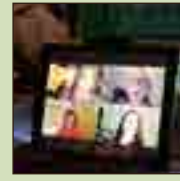
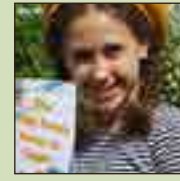




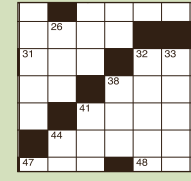
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Chloe LaBrie



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Websites to keep you entertained

By NewsLine Staff
mail@floridanewsline.com

While families are spending more time inside as a result of the virus pandemic, there is really no shortage of fun and interesting websites to explore from the comfort of your home. Check out these suggestions — who knows? You might learn something new, or at least be entertained for a little while.

San Diego Zoo webcam: <https://zoo.sandiegozoo.org/live-cams>

Metropolitan Opera free opera streams: <https://www.metopera.org/>

Jacksonville Public Library digital library (must have library card): <https://www.jaxpubliclibrary.org/digital-library>

St. Johns County Public Library e-content (must have library card): <https://sjcpls.org/econtent/>

Virtual Learning Activities - Kennedy Space Center Visitor Complex: The education team at Kennedy Space Center Visitor Complex will share daily Facebook Live video experiences as well as shorter segments that will each pair with an at-home activity, covering topics such as living in space and on Mars, tours of Space Shuttle Atlantis and the Astronaut Training Experience, Rocketry 101, and more. Hands on activities will involve everyday items that can be found around the house, such as using straws, paper towel tubes, and rubber bands to build and launch a rocket.

Presentations will take place Monday through Friday at 9:30 a.m. ET for younger children, and 1 p.m. for young adults. There will also be a Q&A por-

Websites cont. on pg. 15

Teachers reconnect with students while social distancing

By Martie Thompson
mail@floridanewsline.com

On Monday, March 23, the day that St. Johns County teachers and students were set to return to school after Spring Break, a caravan of Cunningham Creek Elementary teachers and staff instead drove the streets in the school's attendance zone in their vehicles to reconnect with students. This unusual but creative parade was the result of schools and most other public places being closed in an effort to contain the COVID 19 virus.

police escort, began at 10:30 a.m. and about 30 cars, most with single drivers but some with a passenger, drove all around the Roberts Road area that is the school zone for Cunningham Creek. Zitzewitz said they finished the route, which had



Photos courtesy Cunningham Creek Cardinal families

Zitzewitz said she saw 16 out of 18 of her students and other teachers reported similar percentages. Some alumni of the elementary school, now in high school or college, even went outside to participate while wearing their current school's shirts.

"Instead of greeting our students at the door to our classrooms, we greeted them at their driveways," said Cunningham Creek third grade teacher Courtney Zitzewitz.



Zitzewitz said the idea for the event came from Facebook. Teachers had seen a post about such a caravan at another school, so they decided to implement one for their school. The Cunningham Creek caravan, which included



been posted so parents in each neighborhood knew approximately when to be out on their driveways with their children, at about 3 p.m.

"It was so good to see all the students' faces," Zitzewitz said. "We had posters and the kids did too. No one got out of their car; we just drove around and honked and waved and had fun."

Bartram Trail soccer team makes history

By Delaney Cantrell
mail@floridanewsline.com

The Bartram Trail girls' soccer team recently set a new record in the school's athletic history: the team not only advanced to the state championship game for the first time, but earned the title of State Champions by defeating the opposing team 5-0.

worked together to help get what they all so badly wanted.



Photo courtesy Ella Dudley

The Bartram Trail High School girls' soccer team made school history by winning the state championship.

The team practiced every day after school to prepare for such a daunting goal. To reach the final state tournament, the team had to face several talented teams and then go on to play in districts, regionals, and the state semi-finals.

Team members and spectators could all agree that the most momentous play of the game was made by senior Ella Dudley. Dudley scored the first goal 50 seconds into the game, kicking off an ultimate defeat of the other team.

"This season was different because of our common goal and depth as a team," said sophomore player Reese Wheeler. "Every year we strive to win states, so our goal was the same and there was no doubt that everyone was on the same page."

"It was so crazy," said Dudley. "I think I was in tears — I was so happy. We stood there in front of the goal hugging and screaming. And then we scored four more — every single one was awesome."

Wheeler emphasized that the big win was not because of one player, rather everyone

The team will be losing a lot of valuable players this year, but this is not the end of

their soccer career for many of them. There are 10 seniors on the team, three of whom will go on to play soccer in college: Ella Dudley (University of New Hampshire), Paige Hunt (Troy University), and Mia Staley (University of North Alabama).

Bartram Trail cont. on pg. 12

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February 2019 issue

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BFF Best Furry Friend of the month

- BREED:**
Boston Terrier
- FAVORITE ACTIVITY:**
Playing Catch/Fetch
- FAVORITE TREAT:**
Puppy Ice Cream
- FAVORITE FRIEND:**
Fischer (Corgi friend)
- HOW YOUR BFF GOT THEIR NAME:**
Olivia Benson from Law & Order SVU



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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!
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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 center across from Durbin Creek Elementary School. Our winner was Sonangely Colon. Congratulations!

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We are going to plant seeds for...

...radishes, herbs and flowers.

Kids: color stuff in!

Newspaper Fun!

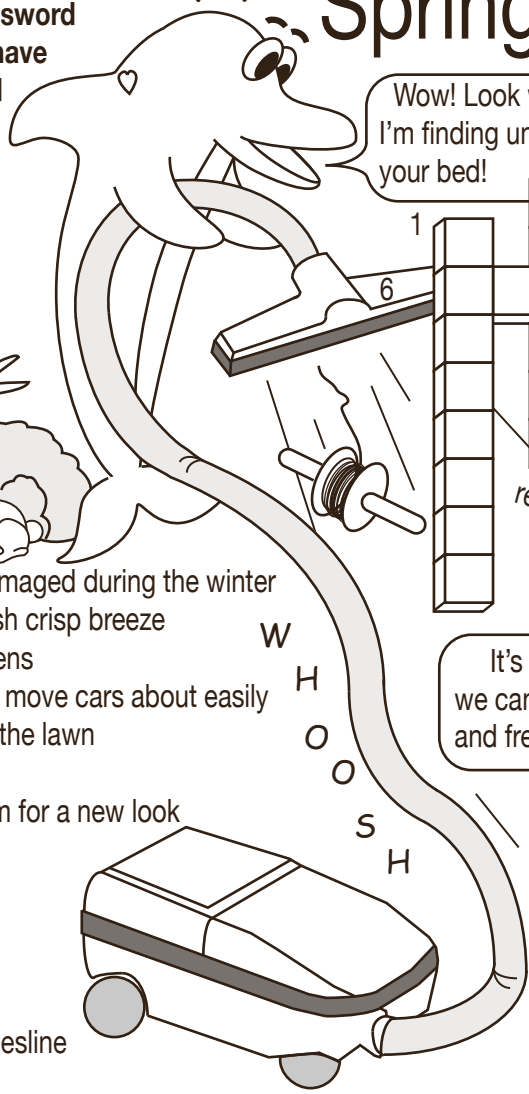
www.readingclubfun.com

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There are many jobs to be done after a long winter. People in the city, town and country all do spring cleaning and chores based on their needs. **Read the clues to fill in the crossword with chores. How many of these jobs have you seen people doing? How many did you help to do?** (Hint: use a pencil to fill in the clues below first. This is tricky!)

It's Time for... Spring Cleaning

- _____ messy closets
- _____ your warmer weather clothes that have been in storage
- _____ seeds so you can watch things grow
- _____ flowers to give the house some color
- _____ sidewalks that have gathered sand and dirt
- _____ fences that have been damaged during the winter
- _____ out your house with a fresh crisp breeze
- _____ storm windows with screens
- _____ driveways so that we can move cars about easily
- _____ the overgrown grass on the lawn
- _____ weeds from the garden
- _____ the furniture in your room for a new look
- _____ the dust out of rugs
- _____ soot from the chimney
- _____ the overgrown bushes
- wash and _____ the car
- _____ clean the dirty carpet
- _____ laundry to dry on a clothesline



Wow! Look what I'm finding under your bed!

It's that time of year when we can open the windows and freshen everything!

A good spring cleaning after winter is almost a pleasure to complete. Then, once our homes are in order, we are ready for sunny, warm summer.

Yikes!

Have you ever heard of "slang"? It is a way of talking that is a little different from the standard English in books. For example, if I say, "Boy, we really cleaned up at the garage sale," I am telling you that we made a lot of money, not that I put away all the things we had for sale.

Can you match these slang expressions to their meanings?

1. clean sweep	<input type="radio"/>	A. to stay out of trouble
2. clean out	<input type="radio"/>	B. to win everything
3. clean hands	<input type="radio"/>	C. innocent, has done nothing wrong
4. come clean	<input type="radio"/>	D. to take everything, empty
5. keep one's nose clean	<input type="radio"/>	E. confess, tell the whole story

Can You Clean Up These Messes?

How many of these DUST KITTIES did I find under your bed? Look around the whole page. Put your answer in the biggest bubble.

- What things might you use to clean up? Can you find these items in the scrub brush and circle them?
- vacuum cleaner
 - paper towels
 - trash barrel
 - hedge clippers
 - brush
 - pail
 - soap
 - wax
 - ladder
 - broom
 - water
 - rag
 - rake
 - mop
 - hose
 - sponges

Word search grid containing words like: ZALERRABHSARTH, JFBLLJREDFSWLIHGOJHGLK, S J H W B V A C U U M C L E A N E R H A Y G F I L, T P F V H A U D I W D F B R U S H T A J P N M B A P, M O O R B J T D A T Y E Z U S L E W O T R E P A P O, B N I M A W D E J B F K B G I H G A L I U A, A G K J H T G R R G F A A K J Y O X, H E D G E C L I P P E R S, E S O H.

Busting Dust!

