



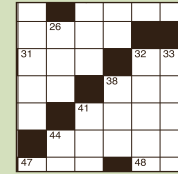
page 3  
BFF Best Furry Friend



page 10  
Beloved art teacher retires



page 15  
Get to Know... Henrietta Threatt



page 16  
Puzzles

## Nease cadets graduate from Navy JROTC Leadership Academy

By NewsLine Staff  
mail@floridanewslines.com

Nease NJROTC, the No. 1 program in northern Florida and the state of Georgia and one of the top 10 programs nationally, restocked its high-performing cadet leadership ranks by successfully graduating seven cadets at the Area-12 NJROTC Leadership Academy in Clay County in July.



Photo courtesy Scott La Rochelle

Nease NJROTC instructors and cadets completed the Area-12 Leadership Academy in Clay County: GYSGT Duane Hanson, MCPO Duane Spears, Amber Vidler, Dylan Dosio, Brandon Donovan, Daniel Mahoney, Brodie Mongon, Juan Castillo, Haylie Spell, Isabella Rivera, Kaitlyn Boggs and Captain Scott LaRochelle.

The NJROTC Leadership Academy historically brings together the top 200 cadets from Area-12's 60 high school programs across northern Florida and the state of Georgia; however, this year to ensure the proper health and safety of the trainees, smaller Leadership Academy clusters were organized across the area. The Clay County Leadership Academy included 30 cadets from Clay, Fleming Island, Middleburg, Oakleaf, Orange Park, Ridgeview and Nease high schools.

Navy JROTC cont. on pg. 15

## Thread of community support holds businesses together

By Heidy Brososky-Weaver  
mail@floridanewslines.com

"Success in life largely depends upon one's ability to adapt to change," a wise friend once shared. This idea rings true for many small businesses during the recent pandemic, and owners are creatively finding ways to adjust with support from their customers.

At All About Ballroom in Fruit Cove, manager Zeljko "Jake" Lukich is appreciative of loyal clients who took lessons through ZOOM during the state-mandated closing of businesses. Now, after reopening, the studio provides masks, gloves, and hand sanitizer, taking all precautions recommended by the Centers for Disease Control.

For example, the number of dancers on the expansive ballroom floor is now limited to 10 per group, and there are separate doors for entry and exit.

"People feel safe, and that's the main thing," said Lukich, who opened the studio six years ago.

Rebecca Mullens of the Twisted Compass Brewing Co. also pays close attention to the ever-changing requirements.

"We make sure we put customer and employee safety first," she said.

Mullens said customers have been faithful throughout the pandemic, taking advantage of to-go and online ordering options. Some even purchased gift cards for healthcare workers, firefighters, and police officers.

"We live and take pride in our wonderful community," she said. "Great coffee shop conversations, in these times, have helped us form new friendships and bonds that we cherish and do not take for granted."



Photos courtesy Heidy Brososky-Weaver  
Zeljko "Jake" Lukich of All About Ballroom.

practice in Bunnell for five years before opening Crosswinds. She took great care in designing the brand new facility where pets are greeted by a sign with their name. Additionally, each room offers pet snacks and toys, informative videos, and an Echo Dot for customized music.

"We want the animals to feel comfortable," she said.

At this point, Dr. Lockwood relies a lot on word of mouth and social platforms, and her practice is growing as "people see value in what we offer." Her priorities include education and communication with pet owners so they can be more active in their animal's health.

Communication is also important to Chantal Bearchen, owner of the Belgian Sweet House. A native of Belgium, Bearchen is not eligible for small business assistance. Another challenge is that many of her regular customers are elderly and confined to assisted living facilities. In fact, she calls some of her dearly-missed customers regularly to check on them.

"The people who visit my shop are not customers. I like to treat everyone as a friend," said Bearchen. In addition to items like fresh crepes and waffles, the shop has a wide array of imported Belgian goods, including chocolate from the family business.

To help Bearchen, a number of customers post videos and photos on social platforms, and there is a GoFundMe account, as well.

Clearly, the thread of support that runs through this community is an important part of the small business tapestry.



David, a barista at Twisted Compass Brewing Co.



Dr. Jennifer Lockwood with cat Charlie at Crosswinds Veterinary Hospital.

While some businesses can rely on an established customer base, veterinarian Jennifer Lockwood opened Crosswinds Veterinary Hospital in late February, just weeks before the pandemic began. Her office is tucked away behind Memorial Emergency Center on Race

Track Road, and she said people were hesitant to venture out in general, much less visit a new veterinarian.

A business partner with Creekside High School and Durbin Creek Elementary, Dr. Lockwood worked at a mixed animal

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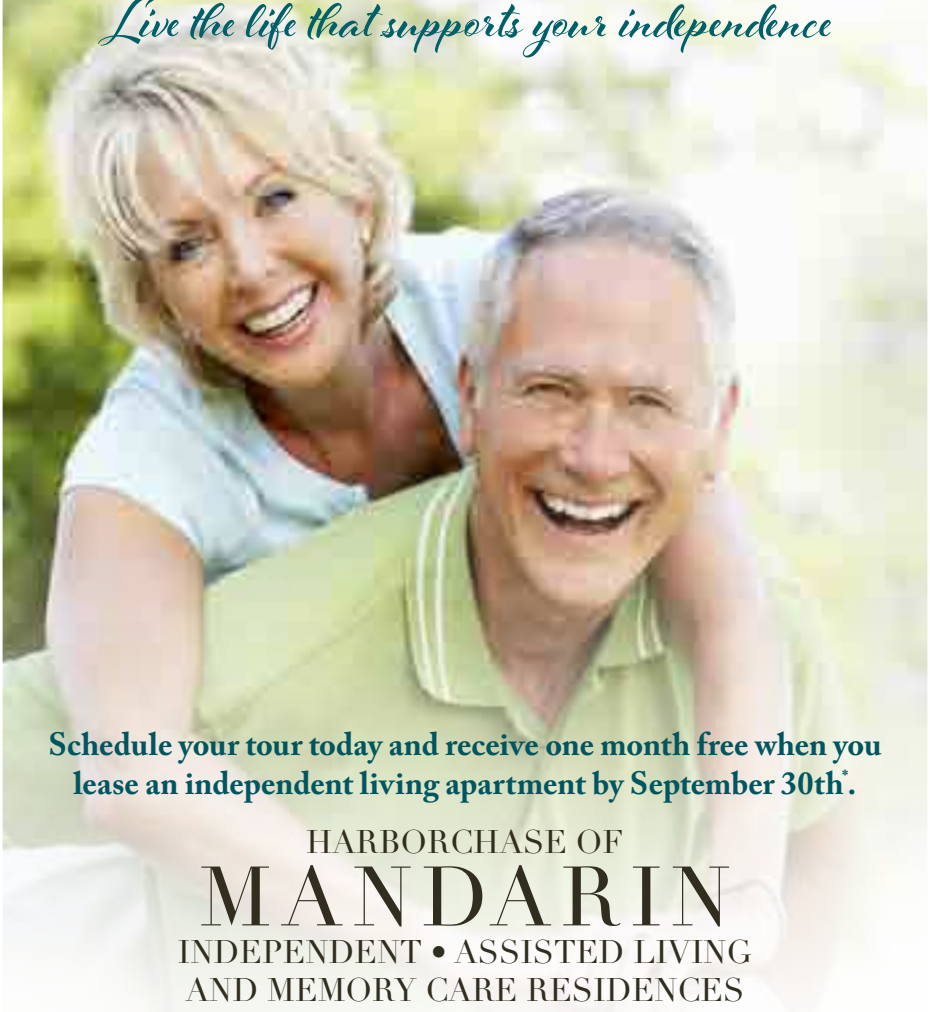
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## BFF Best Furry Friend of the month

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Cavalier King Charles Spaniel

