigation regulations, visit www.sjcfcl.us/utilities/ or call (904) 209-2700.

Celebrate The Best Summer with wild animal show

Duval educator Mike Rossi will present the Wild Wonders Animal Show on Tuesday, July 9 from 2 p.m. – 3 p.m. at Switzerland Community Church, 2179 State Road 13. Rossi will educate and entertain children through an interactive format that introduces them to the wonders of animals. The animals are well cared for and inspected by the USDA, insured and licensed. The program runs about 45 minutes to an hour and teaches children about local and exotic animals in a fun way. This program is sponsored by the Bartram Trail Friends of the Library.

Sunset Trout Creek kayak trips offered

Trout Creek / Palmo Cove sunset kayak trips facilitated by St. Johns County Naturalists will be offered daily from Thursday, July 18 to Sunday, July 21 from 6:30 p.m. – 9 p.m. at Trout Creek Park, 6795 Collier Road. Participants will paddle the creek out to the St. Johns River and learn about the unique history and diverse wildlife of the area. At the end of the tour, kayakers will get to experience a beautiful sunset on the water. Fees for St. Johns County residents providing own boat (12-foot minimum length) are \$20 per person or \$40 if using a county boat. Fees for non St. Johns County residents providing own boat (12-foot minimum length) are \$30 per person or \$50 per person if using a county boat. To register, contact Kelly Ussia at kussia@sjcfl.us or (904) 209-0335.

GTM Research Reserve announces new volunteer orientation

On the first Friday of most months, the GTM Research Reserve offers an introduction of the volunteer program for those who register for the orientation. This month, the orientation will be held on July 5, from 10 a.m. – 11:30 a.m. at the GTM Research Reserve

Visitor Center, located at 505 Guana River Road. Attendees will learn about the background and history of the reserve, volunteer opportunities, expectations and benefits, and tour the Visitor Center. Call Shannon Rininger at (904) 823-4500 for more information or to register.

Bird Photography 101 class offered

A free seminar on bird photography will be offered at Wild Birds Unlimited in St. Johns on July 18 at 6:30 p.m. This entertaining and informative program is for beginners through experienced photographers. Regardless of the camera or experience level, attendees will come away inspired with ideas and tips for improving your skills. Presenters Gary Whiting and Cathy Murphy will share their favorite images and secrets on how to get a better shot. Whiting is a certified FMNP Master Naturalist and photography instructor in the OLLI Continuing Education Program at the

University of North Florida. Formerly with the Florida Fish and Wildlife Conservation Commission, Murphy is an experienced photography enthusiast and avid lifelong birder. Both are also staff associates at Wild Birds Unlimited.

Seating is limited to the first 45 responses. RSVP by calling (904) 230-3242 or emailing [wbujacksonville@yahoo.com](mailto:wbu-jacksonville@yahoo.com). Wild Birds Unlimited is located in the Julington Village Shopping Center at 450 N State Road 13 N, Suite 108.



Photo courtesy GTM Research Reserve
A volunteer participates in marine turtle patrol.

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

Q: School's out, but the work for the school district continues. What can you share with us about what's happening at this time?

A: Right now, we are trying to figure out the impact of the recently concluded legislative session. Two huge education "train bills" were passed, one that deals mostly with security and one that deals with practically everything else.

Q: What are some of the outcomes of the new security bill?

A: It specifies that we must have an armed person at each school all day long. We do have some flexibility in that they are allowing us to continue what we are doing with a combination of armed guards and resource officers; the armed person does not have to be a sheriff's deputy.

The legislation allows for teachers to be armed. Our district has absolutely no plans to do this.

Q: So how do things stand with armed personnel in St. Johns County public schools?

A: We added 19 additional SJSO deputies in January. Youth resource officers from SJSO will be at all high schools and middle schools and some elementary schools. With the new law, we can retain the trained, armed guards from the security company, with youth resource officers nearby, to fill any gaps. These armed guards are required to have the guardian training by the sheriff's office; the main difference is that they can't make arrests.

Q: What about hardening of campuses and mental health?

A: We have been hardening our schools and will continue to do so to keep our students safe. Also, the law ramps up

the requirement for active shooter drills to monthly. We will be receiving additional funds for mental health and we will increase mental health services on our school campuses.

Q: Can you tell us about the changes for the Best and Brightest award program for teachers?

A: This program has had some changes to its funding formula and we are helping our teachers understand them so they can apply if the requirements are met. One change is that teachers are eligible once they are at the same school for two years; administrators must be at the same school for four years.

Q: What are you looking towards later this summer?

A: We just received word that St. Johns County is again tops in the state in third grade reading. I am very pleased about the diligence of teachers, parents, and students that led to this. We expect to receive FSA scores by the end of June and school grades in July.

Q: What else do you have to share with District 1?

A: If you're reading this and you have not yet registered your child for school, please do so immediately! You can go to your local school or register online at www.stjohns.k12.fl.us. It is so very important for us to know as we plan for teachers for next year.

Q: How can our readers contact you?

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

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

Q: Can you give us an update on some of the highlights of the recently concluded 2019 legislative session as pertains to criminal justice?

A: There were a number of changes enacted this session. First, there were changes to the grand theft/felony theft statute, which hasn't been modified in decades. Previously, the threshold was \$300 in stolen goods to be classified as grand theft. The legislature increased this to \$750, to try to make it equivalent today to the old amount. The law does allow us to aggregate, so if we can prove that there is an ongoing theft ring of smaller thefts under the felony threshold, we can add them up to charge with grand theft.

Q: What were the changes with suspended driver's licenses?

A: Previously, if a driver had three or more driving while license suspended citations, prosecutors had the discretion to charge them with a felony. Now, these would all be considered misdemeanors, but with a minimum of 10 days in jail. The legislature also did away with some driver's license suspensions for misdemeanors, specifically for some non-driving related offenses. I have dedicated staff to GLAD, which stands for Getting your License Again to Drive. Many people lose their license by failing to pay a fine because they don't have the money. With GLAD, someone in this situation could come to us and we will set up a payment plan, help them get their license back and drop the charges.

Q: What were some other changes?

A: Juvenile "direct file" was repealed. We used to have to charge juveniles as adults for certain offenses. Now, it is discretionary and up to the State Attorney.

Minimum mandatory sentences also saw some changes, especially as pertains to minimum prison time for drug possession and trafficking. The idea is to make the sentences more equitable, while still striking a balance with public safety.

The inmate re-entry system was updated to authorize studies of programs to better prepare prisoners before their release. The new system allows them to transition back to the community earlier in their sentences to allow them to find jobs and also provide for aftercare, all in an effort to make the reentry to society more successful after the prisoner's sentence has been completed.

Q: Do you have any other interesting updates to share?

A: In an effort to provide transparency to the public about the criminal justice system, as well as allow the legislature to review and improve the system, data transparency was addressed. Statistical information will soon be available to the public from the State Attorney's Office, the Public Defender's Office, the Clerks of Court, the Florida Department of Corrections and the Florida Department of Juvenile Justice. It will likely take some time to define the data needed and collect it to make sure it is accurate and consistent.



with St. Johns County Supervisor of Elections Vicky Oakes

Q: What can you tell us about your office's new website?

A: Our new website is now online. We just refreshed it with a new look and I invite people to take a look. It has a more modern format that will allow us to focus on voter registration online and allow voters to keep their information up to date with us at all times. There is an announcement page highlighting timely items on the landing page.

Q: Where on your website can citizens stay up to date on the latest candidates in upcoming elections?

A: A good place to visit regularly is our Candidate Information section. There is a list of all offices up for election in the current cycle as well as filed and qualified candidates. This is updated in real time. When the candidates come into our office to file their papers, we put them into our system and they immediately show up on the website.

Q: What offices are up for election in 2020?

A: Next year is a busy year with three elections: the Presidential Preference Election in March, followed by the Primary Election in August and the General Election in November. Of interest to northern St. Johns County voters, Districts 1, 3, and 5 of the Board of County Commissioners are up for election as well as Districts 2 and 5 of the School Board. All five constitutional offices (Sheriff, Tax Collector, Clerk of Courts, Property Appraiser and Supervisor of Elections) are also up for election.

A: The cost to convert my office to bilingual will be \$100,000. Under the judicial order, I have the option to provide separate ballots in English and Spanish, or one bilingual ballot. Both will be costly, especially for the General Election, which will contain Constitutional Amendments that will need to be in two languages. I haven't decided between the two options yet, but would like to hear voters' thoughts. I'm trying to keep my focus on what's best for voters.