Little, fluffy, grey balls of dust found under the couch or behind the door are called "dust bunnies" or "dust kittens." We are usually made up of skin cells, hair and tiny pieces of dirt. To people, we can be a nuisance. We sometimes block air filters, get into computers or just gather together under your furniture. We can make people sneeze! **Read each numbered word or phrase below. Next, choose the correct definition by circling the letter "A" or "B."**

- | | | | | |
|--|-----------------------|------------------------------------|-----------------------|--|
| 1. dust | <input type="radio"/> | A. tiny pieces of dirt, skin, hair | <input type="radio"/> | B. tiny flower seeds |
| 2. dust bunnies | <input type="radio"/> | A. bunnies that clean your house | <input type="radio"/> | B. little clumps of fluffy, grey dust |
| 3. an item is "collecting dust" | <input type="radio"/> | A. isn't being used anymore | <input type="radio"/> | B. putting dust into a bag |
| 4. the flies "bit the dust" | <input type="radio"/> | A. died | <input type="radio"/> | B. ate dust for their lunch |
| 5. the lead runner left the others "in the dust" | <input type="radio"/> | A. was far ahead of the others | <input type="radio"/> | B. knocked other runners into the dirt |
| 6. I'm going to "dust off" my hobby box | <input type="radio"/> | A. put the box into the closet | <input type="radio"/> | B. take it out of storage to use again |
| 7. when she works she "makes the dust fly" | <input type="radio"/> | A. she works with lots of energy | <input type="radio"/> | B. the dust balls jump into little airplanes |



Dear Readers,

You will notice that this issue of The CreekLine looks different from even last month's issue in many ways. The world has changed in the past few weeks and we, like you, are trying to make sense of it and adapt to whatever "normal" is now.

In this issue, we dispensed with our "Around Town" calendar section as well as the enhanced event listing, "Take Five," two staples of our newspaper that we know are much anticipated by our readers. In their places, we are adding some resource information for you to stay abreast of the rapidly changing landscape brought on by COVID-19. As a monthly publication, it is just not possible for our printed issues to contain up-to-date information in this regard, so as we often do with important matters such as state and local elections, we are providing you with the resources to check out trusted information yourself. See "Get the Facts" on this page.

Additionally, in this issue we have included a few activities for children and adults to do at home. From coloring pages to new recipes to try to directions for sewing masks and gowns for use by our local hospitals, there is something to keep all ages entertained for at least a little while as you social distance and stay home. We've also included tips from a local teacher for homeschooling/distance learning as well as an online resource for caregivers. Be sure to check out our listing of entertaining websites to give you a feel for the outside world while you are inside.

But at our very roots, The CreekLine is a community newspaper — and so we have included a variety of the "good news" community stories that you have come to expect from us. We all need a break from the all-consuming coronavirus news, so check out not only some past events that were sent in by community members for us to share, but also some stories of neighbors helping neighbors in these uncertain times. Feel free to email us with your community news to share in the next issue. Also, be sure to like our Facebook page (Florida NewsLine) and visit our website (www.floridanewslines.com) for more content, including a map of local establishments providing takeout and delivery services during the shutdown.

Lastly, now more than ever, we ask that you support your local businesses, especially those who are our valued advertisers. For many of them, like us, this is uncharted territory and they are doing their best to remain open. By purchasing advertising space from us to keep you informed of their hours and possibly new business models, they are providing the revenues for us to publish and mail this issue to you. Please thank them with your patronage.

Remember ... A friendly smile and wave to your neighbor can be done while social distancing and go a long way towards brightening someone's day. We're all in this together.

Martie Thompson
Editor

In this age of 24/7 news outlets and social media, it is easy to become overwhelmed with information, especially as it pertains to COVID-19. Following is a list of trusted organizations and contact information to keep yourself up-to-date on the latest facts.

Centers for Disease Control (CDC):

The CDC remains the No. 1 source for health information about coronavirus in America. Visit coronavirus.gov to access the CDC's coronavirus landing page. For information regarding the national government's ongoing response, visit usa.gov/coronavirus.

Florida Department of Health:

The Florida Department of Health has an interactive map and dashboard with the most up-to-date numbers and cases of coronavirus across the state. Visit <https://fdoh.maps.arcgis.com/apps/opsdashboard/index.html#/8d0de33f260d444c852a615dc7837c86>. The Department of Health also has a COVID-19 Information Call Center 24/7. Anyone can dial 866-779-6121 or email COVID-19@flhealth.gov to get answers to their questions.

Florida Department of Economic Opportunity:

Governor DeSantis has announced that Florida will offer \$50 million in loan programs for small businesses being adversely impacted by coronavirus. The Department of Economic Opportunity is administering the program with the Florida Small Business Development

Center. Visit www.floridadisasterloan.org for more information.

Floridians looking for re-employment assistance can get help online at www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants.

Price Gouging Hotline:

The Florida Attorney General's Office hotline is available for anyone to report price gouging of essential commodities during the coronavirus crisis. These include protective masks; sanitizing and disinfecting supplies, such as hand sanitizer, gel, wipes, cleaning supplies for surface cleaning, and all commercial cleaning supplies; and personal protective equipment, including gowns, booties, gloves and other protective gear. To report price gouging to the Florida Attorney General's Office online, visit MyFloridaLegal.com. To call the Attorney General's Price Gouging Hotline, dial 1(866) 9NO-SCAM or 1-866-966-7226.

Coronavirus Tax Relief:

The IRS has established a special section focused on steps to help taxpayers, businesses and others affected by the coronavirus. Visit www.irs.gov/coronavirus for more information.

St. Johns County COVID-19 Updates:

Up-to-date information regarding the coronavirus and its impact on St. Johns County. Visit <http://sjcfl.us/coronavirus> for more information.

Children's activity page encourages good reading habits

By NewsLine Staff
mail@floridanewslines.com

We are pleased to share a new feature in our pages this month: Newspaper Fun, a high-energy, children's activity page that features puzzles, cartoons, games and a cast of off-beat, humorous animal characters. Underlying these entertaining elements is a strong educational framework that encourages reading. The feature explores a variety of themes and buried in its puzzles and challenges are lessons that sharpen essential language arts skills.

"With every page I create, my first priority is to make sure you look at it and say, 'Hey, this looks like fun,' and then pull out a pencil and go to work," said Ann Mills, who writes and illustrates Newspaper Fun each week in her studio in Connecticut.

With both a bachelor's and a master's degree in education, Mills has a diverse background involving education. She worked in several elementary schools, helping to teach and motivate students to read before turning to children's publishing. For 10 years she created a children's activity page in southern

Connecticut, which focused on the challenges of a highly mobile, military-centered community, and which earned two international journalism awards. That page — with the addition of a cast of new characters — formed the basis for Newspaper Fun, which launched in 2004.

"Newspapers play a crucial role in helping people stay connected with what's going on in their communities," Mills said. "By attracting families to their local newspapers through features like Newspaper Fun, we're nurturing future generations of newspaper readers."

Mills's website, ReadingClubFun.com, complements and extends the effect of Newspaper Fun. Each week, she publishes puzzle answers on the site, and offers a range of ideas, tools and puzzles for parents, teachers, librarians and others to use to encourage children to read and learn.

"The idea is to create a flow between traditional and new media, with the common denominator being a focus on good reading habits," Mills said.



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**with Florida State Representative
 Cyndi Stevenson, District 17**

Q: Last month, we discussed some of the bills that you were sponsoring. With the recent end of the 2020 Legislative Session, can you give an update on these bills?

A: My House Bill 577 and HB 1081, concerning coordinated specialty care, were included with some excellent suicide prevention programs and other really good provisions relating to substance abuse and mental health in Senate Bill 7012. Additions included creation of a first responder suicide deterrent task force and an expansion of the statewide office of suicide prevention. This new bill will be sent to the governor.

My physical therapy bill, which updates the practice's statutes and allows them to have a non-narcotic option for soft tissue pain and increased mobility which is allowed in 33 states, is now on its way to the governor's desk.

My bill to establish the state Office of Resiliency ran out of time in the legislature. The governor had appointed a State Officer of Resiliency a few months ago and once she began her work, we wanted to make the position permanent and bring in coordination statewide. But the coronavirus and uncertainty of the economy slowed the bill. I don't think the resilience work has stopped, I just think attention has been diverted at this time.

Q: What were some other noteworthy bills that were passed?

A: A bill to allow student athletes to make money off their name and image passed. It requires the athlete to attend financial literacy classes and would be effective July 2021. Hopefully, the NCAA will react with a ruling on this issue of its own by then.

There was also a revision to the peer specialist bill, which will allow more people to serve by revising disqualifying criteria in state statutes.

Q: Can you give us a budget update?

A: This year's budget at \$93 billion is the largest ever passed and it includes

the most reserves — approximately \$4 billion — necessary due to economic uncertainty. Some highlights include 3 percent pay increases for all state employees, including teachers, along with funds for Everglades restoration, water quality and land conservation. Alyssa's Law, which requires panic button alarms be installed in all schools, passed. Additional pay enhancements will be made for the state's child protection team and the department of corrections.

As tax savings measures for Floridians, we approved two sales tax holidays, Aug. 7 – Aug. 9 for back to school items and May 29 – June 4 for disaster supplies. Overall, I think we have a good budget for Floridians with broad consensus.

Q: What effect did the coronavirus have on the budget process?

A: Late in the budget process we had to reevaluate and try to make sure we had Florida covered in light of the economic uncertainty due to the coronavirus. It's important to note that we have real-time budgeting in Florida. The state budget is funded based on the current year's revenues (including sales taxes). For Florida, a hit to tourism could be significant, but there could also be a bright side in that we are largely a driving destination. It's all still unclear at this point.


But importantly, the federal and state governments are focused on the needs of the people. In Florida, we have a combined \$50 billion available between federal and state sources and our governor has broad authority to act at this point. He can tap reserves and he can responsibly act with state and federal agencies and resources.

It's important for us to be kind, patient and thoughtful at this time. We're all in this together.

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

Q: As of the date of this interview (March 25), St. Johns County teachers are preparing for distance learning, which is to commence March 30. Can you give us your thoughts on the preparation?

A: Our teachers have been doing an incredible job preparing themselves first for the implementation of distance learning, in order to provide the best education we can. I am well pleased with everything done to date.

