

# Ponte Vedra NewsLine

JUNE 2021 Volume 8 Issue 6

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

A Florida NewsLine Publication



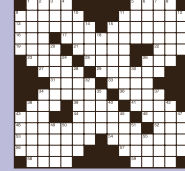
page 3  
BFF Best Furry Friend



page 5  
Q&A with School Board member Kelly Barrera.



page 9  
Get To Know ... Tom Nagata



page 10  
Puzzles

## Nease NJROTC places third at national championships

By NewsLine Staff  
mail@floridanewsline.com



Photos courtesy Scott LaRochelle

Nease NJROTC's Armed Basic Team performs its third place finish during the Navy National Academic, Athletic and Drill Championships.

On April 16, the Nease NJROTC competed against the top 25 NJROTC drill teams across the country at the Navy National Academic, Athletic and Drill Championships — and earned third place. The Navy Nationals comprise a series of nine events — five drill, three athletic and one academic — where the cumulative scores are added to determine the overall national champion. Nease, which won the Area-12 Drill Championship in March in Lee County, Ga., represented NJROTC Area-12, which covers the 60 NJROTC programs across Northern Florida and the state of Georgia.

Nease earned first place in two events — the 16 x100 Relay and Unarmed Basic Drill. The team garnered six additional trophies, including third place in Overall

**NJROTC** cont. on pg. 9

## Mickler's Landing Turtle Patrol back on duty

By Tiffany Merlo Phelps  
mail@floridanewsline.com

They are known in certain circles as “the turtle whisperers.” The Mickler's Landing Turtle Patrol volunteers reinforced that title this year when they found the very first nest of the season on April 30, one day before the official start on May 1. The first nest isn't typically expected until Mother's Day.

It was a Loggerhead turtle, which accounts for 95 percent of the nests found in St. Johns County, said Mickler's Landing Turtle Patrol permit holder Lucas Meers. On average 80 – 90 nests will be found per season, and Florida has the largest rookery of Loggerheads in the world. Loggerheads lay an average of 115 eggs per “clutch,” up to six or seven times in one season, nesting every one to three years.

“For a residential beach, we have a relatively high density of nests compared to our surrounding beaches, and we want to make sure the turtles can continue to nest here safely,” said Meers.

Mickler's Landing Turtle Patrol volunteer Tiffany Young joked that there is a friendly competition amongst the different turtle patrols in the area over “something we have absolutely no control over.”



Photo courtesy Walter Oberes

Mickler's Landing Turtle Patrol documenting a nest.

Photo courtesy Tiffany Merlo Phelps  
First nest of the season found in St. Johns County on Mickler Beach.

“We envy their team,” said Ron Salateo, a Ponte Vedra Beach Turtle Patrol volunteer.

Young and Meers met and chatted with Salateo one recent morning, an overlap of patrols that doesn't happen

very often.

Meers has volunteered for the past 10 years, and this is his first year as the permit holder, which involves training and taking a test through the Florida Fish and Wildlife Conservation (FWC). Every morning before sunrise, Mickler's Landing Turtle Patrol volunteers meet at Mickler's Landing to inspect a 3.7 mile stretch of beach from the Sawgrass beach access south to the Sea Hammock condos. Mickler's Landing is the largest beach access point in St. Johns County.

Two volunteers head in one direction and two take the other section, carrying bags that contain data sheets, instructions on marking nests, information on the different species of the endangered and threatened sea turtles, a rubber mallet for hammering in stakes, measuring tape and gloves. They are looking for turtle tracks that can be traced from the water back to the nest, ready to measure and document everything.

“We walk the most recent tideline,” said Meers, who holds a marine biology degree from Jacksonville University. “We collect data for the FWC and then implement a conservation and action plan for turtle nesting. We have no contact with the actual turtles.”

Meers said the only time that he and his team would relocate a nest would be if the eggs are exposed or it is actively being washed away by the water or if there is a beach construction project happening during nesting season.

Patrol volunteers also collect trash as they walk. Balloons and balloon strings are of particular concern because turtles will ingest the balloons (mistaking them for jellyfish) and the strings get twisted into nests.