**FAVORITE ACTIVITY:**  
Car rides with Daddy

**FAVORITE TREAT:**  
Popcorn

**FAVORITE FRIEND:**  
Ruby, our neighbor's diva Yorkee

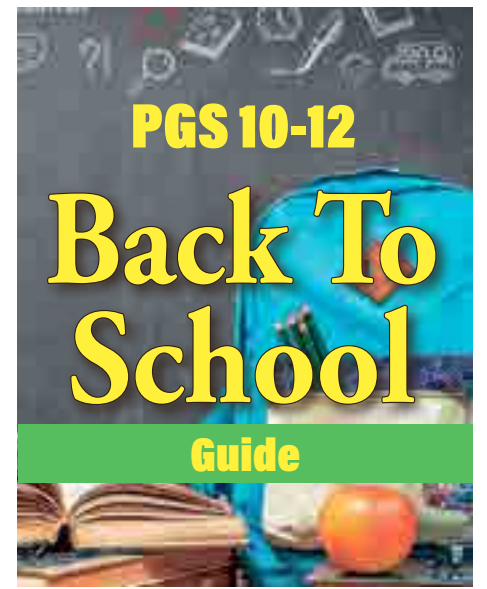
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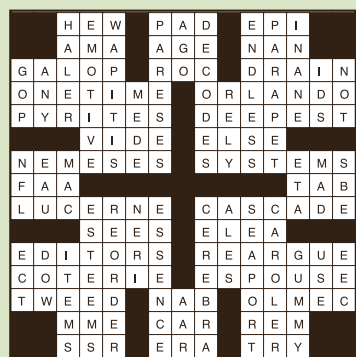
### Table of Contents

- 4 Q&A with Beverly Slough
- 4 Q&A with Eddie Creamer
- 5 Q&A with Vicky Oakes
- 5 Q&A with Brandon Patty
- 6 Briefs
- 9 St. Johns Business Monthly
- 14 Fishing
- 16 Community Marketplace
- 18 Nutrition Check
- 18 Gardening
- 19 Travel

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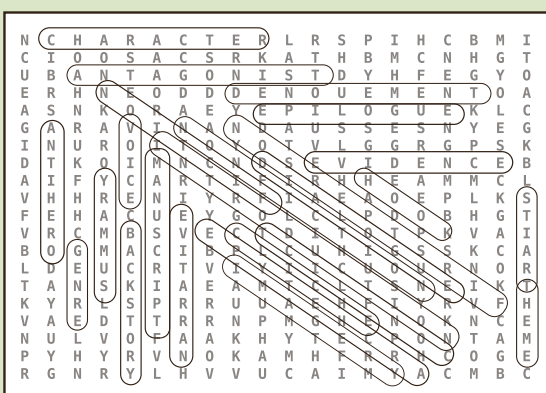
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Answers  
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Puzzles  
PG 16



Answers: A. compose B. draft C. edit D. ideas



## MYSTERY PHOTO



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Last month's Mystery Photo was the sign at The Pavilion at Durbin Park.  
Our winner was Mike Etue, Jr. Congratulations!

### Advertisers' Index

Academy of Dance.....11	Elder Source.....18	Julington Creek Family Dentistry .....13	St. Johns County Supervisor of Elections .....6
Affordable Water.....8	Elegant Earth Solutions.....16	Laino & Assoc Financial Group.....8	Starlight Gymnastics .....11
All About Ballroom.....8	Eye Center of St. Augustine.....5	Lisa Jacobs - Watson Realty.....15	Starling Senior Living.....15
Atlantic Tree & Landscape Services .....14	Family Remodeling.....16	Mark Spivak Dance Institute.....10	Staverman Hearing Centers.....13
Baptist Health .....20	Famous Automotive .....2	Michael McCarthy - Edward Jones.....20	Switzerland School of Dance .....12
Baptist Primary Care Julington Creek.....14	Flagler Memorial Cremation .....7	Nemetz Dental Associates.....10	The Right Cleaners .....16
Bella Vie Dental.....16	Goddard School.....12	Pavers Concrete & More.....16	The UPS Store #6113 .....5
Christian Whitehurst Campaign.....8	Harbor Chase of Mandarin.....2	Preddy Law Firm, P.A.....5	Tutoring Club of St. Johns .....1
Concrete Works .....16	Health & Wealth Advisory Group.....6	Premier Homes Realty .....2	Vannary Mak.....16
Craig Funeral Home.....19	Ian Mac Donald - Regions.....9	River Garden .....19	Weaver & Stratton Pediatric Dentistry .....11
Crosswinds Veterinary Hospital.....19	IT Promise.....16	Roots and Wings Learning Center.....10	Westminster Julington Creek .....14
Deerwood Academy .....12	Jim Register - State Farm.....4	Selma Collier - Berkshire Hathaway .....13	Willie Jewell's BBQ.....4
Dottie Lay - Coldwell Banker .....8	Jim Seery - Fields Cadillac.....18	Smiles By Glenos & Hadgis.....11	
Doug Nunery - Berkshire Hathaway.....6	Joe McAnarney Campaign .....7	Snip's Tree Service .....16	
Edward Jones - Deborah Lennon.....9	Julington Creek Chiropractic.....13	Sound Connections.....13	



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

**Q: As of the date of this interview (Aug. 19) can you tell us how school is shaping up to open on Aug. 31?**

A: Right now, about three-quarters of our students have opted for brick and mortar (in person) learning and most of the rest have opted for school-based distance learning — but this is fluid and changes pretty much daily.

**Q: How are teachers planning to teach this year?**

A: We had three extra pre-planning days in early August to help teachers learn the technology associated with school-based distance learning. A number of our teachers will be doing what's called "synchronous instructing," which means they will be teaching in person and online at the same time. This keeps the distance learning students connected to both their teachers and their classmates and allows them to follow the same pace as their brick and mortar peers. They can enter into classroom discussions and could also participate in small groups with other distance learners or students in the classroom. At the middle and high school level, distance learners will be assigned a schedule and will be responsible for logging on to each individual class, much like students have to change classes in the school building. Additionally, there will be some distance learning-only classrooms at some schools.

**Q: Can you go over some of the safety protocols at the brick and mortar schools?**

A: For one thing, we have installed plexiglass and cardboard shields on three sides of each desk, so students can take their masks off while seated. We are ensuring that students are distanced in classrooms by spreading out desks. We will be enforcing mask-wearing diligently. Masks must be worn when changing classes and when on the bus and then into the building — or any time that social distancing isn't possible. We are working on our policy for enforcement, but I expect we will use progressive discipline with a student possibly required to go to distance learning if they absolutely refuse to wear a mask.

**Q: Can you give us an update regarding fall sports?**

A: The FHSAA (Florida High School

Athletic Association) has said that practices can resume on Aug. 24 with games beginning on Sept. 4, but St. Johns County will wait until Sept. 11 for the first games to allow for an extra week of conditioning and practice. This will not jeopardize our teams from participating in postseason play. Also, the FHSAA has said that capacity in stadiums must be limited to 30 percent, with separation. We are still developing our procedures on how to handle this, but our goal is to control risk and make it as minimal as possible.

**Q: Do you have any district news to share?**

A: We have a staff change at the district level: Michael Degutis, our Chief Financial Officer, has been promoted to Chief of Staff, managing the entire district and reporting directly to Superintendent Forson. We plan to leave the two deputy superintendent positions left vacant by Cathy Mittelstadt and Brennan Asplen (who both accepted superintendent of schools positions in other school districts in the state) open for now to try out this new structure.

Also, we welcome new school board member for District 2, Tony Coleman, who will take office in November and replace retiring school board member Tommy Allen. Tommy was a stalwart on the board and we will miss his leadership, guidance and championing of the Character Counts! Program, which he brought to our district in 1998. We wish him every happiness in retirement — on his actual farm!

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

A: I'd like to express how appreciative I've been through this whole "five month Spring Break" of the parents who have been so supportive of us. I appreciate their ideas and concerns. The feeling I've had is that we are all in a very unsure position together and our parents have been strong partners of the school district.