Q: How is the school district ensuring that all students are able to participate in distance learning?

A: I'm proud of the school district, which has found ways to accommodate all students, even those without internet access. We approved \$800,000 for mobile hotspots for these students and are also providing laptops. We are providing for those in need, including food, with lunches served at nearly all the schools in the entire county — including the Northwest. This is a federal feeding program much like we do in the summer and as such, the child must be present to receive lunch. We will continue these efforts until our schools can be reopened, which at this point is April 15. This is subject to change, of course.

Q: What else is keeping the school board busy at this time?

A: We are trying to keep everything moving along. It's budget time and we fully expect the original budget passed in Tallahassee just a few weeks ago will not hold. We expect a special session to adjust it and are planning accordingly by not really counting on anything. However, we have to begin crafting our budget, so we are being very, very conservative in light of this time of uncertainty. We plan to hold remote budget meetings beginning in April.

Q: How is the school board holding meetings in light of the social distancing requirements?

A: For our March 24 school board meeting, we didn't allow more than 10 people in the room. We made accommodations for those who wanted to attend by allowing them to view the proceedings in a different room. The meeting was then posted to the website.

This is our plan for meetings for the foreseeable future.

Q: Can you give us a run down of changes to the end of the school year as you know them now?

A: Everything is still very fluid. We just don't know some things, like what will be done about prom and graduation.

We do know that IB and AICE exams have been canceled. Advanced Placement (AP) exams will be taken online at the student's home. All statewide testing like End of Course exams and FSA are cancelled and will be treated, grade wise, as if they didn't exist. There will be no school grades given for this year, so teachers will be evaluated by their principals without input of exam and school grades.

Q: How are the new schools under construction being affected?

A: We had planned for the zoning process for High School HHH to be completed by the end of the school year, but we have postponed that until fall ... about the same time as we had planned to begin the rezoning process for K – 8 school MM. People can still go online to our website to give comments. While we had to postpone the formal groundbreaking ceremony for High School HHH, construction does continue as usual.

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

A: I'd like to encourage early registration of new students, especially kindergarteners for next year. This can be done online at www.stjohns.k12.fl.us. When the school buildings open, we will be able to give school tours to new students and process the paper documentation, but it's important to register new students online now.

Also, if anyone has any questions or concerns, please call me directly. Rumors are rampant at this time and most of them are not true.

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.

Letter to the Editor

Dear Editor,

Marty Yund and I are proud to lead St. John's CARES' current initiative, "Backpacks for Seniors" and we would appreciate your support this month. This program provides assistance for a very special group of high school graduates who have overcome some serious obstacles: they lack a fixed, stable, and adequate nighttime address. More than 600 students in our public school system lack secure housing, and because of this situation are eligible for support through the county school program, ASSIST (Aid and Support for Students in Sudden Transition). Students enduring housing insecurity are 20 percent less likely than their housed peers to graduate.

Defying these odds, 25 high school seniors in this program are expected to graduate and pursue higher education this year. St. Johns CARES "Backpacks for Seniors" initiative is a celebration

of these students' accomplishments. A new backpack represents that transition to making new memories, building a new identity and carrying what you need for the next chapter. In support of ASSIST's mission to promote academic achievement among homeless students St. Johns CARES will provide each of these graduating seniors with a backpack, academic planner, insulated water bottle and a gift card for school expenses.

If you want to support our initiative, visit the St. John's CARES website, www.stjohnscares.org or contact our president at president@stjohnscares.org or (904) 507-7740 to see how you can be part of "Backpacks for Seniors" during April.

Anne Barrett Russell, St. Johns CARES, Inc.

Visit www.floridanewslines.com to see our convenient map of local establishments providing take-out and delivery services during the coronavirus shutdown.

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FYI Contact Numbers

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 Julington Creek Field Office: (904) 209-2150
 Property Appraiser: Eddie Creamer, sjcpa@sjcpa.us, (904) 827-5500
 Supervisor of Elections: Vicky Oakes, voakes@votesjc.com, (904) 823-2238
 Tax Collector: Dennis Hollingworth, taxcollector@sjctax.us, (904) 209-2250
 Clerk of Court: Brandon Patty, (904) 819-3600

St. Johns County Board of County Commissioners
 District 1: Jimmy Johns, bcc1johns@sjcfl.us, (904) 209-0301
 District 2: Jeb Smith, bcc2jsmith@sjcfl.us, (904) 209-0302
 District 3: Paul Waldron, bcc3pwaldron@sjcfl.us, (904) 209-0303
 District 4: Jeremiah Blocker, bcc4jblocker@sjcfl.us, (904) 209-0304
 District 5: Henry Dean, bcc5hdean@sjcfl.us, (904) 209-0305

St. Johns County School Board (www.stjohns.k12.fl.us)
 District 1: Beverly Slough, beverly.slough@stjohns.k12.fl.us, (904) 547-7510
 District 2: Tommy Allen, tommy.allen@stjohns.k12.fl.us, (904) 547-7510

State of Florida Elected Officials
 Governor Ron DeSantis, (850) 488-7146
 State House District 17: Representative Cyndi Stevenson, Cyndi.Stevenson@myfloridahouse.gov, (904) 823-2300
 State Senate District 7: Senator Travis Hutson, (386) 446-7610

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

Q: What would you like to share with District 1 as of the date of this interview (March 18)?

A: I'd like to say that St. Johns County is still open for business, despite certain industries closing by choice or otherwise. Let's be honest — this virus is a dramatic event that we will get through. We need to be cautious but not fearful. We certainly need to be respectful of those affected by the virus (which really is all of us) but I think it's important to not exacerbate this situation with fear.

We are doing this by not allowing large crowds, but we are allowing people to conduct business in county offices as they need to.

We had our Board of County Commissioners meeting and practiced social distancing for the commissioners and the public.

We are continuing with the request to the federal government for funds for beach renourishment.

I'd also like to implore people to participate in the Census this month. It can be done online or on the phone. Over the

next 10 years, approximately \$15,000 per person who does not participate is at stake.

Q: So does the budget process for St. Johns County continue?

A: Yes, we are continuing with the budget cycle and still want input from community members, probably best via email or phone, as to what budget items are necessities and which are quality of life.

We still anticipate a budget surplus at this point and have directed staff to include a tax reduction in the first draft. Our Office of Management and Budget will tell us where we can reduce taxes upfront and still support our growing population in St. Johns County.

Fears of the COVID-19 virus are very significantly affecting our economy, so this planned surplus might not materialize by the end of the budget process.

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

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

5 Tips For Working At Home

#5. Dress for success: Even if you are working from the kitchen table for now, don't hang out in your pajamas. Dress as though you are going into the office. You could even go out the front or back door of your home and re-enter your new place of work.

#4. Have a dedicated place to work: When you are "at work" let your family know it's the same as if you were at the office or out on the road. It is even better if there is a door to your place of work that you can close behind you. It's symbolic, but helps establish a pattern of work.

#3. Reverse it: When you leave that dedicated place to work, dedicate your time to your family. Give them all of you once you leave that place of work in your home.

#2. Take breaks: Take breaks just as you would at work. For lunch, leave your place of work in your home and join your family for lunch.

#1. Regular schedule: Try to keep your regular schedule as if you were going into the office. It will help you create as much normalcy as possible.

Source: IFPA (Independent Free Papers of America)



Photo courtesy Sandy Onsager

Quilt guild donates quilts to charities


The All Stars Quilt Guild created and completed its quilt for "Quilt Fest" in September. Members of the guild have donated 99 quilts to various charities and a gift of \$1,250 to the charity "In The Pink."



Photo courtesy Laura Hernandez

Bartram Trail Newcomers celebrate the Roaring '20s


The Bartram Trail Newcomers met on March 10 for a 1920s Murder Mystery luncheon. "Suspects" included Beth Rosado, Kathi, Reyes, Carla, Hernandez, Anita Makofka, Joan Bleacher, Lynda Schraut, and Diane Crozier. The club's next meeting has not been set; visit www.facebook.com/BTNC1 or email bartramtnc@gmail.com for more information and to stay up to date on the club's activities.



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ST. JOHNS Business Monthly



Market Insight

The CoronaVirus

By Scott Grant
ScottGrant@StJohnsBusinessMonthly.com

There are more people living in the world today than have ever died.

World War I was an exceptionally bloody affair, killing more than 20 million. For four years death haunted the entrenched battlefields of Europe. In September and October of 1918, the final offenses on the Western Front would bring that war to a close. Those offenses were led by American troops at places like St. Mihiel and the Meuse-Argonne. During that second battle, Sgt. Alvin York became a hero for capturing 132 German soldiers single-handedly. He took on a machine gun nest with his rifle and when he ran out of ammo, he shot six more with his pistol before the remainder surrendered. "A higher power than man guided and watched over me and told me what to do," he announced at his Medal of Honor ceremony.

At roughly the same time, the City of Philadelphia held a Liberty Bond parade down Broad Street. In Philadelphia, citizens delighted as they watched the long processions of marching bands and floats, interspersed with recent enlistees who would never see combat. What the throngs of spectators did not know was that they were at a greater risk of death than many of the soldiers in Europe.

The Spanish Flu pandemic of 1918 – 1920 was the worst pandemic of the last 100 years. The Flu, helped along

by a lack of understanding of epidemiology and armies of soldiers returning home from the close quarters of the battlefield, infected a third of the world's population and killed around 40 – 50 million. In the end, the Spanish Flu pandemic would kill more people than died in combat during the War. The death total in the United States was approximately 675,000.

Back in Philadelphia, the Flu had just arrived. It spread like wildfire through the exuberant crowd. Within a week 4,500 of them would be dead. Hospitals were overflowing. There was an extreme shortage of nurses. The city's director of public health called out for "Nurses, more Nurses, and yet more Nurses," to tend to the sick and dying. A total of 12,000 would die within six weeks — so many deaths that many were buried in mass graves.