Q: You submitted your budget for 2019 - 2020 to the Board of County Commissioners in May and presented to them in person on June 18. Can you let us know an overview?

A: My budget this year represents approximately a 23 percent increase. There are four main reasons for this. First, next year is a presidential election year and contains one extra election (the March Presidential Preference). Secondly, the transition of all items of my office to include Spanish represents about 10 percent of the increase. Many of my expenses, to include advertising, are doubling, as I am now required to have everything in two languages. Third, cybersecurity is adding some costs and finally, the growth in St. Johns County requires my costs to increase. My total budget as presented to the Board of County Commissioners is about \$2.5 million. The entire budget with all the details is available on my office's website, www.votesjc.com.

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.

Q: Last month, we discussed the work your office was having to do to comply with the governor's policy decision that all ballots and elections materials be bilingual in the state of Florida. Do you have any updates on that?



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 District 2: Jeb Smith, bcc2smith@sjcfl.us, (904) 209-0302
 District 3: Paul Waldron, bcc3pwaldron@sjcfl.us, (904) 209-0303
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**with St. Johns County Commissioner Jimmy Johns,
(District 1)**

Q: Since we are in the middle of the annual budget cycle, do you have any updates?

A: The proposed budget is available on the county's website, www.sjcf.us. I encourage people to look at the budget and weigh in now. This is the time for staff to make any adjustments. Citizens can call my office and we can put them in touch with the department that can answer their questions. The key is to understand how to get funding for whatever it is that people are interested in.

Q: What can you tell us about the joint fire station and sheriff's office that recently opened in the southern part of the county?

A: The funding for the joint Fire Station 5 and Sheriff's Office South Regional Operations Center was approved about a year ago, and in early June, we held a ribbon cutting ceremony for the facility on U.S. 1 South. This facility will reduce travel time for emergencies in the area and provide for a more efficient and collaborative work environment for the two departments. The building also contains public meeting space available by reservation.

Q: Do you expect to see more of these types of joint facilities, possibly in the northern part of the county?

A: I do expect to see more of these joint use buildings in the future, but they do require a larger parcel of land for construction than a single use fire station. The new fire station being built along Veterans Parkway at Race Track Road was considered for a joint facility, but the piece of property was not large enough to support it.

Q: What can you tell us about the spec office building to be constructed along St. Johns Parkway?

A: By definition, the "spec" or "speculative" term means that the developer

doesn't have a tenant contract prior to permitting, but is so confident in the demand for the project that they expect to have a tenant before construction is completed. This is an indication to me that the St. Johns County economy is very strong. Office projects such as this, which will be known as Palms Professional Park, are needed for a stable tax base in the county.

Q: Does the county allow projects to be permitted without contracted tenants?

A: Yes, but the review project is very exacting. Only certain types of businesses will be allowed according to zoning for the property. Also, the county will specify things like the number of parking spaces required and the amount of green space necessary. Spec buildings like this will provide space for companies meeting the development's requirements quickly.

Q: What is the latest news on tenants at Durbin Park Town Center?

A: This project continues to offer more shopping options for goods and services for our residents. To date, a listing of open businesses includes Walmart, Home Depot, Chase Bank, Gate, Mattress Firm, and Smoothie King. Businesses with anticipated openings in 2019 include Sprint, Burlington, Ross, Petco, Dollar Tree, Five Below, AT&T, Lee Nails, CareSpot, Hand & Stone Massage, Great Clips, Heartland Dental, Discount Tire, Verizon, Hair Cuttery, T-Mobile and Baptist Health. Restaurants will include Your Pie, Bonchon, Starbucks, Salsas, Keke's, Firehouse Subs, Jana Japanese Steakhouse, and Kazu Sushi. The Cinemark 12-screen movie theater is supposed to open in the fall.

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

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

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ST. JOHNS Business Monthly

MarketInsight



Fear itself

By Scott Grant
ScottGrant@StJohnsBusinessMonthly.com

Franklin Delano Roosevelt famously remarked in his first inaugural address that “the only thing we have to fear is fear itself.”

In 1904, Russia was at war with Japan. The Japanese started the war with a Sunday morning surprise attack on Port Arthur, eerily similar to the Sunday morning surprise attack on Pearl Harbor. Port Arthur was Imperial Russia’s main Pacific base. In response, Tsar Nicholas decided to dispatch the Russian Baltic fleet of 11 iron-clad battleships. Tsar Nicholas had a problem. The ships were fueled with coal and the tsar had no overseas bases where they could refuel. Fortunately, his cousin, Kaiser Wilhelm of Germany offered to provide coal for his cousin’s ships as they cruised half a world away, which is a pretty clever way to get rid of a potential enemy, when you think about it.

The Russian fleet was a lot more powerful looking on paper than in actuality. The long journey was fraught by bad seamanship, terror, and depression. From the beginning, the fleet lived in constant fear of being attacked by the Japanese. A rumor that the Japanese had mined the Baltic Sea had the crews so on edge that they fired on a launch delivering last minute instructions from home. Only the terrible Russian gunnery allowed the mail to get through. A week later, the Russian fleet mistook an English fishing fleet for attacking Japanese torpedo boats and opened fire with all guns. Over the next 20 minutes, the Russians fired more than a thousand large caliber shells at the fishermen, who could not flee because they had their nets down. Once again, poor Russian gunnery would save the day. The Russians only managed to sink one boat. In the panic, they did more damage to their own fleet than the unfortunate English fishing fleet. Paranoia ran so deep that at one point, sailors on the

battleship Borodino drew sabers to fight off an imagined Japanese boarding party.

The British were angry. As a result, the Russian Baltic fleet was denied access to the Suez Canal and had to endure a seven-month-long grueling cruise around Africa and across the Indian Ocean. Along the way, the crews collected exotic animals at each port of call. Poisonous snakes, crocodiles, and birds of every feather roamed the decks. The ships were rat-infested and overloaded with coal. The air was foul, disease was rampant and many of the crew suffered from depression. A number decided to jump overboard rather than endure the agony of the voyage.

Eventually, the Russians limped north through the Sea of Japan, making for the safety of Kamchatka. It was there that they were intercepted by the Japanese battle fleet commanded by Admiral Togo. The Japanese famously pounded the exhausted enemy into oblivion. The Japanese had spent the seven months practicing their gunnery and preparing. The Russians, low on ammunition after the debacle with the fishing fleet, had only practiced once. The Battle of Tsushima Straits is one of the most decisive of all time. Togo was lauded as the reincarnation of the famous British Admiral, Lord Nelson. Russia, humiliated, was forced to sue for peace. Teddy Roosevelt negotiated the peace treaty and was awarded the Nobel Peace Prize.

This is a story about fear and preparation. One side in a panic, the other prepared and confident. And, as it does so often in life, preparation and execution made all the difference.

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

Ways to keep employees satisfied

By Marge Cirillo
mail@floridanewsline.com

With the unemployment rate in St. Johns County under 3 percent, employers are finding it difficult to find good staff. Respecting and trusting your employees goes a long way. Here are some things to do that might keep your existing employees and help to attract new ones.

Recognize your employees. You need to learn how to reward and recognize them. Unfortunately, most leaders are concerned about their own recognition so much that they don’t notice those around them. The truth of the matter is, that it is hard to earn one’s trust if it’s all about you. Take the time to understand what your workers need and make it more about their advancement. Reward them when they deserve it. Recognize their value. This can become a real game changer; we are all credit addicts after all.

Don’t show favoritism. According to the study by Georgetown University’s McDonough School of Business, more than 90 percent of business executives have noticed favoritism in promotions; managers and supervisors do practice favoritism (intentionally or unintentionally). By showing favoritism you are not treating your employees equally, damaging team unity and demotivating your

staff. It is really easy to fall into this trap because it is in our human nature. If you are serious about attracting and retaining new staff, you have to make sure you don’t show special treatment

Listen. It can be one of the hardest things to do for employers. When you put away your phone and listen attentively, it means that you are genuinely interested in what people have to say.

Help. The fact that you are their boss doesn’t mean you shouldn’t help your employees. In fact, it’s the opposite. Sometimes offering some advice or giving them some of your time means a lot.

Congratulate. Reward people for a job well done, even if it is a kind word in front of everybody. People work harder knowing their efforts are recognized.

Lastly, say “Thank You.” This simple action helps employees understand you appreciate them and what they do. Something as simple as two words can make an impact.

Marge Cirillo is the St. Johns County Consultant for the Florida Small Business Development Center at the University of North Florida. Email her at m.cirillo@unf.edu or call her at (904) 209-1295 for more information.

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Inquiring Minds want to know!