Nicole Crosby, who formed Never Endanger Sea Turtles (N.E.S.T.) in 2019, is currently collecting signatures for a St. Johns County petition to end intentional

**Sea turtles** cont. on pg. 6



Photo courtesy Tiffany Merlo Phelps  
Lucas Meers and Tiffany Young walking the beach one recent morning looking for turtle nests.

Presorted Standard ECRWSS US Postage Paid Jacksonville, FL Permit No. 1858

\*\*\*\*\*ECRWSSDDM\*\*\*\*

Residential Customer

Florida NewsLine  
102 State Road 13, Suite 1,  
St. Johns, Florida 32259

**STRICTLY SENIOR SERVICES, INC.**

904-481-6786  
StrictlySeniors.org

### Wheelchair Accessible Transportation for Seniors

All with a Caring Advocate in the Drivers Seat!

Offering both short and long distance trips to/from:

- Medical Appointments
- Community Activities
- Special Occasions with friends and family.
- Airports (including pick up, drop off and flight companions.)

**“We Provide More Than A Ride!”**



### Residential Matchmaker

- 25+ years of experience helping seniors and those who love them find the right care.
- Assistance in finding the most appropriate and affordable assisted living communities and Alzheimer's care.
- Call to discuss the best options for you or a loved one!



Tracy Kuzajski  
The Senior Advocate



**St. Augustine's top independent real estate company has now opened in Ponte Vedra Beach**

## Grand Opening!

Endless Summer Realty brings people and properties together in a way that fulfills not only the needs of customers but establishes a lasting relationship founded on trust, knowledge, and respect.



Call us today as we are happy to serve you with your real estate needs.

**Please join us in celebrating our newest location!**

**June 12<sup>th</sup> 2pm - 4pm**

**Enjoy snacks, beverages, and raffle prizes!**

**238 Canal Blvd Suite 4, Ponte Vedra Beach, FL 32082  
904.330.1971  
www.esrpontevedra.com**

## Wildlife rehabilitation facility unable to hold fundraisers due to pandemic; seeks donations

By NewsLine Staff  
mail@floridanewsline.com

Like many non profit organizations, HAWKE (Humane Association of Wildlife Care and Education) has been hit hard by the pandemic and resulting shutdown. The group has been unable to hold its normal fundraisers and open houses; HAWKE relies on donations from these events as there is no state funding available for wildlife rehabilitation.

HAWKE founder Melanie Cain-Stage has been a licensed rehabilitation specialist and educational permit holder since 1980; HAWKE was established in 1987 and it is now located in Elkton. HAWKE is licensed by the State of Florida Fish and Wildlife Conservation Commission and the Federal US Fish and Wildlife Service to rehabilitate injured and orphaned wild birds, mammals, and reptiles including endangered species. They also have special permits to possess permanent wildlife for educational programs. These birds and animals cannot be released back to the wild.

"We have a hurricane-proof center with a feed room, intensive care and quarantine room, a huge hospital room with medical equipment, operating table and even a tornado room," Cain-Stage said.

HAWKE's facility is set up for endangered species and all kinds of other difficult species such as eagles and falcons,



Photo courtesy Melanie Cain-Stage

all raptors and turtles, plus river otters and even bobcats. It is the only professional center with flight cages and an otter compound.

"We rely on donations so that we can maintain this top notch wildlife facility in this county — and we need your help," Cain-Stage said. "Otherwise the closest one is the Volusia County Marine Science Center, which also has a rehabilitation department."

Visit hawkewildlife.org for more information or to make a donation via PayPal. Some animals are available for "adoption" via financial sponsorship. You can also send a check to HAWKE Inc. P.O. Box 188 Elkton FL 32033.