At the time, the medical community thought they were combatting a bacterial disease. It was only later that we realized influenza is a virus. But the lessons learned in Philadelphia still guide and haunt us today. The lesson was to keep people apart. It is why our medical leaders are embracing "social distancing."

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.

Florida Small Business Emergency Bridge Loan activated

By NewsLine Staff
mail@floridanewsline.com

Florida small businesses impacted by the Coronavirus (COVID-19) may now apply for short-term, interest-free loans through the Florida Small Business Emergency Bridge Loan program. The purpose of the loan program, which was activated in mid March by Governor Ron DeSantis, is to help business owners bridge the gap between the time the economic impact occurred and when a business secures other longer-term resources, such as insurance proceeds or federal disaster assistance through the U.S. Small Business Administration (SBA).

Through the program, qualified small businesses with two to 100 employees affected by COVID-19 can apply for loans up to \$50,000 for one-year terms. To be eligible, a business must be located in Florida, have been established prior to March 9, 2020, and demonstrate economic injury as a result of the virus.

Visit www.floridadisasterloan.org to learn more about how to complete the bridge loan application. The deadline for application is May 8, 2020. The state is also working diligently to make an online application available.

The Florida Small Business Development Council (SBDC) is a principal responder in the state's Emergency Support Function for Business and Industry. Here are some useful contacts to support your small business during this challenging time:

SBDC Offices and Professional Business Consulting Services: Instead of in-person consultations, call (904) 620-2476 to make a confidential, no-cost appointment with one of the SBDC's professionally certified business consultants and choose the mode of virtual communication that is convenient for you.

Business Damage Assessment Survey: The Florida SBDC Network strongly encourages small businesses impacted by the Coronavirus (COVID-19) to complete the Business Damage Assessment Survey to Determine Need for COVID-19 Federal, State Disaster Assistance. The survey, administered by the Florida Department of Economic Opportunity (DEO), is not an application for disaster assistance, but rather assists state officials in determining the extent of impact and need for federal and state disaster assistance. Complete

the survey here: <https://floridadisaster.biz/BusinessDamageAssessments>

Here are additional links to resources for your small businesses.

State Resources:

Florida Department of Health: <http://floridahealthcovid19.gov/>
FloridaDisaster.Biz

Florida Chamber: <https://www.flchamber.com/follow-facts-not-fear/>

Federal Resources:

Center for Disease Control Interim Guidance for Businesses and Employers: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html> (Provides detailed planning considerations and recommended strategies for employers to use.)

U.S. Small Business Administration Emergency Preparedness and Disaster Assistance: <https://www.sba.gov/business-guide/manage-your-business/prepare-emergencies>

FEMA.gov News Releases: <https://www.fema.gov/news-releases>

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Social distancing and caregiving: COVID-19 widens the divide

By Andrea Spencer
mail@floridanewsline.com

Caring for a loved one often presents daily challenges, but add in current mandated social distancing, caregivers may feel even more isolated, alone and unsupported. ElderSource, a nonprofit organization that provides information and resources to caregivers and seniors in Northeast Florida, has a new program that helps caregivers connect to others walking the same walk.

The Virtual Caregiver Support Group, launched last summer, gives caregivers the opportunity to bridge the social distance gap by using today's technology such as iPads, cell phones, desk or laptop computers. The support group members "meet" face to face in the comfort of their own homes using their device and an easy-to-use video conferencing app.



Photo courtesy ElderSource
Linda C., who lives in Fernandina, connects with her support group members sitting in her home office and using her iPad.

"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 participated in the first group felt less isolated and loved creating these friendships with people who truly understood."

The first support group continues to meet and because the virtual "meeting rooms" are unlimited, ElderSource continues

to promote and encourage participation.

"For the caregivers who have participated, they have really taken to it and are benefitting from it," said Linda Levin, CEO of ElderSource. "Our challenge is getting others to commit to participate. We are getting referrals, but some are still

feeling that they do not have the time. With today's circumstances this virtual support group can be a critical lifeline."

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.

Email Louise Starmann at louise.starmann@eldersourceinstitute.org or call (904) 391-6699 for more information about the Virtual Caregiver Support Group.

Andrea Spencer is with ElderSource.

Three creative recipes using pantry ingredients

By NewsLine Staff
mail@floridanewsline.com

Stuck inside and looking for something to make for dinner out of provisions you likely already have on hand? Read on for a few recipe ideas that are tasty!

Easy Minestrone Soup

1 tbsp. olive oil, plus more for serving
8-oz. can corn kernels, strained
2 tbsp. tomato paste
½ tsp. dried Italian seasoning
¼ tsp. dried oregano
1 quart chicken broth
1 14-oz. can diced tomatoes
¾ cup small-cut pasta, like elbows or small shells
1 14-oz. can cannellini beans, strained
Salt and pepper to taste
1 14-oz. can cut green beans, strained

Heat oil in a medium soup pot over medium-high heat. Add the corn and cook until it starts to brown slightly, about 3 minutes. Add the tomato paste, and spices and cook, stirring constantly, until the tomato paste begins to darken in color, about 1 minute. Slowly whisk in the chicken broth until the paste is smooth and then incorporated into the liquid. Add the whole can of diced tomatoes (including the liquid), and bring the mixture to a boil. Stir in the pasta and the white beans. Season with salt and pepper. Cook the pasta until al dente, 7 to 8 minutes, stirring in the green beans during the last 2 minutes. Serve in individual bowls with a little oil drizzled on top.

Yummy Applesauce Waffles

2 ½ cups all-purpose flour
2 tsp. baking powder
¾ tsp. baking soda
½ tsp. salt
1 ½ cups evaporated milk
½ cup applesauce
⅓ cup brown sugar
3 tbsp. vegetable oil
1 tsp. vanilla
Powdered sugar, ground cinnamon and maple syrup, for serving

Preheat the waffle iron. Whisk the flour,

baking powder, baking soda and salt together in a medium bowl. Whisk the evaporated milk, applesauce, brown sugar, oil, vanilla and ¾ cup water in a large bowl. Fold the dry ingredients into the wet, and stir until just combined. Allow the batter to rest at room temperature for 5 minutes.

Ladle enough batter into the waffle iron to fill it to the edges, and cook until crispy and brown, 6 to 7 minutes. (You can tell the waffles are ready when very little steam comes out of the waffle iron.) Continue in batches until all the batter is used. Sprinkle with powdered sugar and cinnamon, and serve with maple syrup.

Corn and Black Bean Quesadillas

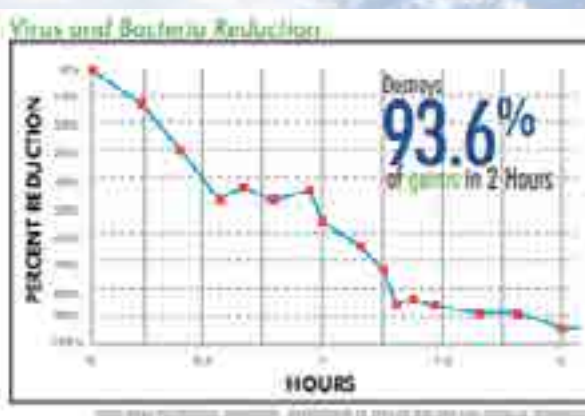
1 tsp. olive oil
1 clove garlic, minced
¼ small onion, chopped
¼ bell pepper (red, orange, or yellow), chopped
15- oz. can black beans, drained/ rinsed
1 ½ cups canned or thawed frozen corn
½ tsp. cumin
1 tsp. chili powder
2 cups shredded cheddar cheese
4 large flour tortillas

Heat olive oil in a large skillet over medium high heat. Add the onion and bell pepper and saute for 1-2 minutes. Add garlic and saute for 30 seconds. Add black beans, corn, salsa, cumin and chili powder and stir to combine.

Reduce heat. Melt a teaspoon of butter in another large skillet. Place one tortilla in the skillet. Add a sprinkle of cheese, followed by a heaping scoop of corn and bean mixture and spread into an even layer. Top with another sprinkle of cheese. Add a tortilla on top and cook until the cheese is almost melted and the bottom tortilla is golden.

Use a large spatula to carefully flip the tortilla to the other side. Cook until cheese is melted and bottom tortilla is golden brown. Serve with salsa and sour cream.

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Editorial

Did you set it and forget it?

By Ann B. Shortelle, Ph.D.
mail@floridanewline.com

During the spring and summer months, many Floridians spend a lot of time outdoors tending to lawns and gardens. The St. Johns River Water Management District's year-long "Water Less" campaign focuses on water-conserving strategies to help curb outdoor water waste while still letting you enjoy a beautiful, vibrant landscape.

During the cooler months, we promoted ways to reduce outdoor irrigation while plants and grass were dormant. As spring approaches, the Water Less campaign emphasizes taking control of your sprinkler system to make it work for you while also saving water.

If you water your lawn and landscape, you can reduce the amount of water you use with a well-designed irrigation system and regular maintenance.

Changing the clocks to Daylight Saving Time is an ideal reminder to inspect your automatic sprinkler system and timer. To make sure you don't just set it and forget it, here are a few quick tips:

Check timing devices regularly to make sure they are operating properly.

Ensure your system is set to follow

watering restrictions, if you need to water at all. (Odd number addresses, those ending with N – Z, or no address should water on Wednesday and Saturday; even number addresses or those ending with A – M should water on Thursday and Sunday; and non-residential addresses should water on Tuesday and Friday.)

Florida law requires that all automatic irrigation systems installed after May 1991 have a functioning rain sensor shut-off switch which senses when a preset amount of rain has fallen.

Install the most water efficient spray heads designed for different uses (turf areas, planting beds, etc.).

Fix any broken or misdirected sprinkler heads.

Check that water is only spraying on the landscape.

Look for leaks and clogs.

Visit WaterLessFlorida.com for more outdoor water saving ideas.

Ann B. Shortelle, Ph.D. is executive director of the St. Johns River Water Management District.

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Message from Baptist Health Foundation: Ways you can help

Right now, COVID-19 is placing incredible and unanticipated pressure on our clinical teams. In the short term, we have the personal protective equipment (PPE) that our teams need. But we need to prepare and look beyond our immediate needs. We've heard from many in the North Florida community that you want to support Baptist Health team members as they continue to provide excellent care through this crisis. You can help with monetary donations or donations of goods.