**Q: How can our readers contact you?**

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



**with St. Johns County Property Appraiser Eddie Creamer**

**Q: Can you give an update on TRIM notices?**

A: Truth in Millage (TRIM) notices, including the Taxpayer Bill of Rights, were mailed out in mid-August. They can also be viewed on our website. If homeowners have any questions about their TRIM notice, to include valuation or exemptions, I encourage them to call our office to discuss.

**Q: What happens if a homeowner disagrees with your office's valuation or application of exemptions?**

A: We understand that from time to time, we won't agree, but we always try to move towards the taxpayer if legal and possible. If necessary, Florida provides an excellent avenue to settle any differences we are unable to resolve with homeowners: the Value Adjustment Board is an independent entity that does not work for our office or for the county.

**Q: How does a homeowner go about the process of disputing?**

A: If we can't come to an agreement, we actually encourage taxpayers to go to the Value Adjustment Board. The deadline for appeals to this board is Sept. 8. Homeowners can visit the St. Johns County Clerk of Courts website ([www.stjohnsclerk.com](http://www.stjohnsclerk.com)) and click on the "VAB" tab. It costs \$15 to file a petition and a hearing will be scheduled sometime September through December, at the taxpayer's convenience. Hearings can be in person or remotely, over the telephone.

If the disagreement with our office is over exemptions, it is a statutory matter and the hearing will be before an independent magistrate who is an attorney. If the disagreement is over valuation, the independent magistrate will be an MAI appraiser. Prior to the hearing, our office will submit to the taxpayer all of our documentation and evidence. At the hearing, the taxpayer will submit his/her evidence and then the magistrate will make a decision.

**Q: What happens if the taxpayer disagrees with the magistrate's decision?**

A: At that point, the taxpayer may appeal to the Full Value Adjustment Board, which is made up of two County Commissioners, one member of the School Board and two independent citizens who are appointed. If this Full Value Adjustment Board believes that the magistrate has erred, they will send the case back for the magistrate to change the decision.

I would like to emphasize that this is a fully independent process and the Property Appraiser's office is not favored in any way. It is not adversarial at all; it is just a third party making a decision.

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

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




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**with St. Johns County Supervisor of Elections Vicky Oakes**

**Q: As of the date of this interview, Aug. 19, Primary Election Day was yesterday. Can you give us some updates on how the day went?**

A: First I'd like to say kudos and thank you to our poll workers, and I think our voters should know that elections would not take place without these volunteers. I hope they will extend their thanks to the poll workers as well.

We saw an overall voter turnout of about 29 percent, which is about the same as the 2018 primary — but we saw a lot more Vote by Mail, likely specifically a result of COVID concerns. We mailed out about 50,000 Vote by Mail ballots and had 25,745 returned. This return rate of approximately 50 percent is typical for a primary.

Our website has a voter turnout report that shows in real time, on a daily basis, the status of all forms of voting: Vote by Mail, Early Voting, and Election Day. Visit [www.votesjc.com/voter-turnout](http://www.votesjc.com/voter-turnout) to check out more statistical information about the most recent election.

**Q: What is the result of the primary election races?**

A: We had several races that were decided in the Primary Election: School Board District 2, 7th Judicial Circuit Public Defender, and two of the judicial races. Still to be decided in the November election are: Congressional District 4, St. Johns County Board of County Commissioners District 1, Sheriff and one judicial race. These will of course be in addition to many other races that will appear on the General Election ballot.

**Q: What is the next step?**

A: We will certify our Primary Election results on Aug. 25 and then we will move full speed ahead to the November General Election. We have to start the ballot layouts so Vote by Mail ballots can be mailed and there is another round of poll worker classes scheduled.

**Q: Looking ahead, what are some of the important dates for the upcoming General Election?**

A: First and foremost, the deadline to register to vote in the Nov. 3 General Election is Oct. 5. Other important dates include: overseas and military Vote by Mail ballots will be mailed to voters who requested one on Sept. 19; domestic Vote by Mail ballots will be mailed to voters who requested one on Sept. 24; Early Voting Dates will be Oct. 19 – 31; and the last day to request a Vote by Mail ballot is Oct. 24 by 5 p.m.

**Q: Where are the Early Voting sites and what can you tell us about the Nov. 3 ballot?**

A: The Early Voting sites will be announced in mid to late September. Voters will receive a sample ballot for the Nov. 3 General Election prior to the election as always. I recommend that each voter takes the time to review it as it is quite lengthy, with a lot of races as well as six Constitutional Amendments to be voted on.

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

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

**St. Johns County Local Government** ([www.sjcfi.us](http://www.sjcfi.us))

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Julington Creek Field Office: (904) 209-2150

**Property Appraiser:** Eddie Creamer, [sjcpa@sjcpa.us](mailto:sjcpa@sjcpa.us); (904) 827-5500

**Supervisor of Elections:** Vicky Oakes, [voakes@votesjc.com](mailto:voakes@votesjc.com), (904) 823-2238

**Tax Collector:** Dennis Hollingworth, [taxcollector@sjctax.us](mailto:taxcollector@sjctax.us), (904) 209-2250

**Clerk of Court:** Brandon Patty, (904) 819-3600

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District 2: Jeb Smith, [bcc2jsmith@sjcfi.us](mailto:bcc2jsmith@sjcfi.us), (904) 209-0302  
District 3: Paul Waldron, [bcc3pwaldron@sjcfi.us](mailto:bcc3pwaldron@sjcfi.us), (904) 209-0303  
District 4: Jeremiah Blocker, [bcc4jblocker@sjcfi.us](mailto:bcc4jblocker@sjcfi.us), (904) 209-0304  
District 5: Henry Dean, [bcc5hdean@sjcfi.us](mailto:bcc5hdean@sjcfi.us), (904) 209-0305

**St. Johns County School Board** ([www.stjohns.k12.fl.us](http://www.stjohns.k12.fl.us))

District 1: Beverly Slough, [beverly.slough@stjohns.k12.fl.us](mailto:beverly.slough@stjohns.k12.fl.us), (904) 547-7510  
District 2: Tommy Allen, [tommy.allen@stjohns.k12.fl.us](mailto: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](mailto:Cyndi.Stevenson@myfloridahouse.gov), (904) 823-2300

State Senate District 7: Senator Travis Hutson, (386) 446-7610

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**with St. Johns County Clerk of Circuit Court and Comptroller Brandon Patty**

**Q: What events are happening now at the Clerk's office?**

A: The St. Johns County Property Appraiser mailed out TRIM notices in August. For any disagreements with valuation or exemptions, homeowners should first schedule an informal conference with the Property Appraiser's Office. If a disagreement persists, visit our website to file a petition, which is found under the "VAB" tab. The deadline to file is Sept. 8. People can call our office at (904) 819-3644 with any questions.

**Q: Can you give us an update on the operations at your office?**

A: We have changed how we are handling marriage services. We are no longer requiring appointments for marriage licenses or ceremonies. Due to concerns about COVID-19, ceremonies are limited to just the couple getting married.

**Q: Are appointments still required to get a passport?**

A: Yes. We still require an appointment to get a passport. In mid-August, we hosted Congressman John Rutherford at our office. His office is very involved with constituents who have passport issues or questions as they relate to the Department of State. He told us that the Department of State is just now processing passport applications received in February and March, before the COVID shutdown of the offices. As more locations and staff return to work, the timeline for getting a passport should speed up. It should be noted that there are presently no expedit-

ed passports by the Department of State, except in true instances of life or death.

**Q: Can you comment on the virtual jury trials taking place in other counties?**

A: These virtual trials are just for civil trials and they are on a trial basis for some counties around the state; St. Johns County is not included.

As for criminal and civil jury trials, they have been suspended through the end of August. At this time, our office is monitoring the situation to see when the suspension will be lifted by the chief justice of the Florida Supreme Court. Our office has been very strict in following CDC guidelines as they pertain to COVID and we have not had to shut down due to outbreaks.

**Q: Do you have anything else to share?**

A: As you may know, there has been a moratorium on evictions since early April. At the end of July, Gov. DeSantis extended the suspension of evictions further, but only for those tenants who have directly been affected financially by COVID. This restores a level of accountability.