By Martie Thompson
editor@floridanewslines.com

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

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



with Florida State Representative
Cyndi Stevenson, District 17

Q: Can you give us some highlights of the recently concluded legislative session?

A: Education is so important in St. Johns County and I'm pleased that we had an increase in funding of \$257.30 per student over last year. This increase includes an additional \$13.9 million in flexible funding, an additional \$197,000 for safe schools funding and an additional \$118,000 for school mental health assistance funding.

Q: Will there be another back to school sales tax holiday this year?

A: Yes. Don't forget to take advantage of this Aug. 2 – Aug. 6. The five-day back to school tax holiday will allow shoppers to avoid paying sales tax on clothes costing \$60 or less, school supplies costing \$15 or less and personal computers costing \$1,000 or less.

Q: The texting while driving bill is getting a lot of justified attention. What can you tell us about it?

A: HB 107 — the Wireless Communications while driving bill — authorizes the enforcement of texting and driving as a primary offense. The bill also prohibits a person from operating a motor vehicle while using a wireless communications device in a handheld manner in a designated school crossing, school zone, or work zone, and makes doing so a primary offense. I'd like to say a big congratulations and thank you to Representatives Toledo and Slosberg who were the sponsor and prime-co-sponsor on this bill and for allowing me to co-sponsor it as well.

This bill was signed into law by Gov. DeSantis on May 17 and will take effect on Oct. 1, 2019 with a "warning/educational" period, and full effect on Jan. 1, 2020.

Q: Can you tell us about the outcome of your Peer Specialist bill?

A: HB 1187 passed the Florida House, but did not pass out of the

Senate. I have every intention of pursuing the remaining parts of this bill next session; however, I am very grateful that some of the provisions of HB 1187 were included in HB 369. Because of this, more people will be eligible to serve as a Peer Specialist in Florida; fewer people will be disqualified for non-violent substance abuse related charges in their past. This is a win-win for Florida.

We need the workforce to help people recover, and more people will have the opportunity to do this important and meaningful work. Peer Specialists have been proven very effective in helping other people recover from mental health and substance use disorders because of their own experiences. Peer Specialists will have to undergo a rigorous selection, background check and training

Q: What's on the horizon?

A: We are already looking ahead to the next session, with committee weeks beginning on Sept. 16. (The 2020 Session begins on Jan. 14, 2020.) One of the things I am doing now is talking to the school district to come up with ideas to make walking to school safer. What represents hazardous walking conditions and how can we solve them? Transportation is jointly funded by the state and locally, so we need to collaborate.

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

A: Readers can email me at Cyndi.Stevenson@myfloridahouse.gov or call my local office at (904) 823-2300.

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Editorial

St. Johns County's Poly-Drug Task Force in action

By Lynnette Horwath
mail@floridanewline.com

As a result of last year's very successful annual Town Hall Meeting, PACT Prevention was instrumental in helping form a new Poly-Drug Task Force. The task force is providing concentrated community-wide efforts to address the opioid crisis and other related drug and addiction issues. Monthly meetings at the St. Johns County Health and Human Services building are held the third Wednesday morning of each month at 9 a.m. While we have an increasingly valuable buy-in from community organizations, we continue to need more input from residents from a more informal community perspective. We'd love to have more people representing the voice of parents, local business employees/employers and churches, as well as other overall concerned citizens.

First and foremost, we owe a great deal of thanks to the National Guard Counter Drug Program, which has assisted in significant ways in working within the task force. Additionally we are excited to have a dedicated couple chairing the committee; their perspective comes as parents who have lost an adult son to a drug overdose. And make no mistake, we have several task force members that would never have thought this type of tragedy was going to be their story. But addiction can happen in any family, at any time. Successful people can make a couple of bad choices that quickly lead down the road to addiction, and unfortunately in too many cases, to an untimely overdose death. St. Johns County lost 39 people to drug overdoses in 2017, and the deaths are rising annually.

A few task force highlights.

On April 27, the task force participated in the semi-annual DEA Take Back Drugs Day. Besides the regular drop box locations at our local enforcement offices, drop off sites were set up at several county libraries. Approximately 107 pounds of pills were collected, drugs that now no longer pose such a threat to misuse, as well as pollutants to local water sources when flushed down toilets.

A very successful Town Hall meeting was held on May 15 at the National Guard Armory in St. Augustine. The topic was "Fentanyl: A Community Conversation." About 115 people attended and heard a panel of local experts address several local challenges. Current interventions and plans to improve positive outcomes on Fentanyl, as well as other opioid concerns were also shared, plus answers were provided for audience questions. Former NFL player Randy Grimes, 10-year star player with the Tampa Bay Buccaneers, shared his story of leaving the NFL highly addicted to pain pills, and the agonizing 20 year journey following this where he lost everything. He delivered a very powerful message, sharing how he turned despair into hope and success. He now oversees a treatment center called Athletes in Recovery in South Florida.

The Task Force is planning a significant community event on Aug. 28 from 6:30 p.m. – 8:30 p.m. at the St. Augustine City Hall. "Stop the Stigma, St. Augustine" will focus on education and hope plus a day of remembrance. An important event goal is to reduce the stigma associated with addiction, which is often a barrier to seeking intervention. Community services and support information will be available. A special candlelight vigil will be held to remember loved ones who have died from drug overdoses.

We truly hope to see more Northwest county citizens getting involved in our efforts. Drug addiction is everyone's concern and prevention, as always, has the most promising "return on investment." For more information email our chairs, Bob at drbob540@hotmail.com or Maryann at bomar540@hotmail.com, subject line: Task Force Information.

Lynnette Horwath is a retired staff member and current PACT volunteer.



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Briefs

Estimate of 2019 tax roll presented

St. Johns County Property Appraiser Eddie Creamer recently provided the June 1 estimates of the 2019 tax roll to St. Johns County Taxing Authorities.

“Our team did an excellent job preparing the initial estimates,” Creamer said. “We are accessing almost 138,127 real estate parcels and over 9,190 tangible personal property tax returns.”

The initial estimate shows an increase in the value of real property in the county of 9.44 percent, an increase from last year’s level of 8.83 percent. The value of tangible personal property increased by 1.42 percent compared to 3.77 percent last year. The initial estimate shows the total tax roll up by \$2.37 billion or 9.13 percent.

There were 4,379 newly constructed homes added to the tax roll with a taxable value of approximately \$1.094 billion. More than 10,000 sales of real estate were qualified in the county for 2019.

“We are confident in our overall values in the initial estimate as the very large number of qualified sales are giving us a solid indication of market values,” Creamer said.

In addition to parcel valuations, the Property Appraiser’s team processed more than 8,000 new homestead exemption applications, increasing the total number of homestead exemptions in the county to almost 71,000.

“I am very proud of our qualified team of appraisal and tax roll specialists,” Creamer said. “Each year they go above and beyond to create a tax roll that is fair, equitable and accurate, and to provide the citizens of St.

Johns County with outstanding customer service.”

Jacksonville to host 2019 global convention of Jehovah’s Witnesses

Two of the largest global conventions in 2019, spanning six continents and more than 200 countries and presented in more than 400 languages, will be coming to Jacksonville on Friday, June 28 – Sunday, June 30 and Friday, July 5 – Sunday, July 7. It is anticipated that there will be an attendance of 59,314 at the two conventions featuring the theme “Love Never Fails” to be held at VyStar Veterans Memorial Arena.

The program in Jacksonville will be tied into one of seven larger international conventions held in the United States. These larger international conventions will be hosting a total of 35,000 foreign delegates coming from 105 countries. Worldwide there are 22 major cities in 18 countries that have been selected to host international convention events. In total, as many as 140,000 delegates will be traveling from numerous countries to attend these larger gatherings.

“These events will illustrate the positive influence that love can have to bring people together from diverse backgrounds,” states Dow Stephens, a local representative for Jehovah’s Witnesses. “Local Jehovah’s Witnesses get an opportunity to meet and enjoy association with their fellow Witnesses, and the community here in Jacksonville is happy to accommodate the influx of visitors at the many local cafés, restaurants, hotels, and popular tourist destinations.”

Financial advisor receives achievement award

Mitch Wright of the financial services firm Edward Jones in St. Johns/Fruit Cove

recently won the firm’s Edward Jones Sr. Founders Award for his exceptional achievement in building client relationships. Wright was one of 2,127 of the firm’s 18,000 financial advisors to receive the Edward Jones Sr. Founders Award.

The award is named after Edward Jones Sr., who founded the firm in 1922 under the principle that financial advisors should be treated as business partners rather than employees. His insistence on always treating others with respect is one of his enduring contributions to the Edward Jones culture.