While all donations of essential PPE, in any amount, are welcomed and encouraged, Baptist Health is exceptionally thankful for donations of unopened and unexpired:

- Clorox bleach wipes (or equivalent)
- Hand sanitizer
- Face shields
- Goggles
- N95s (or any equivalent CDC-approved masks)
- Non-contact thermometers
- Masks (surgical/procedural)
- Isolation gowns
- Disposable coveralls/painter's suits
- Powered Air Purifying Respirators (PAPR)
- Controlled Air Purifying Respirators (CAPR)
- Other approved PPE supplies advised by the CDC

Email Laura Collins at laura.collins@bmcjax.com or Madison Harris at madi-harris@bmcjax.com to donate PPE materials.

Home-Sewn Face Masks: In addition to essential PPE donations, the greatest need for our clinical teams is home-sewn face masks. You can help us meet our goal of 2,000 home-sewn face masks each week. Two sizes of the face masks are needed: Adult 9" x 6" and Child 7.5" x 5.5" Visit <https://baptist-health-foundation.com/2020/03/25/a-b-fabric-mask-template-for-a-nurse-by-a-nurse/> for instructions on sewing face masks.

Home-Sewn Isolation Gowns: The Baptist Health Foundation is also accepting isolation gowns for anticipated needs. Visit <https://baptist-health-foundation.com/isolation-gown-sewing-pattern-and-instructions/> for a pattern and instructions.

Completed hand-sewn gowns and masks may be dropped off with no contact at: Baptist Medical Center Jacksonville (Downtown) Parking Garage P5, located at 1350 Flagler Avenue, Jacksonville, Florida 32207.

Drop offs are Mondays, Wednesdays, and Fridays from 9-11am. Please contact Jeannie Poon at jeannie.poon@bmcjax.com or Dana Severidt at dana.severidt@bmcjax.com to schedule.

Visit www.floridanewline.com to see our convenient map of local establishments providing take-out and delivery services during the coronavirus shutdown.

Kiser earns Eagle Scout rank



Photo courtesy Cole Kiser

Cole Kiser of Boy Scout Troop 321, Mandarin Presbyterian Church, earned his Eagle Scout Rank on Jan. 29, 2020. His Eagle project was a disability-friendly picnic table that was donated to Reach Academy in Mandarin. Kiser's Boy Scout awards include the Paul Bunyan Award, the Stem Nova Award, the Presidential Fitness Award, the National Outdoor Camping Award, the National Outdoor Conservation Award and The World Conservation Award. In addition, he has earned 53 merit badges. Kiser is a graduate of National Youth Leadership Training and recently served as a troop guide for National Youth Leadership Training. Kiser is a junior at Creekside High School and the son of Cole and Diane Kiser of Julington Creek Plantation.

Bartram Trail cont. from pg.1

While the big win has certainly been celebrated by the girls, Wheeler noted how much the girls will miss each other.

"This team was special, and you know that any one of us would do anything for one another," said Wheeler. "All of us are so close on and off the field."

Dudley also commented on the reason the girls wanted to obtain this goal so badly. Senior Alex Horton was involved in a car accident earlier in the year that severely

injured and left her in critical condition at one point. When asked what was different about this season, Dudley responded, "Alex. We all wanted to win for her. We said at practice the day after the accident that we wanted to make it to the state final for her so that she could step on the field. And we did it — and we won — for her. Her strength motivated us every day."

The girls will likely not forget such an unforgettable moment anytime soon, and neither will Bartram Trail soccer fans.

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From a Teacher: Tips for home learning

By Lara Pierce, STEM Education
mail@floridanewline.com

Your kids are home from school for at least a month and you have been tasked to oversee their learning. Don't panic! You can do it! As a veteran teacher of 27 years, I am going to help you with some of the tricks of the trade.

How to begin: It is important to find a clean organized area for your child to work. The kitchen or dining room table is great because you can spread out. The kitchen counter will work too. Just make sure they are in an open area where you can supervise them and keep them on task. Teachers spend the first two weeks of school developing routines so that everything runs smoothly. You will need some ground rules. Have your child gather all their supplies in one place. Have them fill up their water bottle so they aren't getting up every five minutes to get a drink. Together, write up a schedule. Most likely your child can tell you what their schedule was like at school. Try to duplicate this at home. The length of your homeschool day should depend on your child and their learning pace. Focus on quality not quantity.

A great online site that compiles many of the best learning websites in one place is: www.kidfriendlysearch.com This site was created by a St. Johns County technology teacher and is an amazing resource. The site is organized by subject area. There is even a section to practice typing skills.

Another recommended website is www.abcya.com. This site is organized by grade level (PreK through sixth grade). There are sections within each grade level for letters, numbers, strategies, and skills.

You can practice most basic skills using this site.

If you want your child to practice their learning with paper and pencil, there is a site for that too. Teachers can't create everything they do in their classroom. They often turn to other teachers for help. There are some really talented teachers who are willing to create units or themed activities and sell them. You do not have to be a teacher to access this site. There is an option to search for free items too. Visit www.teacherspayteachers.com and search by grade level and subjects. Just download, print and go. This is a great resource for younger students who still need to work on skills that require paper and pencil.

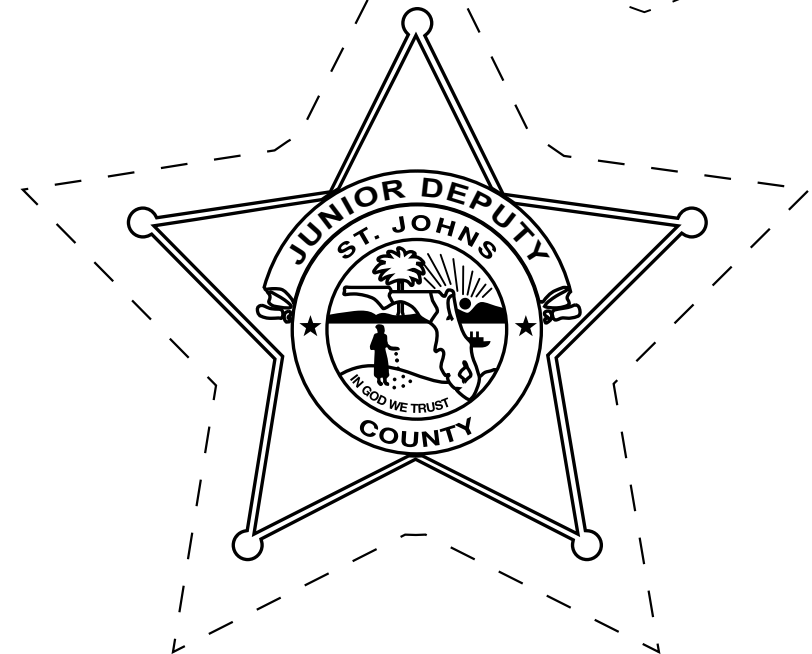
The last resource I want to share with you is by far my favorite. Using your St. Johns County library card, you can download apps that allow you to instantly borrow digital movies, music, ebooks, magazines and more. When you visit the site <https://sjcpls.org/> look under the eLibrary tab at the top for the directions to access it all. This is a safe way for your child to access all the books they could possibly want to read. The best part it's free! If your child is not a big reader, start with a magazine or anything that captures their interests or imagination.

Remember parents, we are in this together. The teachers are missing your child and look forward to the day they are back together in the classroom. If you need help, reach out to your child's teacher; I know they would be happy to assist.

Good luck! You got this!

Junior Deputies, reporting for duty!

Want to join the ranks? Color the star and patch provided by the St. Johns County Sheriff's Office, cut them out, and tape them on! Then, if you would like, take a photo and email it to jljohnson@sjso.org to be added to the SJSO's Junior Deputy album on Facebook.



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School Briefs

St. Johns County schools announce early registration

The St. Johns County School District has begun early registration for children new to the school district, including those entering kindergarten, for the 2020 – 2021 school year. To be eligible for public kindergarten, children must be five years old on or before Sept. 1 and must reside in St. Johns County. Early registration can be completed on-line at www.stjohns.k12.fl.us/student/enrollment. For additional information on registration, contact the Student Services Department at (904) 547-7598.

Creekside students attend Spanish Conference

A team of 16 students traveled with Linda Gillespie and Ingrid Mateo-Marrero, as well as chaperone Rosemary Del Rosario, to participate in the 2020 Florida State Spanish Conference held in Orlando from March 5 – 7. Forty schools competed in both academic and cultural events. Academic events included impromptu, declamations and dramatic presentations. Cultural events included regional dress, vocal, instrumental and dance competitions.



Photo courtesy Linda Gillespie

The Creekside High School team, including Ava Anderson, José Mauricio Cabrera, Nicole Cammarano, Melania Carrigan, Lily Clarke, Ella Conatser, María Del Rosario, Eduard Dodan, Giuliana Gómez-Trotea, Gabriella Jean, Hannah Maingot, E'lynese Phillip, Dalin Post, Kameryn Quinlan, Saira Rangel and Cristian Zamora, had an outstanding performance. The dramatic presentation, a script written by a Creekside graduate, won the highest score possible, a sobresaliente.

For the individual academic events, Creekside students brought home 10 sobresaliente trophies, nine superiores, and two excelente and one bueno. For cultural events, María del Rosario was a finalist and sang "Preciosa," an original by Puerto Rican composer Rafael Hernández Marín, at the gala dinner on Friday night for a crowd of more than 800 people.

Flyers remain undefeated to end the 2019 - 2020 boys basketball season

By NewsLine Staff
mail@floridanewsline.com

On March 12, Fruit Cove Middle School led the entire basketball game and ended with a 10-point win in the final three minutes of St. Johns County's middle school boys basketball championship against Murray Middle School, emerging as victors with a final score of 55 – 44. The game was played at the home gym of Fruit Cove Middle School.