# CONCORD<sup>®</sup>

*The Right Choice. Right Now.*

*Residential HVAC Equipment*

**SYSTEMSHIELD<sup>™</sup>**  
LABOR CONCESSION PROGRAM



**SYSTEMSHIELD is a manufacturer backed program  
NOT A 3rd PARTY PROGRAM**



A DIVISION OF **LENNOX**  
INTERNATIONAL

**2 Ton 15.5 SEER Heat Pump**

**10 years parts & 10 year labor**

*No mechanical failure bills for 10 years!*

# \$3600\*



cac051487

## 904-823-9696

\* Installation to existing duct work. Does not include: Tax, Attic installation, line set replacement, condenser pad or thermostat. Offer expires 6/30/21

102 State Road 13, Suite 1  
St. Johns, Florida 32259  
(904) 886-4919  
www.FloridaNewsLine.com

**Publisher**  
Mark Pettus  
Publisher@FloridaNewsLine.com

**Editor**  
Martie Thompson  
Editor@FloridaNewsLine.com

**Bookkeeper**  
Emily Whitehead  
Accounting@FloridaNewsLine.com

**Social Media**  
SocialMedia@FloridaNewsLine.com

**Advertising Sales**  
Linda Gay  
Linda@FloridaNewsLine.com  
(904) 607-5062 cell

Rebecca Thomson  
Rebecca@FloridaNewsLine.com  
(724) 968-7602 cell

**Digital Marketing**  
Lu Hough  
lu.hough@havanamediaigroup.com

Ponte Vedra NewsLine Community Newspaper is a free monthly publication distributed via bulk mail to all addresses in Zip Codes 32081 and 32082. Submission of articles and photographs are received by mail or email, although email to editor@FloridaNewsLine.com is preferred. The writers' opinions do not necessarily reflect the opinion of Florida NewsLine. Advertising Rates are available by request. Florida NewsLine is not responsible for advertisement content or accuracy of information provided by its advertisers. Nor does Florida NewsLine endorse any of the products or services included in this publication. Florida NewsLine reserves the right to refuse advertisement or copy from any advertiser. All rights are reserved and no portion of this publication may be copied without the express written consent of the publisher. ©2021.



# BFF

## Best Furry Friend of the month

### Meet Yoshi!

**BREED:**  
Mini Golden Doodle

**FAVORITE ACTIVITY:**  
Playing with my toys and (dog and people) friends

**FAVORITE TREAT:**  
Anything with peanut butter

**FAVORITE FRIEND:**  
Ziggy

**HOW YOUR BFF GOT THEIR NAME:**  
Super Mario

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

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

## Coming Soon!

45,000+ copies printed and distributed through all St. Johns County Schools

St. Johns County  
**School Directory**

**Call Linda Gay,**  
**(904) 607-5062**  
Linda@FloridaNewsLine.com

### Table of Contents

- 4** Q&A with Sheriff Rob Hardwick
- 6** What's Going on in Ponte Vedra
- 7** St. Johns Business Monthly
- 8** Briefs
- 12** Travel
- 14** Nutrition Check

**Affordable Rates - Multi Issue Discounts - Complimentary Graphic Design**

We make advertising easy ... Call today!

Linda Gay  
**(904) 607-5062**  
Linda@FloridaNewsLine.com

Rebecca Thomson  
**(724)-968-7602**  
Rebecca@FloridaNewsLine.com

## MYSTERY PHOTO

Can you guess where this is?  
Submit your answer to: [mail@FloridaNewsLine.com](mailto:mail@FloridaNewsLine.com).

Last month's Mystery Photo was Reserve at Nocatee apartments.  
Our winner was Ann Davis. Congratulations!

# social

**socialENGAGE \$399/mo** **COMPLETE FACEBOOK MANAGEMENT**

*Engage your most loyal fans and keep your business top-of mind!*

- Facebook Page management
- 3-4 keyword-rich posts per week
- 1 Boosted Facebook post each month to extend audience
- Monthly planning/review call
- Reporting & Analytics
- Message and comment monitoring
- Add boosted posts from \$35+
- Add social channels - \$100 each

**socialREACH \$299/mo** **BOOSTED FACEBOOK & GOOGLE**

*Grow your audience and connect with new customers!*

- 1 weekly boosted post crafted to encourage engagement (likes, shares, website clicks, etc.)
- Target friends of existing followers
- Add boosted posts from \$35+
- Add social channels - \$100 each
- Cross-post to Google My Business for Add search visibility
- Message and comment monitoring
- Monthly planning/review call
- Reporting & Analytics