“It’s truly an honor to be recognized for building relationships with those clients we serve,” said Wright. “And it is also quite inspirational to receive an award named after a firm legend such as Edward Jones Sr. who was so innovative and recognized the need for quality financial advice for long-term individual investors.”

Vessel Safety Checks usher in National Safe Boating Week 2019

Members of Flotilla 14-7 kicked off National Safe Boating week in 2019 by conducting Vessel Safety Checks at several local marinas — Rivers Edge, City Marina, Doug Crane Boat Ramp and Lighthouse Boat Ramp. The safety checks were conducted by certified Vessel Examiners and sponsored by the US Coast Guard and the US Power Squadron. Forty-seven VSCs were performed during this year’s National Safe Boating Week in May.

“The nationally sponsored Vessel Safety Check program puts a volunteer’s trained set of eyes on your safety equipment right at the dock or boat ramp,” said Bill Candeletti, flotilla commander. “We answer questions and impart boating safety information right on the spot for each vessel we inspect.”

Candeletti said requirements vary according to the size and type of vessels and it’s important for boaters to know the correct and complete set of required and optional equipment for each vessel.

Ximenez-Fatio House Museum offers free admission to active duty military

The Ximenez-Fatio House Museum is offering free admission for the nation’s active duty military personnel including National Guard and Reserve and their families through Saturday, Aug. 31. The annual program includes the local attraction’s formal participation as a member of Blue Star Museums, a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense, and more than 2,000 museums across America.

Considered one of St. Augustine’s best-preserved Spanish colonial dwellings, the Ximenez-Fatio House Museum depicts the boarding house lifestyle of Florida’s Territorial Early Statehood Period. It is one of the first museums in America to interpret 19th century women’s history.

As a visitor destination, the Ximenez-Fatio House Museum is open for tours from Tuesday through Saturday, 10 a.m. – 3 p.m. and guided tours of the buildings and rooms are available from 10 a.m. – 2:30 p.m.; the museum is closed on Sundays and Mondays. During tours, regular admission is \$5 for St. Johns County residents; adults \$10; children, students, seniors and military \$8, and the family rate is \$25.

From the month of May through Labor Day since 2009, military personnel and their families are offered an opportunity to enjoy the nation’s cultural heritage and learn more about local communities. Visit www.arts.gov/news/2019/museums-nationwide-participate-tenth-summer-blue-star-museums for more information. The Ximenez-Fatio House Museum is located at 20 Aviles Street in historic downtown St. Augustine. Visit www.ximenezfatiohouse.org for more information.

Specialty natural grocery store coming to St. Johns

Building on the success of its two locations in the Jacksonville area, Earth Fare, the authentic specialty organic and natural food grocery store, will open a third local store, this time in St. Johns County. The 24,000 square-foot store will be located in the Shoppes of St. Johns Parkway, currently under development by Sleiman Enterprises.

Earth Fare has been in the healthy food grocery industry for more than 40 years. Since its founding in 1975, Earth Fare has maintained a unique Food Philosophy that informs every product offered in the store. This Food Philosophy is exemplified by a rigorous set of quality standards, which ensures that all products sold are free of high fructose corn syrup, artificial fats and trans-fats, artificial colors, artificial preservatives, artificial sweeteners, bleached or bromated flour, and are never administered antibiotics or growth hormones.

Beyond groceries, the new store will also feature Earth Fare’s Heirloom Juice Bar, which features made-to-order juices and smoothies, plus fresh coffee. Shoppers will also find a wide variety of clean, natural choices in Earth Fare’s ready-to-go and prepared foods department, including the salad bar, hot foods bar, pizza station, sandwich counter, and conveniently packaged meals-on-the-go.



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Pie in the Sky flies high in July

By Dianne Battle
mail@floridanewslines.com

Ten years ago, Malea Guiriba of Switzerland opened a pie shop in Hastings to raise funds for low-income and underserved residents. Today Pie in the Sky (PIE) is a registered 501c3 charity operating out of a rented warehouse in St. Augustine with more than 90 volunteers who deliver free, farm fresh produce, healthy foods, and household and personal care items twice a month to 465 low-income seniors across the county. These seniors were on the Council on Aging's (COA) Meals on Wheels waitlist; while they were able to prepare their own meals, they lacked access to healthy food and had insufficient income to buy it.

"Filling in the cracks" for the poor and underserved has always been a part of PIE's mission, and it's not just about the food. Connecting these populations with organizations that can provide for other needs such as housing assistance or medical treatment is a big priority. PIE volunteers who visit twice a month are key, relaying the needs to PIE's connection and referral service. Volunteers also provide meaningful interactions for seniors, some of whom may not see other visitors for weeks. Those contacts are as important as the food deliveries. Fruit Cove residents and long-time volunteers, Mickey and John Fraser, take a lot of pride in their work and have a special love for their 16 clients living along Route 1, south of St. Augustine. Their deliveries help PIE recipients cook healthy meals for themselves and assure them that they matter.



Photo courtesy Dianne Battle
PIE volunteer Mickey Fraser and Director Malea Guiriba with a basket of fresh potatoes and onions that "make a difference."

PIE is proud to be the recipient of a \$10,000 Delores Barr Weaver grant and her challenge grant of \$5,000, meeting that challenge three months before the July 15 deadline. The grant will help director Malea Guiriba and operations partner Phyllis Wood expand services to 500 people next year and reduce the Meals on Wheels waitlist further. PIE needs additional volunteers to make these plans a reality. Mrs. M, a client, said it all: "Please let people know that one onion makes a difference."

July starts PIE's "Christmas in July" program to collect donations of new comfort items such as fleece body throws and special toiletry sets to be given to each senior for Christmas. St. Johns CARES (www.stjohnscares.org) has added PIE to the list of charities it supports. You can help PIE fly high this July and beyond with your donations of Christmas gifts, household items, money, or volunteer services. Contact PIE online at www.pieintheskystjohns.org or call Malea Guiriba at (904) 382-9939.

Dianne Battle is a member of St. Johns CARES, Inc.

Local artists capture beautiful River City in monthly "paint-outs"

By NewsLine Staff
mail@floridanewslines.com

On July 13, a group of local artists known as the First Coast Plein Air painters will be painting at Alpine Groves Park, putting their skills to work capturing the beautiful landscape. Members of this group are dedicated to capturing the raw landscape in "open air" paintings and they paint all over northeast Florida.

"We are always looking for new members to come paint with us. That's why we are here; to support each other and help each other learn more about plein-air landscape painting," said Stephen

Dunn, president of the First Coast Plein Air painters.

The public is invited to see artists paint plein-air this summer: July 13, 14, and 15 at Alpine Groves Park and July 25 at 8 p.m. in San Marco. Monthly meetings are held on the second Tuesday of each month at 6:30 p.m. at the Cork Arts District and the group will sponsor a member show opening Sept. 8 from 1 p.m. – 3 p.m. at Jewish Community Alliance. First Coast Plein-Air Painters is a nonprofit organization based in Jacksonville.



Photo courtesy Patrick Appolonia

New primary care and pediatrics option in Palencia

Flagler Health+ celebrated the opening of its new primary care and pediatrics office in Palencia with a ribbon cutting ceremony on Monday, June 10 outside the new offices, located at 120 Palencia Village Drive, Suite 107. Joining representatives from the St. Johns County Chamber of Commerce for the ceremony were Dr. Juliana Rayment (primary care physician at the location), Dr. Todd Batenhorst (Vice President of Primary/Ambulatory Care at Flagler Health+), Flagler Health+ CEO Jason Barrett and Dr. Meredith Brazell (pediatrician at the location).

St. Johns native fulfills childhood dream

Devon Mosteller of St. Johns County graduated first in his class of 222 in the U.S. Army 128th Aviation Brigade. He is a crew chief in every aviation helicopter, including AH-64 Apache and avionics systems for all army helicopters. He is in the Bravo Company, serving in Afghanistan. Mosteller graduated from Bartram Trail High School in 2016. He loved dressing up and playing "army" when he was younger, and always told his mom that he was going to join the Army when he got bigger. He followed his dream and is now serving and protecting his country.



Photo courtesy Dorothy Kurant

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Photos courtesy Ginger Kastor
Freedom Crossing Academy kindergarteners.

School Board member Beverly Slough addressed the attendees.

The time capsule is buried.

Freedom Crossing Academy kindergartners bury time capsule

On Friday, May 24, the inaugural kindergarten class of Freedom Crossing Academy dedicated a time capsule to mark the school's first year.