Throughout the season, the Fruit Cove Flyers played several games that were exciting to watch and packed the stands in the gym. Fruit Cove also beat Murray during the second week of the season (51 – 37). There were some honorable games that deserve recognition, played versus opponents such as Liberty



Photo courtesy St. Johns County Middle School Basketball
2019 - 2020 Fruit Cove Middle School boys' basketball team: Chris Arias, Kennen Banther, Bryant Boykin, Christian Collier, Jagger Hamilton, Andrew Jenkins, Tyler Jenkins, Caleb McAbee, Cade Patterson, Isaiah Richardson, Jake Schroeder, Ethan Tucker and Shray Ankam.

Pines Academy, Gamble Rogers Middle, Switzerland Point Middle, Sebastian Middle, Landrum Middle, Valley Ridge Academy, and Murray Middle. The Fruit Cove Flyers boys' basketball team averaged 54 points per game and have won a total of 14 games in a row.

Tesiero wins in Palm Beach, commits to Valdosta State

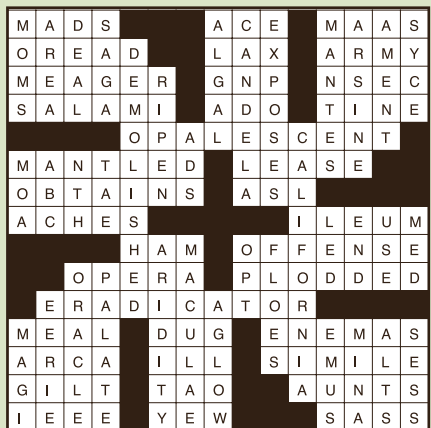
Photo courtesy Kelly Tesiero

On Feb. 2, Trey Tesiero of St. Johns erased a six shot final round deficit to capture the Hurricane Junior Golf Tour's Palm Beach Junior Open at the Westchester Country Club. The comeback included birdies on two of the last three holes, culminating with a 30-foot putt on the 18th hole to seal the win with a 73-the low round of the day. Less than 24 hours later, Tesiero formally committed to play golf at Valdosta State University by signing a National Letter of Intent. "Being part of such a quality program and only two hours from home is a dream come true for me," said Tesiero. "I knew as soon as I visited the campus and met with Coach Purvis that this was where I wanted to continue my education and playing career." Tesiero is graduating from Creekside High School's Cybersecurity Academy in May and intends to study Information Systems Management at VSU. He is a student at the Tom Burnett Golf Academy and a member of St. Johns Golf and Country Club.

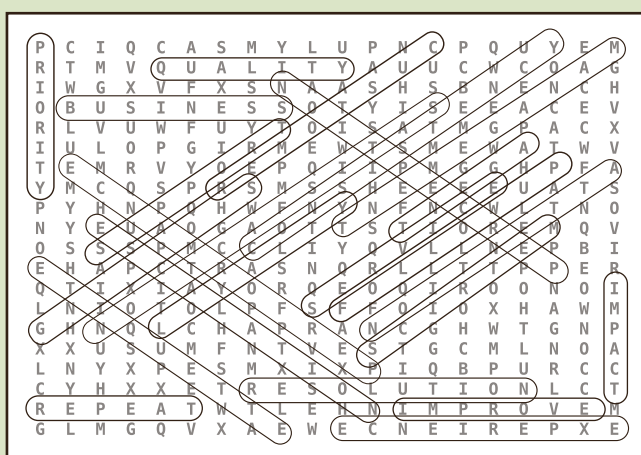


Answers to puzzles on page 18

Answers to our Puzzles



Answers: A. patron B. retail C. purchase D. client





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NOTICE OF CERTIFICATION OF TAX ROLL

Pursuant to Sections 193.122 and 197.323, Florida Statutes, Notice is Hereby Given that the Tax Roll for St. Johns County was Re-Certified to the St. Johns County Tax Collector on the 12th day of March, 2020, for the Collection of 2019 Taxes, to reflect all changes made by the Value Adjustment Board.

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Creekside High students battle invisible enemy to earn state awards

By Heidi Brososky-Weaver
mail@floridanewline.com

Although this may sound like a line out of a science fiction novel, some experts predict that in the next few years, millions more recruits will be needed to fight the ongoing war in cyberspace.

This invisible battle against cyberattacks is real, and thankfully, students in the Cybersecurity Academy at Creekside High are learning cutting-edge techniques needed to defend America. In fact, three

teams from Creekside recently placed first, second and fourth overall out of 98 teams in the state finals of the CyberPatriot National Youth Cyber Defense Competition. Additionally, another Creekside team placed third in the freshman category.

Sponsored by the Air Force Association, this competition puts high school students in charge of securing virtual networks.

“It’s like a game of cat and mouse between hackers and cybersecurity specialists,” said Creekside junior Daniel Wilson.

“Each round is harder than the previous round,” said Jack Rauch, another junior at Creekside. “The vulnerabilities are more frequent and more challenging to find.” And just like real life cyberattacks, Rauch said, “it’s hard to predict the next move.”



Photos courtesy Heidi Brososky-Weaver
First place teammates Jack Rauch, Vedant Ramachandron, Larry Lantgios and Daniel Wilson.

Although there is an air of energy and excitement during the competition, the students know an actual situation would be much more stressful.

“This is a simulation of what happens,” Rauch said. “There’s not as much pressure.”

Larry Lantgios agreed. “If you don’t move on to the next round, you think ‘oh, well.’ But if a bank loses users’ private information, they could be out of business.” Lantgios, a Creekside senior, said that every time a new attack comes out, there are new vulnerabilities. The key, he stressed, is to “stay vigilant.”

Approximately 150 students are enrolled in Creekside’s Cybersecurity

Websites cont. from pg. 1

tion at the end of each presentation. The interactive presentations can be viewed on Facebook at @KennedySpaceCenterVisitorComplex. The visitor complex also has downloadable activities that can be found at the following link: <https://www.kennedyspacecenter.com/camps-and-education/educator-resources>.

Ivy League Colleges offer free courses online: <https://www.classcentral.com/collection/ivy-league-moocs>

Stay-at-home Activities from the Cummer Museum: Museum Educators have put together an extensive list of ideas to bring the galleries and exhibitions into your home. Visit www.cummuseum.org/visit/education#resources-for-families to check it out.

Smithsonian National Museum of Natural History virtual tour: <https://naturalhistory.si.edu/visit/virtual-tour>

Hidden Worlds of National Parks: With virtual reality and 360 degree videos, Google allows you to immerse yourself in the scenic U.S. National Parks. Visit <https://artsandculture.withgoogle.com/en-us/national-parks-service> and see some places that most people never see.

Discover Florida from your own home: Check out some Wildlife Adventures or Just for Kids activities: <https://www.discoverfloridachannel.com/>

Georgia Aquarium webcam: <https://www.georgiaaquarium.org/webcam/ocean-voyager/>

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Easter Week Events
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Briefs

Road construction continues

Construction began on a right-turn lane on eastbound Race Track Road at Veterans Parkway on March 25, with an anticipated completion in July. This capital improvement project is a transportation upgrade needed for the major intersection. Periodic lane closures are anticipated during construction. For more information, call (904) 209-0122.

Relay for Life of St. Johns County 2020 update

Relay for Life of St. Johns County that was scheduled for April 4, 2020 at Allen D. Nease High School has been postponed until further notice in light of the latest updates regarding COVID-19. The decision was based on public health guidance.

“We are heading into what is an important time in our fundraising efforts for our mission, but the American Cancer Society’s top priority remains the health and safety of the cancer patients, and their loved ones — the reason why we Relay. And of course the volunteers and staff,” said Becky Kimball, Sponsorship Volunteer, Relay for Life of St. Johns County.

Some of the programs Relay for Life supports include but aren’t limited to: The New Hope Lodge in Jacksonville, where cancer patients and family can have a safe place to stay for free if they have to travel for treatment; Road to Recovery which is a free transportation service to and from treatments; the 24/7 Hotline (1-800-227-2345) to ask questions and give support, educational programs, and of course research to find a cure.

Kimball said, “While we’re disappointed that we won’t be together on Saturday, April 4, that doesn’t mean cancer patients and their families don’t still need our help. The mission of the

American Cancer Society is critical to families facing cancer.”

If you wish to get involved and become a volunteer, start a team, or wish to donate, visit www.relayforlife.org/stjfl and www.facebook.com/rflstjohns or email rfl.stjc@gmail.com or call local American Cancer Society staff partner Jaelyn Rodriguez at (904) 413-2560.

A new date for Relay for Life will be announced as soon as it is known.

Kids in the Kitchen cooking contest announced

The Women’s Food Alliance is hosting the third annual “Kids in the Kitchen Cooking Contest” for children aged eight to 12. Culinary prizes that the young chefs can share with their family are available if they come up with a tasty and unique family recipe.

According to Leigh Cort of the Women’s Food Alliance, when children are in the kitchen, they learn to express their individuality and curiosity about food — plus they learn a little more about math, science, reading and love. Cooking something for the family grows independence, while possibly inspiring youngsters to eat healthier too.

The Women’s Food Alliance will select the Top 12 finalists by judging originality and use of ingredients, deliciousness, dessert presentation, dessert name and story about “Why I Like to Cook for My Family.”

Entries should be emailed to Leigh Cort, leigh@leighcortpublicity.com by the deadline date of July 1, 2020. Include the child’s name, address and phone number and email of the parent or guardian. Be sure to include the recipe name and brief story about the favorite family recipe and “Why I Like to Cook for My Family.”

Finalists will be notified by July 8, 2020. The Top 12 Finalists will be invited to attend the official dessert judging on July 20, 2020 at JAX Cooking Studio in Jacksonville at 5:30 p.m. All children must be accompanied by an adult. A minimum of six tastings must be on a presentation serving plate for the judges. Each child must bring the completed dessert’s name, recipe and the child’s name on a piece of paper to accompany the dessert. Visit www.womensfoodalliance.com for more information and list of prizes for the winners.

Shearwater recognized with Laurel Awards

Shearwater, the master-planned residential community in northern St. Johns County, was honored with eight Gold Awards at the 2019 Laurel Awards presented annually by the Northeast Florida Builders Association (NEFBA).