**Q: What is the best way for our readers to contact you or your office?**

A: A lot of questions can be answered by visiting our website, [www.stjohnsclerk.com](http://www.stjohnsclerk.com), which is most commonly used to pay traffic citations or search court records. People can also call our main office at (904) 819-3600.

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Photo courtesy Chris Thompson

## 8A Julington Creek Slammers are state champs

The 8A Julington Creek Slammers accumulated a 6-0 tournament record and won the Cal Ripken Florida State Championship in Ocala on Aug. 1. The team completed its season with a 60-4 record and 12 championships, including USSSA World Series and lots of rings. The team includes Tyler North, Johnny Degrado, Tyson Jordan, Easton Taft, Walker Hall, Ryker Underwood, Mark Thompson, Hayden Crouse, Blake Soares, Logan Griner, Will Campbell and Pete Dempsey and is coached by Chris Thompson, Mikel Taft, Travis Crouse, David Hall and Beau Dempsey.

## Briefs

### New St. Johns Express Select bus route from St. Augustine to Jacksonville

The Jacksonville Transit Authority has established the St. Johns Express Select bus route to provide a convenient connection between St. Johns County and Downtown Jacksonville. The route begins at the St. Johns County Government Center, 4010 Lewis Speedway, and makes a stop at the Pavilion at Durbin Park before arriving in Downtown Jacksonville.

Service is offered from 6 a.m. to 7 p.m. Monday through Friday, and is not available on weekends or holidays. One-way passes are available for \$3, one-day passes for \$5, and 31-day passes for \$90.

Visit [www.jtafla.com/schedules/regional-services/st-johns-express-select/](http://www.jtafla.com/schedules/regional-services/st-johns-express-select/) for more information, including bus stop addresses and pass fees.

### St. Johns County extends building, permit fee reductions for local businesses, residents

In order to provide relief for local businesses and residents who are recovering from the impact of COVID-19, the St. Johns County Board of County Commissioners extended a 30 percent reduction in all general building permit fees.

Specific reduced fees include those related to development review, fire safety inspections, residential and commercial demolition, swimming pool fees, as well as electrical, gas, plumbing, mechanical, and irrigation permit fees.

The fee reductions are in effect through Nov. 3, 2020. Call St. Johns County Building Services at (904) 827-6800 for more information or visit [www.sjcfll.us](http://www.sjcfll.us) to view the updated fee schedule.

### St. Johns County CARES Program launched

In August, the St. Johns County Board of County Commissioners launched St. Johns County CARES, a program to help local businesses, residents, and nonprofit organizations respond to and recover from the economic impact of COVID-19. Applications for small businesses and residents are now available. Applications for nonprofit organizations will be available in the coming weeks.

A financial assistance program utilizing more than \$18 million in federal CARES Act funding, St. Johns County CARES provides grants to eligible applicants who suffered loss of revenue or income, or incurred unexpected expenses due to the COVID-19 pandemic. Small businesses may qualify for up to \$20,000 in grant funding and residential households may qualify for up to \$5,000 in grant funding.

For more information, visit [www.sjcfll.us/sjccares](http://www.sjcfll.us/sjccares), call (904) 209-6050, or email [sjccares@sjcfll.us](mailto:sjccares@sjcfll.us).

## General Election November 3, 2020

Registration Deadline: October 5th

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## Minimize your flooding risk by doing these five things

By NewsLine Staff  
[mail@floridanewsline.com](mailto:mail@floridanewsline.com)

As Florida is in the middle of hurricane season, here are five tips from the St. Johns River Water Management District to prepare for heavy rains from severe storms, including torrential rain from recent summer thunderstorms. By being proactive, homeowners can help protect themselves and their property from flooding.

- Report clogged culverts or slow-moving water in ditches to your local government to allow adequate time for maintenance or repairs before a storm.
- Keep grass clippings and other debris out of stormwater drainage systems to prevent clogging and loss of stormwater storage and treatment capacity. Stormwater systems help control flooding by slowing down surges and absorbing rainwater before it reaches water bodies.

- Clean out roof gutters and extend downspouts at least four feet from structures to keep water from ponding at the foundation.

- Build up the ground around the home to promote drainage away from the foundation.

- Bookmark useful webpages, including [www.sjrwmd.com/storm](http://www.sjrwmd.com/storm), for links to flood statements and warnings, river stage and flooding data, and local government emergency contacts. Links to the National Weather Service, Florida Division of Emergency Management and the U.S. Geological Survey's interactive map of current conditions in the state are also available via the website at [www.sjrwmd.com/data](http://www.sjrwmd.com/data).

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# September

## Community Calendar

### What's Going On in St. Johns? A modified calendar of events

Email [editor@floridanewsline.com](mailto:editor@floridanewsline.com) to have your community group's event included.

**The fifth annual Sing Out Loud Festival** will be held virtually this year. Beginning Sept. 12, Sing Out Loud Virtual Sessions will feature live stream performances by local musicians at various locations around St. Johns County each Saturday and Sunday in September. Locations include Nocatee Preserve, Alpine Groves Park and Beluthahatchee among others. The Sing Out Loud Virtual Sessions, presented by the St. Johns County Cultural Events Division, in partnership with the St. Johns County Tourist Development Council, will be accessible via the official Sing Out Loud Festival website at [www.singoutloudfestival.com](http://www.singoutloudfestival.com), as well as the official Sing Out Loud Festival Facebook Page.

On Monday, Sept. 14 at 7 p.m., the **Northwest St. Johns County United for Progress Club** will host Dave Rogers, candidate for Florida House District 17; Brenda Stratton, candidate for Soil and Water Conservation, District 4; Jan Cardia, candidate for Anastasia Mosquito Control, Seat 1;

and Felicia Proia, candidate for Anastasia Mosquito Control, Seat 6, as guests. All are welcome. Email [nwsjcp@gmail.com](mailto:nwsjcp@gmail.com) to attend this Zoom virtual meeting.

**Northeast Florida AHEC** announces the following free Quit Tobacco Class, which includes free nicotine patches, gum or lozenges: Tuesday, Sept. 22, from 3 p.m. – 5 p.m. at Wildflower Healthcare Clinic, 268 Herbert Street in St. Augustine. Call (904) 482-0189 for more information or to sign up.

**First Coast Florida Lifestyles Newcomers Recreation Club** will host a mini golf and dinner outing in St. Augustine on Thursday, Sept. 24. Call the club organizer at (904) 829-0643 (no texts) to RSVP or for information about the club. The club is open to both men and women and is a smoke- and drug-free club.

**ElderSource** will host a community donation Shop & Drop event at its Mandarin headquarters parking lot at 10688 Old St. Augustine Road on Saturday, Sept. 26 from 9 a.m. – 1 p.m. to benefit local seniors. Requested items include hand wipes, sanitizer, tissues, adult coloring books, colored pencils, crayons, pens, activities books and toiletries.

## Popular Cupcake Run to be virtual this year

By NewsLine Staff  
[mail@floridanewsline.com](mailto:mail@floridanewsline.com)

Due to concerns about COVID-19, the annual Girls on the Run Cupcake Run and Cake Walk was moved from April to September; however, with CDC guidelines still restricting large gatherings, Girls on the Run has decided to make the Cupcake Run a virtual run this year. Scheduled for Sept. 19, it is not too late to sign up and receive the race swag (medal, mini cupcake, technical shirt, cupcake coupons and a race bib). Registration for the 5K only will take place until Sept. 13 at midnight (or until the medals are gone).

For local participants (within 50 mile radius), race packet pickup will be Tuesday, Sept. 15, Wednesday, Sept. 16 and Thursday, Sept. 17 from 10 a.m. – 2 p.m. and 5 p.m. – 8 p.m. each day at Sweet by Holly at the St. Johns Town Center, 4624 Town Crossing Drive #137. For out of town participants (outside 50 mile radius), all swag (except cupcake and coupons) will be mailed no later than Sept. 16.