Principal Allen Anderson, School Board member Beverly Slough and kindergarten teacher Ginger Kastor all addressed the students; Freddy the Falcon made an appearance as well. In the time capsule were two different newspaper articles, facts about the St. Johns County School District, a picture and slideshow of all kindergarten classes, and a questionnaire filled out by each student that was scrolled and wrapped with ribbon to match the student's height.

High school facilities open to public on Wednesdays

By NewsLine Staff
mail@floridanewsline.com

In an effort to promote community health and well-being this summer, the St. Johns County School District will open its high school facilities to the public on select Wednesday evenings throughout the summer. Outdoor facilities at Allen D. Nease, Bartram Trail, Creekside, Pedro Menendez, Ponte Vedra and St. Augustine high schools will be open the following dates and times.

Wednesday, July 10, 6 p.m. – 8 p.m.

Wednesday, July 17, 6 p.m. – 8 p.m.

Wednesday, July 24, 6 p.m. – 8 p.m.

Access to the tennis courts, track and outdoor basketball courts will be encouraged. Access will not be provided to the gymnasiums, stadium fields, batting cages, baseball fields, softball fields, or multi-purpose fields. The facilities will not be open to any organized practices, games or sport-sponsored, fee-based training and pets are not permitted.

All St. Johns County School Board Policies will apply.

WGV Five Star Tigers win again



Photo courtesy Bob Mitchell

The WGV Five Star Tigers won the USSSA Beast Mode championship in New Smyrna Beach on May 19 behind a stellar pitching performance by Ayden Ramos. Ramos held the Jax Bombsquad to one run over four innings while the Tigers feasted on Bombsquad pitching, run ruling them by 12 runs. The Tigers went 5 – 0 over the weekend with an excellent outing on the mound by Colin Ulrich in the semi-final game, a walk off hit by Hudson Dye and outstanding offense by Marc Mitchell (6 for 8), Ayden Ramos (7 for 14 and one homerun) and Gabe Gerhardt (7 for 15).

The Tigers are Philip Farakawa, Gabe Gethardt, Ty Dellbrugge, Blake Warner, Justin Osbourne, Marc Mitchell, Ayden Ramos, Hudson Dye, Will Braig, Austen Pankey, Colin Ulrich and are coached by Ernie Dye, Adam Ulrich, Kevin Dellbrugge and General Manager Quinten Dye.

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New principal for Switzerland Point named

By NewsLine Staff
mail@floridanewslines.com

Superintendent Tim Forson has selected Sandra Brunet, director of the Hawaii Island-Hawaii Technology Academy in Kailua Kona, HI, as the new principal at Switzerland Point Middle School. Her recommendation was presented to the School Board at its June 11 meeting.

Since July 2017, Brunet served as the director of Hawaii Island at Hawaii Technology Academy, where she handled the day to day management of a K-12 Public Charter School and implemented a blending learning program. Prior to this position, she served as the principal of North Park Elementary School for three years in the Saugus Union School District. During her time as principal at North Park, her school applied for and was awarded a California Gold Ribbon Award for Exemplary Education. She was an assistant principal and acting principal at Bridgeport Elementary School for three years with 1,285 students under her leadership. She has 11 years of middle school and upper elementary teaching experience in a wide range of subject matter.

“Ms. Brunet’s various experiences have helped her become an exceptional instructional leader,” said Forson. “I have the utmost confidence she will continue the success at SPMS while fostering the growth of all staff and students.”



Photo courtesy St. Johns County School District
Sandra Brunet

She graduated Magna Cum Laude with a bachelor’s degree from the University of California, Los Angeles and a master’s degree from California State University, Northridge.

“I am very excited to join the Switzerland Point Middle School family,” said Brunet. “I look forward to continuing to push forth the vision and excellence that is clearly a hallmark of this school. I will continue to uphold my own core values as a collaborative, visible, approachable, and inclusive school leader. I look forward over the next few months of transitioning my family into this wonderful community and making Switzerland Point Middle School my home for many years to come.”

New take on Bunny Buddies at Julington Creek Elementary

By NewsLine Staff
mail@floridanewslines.com

For the 16th year, first graders at Julington Creek Elementary School have carried on the tradition of celebrating a caring attitude by making Bunny Buddies. This year the bunnies will be donated to the senior citizens at Westminster Woods.



Photo courtesy Heidi Kart
Julington Creek Elementary first graders with their Bunny Buddies.

The children lovingly made more than 140 cuddly, washable bunnies. The first graders also donated hundreds of books to accompany the bunnies.

The bunnies are made of soft dishcloths and dish towels. Each bunny has a poem attached which reads:

Kitchen Bunny

*Hi! I'm your kitchen bunny.
When you tire of me,
Untie my pretty ribbons,*

For I'm as useful as can be.

I'm no longer a kitchen bunny,

But two dish cloths and a towel you see!

This is the first year that the bunnies have been given to Westminster Woods and the students are anxious to hear how the citizens liked them. The Julington Creek first grade classes plan to continue their community service project as a part of character education next year.

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Get to Know . . .

MJ Hayes

By Martie Thompson
editor@floridanewsline.com

Local children's author MJ Hayes said before she could write, she told stories by drawing with crayons. Her whole life, she has been interested in writing, including as part of her career as a kindergarten through third grade teacher. In fact, her first story was "Ollie the Octopus," which she wrote as exemplification for her third grade class at the time, since they were learning about octopuses.

She went on to write 35 books, all of which were rejected by publishers until, as she said, "the most exciting thing happened." Hayes was attending a children's writing conference in 2007 and told a woman she met at breakfast about her "WIP" (Work in Progress), entitled "Emma's House of Sound." It was the story of a deaf child who put on a silent concert to show the school bully the meaning of deafness. The woman at breakfast turned out to be Patti Gauch, a vice president at Philomel Books, a branch of Putnam Books for young readers, and she loved the idea. Later, Hayes was asked to write a play based on the story for Limelight Theatre in St. Augustine. In 2009, her play received the St. Johns Cultural Arts Council State of the Arts grant.

She has had 12 more children's books published, including her new book, "Santa Comes to St. Augustine," written in rhythmic fashion and featuring a tour of the sites of St. Augustine.

Q: How did you come to live in St. Augustine (World Golf Village area)?

A: I'm originally from Long Island, N.Y. I moved to Florida in 2007 to be near my family. I wanted some warmer weather and I love the history of St. Johns County and St. Augustine.

Q: Do you ever get writer's block?

A: Everyone gets writer's block. I like to write in the mornings, and I find that if I take a walk and get away from it all, it helps. I get lots of ideas while walking.

Q: Do you have any tips for aspiring writers who would like to be published?

A: Persistency is important, no doubt. But here is some information: there are three ways to get books published. First is self publishing, which is not recommended because it doesn't have the accolades to get one published the right way. Traditional publishers, like Scholastic and Putnam, are difficult because the competition (with other would-be authors) to get your book read is unbearable. I decided to become my own professional, independent publisher. I have a professional team, including a copy editor and page layout specialist and Ingram Spark is my printer. For me, this is the best approach.



Photo courtesy MJ Hayes
MJ Hayes

Q: What do you like to do in your spare time?

A: To relax myself, I practice yoga seven days a week. I also swim and I like to play cards socially — a game called Hand, Knee and Foot, which is a variation on Canasta.

Q: What is your favorite book to read?

A: I don't really read for pleasure. Usually I read to learn about something that I like to write about. But I do like books that remind me of when I was a child, like "Wizard of Oz" and "Mrs. Wishy Washy." I also love a couple of books by Suzanne Bloom, "Alone Together" and "What about Bear?"

Texting and driving cont. from pg. 1

at a traffic light, as long as they are at a complete stop.

Even holding a phone up to one's face to talk will now be illegal in school and construction zones; hands free devices such as Bluetooth must be used.

According to Cronin, there will be a grace period with this new law. Until Jan. 1, 2020, citations probably will not be written; drivers should expect a verbal or written warning if pulled over during this period.

As for enforcement in St. Johns County, Cronin said deputies will be given the directive that the new law treats texting while driving as a primary offense.

"We will treat this as an educational opportunity for our citizens, especially until Jan. 1," Cronin said. "It is up to the deputy to decide if they want to pull a driver over."

Cronin continued, "We all know distracted driving is a leading cause of accidents. There were more than 3,000 traffic fatalities statewide last year and 50,000 accidents. Statistics show that you are eight times more likely to have an accident if you're driving while distracted by texting."

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The Pantry Raiders

A simple salad is a summertime staple

By NewsLine Staff
mail@floridanewsline.com

When the warm weather beckons, people are apt to spend more time enjoying the great outdoors. Many people also are less likely to prepare heavy meals when the weather warms up. That's why salads and summer are such a perfect match.