Shearwater’s amenities, which include the Kayak Club amenity center, its 15-mile trail system and oversized Fitness Lodge won Best Community Amenity. Dylan Read, Shearwater’s onsite Lifestyle Director, took home the prestigious Lifestyle Director of the Year Award highlighting his individual achievement in planning engaging events and activities for residents.

Shearwater’s marketing efforts were also celebrated with six Gold Awards including best overall advertising campaign, best realtor promotional event, best customer promotional event for the grand opening of The Falls neighborhood, best brochure, best print campaign and best radio commercial.

The Laurel Awards are the highest accolade given by the Northeast Florida Builders Association Sales and Marketing Council, the Custom Builders and Remodelers Council as well as the Pro-

fessional Women in Building Women in Building Council; these Awards showcase achievements in the home building industry, as well as recognize those who excel in sales, merchandising, and marketing in the Northeast Florida building and real estate community.

Beacon Lake honored at Laurel Awards

The Northeast Florida Builders Association’s Sales and Marketing Council recently honored BBX Capital Real Estate with a silver Laurel Award for Best Community Amenity Center for the Lake House at Beacon Lake, the lakefront lifestyle community in northern St. Johns County.

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Get to Know . . .

Chloe LaBrie

By Cassy Fiano-Chesser
mail@floridanewslines.com



Photo courtesy Patricia LaBrie
Chloe LaBrie

Chloe LaBrie, now 11, is already a published author. At the age of seven, she wrote and illustrated “The Eiffel Tower Moves to Egypt,” and submitted it to a PBS Young Writers Contest. She won first place, and went on to self-publish her book on Amazon. Homeschooled by her mom, Patricia LaBrie, in Orangedale, Chloe has continued to write, as well as grow her talents in other artistic endeavors.

Q: Can you tell me about yourself?

A: As you know, I published a book when I was nine! I love dancing, and singing, and musical theater ... anything in that genre. I love art as well. I love everything that has to do with that stuff, and of course, writing.

Q: What is your book about?

A: So basically, my best friend Luci

(who is actually a real person) and I open a bakery in the Eiffel Tower with our French bulldog, Chubby Cupcake — who I wish was real, but sadly, he’s not. We get some complaints about the Eiffel Tower looking like an Egyptian pyramid, so we end up moving it to Egypt after talking with the president and Mr. Eiffel himself. And after that, a lot of chaotic stuff starts happening. It’s just a funny book that’s good for kids aged five to 10.

Q: How did the book get published?

A: Two years after I won the contest, my mom just brought up the idea of revamping the book and publishing it. We always talked about it, just for fun. Obviously, I never thought it would happen, but after working on it, I was like, OK, let’s put it out there. We went through Amazon self-publishing, and

they were really helpful.

Q: What are your other hobbies besides writing?

A: Dancing is something that I’m really big on. We’re actually in our competition season right now, so that’s really awesome. And I just love sharing art with people, and making them smile, or making someone’s day better by making a joke, or dancing, or acting.

Q: Where does your inspiration and drive for the arts come from?

A: I really don’t know. It just started when I was seven, and after the PBS Writers Contest, everything kind of fell into place with gymnastics and dance. Everything that has to do with the arts, I feel like it’s something that naturally comes to me.

Q: Are you still writing?

A: I am currently working on a book. I only have one chapter so far. I’m homeschooled, and homeschooler life is just so busy. I might not publish it, but it’s just nice to know that I have words that go into my head, and I can make something out of them.

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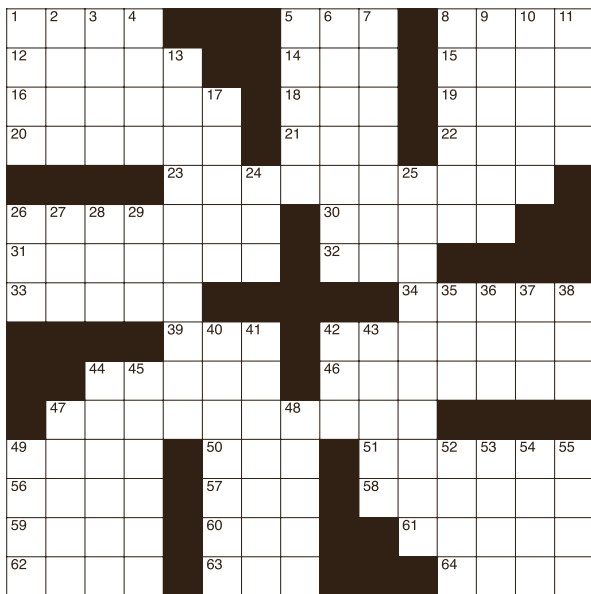
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Puzzles

Answers on page 14
Provided by MetroCreative



CLUES ACROSS

1. Bond villain Mikkelsen
5. A team's best pitcher
8. French river
12. Mountain nymph (Greek)
14. City of Angels airport
15. Military force
16. Scrawny
18. Value
19. One billionth of a second (abbr.)
20. Highly seasoned sausage
21. Trouble
22. Prong
23. Showing varying colors
26. Cloaked
30. Renters sign one
31. Acquires
32. Type of language (abbr.)
33. Partner to pains
34. Third portion of the small intestine
39. Excessively theatrical actor

CLUES DOWN

1. Female parents
2. Region
3. Transaction
4. Heroic tale
5. Of algae
6. Luminous intensity unit
7. Uncovers
8. French commune name
9. Poisonous gas
10. Pearl Jam's bassist
11. Horse groom in India
13. Destroyed
17. A way to alter
24. Promotional materials
25. American state
26. Extinct flightless bird of New Zealand
27. "Modern Family" network
28. Last or greatest in an indefinitely large series

29. Exercise system ___-bo
35. Type of bulb
36. Opposite of beginning
37. Utilize
38. Type of student
40. Deficiency of moisture
41. Areas of the eye
42. Select
43. Sheets of floating ice
44. Priests who act as mediums
45. Roof of the mouth
47. Unnatural
48. Illuminated
49. There are three famous ones
52. Large, fast Australian birds
53. "Dracula" heroine Harker
54. Substitutes (abbr.)
55. Tax



Solve the code to discover words related to customers. Each number corresponds to a letter. (Hint: 6 = e)

A. 25 20 21 9 26 4
Clue: Gives financial support

B. 9 6 21 20 22 8
Clue: Sale of goods

C. 25 18 9 5 11 20 24 6
Clue: Buy something

D. 5 8 22 6 4 21
Clue: Person using services of another

CUSTOMER WORD SEARCH

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

- AGENT
- ATTENTION
- BUSINESS
- CONSISTENCY
- CUSTOMER
- ESCALATION
- ETIQUETTE
- EXPERIENCE
- FOLLOW-UP
- IMPACT
- IMPROVE
- LOYALTY
- MANAGEMENT
- METRICS
- PERCEPTION
- PERFORMANCE
- PRIORITY
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Find the words hidden vertically, horizontally, diagonally, and backwards.

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Answers to puzzle on page 4

Did you match these slang expressions to their meanings?

1. clean sweep — A. to stay out of trouble
2. clean out — B. to win everything
3. clean hands — C. innocent; has done nothing wrong
4. come clean — D. to take everything; empty
5. keep one's nose clean — E. confess, tell the whole story

Busting Dust!

1. dust
2. dust bunnies
3. an item is "collecting dust"
4. the flies "bit the dust"
5. the lead runner left the others "in the dust"
6. I'm going to "dust off" my hobby box
7. when she works she "makes the dust fly"

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Fishing

Capt. David's Fishing Report

By Captain David Lifka
mail@floridanewslines.com

One of the easiest ways to avoid one of those awful early summer sunburns is to start your tanning process now, while UV strengths are still moderate. And, one of the best ways to get out in the sun and get this year's tan started is with a fishing pole in hand.

While spring offers beautiful days with moderate temperatures ideal for early sun tanning, it also offers some of the year's best fishing. Ocean temperatures might still be a little too cool for a head-on plunge into a wave, but if only knee-deep with a surf rod in hand, air and sea temps couldn't be better.

For the remainder of spring and early summer, area beaches will be offering some of the most consistent and easiest surf fishing of the year. The most consistent bite will be whiting. Dead shrimp or sand fleas are the bait of choice, fished on the bottom, just behind or beyond the breaking waves. Whiting happen to be an unregulated species of fish in Florida, which means not only are they considered to be "very good eating," but a recreational licensed angler is allowed to keep up to 100 pounds of the fish per day. Now that's a fish fry.

A little more finicky fish found in the surf this time of year, but plentiful, and considered one of the East Coast of Florida's best tasting, is the pompano. With file values sometimes exceeding \$15 a pound in area seafood markets, pompano are highly targeted and valued by surf fishermen up and down the coast.

Fishing for pompano in the surf is very much like fishing for whiting. They both like the same baits and can be caught on bottom rigs; however, there are specially designed "pompano rigs" that can be

bought or homemade that are thought to be more productive than a traditional fish finder bottom surf rig. Also, crab (sand fleas) or clam baits often become the bait of choice over shrimp. Pompano also seem to prefer prettier days with calmer and clearer water conditions. Farther casts beyond the breakers are also needed to increase the likelihood of a catch. Florida law requires that pompano be at least 11 inches long to fork of the tail and have a daily limit of six per angler.

Fishing Report: Local bass fishing is still very good. Area creeks and ponds offering very good bites as hungry bass are off the beds and looking for food. Surf fishing peeking with a variety of fish to be caught, especially red-hot whiting and pompano for at least the rest of the month or more.

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

[Author's Note: Who could have guessed that after the writing of this month's article encouraging folks to get outside, enjoy the weather, and maybe take in a little fishing, that we would be where we are at right now, with most public accesses to parks, beaches and waterways closed?]

It is so sad to see such beautiful weather being wasted. It is always my hope for people to see and learn to enjoy all that our area outdoors and beaches have to offer. I've always believed that sun and saltwater are a healthy mix, that the two together can often heal what ails you. I am sad to see the closures because I believe they were the best and safest alternative for people to find a way of healthy entertainment while having to endure the other confines of this virus. Hopefully it ends soon.]