Once you receive your packet, run

your race your way on Saturday Sept. 19 and post it to the GOTRNEFL Facebook page to win a dozen Sweet by Holly cupcakes.

For the past 16 years, Girls on the Run Northeast Florida has been a champion for girls, helping them to see that their potential isn't just enormous — it's beyond measure! Girls on the Run staff know that their programs are needed now more than ever, so they are hard at work to ensure that girls will continue to build connectedness, strengthen their social-emotional health and increase their physical activity during this upcoming school year. Their commitment to inspiring girls to be joyful, healthy and confident is stronger than ever.



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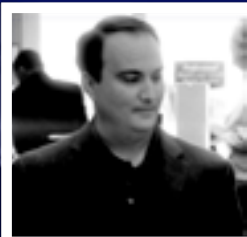
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(8/13, SJCCC Town Hall)

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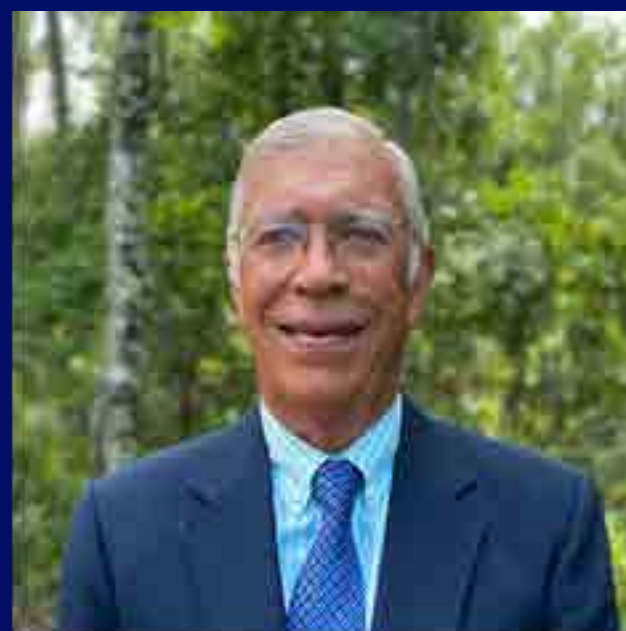
"Government out of the way" will allow developers to build more and more – resulting in more traffic, more overcrowding, and more strip shopping centers. Joe will not get out of the way. He will stay and work for Families – for their neighborhoods, schools, and quality of life.

### JOE WILL VOTE FOR PARKS & RECREATION

"Government out of the way" will continue a pattern of our County not acquiring parks for us since 2008. Joe will not get out of the way. He will stay and fight for more park lands for our families and youth sports activities.

### JOE WILL VOTE FOR FAMILIES FIRST

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## Donations sought to help elderly residents

By NewsLine Staff  
 mail@floridanewslines.com

ElderSource will host a community donation Shop & Drop event at its Mandarin headquarters on Saturday, Sept. 26 to benefit local seniors.

The local nonprofit organization is asking people to purchase and drop off nonperishable items that seniors need. ElderSource staff members will accept donations in their parking lot at 10688 Old St Augustine Road from 9 a.m. – 1 p.m. They will sort, bag and deliver the items to elderly in the community who are in need.

Items that ElderSource officials hope will

be dropped off include:

- Hand wipes, sanitizer
- Tissues
- Adult coloring books, colored pencils, crayons, pens
- Activities books (word search, Sudoku, playing cards)
- Toiletries (soap, shampoo, toothpaste and toothbrush)
- No sweets, canned or boxed food or perishables.

Note that donations are only being accepted on Sept. 26 from 9 a.m. – 1 p.m. as ElderSource staff continues to work remotely and office hours are limited.

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## Bartram Trail Branch Library open for browsing

By Donna Braasch  
 mail@floridanewslines.com

The Bartram Trail Branch Library is open for browsing and check out inside the building. Family groups are asked to stay together while browsing. Computers are available for one hour a day per patron.

The library's virtual programming remains robust, with live children's programming on Facebook. The recordings are available on both Facebook and YouTube.

Visit <https://sjcpls.org/> to see the offerings under the upcoming events tab. County-wide adult programs are also available. Visit <https://sjcpls.org/upcoming-events/adult-events/> for adult programs and <https://sjcpls.org/upcoming-events/book-clubs/> for Book Club offerings

September is National Library Card month. You can apply for a library card by visiting any St. Johns County branch library, open from 10 a.m. – 3 p.m., Tuesday through Saturday. If you are unable to visit the library, call the library and staff can provide remote application options for you. If you previously applied for and received a temporary eCard, those cards have now expired and you will need to apply for a permanent library card.

Finally, Sept. 27 through Oct. 3 is Banned Books Week. Stop by to grab a read that was once denied to you!

*Donna Braasch is a Reference Assistant at the Bartram Trail Branch Library.*

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# ST. JOHNS Business Monthly



## The Five Dollar Day

### Market Insight

By Scott Grant  
ScottGrant@StJohnsBusinessMonthly.com

In January 1914, six months before the assassination of Austrian Archduke Franz-Ferdinand sparked the start of World War I in Europe, Henry Ford and the Ford Motor Company shocked the nation with the announcement of the Five-Dollar Day. Ford Motor's announcement that they were more than doubling wages for workers on the company assembly line in Dearborn Michigan was stunning. The move was hailed as an act of altruism and Ford is often credited with the creation of the middle class. His workers could now afford to buy homes and the very Model-T automobiles they labored to produce.

Ford's motives were not entirely altruistic. Productivity at his plant suffered from worker turnover. Ford, who had started out working for Thomas Edison, revolutionized manufacturing when he invented the moving assembly line. That assembly line was not fully automated unless he had a trained labor force to perform the repetitive tasks required of its human component. The increased pay worked. Turnover dropped from 370 percent to nearly zero. So many applicants flooded the plant that riots broke out. With his new workforce in place, the time it took to make each Model T dropped from more than 12 hours to a mere 93 minutes.

The pay increase came with a catch. Only half of the money was paid in wages; the second half was profit sharing — and to qualify, workers had to meet certain requirements. Ford Motor Company inspectors visited workers in their homes making sure that the dwellings were clean, that everyone was speaking English, and that no one was drinking alcohol. They also kept their eyes open for any acts of sedition or abuse. Finally, employees were required to contribute regularly to a savings account.

Henry Ford is a complex figure in American history. He was an early fan of Adolf Hitler. The Fuhrer was a fan of Ford's.

The German dictator greatly admired Ford Motor Company as a model of efficiency. And, although the auto magnate would later change his mind about the Fuhrer when World War II broke out, it is said he kept a picture of Hitler on his desk and that Adolf kept a picture of Henry on his.

Henry Ford was a fierce anti-Semite. In 1920, he began publishing a series called "The Protocols of the Elders of Zion," in a newspaper he owned called the Dearborn Independent, which purported to tell the "neglected truth." The fiercely anti-Semitic polemic had first been published in Russia in 1903 and purported to expose the plans of an international cabal of Jews to control the world by controlling information and entertainment. The "Protocols," replete with tales of child abduction and shadowy rituals, had been widely debunked and dismissed as fake long before Henry Ford published them, but Ford, who once remarked that "history is bunk," believed them, because he wanted to.

Some of this may sound familiar. Vile conspiracy theories about baby eating satanic cults and deep state cabals haunt the internet today as well. More and more, otherwise normal neighbors have increasingly grasped the noxious spewings of an anonymous internet prophet known as QAnon. It occurs that there are similarities between Henry Ford's time and our own. A pandemic, a recession, and the closing of bars represent both eras. Now, in 1920 the bars closed for a different reason; Prohibition became the law. But one must wonder if conspiracies thrive in a world where people feel cooped up and powerless.

*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](mailto:scottg@standfastic.com).*

## What should you do with an inheritance?

By Michael P. McCarthy, Financial Advisor  
[mail@floridanewslines.com](mailto:mail@floridanewslines.com)

If you were to inherit a large sum of money, what would you do with it? The question may not be hypothetical, especially if you are in the millennial, Gen X or Gen Z demographic groups. That's because the baby boomers — often referred to as the richest generation in history — are poised to transfer some \$30 trillion in assets over the next few decades, according to the consulting firm Accenture.