Salads can be made with whichever ingredients home chefs prefer or have on hand. What better way to maximize the summer season than by incorporating summer berries into the salad mix? In this recipe for "Blueberry Spinach Salad with Grilled Chicken" from "Cooking Light: Fresh Food Superfast" (Oxmoor House) from the Editors of Cooking Light, iron, folate, vitamins, and rich antioxidants combine to create a light, tasty meal that's perfect for summer evenings.

Blueberry Spinach Salad with Grilled Chicken

(Makes 4 servings)

- 3 6-oz. skinless, boneless chicken breast halves
- Cooking spray
- 1 6-oz. package fresh baby spinach
- 1 cup crumbled goat cheese
- 1 cup blueberries, optional

Blueberry-Thyme Dressing

(Makes 5 servings)

- 1 cup blueberries
- 2 tbsp. lemon juice
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. honey
- 2 tsp. chopped fresh thyme
- ½ tsp. salt



Photo courtesy MetroCreative
Blueberry Spinach Salad with Grilled Chicken

Place all ingredients in a blender; process for 30 seconds or until smooth.

Place chicken breasts in a medium bowl. Add ½ cup dressing, toss to coat.

Heat a nonstick grill pan over medium-high heat. Coat pan with cooking spray. Add chicken mixture to pan; cook 5 minutes on each side, or until desired degree of doneness. Let chicken stand 3 minutes before cutting crosswise into ½ inch slices. Cover and keep warm.

While chicken cooks, place 1 ½ cups spinach on each of four plates. Top salads evenly with chicken slices; sprinkle evenly with goat cheese and, if desired, blueberries. Drizzle evenly with remaining dressing.

Safe boating tips you should know

By St. Johns County Sheriff David B. Shoar
mail@floridanewsline.com

Among the top recreational opportunities in St. Johns County are saltwater and freshwater boating. There are very few places in Florida where boats can be launched on the Intracoastal Waterway with access to the ocean and then just a couple of dozen miles to the west, launched into the St. Johns River for some of the finest boating in the nation.

Our Marine Unit partners with the Florida Wildlife Commission as well as the U.S. Coast Guard to enforce boating regulations and to promote safe boating. Unfortunately, on occasion, our dive team and aviation unit are also called upon to look for victims of boating accidents or to hunt for missing watercraft or people. So this month I would like to suggest some rules for safe boating.

First and foremost be weather wise. Check the forecasts for possible storm activity and if you are bound for the ocean, determine if the surf conditions may have waves that could put your size boat at risk of capsizing. No matter where you may be boating if you notice darkening clouds, changing winds and sudden drops in temperature, play it safe and head for shore.

Develop a float plan. Inform a family member, friend or the staff at your marina where you are going and how long you intend to be gone. You should also give them the name of the captain and all passengers, boat type and registration and the types of communication and signal equipment you have on board.

Use common sense. Be alert at all times and operate at a safe speed for the conditions you encounter. Be sure to follow the navigational buoys and markers that have been placed for your safety. Steer clear of larger vessels that may not be able to stop and turn in time to avoid collisions. Make sure there is another person on board who is familiar with all

aspects of the boat's operation, handling and safety equipment who could get back to shore in case the primary skipper is injured or incapacitated in any way.

It is required by the U.S. Coast Guard that personal flotation devices (PFD), or lifejackets, of the proper size be on board for everyone on your boat. In Florida, children under five must wear a correctly sized PFD whenever the boat is moving. All boats larger than 16 feet must also have a float that can be thrown should someone fall overboard. Did you know that a majority of victims who drown after a boat is in an accident or capsizes were recovered not wearing a life jacket?

In Florida, anyone born on or after January 1, 1988 who operates a vessel powered by 10 horsepower or more must pass an approved boater safety course and have in his/her possession a photographic boating safety education identification card issued by the State Wildlife Commission.

Lastly, a word of caution about alcohol use while boating. Boat operators under the influence of alcohol double the odds for being involved in an accident. Most alcohol related boating accidents do not result from collisions, but from falls on deck or overboard. In Florida boat operators found to have a blood alcohol content .08 or higher will be charged with a BUI. For boat operators under the age of 21 that BAC level for charges drops to .02.

You can also find more information on a variety of topics from your Sheriff's Office website at www.sjso.org. Be sure to sign up for the Sheriff's Office social media sites on Facebook, Twitter, Instagram or Next Door, and you are sure to receive important updates anytime or you can email me at dshoar@sjso.org.



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Upcoming "Pride and Prejudice" is witty parody for charity

By Heidy Brososky-Weaver
mail@floridanewline.com

When Jane Austen published her widely popular and enduring novel "Pride and Prejudice" in 1813, she definitely could not predict what her book's witty characters would be doing behind the scenes more than 200 years later.

While rehearsing for the Northeast Florida Conservatory's upcoming production of this literary classic, the young man playing main character Fitzwilliam Darcy was off stage taking a selfie in his new, tailored coat. Meanwhile, Darcy's ever-devoted friend, Charles Bingley, rolled in for rehearsal on a motorcycle sporting multiple tattoos, and the actor portraying antagonist George Wickham had his head buried in a Stephen King thriller. Surprisingly, the actress in the

ing with the non-profit Conservatory for five years, and one of her favorite parts is bringing a novel to life on stage.

This love for theater is a family affair.



Photos courtesy Heidy Brososky-Weaver
Cast members rehearse "Pride and Prejudice"



Everett's daughter, Audrey, is a costume designer who sews dresses using her original sketches for patterns.

"I love historical fashion; so, this has been a blast for me," said Audrey, adding that she sometimes has sewing marathons to finish a project. "I'm always learning and am excited to see all my costumes on stage."

Both Audrey and her sister Louise have been part of nine Conservatory productions and are playing sisters Lydia and Mary Bennet, respectively.

Andrew Keck (a.k.a. Mr. Wickham) is



role of Lydia Bennet, a character who is generally the most flippant, was actually engaged in a traditional 19th century activity — hand stitching eyelet lace on a period costume.

Director Patty Everett is thrilled to have gathered a "wonderful mix of talented individuals from all different walks of life" to portray these diverse characters. An author with her first children's book being published, Everett has been work-

also a long-time performer, who grew up acting in church skits and other plays. Even though he's off to college at Florida State University in the fall, Keck plans to continue performing in community theaters during summer breaks.

"My favorite thing about being behind the scenes is watching the actors on stage learn and develop their characters as they fall more comfortably into their roles," Keck said.

Although George Doran, who portrays Mr. Bingley, is newer to the acting scene, he brings a personality and depth to the character by pulling from his own



life experiences. A wounded combat veteran, he got involved after watching his sister perform in "The Sound of Music" under Everett's direction.

"There is life after war," Doran stressed, "and there are many things you can do to help others and give back."

Doran especially likes the charity aspect of the Conservatory, which provides music, dance, and theater education for all ages and a community outreach program, too. As head of charities for his Moose Lodge, Doran is now bringing the two organizations together for a cause. Working with a local hospital, Doran and other Moose Riders are planning to give a child who is battling cancer a night out with family, dinner, and tickets to "Pride and Prejudice."

"Pride and Prejudice" will be showing July 13, 14, 20, and 21 with 2 p.m. and 7 p.m. performances each day at Mandarin Presbyterian Church's original campus at 11844 Mandarin Road. All tickets are \$17 and can be reserved at [Showtixnow.com](http://www.showtixnow.com) or purchased through the following link: <http://www.showtixnow.com/ne-fl-conservatory-nf-theatre-pride-and-prejudice-e-182.html>.



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Golf tips from T Shot Ranch Talk to Me

By Janie C. Farina, LPGA
mail@floridanewsline.com

*"The most important words we'll ever utter are those words we say to ourselves, about ourselves, when we're by ourselves."
- Al Walker*

What's the conversation sound like when you're playing or practicing "your" golf? Recently we witnessed professional golfer Sergio Garcia's temper tantrum on TV during the last tournament, while hearing his Spanish slang spewing amidst the pommeling of the ground with his club. There was not a question what Sergio's self talk was all about.

Club/ball contact sounds can be a critical component in playing and practicing. Hearing a "thud" on the ground before the ball is hit from the mat is a sure sign of improper impact, as opposed to the sound of a soft "smack" of a pure shot. A "whiff" sounds just like it sounds — no contact with the ball at all, and a high click represents hitting

the ball thin, or in the belly of the ball, while a heavy "thunk" is a sign of hitting the ball fat, or scalping a dirt path before the ball.