**socialINFORM \$249/mo** **FACEBOOK POSTING & MONITORING**

*Keep your social presence alive without the hassle!*

- 2 weekly posts keeping your customers informed of specials, events, etc.
- Page info updates (hours, description, etc.)
- Monthly planning/review call
- Message and Comment Monitoring
- Add boosted posts from \$35+
- Add social channels - \$100 each

**socialBASICS \$99/mo** **FACEBOOK POSTING & MONITORING**

*Let customers know you're still here!*

- 2 monthly posts to maintain online presentation.
- Page info updates (hours, description, etc.)
- Monthly planning/review call
- Message and comment monitoring

**Answers to our Puzzles**  
**PG 10**

### CRYPTO FUN

Determine the code to reveal the answer!

Answers: A. feline B. claws C. purr D. scratch

**HAVANA MEDIA GROUP**  
**904-447-5021**  
www.havanamediaigroup.com

**GET A FREE CONSULTATION TODAY!**

## Call Me!

*Lu Hough*

Your Digital Marketing Mentor



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

**Q: Can you go over the ad valorem tax roll calendar?**

A: Yes. It is important for people to become more involved in this process. First of all, my office is constitutionally mandated to create the tax roll for all the taxing authorities in the county. By statute, we begin with the valuation process, which lasts from Jan. 1 through July 1. It's during this time that we approve and apply exemptions and come up with a market value for the property.

**Q: Can you explain more about market value?**

A: Florida is a "market value" state, so we are required to appraise properties at market value, based on current sales of like properties. We appraise in

arrears, so for 2021 values (beginning on Jan. 1, 2021) we use 2020 recorded sales.

**Q: What happens on July 1?**

A: On July 1, we submit the preliminary tax roll to the Florida Department of Revenue and to each of the taxing authorities in the county. This triggers two things: first, the Florida Department of Revenue reviews it for accuracy and fairness and if they find any errors, they send it back to us for corrections. Secondly, the county taxing authorities put together their budgets for the following year and determine their millage rate by July 31. They then provide to us their proposed millage rates.

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

A: Our office takes these proposed millage rates, along with last year's millage rates, and calculates the rollback rate. We put all these in the TRIM (Truth in Millage) Notices and mail them out to homeowners in August (this year it will be on Aug. 13). The TRIM Notice also contains the dates and times of each taxing authority's budget hearings, all of which need to be concluded in the 25-day period (this year, it will be by Sept. 7).

**Q: What is important about this time period?**

A: This is really the critical time for citizen involvement. At these budget hearing meetings, citizens can ask questions, get details and determine if the government is truly meeting their needs ... and if they are doing so efficiently. After these meetings, the boards of the taxing authorities vote to accept the budget and that's why citizen input is critical. After

approval, the taxing authorities notify us that they've set their millage rate. At this point, it is too late for any changes. On Oct. 1, we submit the information back to the Florida Department of Revenue and to the county's tax collector, who then sends the tax bills to the people at the beginning of November.

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

A: It's important to note that this year's tax roll will be up about 50 percent over 2016. Citizens need to be asking their local government what are they doing with this money and how are they serving my needs?

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

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



**with St. Johns County Sheriff Rob Hardwick**

**Q: As coronavirus protocols are loosening, what community programs will the sheriff's office be starting back up?**

A: The first big one we are pushing is our Civilian Law Enforcement Academy (CLEA). This gives participants an insiders' perspective on law enforcement and how the criminal justice system works and includes things like a jail tour and meeting all the specialized units, like the dive team and the detective team. It meets every Tuesday night for three hours for two and a half months. My wife is in the first class since we started back up, which is meeting now. They graduate in June.