Of course, this is a "macro" figure, and everyone's situation is different. Furthermore, since baby boomers are living longer, more active lives, the total amount passed on may end up being considerably less than the estimate. Nonetheless, you may well receive a medium-to-large inheritance someday, and when that day arrives, you'll need to decide how best to use your newfound wealth.

Your first move may be to do nothing at all. Generally speaking, you have enough time to decide how to handle the various elements of an inheritance, although if you are inheriting an investment vehicle such as an IRA or a 401(k) plan, you will eventually have to make some decisions about liquidation or withdrawals. (And since these accounts may carry tax obligations, it's a good idea to consult with your tax advisor fairly soon after you receive your inheritance.) But if a big part of your inheritance simply consists of cash parked in a bank account, there's nothing wrong with moving the money into a cash management account at a financial services company until you decide what to do with it. However, after some time has passed, you may want to put your inheritance to good use. If you're already working with a financial advisor, you might want to get some guidance on how to use your

new assets to strengthen your existing investment strategy. Do you have any gaps in certain areas? Can you use the money to help diversify your holdings? Diversification can't guarantee profits or protect against all losses, but it can help reduce the impact of volatility on your portfolio. And, of course, if your inheritance is large enough, it may permit you to "max out" on your IRA for years to come, and possibly free you to have even more of your salary deferred into your 401(k) or similar employer-sponsored retirement account. Plus, you could use the money for other long-term goals, such as funding a tax-advantaged 529 college savings plan for your children.

You also might use part of your inheritance to donate to the charitable organizations you support. Due to recent changes in tax laws that caused many people to stop itemizing their deductions, charitable groups are in more need of support than ever.

And last, but certainly not least, take this opportunity to review your goals. Is your inheritance large enough for you to adjust your planned retirement age? And if that age may indeed change, what about your other plans for retirement? Will you now be free to travel more or pursue other hobbies? Will you even need to modify the way you invest for your new reality, possibly by taking a less aggressive approach?

Again, a financial professional can help you answer these questions. Someone thought enough of you to leave you a valuable inheritance — so use it wisely.

*Michael P. McCarthy is a Financial Advisor with Edward Jones. Member SIPC. Email [Michael.McCarthy@edwardjones.com](mailto:Michael.McCarthy@edwardjones.com) for more information.*

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# Back To School

## Beloved art teacher retires from Julington Creek Elementary

By Heidy Karl  
mail@floridanewslines.com

This past August brought the retirement of beloved Julington Creek Elementary School art teacher known simply to all as “Mrs. Mac.” Her real name is Linda McAnarney. She spent the last 15 years bringing art to life in the hands of all the children she taught. McAnarney thoroughly loved including literature in her lessons for she felt reading is such an important foundation to learning. She spent countless hours after school putting “pieces and parts together” as she would call it, to prepare for her students each day. The students enjoyed visiting her in the morning to receive a “Smartie” from Mrs. Mac. when they turned in an extra credit assignment to her. (Their eyes would light up when she would open her filing cabinet that stored them.)

McAnarney would enter Julington Creek Elementary every day with a big smile and walk down the hallway asking



Photo courtesy Heidy Karl  
Linda McAnarney

everyone how they were doing. Her reply to them was always, “I’m fabulous.” Her positive approach to each day was infectious to all the lives she touched, young and old. She contributed a love of life, art, and great experiences for the children such as murals in the school, a Character Counts! painting on the basketball court, a Multicultural Celebration, Art Show, Mandarin Art Show, and Martin Luther King poster contest each year. She will be surely missed by all.

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## Teen surpasses school supply collection goal

By NewsLine Staff  
mail@floridanewslines.com

A St. Johns County teen surpassed his goal of collecting 2,020 new school supplies — representing the year 2020 — to help local teachers and students in the upcoming school year.

Brewer Sicilian is an incoming freshman at Creekside High School. This summer he coordinated with INK! (Investing In Kids) to collect school supplies for the upcoming school year. Sicilian surpassed his goal and collected more than 3,000 items. The official delivery to INK! was made on Tuesday, July 28.

INK! is The St. Johns County Education Foundation, which provides



Photo courtesy Jennifer Sicilian  
Brewer Sicilian surpassed his goal of collecting 2,020 new school supplies.

classroom resources and programs to promote the academic success of students. One of the things they do is provide school supplies to students and teachers in St. Johns County throughout the school year.

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# Back To School

## 2020 - 2021 St. Johns County School Calendar

September 2020					Total 179 Days
M	T	W	T	F	
	1	2	3	4	Teacher Optional Planning
7	8	9	10	11	
14	15	16	17	18	2 Teacher Inservice (non-student day)
21	22	23	24	25	Classes Resume
28	29	30			Student/Teacher Holiday
					End of Quarter

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# Back To School



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## Dream Big Florida program to send student postcards to space and back

By NewsLine Staff  
[mail@floridanewslines.com](mailto:mail@floridanewslines.com)

Club for the Future and STEM2 Hub are partnering on the "Dream Big Florida" postcard program, which will provide more than one million Florida students direct access to space through Blue Origin's reusable rockets.

The program gives K-12 students access to space by asking them to create postcards with their dreams of the future and vision for life in space answering the question, "Why do you think Earth needs space?" The postcards will be collected at the district level and sent back to Club for the Future in the first month of school. Blue Origin will then fly the postcards to space and back on upcoming New Shepard rocket launches, and mail them back to students with a "Flown to Space" postmark. The program provides teachers and students with an engaging activity to kick off the school year and inspire them to think about a future of life in space.

"This partnership and this project provide young people across the state of Florida with something that once seemed implausible: access to space," said Kathleen Schofield, executive director of STEM2 Hub. "But more than that, each postcard represents the inner voice of a young

person, a chance to be bold and dare to dream about the future, to ignite a spark of entrepreneurship, and set out on a path they may never have dreamed possible!"

To help students think about why Earth needs space, teachers and students can access the Club for the Future's standards-aligned curriculum or engage via a series of thought-provoking prompts outlined on Dream Big Florida's microsite.

"Club for the Future was launched last year by our founder to inspire students to pursue careers in STEM and help visualize the future of life in space to benefit Earth," said Josef Reinke, director, Club for the Future. "We are beyond excited to partner with Florida's amazing STEM2 nonprofit, STEM2 Hub, and bring access to space to more than one million students across Florida through our 'Send a Postcard to Space' program."

Visit <https://clubforfuture.org/missions/dream-big-florida/> for more information and program materials. Visit [www.clubforthefuture.org](http://www.clubforthefuture.org) and <https://stem2hub.org> for more information about Club for the Future, founded by Blue Origin, and STEM2 Hub respectively.

## A refresher course in school bus safety

By NewsLine Staff  
[mail@floridanewslines.com](mailto:mail@floridanewslines.com)

For many children, school marks the first time they are away from their parents for an extended period of time. It also may be the first time they ride in a vehicle other than their parents' cars.

Each school day, 25 million children ride a bus to school in the United States. A school bus is among the safest modes of transport and one of the most regulated vehicles on the road, according to the National Highway Traffic Safety Administration.

Riding a school bus can be a novel experience no matter a student's age or grade. Kindergarteners may be introduced to the school bus on their first day of school, while older students are no doubt familiar with life inside a school bus. But all students and families can benefit from a refresher course on school bus procedures to ensure this school year begins on safe footing.

- Be a smart pedestrian. Riding the school bus is very safe, but injuries can occur walking to and from the bus stop. Watch for cars backing out of driveways and always look both ways multiple times before crossing streets.

- Remember school bus laws. Most areas of the country have specific school bus laws that include stopping when red lights are flashing on the school bus. Cars must stop whether they're behind the school bus, next to it or on the opposite side of the street facing the bus. Stopping allows passengers to enter or exit the bus safely.

- Stand away from the curb. The National Safety Council advises keeping six feet, or three giant steps, away from the curb while waiting for the bus. Young children should be carefully supervised.