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Travel

Discover Abingdon, Virginia and the Crooked Road

By Debi Lander mail@floridanewsline.com

“Virginia is for Lovers” ranks as one of the most successful tourism campaigns of all time. The Old Dominion, however, entices more than romantics, from its seashores to its mountains, for its colonial and Civil War sites, its presidential mansions, and aerospace museums, not to mention many popular culinary and musical festivals.



Martha Washington Inn set for tea

Visiting Southwest Virginia last year, I discovered a small city with a fascinating history, architectural gems, and yet very modern activities. Abingdon kept me hopping over three days — not long enough to see and do it all.

Abingdon’s best known for the Barter Theater, Virginia’s State Theater. The professional residential repertoire company, one of the few in the U.S., presents multiple stages, letting visitors see more than one performance over the weekend. The Barter began in the Great Depression, taking vegetables locals couldn’t sell in exchange for laughs. Milk, eggs, and livestock turned ham to Hamlet (vice versa for the equally struggling cast). It’s cash or credit cards today, but folks still leave in fine spirits.

After a Barter performance, walk across the street to stay at, or at least visit, the Martha Washington Inn and Spa. The historic hotel, originally built as a residence for a large family, became a school and in 1935, a hotel. Renovated and updated, it maintains a colonial atmosphere and fine antiques blended with modern amenities. You’ll want to spend time at

the Martha, not just sleep there. The parlor begs with an afternoon tea setting and the library calls others to curl up and read. The manicured grounds make for a relaxing stroll.

Where do you eat? Join those who’ve been doing so since 1779 at The Tavern. One of the oldest surviving restaurants, it also served as a Civil War hospital. If you are into ghosts ask the owner to give you a peek in the attic. The initials carved into the wall are real, but are

the ghosts? Abingdon’s Haint Mistress offers ghost tours of the city and claims there are many scattered about town.

Not far from the Tavern lies a scenic rails to trails path, the Virginia Creeper Trail, great for biking, hiking, walking or horseback riding. You can rent a cycle and ride over to the Abingdon Vineyards to quench your thirst. Don’t miss the small Visitor Center next to the train. Inside you’ll find some O. Winston Link’s black and white photographs; he’s considered the Ansel Adams of train photography. Hear stories about the lengthy endeavors he took to set up a shot- before the days of strobe lights and digital cameras.

For a real treat, drive over to the Southwestern Cultural Heritage Center for a free bluegrass concert. But hang on to your wallet — this place will make you want to redecorate your

house. From bedroom sets, to tables, chairs, clocks and quilts, beautiful artisan



SW Virginia Cultural Center



Photos courtesy Debi Lander Barter Theater

crafts are displayed. I challenge you to leave without buying at least a small gift for someone. The variety and quality are outstanding, and there’s also local Virginia specialties like smoked hams, peanuts, jams, pickles and wine. I honestly have never been to a visitor center as spectacular as this one.

Abingdon and the SW Cultural Center sit on The Crooked Road, a 300-mile trail dedicated to musical heritage within the state. Nearby Bristol offers the Birthplace of Country Music Museum. You can also visit the Carter Family Fold for programs of Old Time and bluegrass music on weekends.

I bet you’ll fall in love with Abingdon, Virginia. (<http://visitabingdonvirginia.com>)

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



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The Pantry Raiders

A quick way to prepare tasty tomatoes

By NewsLine Staff
mail@floridanewslines.com

Tomatoes are a versatile ingredient in many meals — and are just as delicious in a garden salad as they are stewed and simmered in a favorite sauce. Tomatoes are a major source of the antioxidant lycopene, which can reduce one's risk of heart disease and cancer. Tomatoes also are a great source of vitamin C, potassium, folate, and vitamin K. It's easy to include more tomatoes into your diet with tasty fixings like this light and versatile recipe for "Bruschetta" from "Vegan Cooking for Beginners" (Publications International, Ltd.) by the PIL editors. Use it when serving cocktails and snacks, or as the prelude to a larger meal.

Bruschetta

Makes 8 servings

- 4 plum tomatoes, seeded and diced
- ½ cup packed fresh basil leaves, finely chopped
- 5 tbsp. olive oil, divided
- 2 cloves garlic, minced
- 2 tsp. finely chopped oil-packed sundried tomatoes
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 16 slices Italian bread



Photo courtesy MetroCreative
Bruschetta

Combine fresh tomatoes, basil, 3 tablespoons oil, garlic, sundried tomatoes, salt, and pepper in a large bowl; mix well. Let stand at room temperature for one hour to blend flavors.

Preheat oven to 375 F. Place bread on baking sheet. Brush remaining 2 tablespoons of oil over one side of each bread slice. Bake 6 to 8 minutes, or until toasted.

Top each bread slice with 1 tablespoon tomato mixture.

Nutrition Check: Tomatoes for the win

By Kristen Hicks-Roof, PhD, RDN, LD and Marissa Schwam, B.S.
mail@floridanewslines.com

It's April and springtime is in full swing. One of the best ways to take advantage of the beautiful spring weather is by planting fruits and vegetables in your home or community garden. During April, tomatoes can be the star of the plate and the garden. Generally, it takes about 100 days to grow tomatoes, so planting them by the end of April is the best way to ensure your tomatoes are ready for summer. This wonderful fruit (or vegetable, as some see them) is packed with nutritious goodness that will keep you feeling good past springtime.

A medium fresh tomato contains 292 mg. potassium, 16 mg. vitamin C and nearly 2 grams of fiber. Even better, a tomato retains its nutritional value very well so you can also enjoy and get nutritional benefits from tomato juice, canned tomatoes and tomato sauce. Tomatoes also contain a powerful antioxidant called lycopene. Lycopene is a carotenoid and has been shown to be associated with decreased risk of chronic diseases such as coronary artery disease and cancer. With all the delicious benefits tomatoes have to offer, it only makes sense to include them in your garden plans. Come summertime you will have the perfect topping to add to any salad, side dish, or entrée. Just so you can get an idea of all the delicious things you can make with tomato, here are some yummy recipes that you can make all year round.

Tomato-Cucumber Salad

- 1 large cucumber, sliced
 - 2 – 3 large tomatoes, diced
 - ½ red onion, sliced
 - 2 tbsp. olive oil
 - 1 tbsp. red wine vinegar
 - salt and pepper, to taste
 - 1 tbsp. fresh herbs, such as parsley, basil and/or dill (optional)
- Combine all ingredients in a bowl and toss until everything is coated and even.

½ tsp. salt

¼ tsp. freshly ground pepper

Herbs for garnish (basil, parsley or Italian seasoning)

Cut a thin slice off the top of each tomato. Scoop out pulp, leaving a 1/2-in. shell. Invert onto paper towels to drain. Mix stuffing ingredients. Spoon into tomatoes; sprinkle with herbs.

Place tomatoes in a baking dish; cover tomatoes with aluminum foil to prevent over-browning of stuffing. Bake at 350° for 30 minutes or cook on grill until done.

Kristen K. Hicks-Roof Ph.D., RDN, LDN is an assistant professor in the Department of Nutrition and Dietetics, Brooks College of Health, University of North Florida.

Baked Stuffed Tomatoes

- 6 medium tomatoes
- 1 cup croutons, crushed
- 4 tbsp. grated cheese blend (mix any: American, parmesan, cheddar)
- 3 tbsp. butter, melted



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Gardening

Signs of Spring

By Master Gardener Volunteer Lesley Arrandale
mail@floridanewsline.com

It's early March and, as I often find, I'm running behind on garden tasks. I hope you're feeling more in control! I'm enjoying seeing what my local big box store is bringing in for spring planting — all that color — and trying not to buy on impulse, which is something many gardeners find difficult. The trick is to have a plan — not one that is cast in stone, but which allows you to understand what you really need for that particular spot in your yard, be it dry and shady or moist and in sun. This allows you freedom to choose that beautiful new plant, once you have checked the label to ensure that it will be “the right plant in the right place.”

Late winter has been warmer than it should be, with hardly any cold snaps, and deciduous trees and shrubs are increasingly showing their beautiful fresh spring-green colors. Relying on my rain gauge, there has been a reasonable amount of rain in my area of town, and I have been able to save water as my vegetable garden has been doing fine without irrigation. Generally our weather is kinder to us than in many parts of the country. Our next challenges will be the dry spring fire season and, as of June 1, the hurricane season.

While thinking further about the year ahead, I've been looking at the University of Florida website “Gardening Solutions,” which has evolved in recent years from “Solutions for Your Life.” It has been updated with articles that introduce material to general readers, with readily accessible links to more in-depth articles that get right to the heart of our gardening issues. The home page has what you need to get started:

<https://gardeningolutions.ifas.ufl.edu/>. You will find it a very accessible resource and I encourage you to check it out, whether you simply need reminding of best practices for lawn care, are troubled by a wretched insect that's beginning to feel like a plague, or are feeling inspired to do your bit for our pollinators, birds, and other wildlife.

Our local resource, A New Leaf newsletter, is available at <https://tinyurl.com/uk3zf9v>. Summer vegetables are on many gardeners' lists, and you will find tips from Beth Marlowe for planting out tomatoes and their pepper and eggplant relatives. Summer heat brings more pests and fire ants can be among the worst; see Chris Kerr's article on dealing with them and how you may be able to do so without using chemicals. Now is the time we begin to see the city arborists inspecting trees that could potentially cause power outages during summer storms. As homeowners we can make sure that any trees we plant won't grow up and into power lines by choosing our tree species wisely. Larry Figart has details on some lovely options if you are considering a new tree or two.

We had been planning to hold our Master Gardener Volunteer Plant Sale on May 2, but this is now not certain. All Master Gardener Volunteer activities have been postponed until further notice and the Extension Office will be closed through the end of March; however, Extension Agents and staff will be working remotely and can be reached at duval.ifas.ufl.edu or through the City of Jacksonville call center at 255-CITY. Agents will be answering questions in place of our volunteers.



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Sincerely,
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