We also have our WAVE (Women Against Violent Encounters) program. This actually started back in the 1990s with the St. Augustine Police Department for Flagler College students. Now, the St. Johns County Sheriff's Office is taking the lead, but we work in tandem with the St. Augustine Police Department and the St. Augustine Beach Police Department. Classes are taught over two nights for three hours each night and are hosted by homeowner associations, churches, and other groups all over the county. The first night is a lecture format and the second night is hands on training. All instructors are women law enforcement officers.

**Q: Do you offer any programs for senior citizens?**

A: This is an especially vulnerable population and our Community Affairs Unit, including Cpl. Greg Suchy and Deputy Tony Rodriguez have been visiting all the retirement and senior living facilities in the county to present programs on fraud and scams, especially online, against the elderly. We are trying to get out in front of crimes and try to prevent them.

**Q: How would one go about requesting one of these programs for their group or at their facility?**

A: For any of our community programs, contact Cpl. Suchy with our Community Affairs Unit at gsuchy@sjso.org.

**Q: What else is your office working on for community education?**

A: We are in the process of teaming up with Wolfson Children's

Hospital to film some PSA videos regarding best practices to prevent drowning. The leading cause of unintentional death for children aged one to four and the second leading cause of unintentional death for children aged five to 14 is drowning. We hope these videos bring awareness to this. The number one factor in drowning is the lack of active supervision by adults. If your child is lost, the first place you should look is any nearby water source. We are hoping tips like this will keep our families safe.

**Q: What is the best way for our readers to contact you with any questions or suggestions about this article?**

A: They can email me at sheriff@sjso.org or call me at (904) 824-8304. Also, our website, www.sjso.org has a wealth of resources, from alarm registration to Crime Stoppers to our Neighbors app.

**ASK ABOUT CHARTER MEMBERSHIP – SAVE UP TO \$8,000 AND GET FIRST PICK ON APARTMENTS.**

**"I Couldn't Be Happier!"**



*"There are so many options here. If I had laid out my wish list of amenities for a place, Windsor Pointe is 19 out of a possible 10."*

*- Don, Charter Member*

Get a carefree life at Windsor Pointe – Jacksonville's premier Independent Living residence – opening soon. Here, hundreds of new friends and over 200 monthly activities will fill your day. Not things like yard work. So what are you waiting for? Join Don and become a Charter Member today.

**CALL US AT (904) 490-6300 AND SET UP A PRIVATE TOUR OF JACKSONVILLE'S FINEST, NEWEST VIBRANT INDEPENDENT LIVING.**

*Windsor Pointe*

VIBRANT INDEPENDENT LIVING

A Residence of Legend Senior Living®  
WindsorPointeJAX.com



**NO BUY-IN**

WELCOME CENTER: 14333-26 BEACH BLVD, JACKSONVILLE, FL

OPENING SOON | **NOW TOURING!**



**with St. Johns County School Board Member Kelly Barrera, District 4**

**Q: Do you have an update on the district's mask policy?**

A: Our mask policy and health and safety protocols are slated to be an agenda item at the school board's June 8 meeting. Right now, our district is very busy culling through all the latest information coming out about mask usage and also considering parent input. Parent input is very important to us; you can express your views at our June 8 meeting, either via call-in or attending in person.

**Q: Have there been any principal changes in District 4?**

A: Yes, it's that time of year. We welcome Angie Fuller who will be coming from Durbin Creek Elementary to be the new principal of Valley Ridge Academy. Sandra McMandon is retiring. We are so very grateful for her five years of service and leadership at Valley Ridge. Ashley McCormick, who was an assistant principal at Hickory Creek Elementary, will take over as principal at Durbin Creek.



Photo courtesy St. Johns County School District  
Aerial view of Pine Island Academy under construction as of April 19.

**Ocean Palms volunteers earn district recognition**

By Lisa Farese  
mail@floridanewsline.com

Ocean Palms Elementary School's Dr. Lucy Miller and Ysabel Jack were named the 2020 – 2021 St. Johns County School District winners of the Outstanding Volunteers of the Year this April in the adult and youth categories, respectively.

Among many accomplishments and volunteer efforts, Miller is best known for co-creating the hands-on science lab at the school, alongside Allison Aragon.

Here, day-to-day science takes on a life of its own with experiments and hands-on interaction.