- Be visible. Always cross in front of the bus, making eye contact with the driver so that he or she knows your intentions before crossing. If you drop something, do not bend down to pick it up. Tell the driver instead.

- Remain seated. Find a seat promptly and remain seated for the duration of the ride. Do not stand up and proceed down the center aisle until the bus has stopped.



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# There is no such thing as a heartworm-free neighborhood

By Jennifer Lockwood, DVM and Liz Bigelow, CVT  
mail@floridanewslines.com

Heartworm disease is a serious threat to our pets and continues to be a concern throughout Florida year-round. Heartworms are transmitted by mosquitoes, which means any time of year these pesky bugs are active and feeding, they are putting your pets at risk. Peak mosquito season in Florida is right now. High humidity and afternoon thunderstorms create favorable conditions for mosquitoes. The more of these hungry mosquitoes that are in an area, the more your pets are at risk for contracting heartworms.

The heartworm life cycle is multifaceted. Adult female heartworms living in the heart of an infected dog produce baby worms called microfilaria that live in the bloodstream. When a mosquito takes a blood meal, it ingests these baby worms, which then develop into an infective larval stage over the next few weeks. When the infected mosquito bites an unsuspecting dog, it passes larvae through its bite into the host. Once inside a new host, the lifecycle will take about six months for the larvae to mature and find their way to the heart and lungs — where they can live for up to five years, causing damage to your pet's internal organs.

Dogs are not the only ones susceptible to heartworm disease; cats and ferrets are also at risk. Even indoor only pets aren't off the hook. It just takes one bite from one infected mosquito to transmit heartworm disease. This means that every time you open a door or window, the potential for

these irritating insects to invite themselves in and attack your pets is possible.

Heartworm disease has been diagnosed in all 50 states with Florida being one with a higher number of confirmed cases annually. Therefore, the American Heartworm Society recommends testing your pets every 12 months and keeping them on prevention year-round. Even if your pets are on regular prevention, testing is still recommended to ensure your pet's preventive regimen has been effective. While medications are effective, if you miss a dose or give it late, it could leave your pets at risk for infection.

Is your pet on heartworm prevention? Your veterinarian can help find the medication that is right for your pet. There are many options from oral to injectable that can fit your lifestyle, giving you peace of mind that your pets are protected from this potentially fatal disease. And don't forget, many heartworm preventions contain a dewormer that helps keep your pets free of certain intestinal parasites too.

There is no such thing as a heartworm-free neighborhood, but with the help of your veterinarian, you can have a heartworm-free pet.

*Jennifer Lockwood, DVM is owner and veterinarian of Crosswinds Veterinary Hospital. Email crosswindsvet@gmail.com for more information.*



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## Fishing

### Capt. David's Fishing Report

By Captain David Lifka  
mail@floridanewslines.com

Too much rain has put a real damper on the start of this year's shrimping season. Sporadic catches with various sizes have been the norm. Hopefully now as we get into the peak of the season, shrimping will turn around. It's happened in the past.

Redfish on the docks north of the Buckman Bridge all the way to San Marco area docks has been very productive in recent weeks. Fishing artificial or live baits during moving tides has been working best.

The best fishing we can expect this time of year is that of croaker and yellowmouth (weakfish). Good numbers of both are being caught in the Green Cove Springs area of the river and farther south of Shands Bridge.

These fish are usually easy to catch, and without any real size or quantity limits, this can add up quickly to make a nice sized pile for a fish fry. Live or dead local shrimp make the best bait for either. You can also try cut croaker for the chance of some really nice sized yellowmouth, as the larger fish sometimes prefer cut bait.

Do not let inconsistent shrimping mess up your day. Always have rods in the boat for an alternative, and switch to fishing when necessary. After all, something in the cooler is always better than nothing at all. Also, baiting an

area at dusk and shrimping under a couple of lanterns after dark may be the answer to attracting shrimp for some decent catches.

Fishing Report: Good numbers of reds on docks. Marker 18 at Green Cove Springs seems to be the best first stop for croakers and yellowtails. If you make it to the beach, surf fishing has been surpris-

ingly good for a variety of species.

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

*Email your Catch of the Month photo to [catchofthemonthpictures@gmail.com](mailto:catchofthemonthpictures@gmail.com). Be sure to include the name of the person(s) in the photo, the name of the person who took the photo, the type of fish and date and location of the catch. We will select a photo each month for publication.*



Photo courtesy Andrew White  
Andrew White caught these two redfish north of the Buckman Bridge near Beauclerc using a white strike king spinner bait. One was 34" and the other 30". Both fish were released with no issues.



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## Get to Know . . .

### Henrietta Threatt

By Martie Thompson  
editor@floridanewslines.com



Photo courtesy Henrietta Threatt  
Henrietta Threatt with sons Max and Paxton

Henrietta Threatt grew up in a small town in Hungary during communism. She said she was 17 years old when the Berlin Wall came down and changed everybody's way of life. After high school, she worked as a secretary at a police station and also worked in her father's gas station business. By the time she was 22, she said she got the travel bug and a trip on a tourist visa to the United States for six months to work as a nanny for a half Hungarian/half American family was her first venture. It was a few years later when she was working again as a nanny for a family in Germany that she met her husband Paul. Many more travels followed as a result of his military career. The first place they lived after they were married was Tallahassee and Henrietta said they knew they eventually wanted to come back to the state to live permanently. The couple has two boys; Paxton graduated from the International Baccalaureate program at Nease and is now at Georgia Tech majoring in pre-med and this year, Max will be a fifth grader at Wards Creek.

**Q: How did you meet your husband?**

A: I was working as a nanny for an American family on a military base in Germany. We were introduced by a mutual friend at a local German springtime festival. He is 6'6" tall and I am 5'3" tall ... I looked up at him and

thought, "What am I going to do?" We started dating seriously and in the fall of 1997, his orders were up, so I made the decision to come back with him to the U.S. on a short-term visa. We got married at a courthouse in December and then four months later had our official church wedding when my family could come from Hungary.

**Q: Tell us about your travels.**

A: A few years after we were married, Paul reenlisted and we started what I like to call our vagabond military lifestyle. Over the next nearly 20 years, we lived all over the globe: Hawaii, California, Virginia, Spain ... we lived in some amazing places.

**Q: How did you end up in NW St. Johns County?**

A: We always had living in Florida in our plans because we love the ocean and nature and outdoor living. In fact, when Paul went to law school in Indiana, he took the bar exam for Florida in anticipation of our move here. He finished up his active service at NAS Jax and then retired in 2012. We had two school-aged boys and we looked up the school system and decided on St. Johns County. We actually went so far as to pick our older son's school, Fruit Cove Middle School, and we knew we wanted to live within walking distance. When I drove into Julington Creek Plantation, I saw kids riding bikes and walking and it felt family-friendly immediately. We lived there until just last year, when we moved to the World Golf Village area.

**Q: How did you decide to become a Realtor?**

A: During our vagabond years, I always had part-time jobs in the customer service industry. I'm a people person and I like to socialize. I always said that when we settled down and stayed in one place, I would have my career. When we had to very quickly buy our house in Julington Creek Plantation, I felt I could implement my customer service skills and do the job of a real estate agent. I thought it could be fun and I would meet new people. I had to learn the area and get licensed. Within three weeks, I took the real estate course and the state exam. I was so proud of myself — everyone told me not to be upset, as only 30 percent pass the state exam on the first try. But I did! Today, I specialize in northern St. Johns County properties and am a Realtor with the Josh Rogers Team at eXp Realty.

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

A: We like anything to do with the beach or ocean. We like to jet ski, fish, go boating and scuba diving. Recently, we went scalloping in Homosassa Springs. We also love hiking and skiing in Colorado. I enjoy roller skating, tennis, gardening and cooking.

Navy JROTC cont. from pg. 1

Top Navy, Marine Corps and Coast Guard JROTC naval science instructors from the seven schools directed the training, which covered leadership, drill, academics and fitness.