In addition to the golf ball sound feedback, typical self talk conversations I hear a student mutter often when I'm giving golf lessons can be self-defeating: "That was terrible." "Oh No!" "What did I do wrong?" "&^%\$#@!" "Oh, you can do better than that!"

Sound familiar?

Not only what the sound of the contact of the ball tells us, the words we say out loud and to ourselves tell us a story as well.

"Ok, that was great direction, but could be better contact." "Oh yes, felt great but could be more on the target line." "Sounded like music to my ears, but balance was off at the finish." "Great direction; next time club up with the wind." This type of conversation not only minimizes the beating we give ourselves over miss hits, but educates us in the learning process.

So the next time you are playing or practicing golf, instead of giving yourself a tongue-lashing, practice productive golf sweet talking.

It won't be long before your golf shots are whistling to the "Sound of Music."

Speak happy thoughts; hit happy shots!

Janie C. Farina is a 28-year teaching professional.

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Answers to puzzles on page 24

Answers to our Puzzles

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

Answers: A. sunshine B. pool C. ocean D. amusement

Swim on over to Alhambra for "The Little Mermaid"

By Julie Gerona
mail@floridanewsline.com

Special date? Family night out? Company team building? Alhambra Theatre and Dining should be at the top of your list. Enjoy a three-course meal specifically themed to match the production before the show. Executive Chef DeJuan Roy prepares a menu of tasteful choices consisting of soup (the Manhattan clam chowder melts in your mouth) or salad, a number of savory entrees and to finish the meal, if you are not too full, your choice of delightful desserts. All this is served by an attentive wait staff that is second to none.

The evening we attended, The Alhambra delighted all ages with an energetic, colorful reenactment of Disney's "The Little Mermaid." People of all ages, including small kids, sat mesmerized (yes! children sat quietly spellbound!) as Ariel (The Little Mermaid), a variety of sea creatures and even a few bumbling seagulls sang and danced their way through the sweetest love story imaginable.

You see, Ariel, the daughter of King Titan, Ruler of the Seas, is a beautiful, independent, fiery haired young mermaid who dreams of living on land among humans. The problem is, well there are two problems: one, Ariel doesn't have legs and two, her father blames all humans for the death of Ariel's mother and will not tolerate Ariel's foolish and what he believes dangerous daydreams.

Nonetheless Ariel finds herself saving the life of a prince who plummets into the ocean off of

a sinking ship. She falls madly in love as does the prince. The catch is the prince doesn't know Ariel is from the sea. He only knows she has an ethereal voice that fills his heart and he prom-



Photos courtesy Alhambra Theatre and Dining
The cast of "The Little Mermaid"



Sebastian, Ariel and King Titan

ises to find and marry the girl who saved his life.

Find out all the answers by attending a summer showing of "The Little Mermaid" at the Alhambra before it swims away.

Ariel's best

friends, a fish named Flounder and a crab named Sebastian, try to convince her that living as a human is a bad idea. Regardless, the strong willed young mermaid is determined to find the man she loves. She makes a deal with her wicked aunt, Ursula, to trade her beautiful voice for legs — and off to land she goes to find her prince.

How will Ariel convince her prince she is his true love when she has no voice?



King Titan and Ursula



Photos courtesy Julie Gerona
House-Made Giant Meatballs & Spaghetti served with garlic bread



Yummy brownie for dessert.

How will she convince her father that all humans are not bad and her prince is good?

How will Ariel get her voice back from her devious aunt?

Will Ariel and the prince live happily ever after?

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Gardening

Phew - Summer already!

By Master Gardener Volunteer Lesley Arrandale
mail@floridanewsline.com

Having suffered from temperatures in the mid- to upper-nineties with very little rain, at the end of May I checked the 30-day forecast from NOAA to see what might be heading our way (<https://tinyurl.com/yxnrqevg>). Apparently temperatures were to be higher than usual in June, and precipitation could either be average or more or less than usual. As always, rainfall predictions seem to be the least reliable.

However, as of June 7, we are expecting a stormy week, so perhaps our gardens will be happy, and the Topsoil Moisture Monitor, which had recently reported that all southeastern states were measurably “very dry,” may soon be relaying better news (<https://tinyurl.com/y5hovzkm>).

I recently discovered a newly molted cicada, probably a southern dusky winged or southern swamp cicada, *Neotibicen tibicen*, hanging from a fresh coontie (*Zamia pumila*) frond right by my front path. It was just unfurling its beautiful pale blue-green wings, like a new butterfly. Having only ever seen exoskeletons of cicadas before, this was quite surprising.

The cicada was easy to spot, as I had recently removed all the coontie's mature fronds because they were infested

with scale insects and mealy bugs. The coontie is at least 20 years old, with a massively expanded root system, and had no trouble flushing out with fresh growth almost immediately, despite the droughty weather. To — hopefully — avoid a further infestation, I drenched the soil around the plant with an organic insecticide containing fish oil and sesame oil, which should have smothered the scale. (Luckily the cicada wasn't affected; it was either too deep underground for the insecticidal oil to reach, or it was protected by its sturdy exoskeleton.) At the first signs of more scale insects I will spray the plant again; sometimes several applications of an oil product are needed, at intervals of a week or two. I had initially delayed treating the plant because of the predatory, beneficial insects buzzing



Photo courtesy Stewart Arrandale

around it, but they couldn't keep the scale in check.

My street is changing its character as the years go by, as is much of our city. We moved here partly because of the

old, majestic oaks and hickories that shaded the road and sheltered us from the sun. There are still some of those trees left, but many have gone, felled by storms, disease, and old age. A young red maple (*Acer rubrum*) in a neighbor's yard recently turned brown very rapidly, and was cut down this week. The weather has been so dry and we are located on a sand hill with quick-draining soil, so I assume it was a problem of irrigation, since maples grow best in damp locations. In the heat the tree simply transpired rapidly and couldn't take up enough moisture from the dry soil to compensate. Choosing trees for our landscapes is akin to choosing any

other plant — we must put the Right Tree (Plant) in the Right Place. Realistically it's even more important: a 15-year old tree is considerably harder and more expensive to replace than a 15-month-old perennial, or a 15-week-old annual.

Summer is an ideal time to sit down with some reference books, catalogs, and reliable internet resources, and start planning your fall activities. If that includes planting a tree, the University of Florida has detailed information to help you choose wisely. This site lists the sort of questions you should consider before deciding on which tree: <https://tinyurl.com/y6k5vovk>. It looks complicated, but narrowing down the options to ensure your tree will thrive in its allotted place is invaluable.

In July there will be a new edition of the ever-useful Extension service newsletter, *A New Leaf*. You'll find it here: <https://tinyurl.com/y9yfxd89>, so check it out. There is a new agent at Extension, replacing Terry DelValle who retired recently. He is Dr. Chris Kerr, the Duval County Urban Horticulture Extension Agent and Master Gardener Coordinator, and all Master Gardener Volunteers, I'm sure, wish him well and look forward to collaborating with him. Welcome to Jacksonville!



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Fishing

Capt. David's Fishing Report

By Captain David Lifka
mail@floridanewslines.com

So far, so good ... that is for the start of this summer's fishing season on the St. Johns River. With salinity levels way up due to the very dry spring we just experienced, the expected advancement and onslaught of a variety saltwater (brackish water) species of fish has begun.

Croaker, growing in size and numbers, have been working their way southward from Downtown Jax to Marker 18 located at Green Cove Springs. Yellowmouth trout, now referred to as "Weakfish" are beginning to become more abundant, especially in areas between the Fuller Warren Bridge and Buckman Bridge. Redfish and flounder are being caught around docks and pilings, with some reds already being caught well south of the Shands Bridge.

As the summer progresses and the weather remains favorable (no above normal rainfall), we should be able to expect better saltwater fishing, with even more species working their way to our parts of the river. In previous summers when salinities have been high, additional types of fish such as sheepshead, mangrove snapper, snook, whiting, and even tarpon were present and being caught. Already this summer, reports of tarpon rolling as far south as Orange Park are being made.

With summer here and the kids out of school, sometimes getting the kids out of the house and into the world is more difficult than the past. For many, air conditioning, television, and cell phones

have replaced enjoying summer vacation outdoors. The many wonders of the great outdoors are being overlooked or even missed completely by today's children.

Fishing is much more than a sport to just "catch fish." Instead, fishing is a sport that provides opportunities to see, enjoy, and be a part of the environment around you. When fishing you cannot help but learn about the clouds in the sky, the birds in the air, the plants and trees around you, the moon and its phases, tides, sea life, animal life, species of fish, weather conditions, the sun and sunburn, and vitamin D. These attributes to fishing as well as many more, help make up and define the sport long before a knot is ever tied, a line is ever cast, and a fish is ever caught. Want to get the kids off the floor and out the door? How about giving fishing a try?