This year's attendees from Nease included rising seniors Brandon Donovan and Juan Castillo and rising juniors Kaitlyn Boggs, Daniel Mahoney, Brodie Mongon, Isabella Rivera and Haylie Spell. Cadets Dylan Dosio and Amber Vidler served as cadre during the week, assisting in the mentoring and training of the cadets. All three of Nease's naval science instructors — Captain Scott LaRochelle, Master Chief Duane Spears and Gunnery Sergeant Duane Hanson — worked as instructors for the program.

"An awesome experience," said cadet Brodie Mongon. "The hands on practical training in command presence will definitely pay off in leading the unit this year."

Cadets received individual medals for exceptional performance, including Cadets Boggs and Castillo for Personnel Inspection; Cadets Boggs, Donovan, Mongon and Rivera for Academics; and Cadets Mahoney, Mongon and Rivera for Honor Cadet.

"With all the uncertainties and unknowns forecast in the coming year, leaders will be needed to lead," said cadet Brandon Donovan. "I feel as a result from this training we're more prepared to meet that challenge."



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# Nutrition Check

## September is Childhood Obesity Awareness Month

By Kristen Hicks-Roof, Ph.D., RDN, LDN; Marissa Schwam, B.S.  
mail@floridanewline.com

In an unrepresented time, such as the COVID-19 pandemic, it is important now more than ever to ensure that our youth are healthy. In the United States, approximately one in six youths aged two – 19 are obese. (Source: CDC) Some risk factors for a child gaining extra weight include increased screen time, increased stress/anxiety, decreased physical activity and poor dietary intake. Children and teenagers who are overweight are more likely to become overweight adults, but what does this mean? This means that it is never too late; now is the time to help children and adolescents learn healthier habits that they can carry into adulthood.

What can you do to promote health in our youth?

**Physical activity:** It is recommended that children and adolescents aged six through 17 participate in 60 minutes or more of moderate-to-vigorous physical activity daily. Some ways to add in activity are taking a walk as a family, playing an outdoor sport, making an indoor obstacle course, or encouraging any physical activities that they enjoy. Set guidelines to encourage your child to be active to “earn” screen time.

**Follow MyPlate:** It is important to provide them with a healthy, balanced diet. Start small and aim to add at least



Graphic courtesy USDA

two fruits and vegetables into their daily meals and snacks.

**Structured Mealtimes:** Mealtime is a great way to help them form good eating habits at a young age. Having a time frame for major meals and keeping snack time simple and away from TV or other electronics helps them focus on eating and learning to understand their hunger cues.

**Smart Snacking:** Keep snacks simple and healthy and try to pair a carbohydrate with a protein. Snacks such as apples/bananas with peanut butter, grapes and nuts, or crackers with cheese are good to try. Homemade smoothies are also a fun snack; try making one with a fruit (berries, bananas, mango, pineapple), a vegetable (spinach, kale, cucumber, avocado), and dairy (yogurt, milk).

# Gardening

## Watching the summer weather

By Master Gardener Volunteer Lesley Arrandale  
mail@floridanewline.com

When considering garden chores, the first thing I look at is a weather forecast. There are times when I simply start early in order to get some slight relief from the sun and high humidity, but it can be good to be able to sit back, relax, and say “No — another day will do.” When there are cloudy skies it’s usually a good day to get some weeding done and that feels worthwhile; it’s comforting that small achievements in the garden can take our minds off bigger worries.

Here are some of my small achievements:



Large bee on dotted horsemint (*Monarda punctata*)



Zebra long-wing (*Heliconius charithonia*) on fire bush (*Hamelia patens*)



Photos courtesy Lesley Arrandale

Purple passionflower (*Passiflora incarnata*)



Dragonfly (family Libellulidae)



Newly eclosed cicada on coontie (*Zamia floridanum*)

Check out the September/October issue of A New Leaf for the latest news; it’s an informative and useful read: <https://tinyurl.com/yxo8ozsj>. See also <https://tinyurl.com/y6bps28w>. With higher than usual temperatures combined with my immediate microclimate, I am inclined to follow the monthly schedule for central rather than northern Florida, but Jacksonville falls within the north Florida area.

It was a relief when tropical storm Isaias passed us by; unfortunately not everyone was as lucky as the storm cut quite a swath of damage farther north. As the peak of the hurricane season is almost upon us, I hope we — and our yards and gardens — will be spared the worst.

# Medicare Open Enrollment October 15 – December 7



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# Travel

## Explore Sanibel, Captiva and Cabbage Key

By Debi Lander  
mail@floridanewslines.com

Just south of Fort Myers, you'll find a chain of small remote islands except Sanibel and Captiva. They're known for their quiet residential communities, their sparkling white sand beaches, and the Gulf's pristine turquoise water. Seashells, however, bring them distinction.

Sanibel lies in an east-west position making it one of the few islands that run perpendicular to Florida's coast. This lineup causes the ocean currents to flush water downward and allows Sanibel to capture shells — thus earning the nickname "Shelling Capital of the World." The laid-back isle attracts seashell collectors from all over the globe with more than 250 varieties. Add the many outdoor activities to the natural attractions, and you've got a wonderful getaway for couples, families, or solo travelers.

I was impressed with the 25 miles of bike paths, most of them shaded and off-road, making them far safer. Half of Sanibel's acreage has been preserved against development, and buildings must stand no taller than the tallest palm tree.

Nature lovers, especially birders, are drawn to J.N. Ding Darling National Wildlife Refuge. This area becomes home to many seasonal mating birds who build their nests in the protected landscape. Best time to visit is late winter through spring.

In addition to beaching, boating, kayaking, golf, and tennis, the east end allows a peek at the historic 98-foot tall Sanibel Island Lighthouse. Don't expect a circular building. Sanibel Lighthouse was built with an iron skeleton tower back in 1884 and lit with kerosene oil. To get to the top of the lighthouse, the lighthouse keeper had to walk up an external spiral staircase with 127 steps.

The Bailey-Matthews National Shell Museum is the only museum in the

U.S. devoted entirely to shells and mollusks. The octagonally-shaped building looks impressive, but so was the entrance fee of \$25. I skipped it and

browsed shells in a seashell shop nearby.

Cross a small bridge at the northern end of Sanibel, and you're on Captiva, where magnificent villas hide behind lush tropical foliage. At the tip, you'll discover

the Seven Seas Resort with a full marina and sailing school and the place where day-trippers board cruises to Cabbage Key or Useppa Islands. Sunset viewing on Captiva becomes a daily ritual, except when those late afternoon thunderstorms creep up. I missed the sunsets!

I'd heard about the famous Dollar Bill Bar on Cabbage Key and decided to take

the cruise. Once I arrived on the rustic, Old Florida style island, I ate lunch outdoors overlooking the marina. Afterward, I popped inside the inn to find walls thickly papered with old dollar bills. The ceiling, beams, and rafters all drip with hanging currency. When the old bills fall off, the staff collects them for an annual gift to a charity. Guests enjoy signing a dollar and adding it to the wall, wondering if it will still be there, should they return. Cabbage Key offers a few rental properties, but most of the 100 acres remain undeveloped, with no paved roads and no cars. A short nature trail near the inn proved interesting.

Nature walk on Cabbage Key.

Cabbage Key offers a few rental properties, but most of the 100 acres remain undeveloped, with no paved roads and no cars. A short nature trail near the inn proved interesting.

Back on Sanibel, I indulged in the relaxing vibe.

The islands offer a variety of fine restaurants, so dining out becomes the treat. Unlike the Keys, Sanibel and Captiva's nightlife remains low-key. I look forward to returning.

If you go: sanibel-captiva.org

Visit [www.bylandersea.com](http://www.bylandersea.com) to read more of local travel writer Debi Lander's stories and travel tips.



Photos courtesy Debi Lander  
Dollar bills on the wall and ceiling, Cabbage Key Inn.



Sunrise, shelling and the Sanibel Lighthouse.



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4. Stiffness and inability to lift your arm over your head
5. Numbness, tingling or burning sensation

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