Fishing Report: Time to hit the river for croaker and yellowmouth for a nice fish fry. Creeks are good for bream; creek mouths are good for catfish. Surf is offering smaller whiting and sand trout.

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

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Travel

Paint Bank: Discover a railroad town nearly lost to time

By Debi Lander
mail@floridanewline.com

On a trip through the Blue Ridge Mountains of Virginia, I unexpectedly found myself spending a night in a “glamping” or glamour-camping tent. Here I was, nestled in ultra comfy king-size bed feeling more like a posh apartment than a large tent. This wasn’t a movie set; instead, I was in rural Paint Bank, a tiny town comprising a general store, gas station, depot lodge, fishing cabins and a herd of buffalo. The as-yet-undiscovered hamlet offers distinctive lodging escapes and outdoor adventures.

Paint Bank’s current population hovers around 42, but the landmark in the Potts Valley nearly died after the railroad left. Fortunately, Wall Street financier John Mulheren and wife Nancy gradually purchased properties and brought them back to life. They spared no expense, even bringing in a red caboose as overnight accommodation.

If you have any interest in whitetail bow hunting, eastern gobbler hunting with a shotgun or bow, fly fishing for rainbow trout, float trips on the Greenbrier River or simply escaping the city for a mountain retreat, head to Paint Bank. The scenic beauty of the area (near the West Virginia border) calms; it’s truly breathtaking — and

that’s without counting the herd of 200 bison and Oreo cows (Galloway Belted black cows with a broad band of white running around their bellies).

You can dine at the Swinging Bridge Restaurant, a rear addition to the General Store that incorporates indoor trees, a second-story rope bridge and a little brook running through it. Nancy



Paint Bank's General Store.



Inside the glamping tent.

Mulheren explained that the trees were constructed from

foam, like many Disney imitations, but they fooled me. John wanted a creek for indoor fishing, but logistically it turned into more a stream with taxidermied animals — think Bass Pro Shops displays. The homey-feeling restaurant serves mighty fine bison burgers and steaks from the herd raised down the road. All menu items are made from scratch with handed down local recipes.

John and Nancy Mulheren stumbled

upon the place back in 1986. John had big plans, but unfortunately lost his life in 2003. Nancy continued in his memory and for their large family of adopted children and now grandchildren. They consider Paint Bank a second

home and Nancy’s artistic touch is everywhere.

I stayed in the 5-star glamping creekside tent, complete with a bathroom containing a separate toilet and shower enclosures. I also enjoyed a flat-screen TV, an array of reading material and a bottle of Champagne. A breakfast basket of goodies and thermos of coffee were delivered to my door in the



Part of Paint Bank's bison herd.

morning. I reveled in the luxurious tent, but would have been equally impressed by a night in the authentic caboose or



Photos courtesy Debi Lander
Glamping tent from the outside.

the cozily decorated 1909 depot lodge. There’s also a to-die-for fishing log cabin and the authentically refurbished 1967 Airstream “Land Yacht” Overlander trailer. All incorporate antiques, period photos and modern accent pieces like the pages of a home interior design magazine.

Meander Paint Bank’s grounds and you’ll come the renovated, partially working Tingle’s Mill. There’s plenty of grass for picnics and letting the kids run, or just sitting on porch rocking chairs, passing the time. Swings and benches are located down by the river. A fascinating state run fish hatchery rests nearby.

Although quirky, Paint Bank is a getaway that would more than please a variety of discerning visitors from day-trippers at the West Virginia Greenbrier Resort to romantic couples or motorcycle and biking groups, hunting and fishing enthusiasts, family reunions or singles. And, best yet, it’s very affordable. I’m ready to return for fall foliage.

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New Clients Only. Must present coupon. Not valid with other offers. Expires 9/15/19



HEARTWORMS CAN BE SERIOUS



CAN HELP PREVENT IT

Facts:
Affected by mosquitoes found in all 50 states
Treatment can be expensive
Treatment can be painful/fatal
Cats can get heartworms too

Preventive:
Regular Exams
Monthly heartworm prevention
Yearly heartworm testing

OPEN
7 DAYS
A WEEK

WALK-INS WELCOME • EXTENDED HOURS WWW.FOREVERVETS.COM

\$10 OFF WELLNESS MEMBERSHIP

Why A Wellness Plan:

- Pay for your pets preventive care at a greatly reduced rate
- Spread the cost over 12 months, all with no interest
- Multiple free office visits
- Exams are included
- Discounts up to 50% on our medical services

Must present coupon. Not valid with other offers. Expires 9/15/19

FREE TRIFEXIS

With Purchase

6 MONTHS 1 free Dose
And \$10 Mail in Rebate

12 MONTHS 2 free doses
And \$35 Instant Rebate

Must present coupon. Not valid with other offers. Expires 9/15/19



RACETRACK ROAD | 904-287-5625
2758 Race Track Rd. Suite 409, Fruit Cove

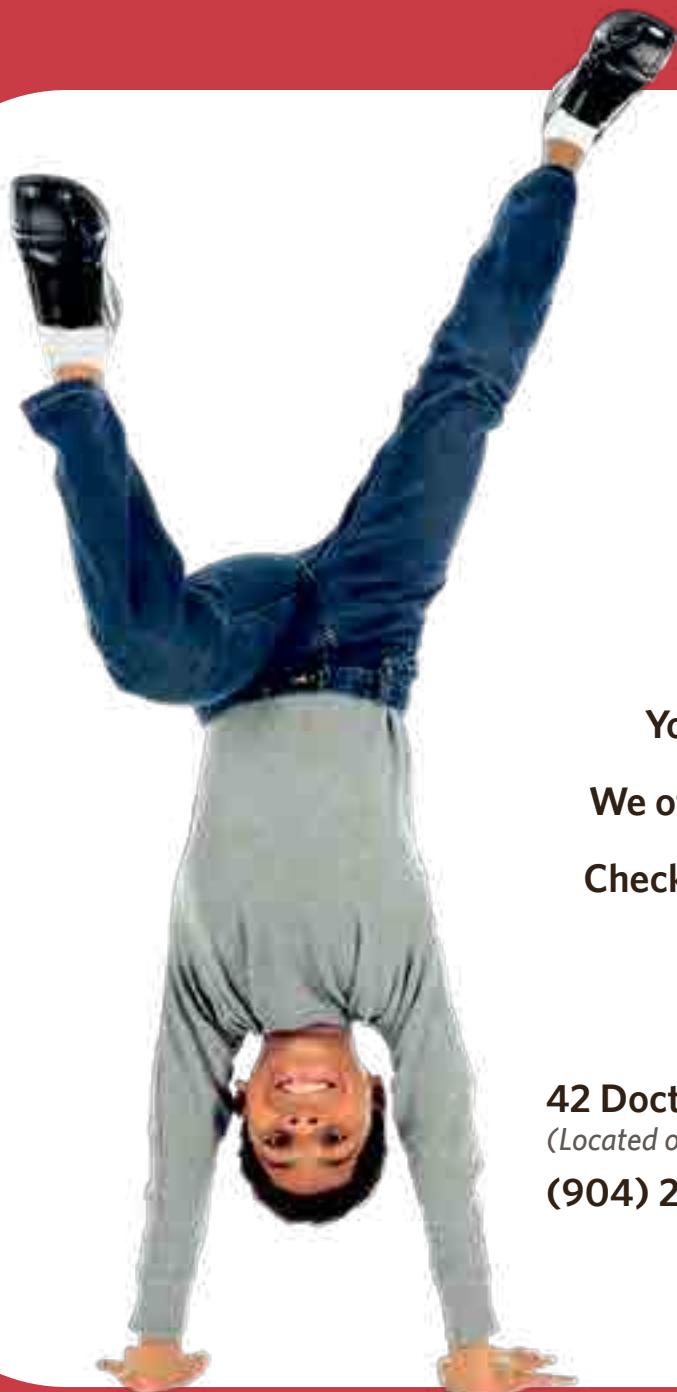
MURABELLA | 904-679-3432
74 Capulet Dr. Unit 204, St. Augustine

NOCATEE | 904-686-2779
80 Pine Lake Dr. Suite A, Ponte Vedra

BAYMEADOWS | 904-733-5100
8505 Baymeadows Rd., Jacksonville

TINSELTOWN | 904-619-9733
4372 Southside Blvd. Suite 308, Jacksonville

BEACH & SAN PABLO | 904-367-2787
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42 Doctors Village Dr.
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