Jack, an invaluable asset to the leadership program, the student ambassadors at Ocean Palms Elementary School, is also a mentor for students at the school with higher social needs.

Both Miller and Jack have been instrumental to Ocean Palms, and the district recognized them for these outstanding accomplishments.

Also, Jessica Richardson, principal of Palm Valley Academy, will be moving on to a job with the district. She will be the ESE Director for Instruction for the school district. We are very sorry to see her go, but know she will be a great benefit to the district.

**Q: What is the latest news on Pine Island Academy, slated to open in the fall?**

A: Construction is proceeding along as scheduled for the fall 2021 opening. There is not as yet a firm date for the certificate of occupancy, but there are plans to move furniture in at the end of June.

At Nease High School, congratulations to Kyle Bazler, Caroline Hunt, Nicholas Zuino, Ryan Roman, Kaitlyn Boggs, Tyler Covell, Jayde Dauley, Sam Dec, Amber Horn, J'Ana Ransom, Isabella Rivera, and Logan Ryan. At Ponte Vedra High School, congratulations to Annabelle Barnett, Alana Edwards, Jared Reinheimer, Risa Slepikas, Eugenio Abruzzini, Taylor Baggs, Sean Caracciolo, Eden Daughtry, Tayler Dietrich, Luke Hargitai, Joley Hill, and Lauren Paton. And I'd also like to recognize Olivia Peoples of Nease and John Campbell Parker of Ponte Vedra High School for Pursuing Victory with Honor.

**Q: Do you have anything else to share with District 4?**

A: Yes, I'd like to recognize the following students for Character Counts!

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

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

		<b>Traditional Gym</b>
<p style="text-align: center;">1x/week 20 minutes Personal Trainer 2 people in studio No need to change clothes Proven Results</p>		<p style="text-align: center;">3-5x/week 60+ minutes On Equipment Alone Overcrowded Workout apparel required Inconsistent Results</p>
<p><b>DON'T BELIEVE US?</b> Come try your first session <i>at no cost</i> with the code: <b>NewsLine</b>. To schedule, call/text the number below.</p>		
<p style="text-align: center;">320 1st St N #603, Jax Beach 9823 Tapestry Park #15, Southside/JTB 466 Town Plaza Ave #320, Nocatee</p>		<p style="text-align: center;">📞 904-539-5222 🌐 <a href="http://fit20jax.com">fit20jax.com</a></p>

**Does Back Pain Stop you from Hitting the Green?**

**GETTING YOUR SWING BACK**  
JOIN US FOR A FREE INTERACTIVE WORKSHOP  
Discover How You can Golf without Back Pain

**Presented by:**  
John Goetze Physical Therapy  
Taylor Miksell DPT & Ross Stuart DPT

**Special Guest:**  
Cathy Battreall from Fit20

**Wednesday, June 16<sup>th</sup> at 6:30 pm**  
John Goetze Physical Therapy  
1400 Marsh Landing Parkway, Suite 112  
Jacksonville Beach, Florida

**To register call 904.280.2001**  
or visit [mymanualpt.com/workshops](http://mymanualpt.com/workshops)  
*Limited Seating - Register Early!*

**SOUTHSIDE DERMATOLOGY & LASER COSMETIC CENTER**

GENERAL DERMATOLOGY • SKIN CANCER SURGERY  
COSMETIC SERVICES • LASER SERVICES

Mary Pentel, M.D.

Ivette Sosa Seda, M.D.

Kristin Dub, APRN

Carmen Ramirez-Boyd, APRN

Quality dermatology and cosmetic services at one convenient location.

**Accepting New Patients**  
Accepting most insurances  
Online scheduling at [southsidedermatology.com](http://southsidedermatology.com)  
Telehealth appointments available  
Saturday appointments available

**904.400.7772**

572 Jacksonville Drive, Jacksonville Beach, 32250

[www.southsidedermatology.com](http://www.southsidedermatology.com)



**Father's Day Gifts**

Wild Birds Unlimited Nature Shop

**That Really Hum**

Give Dad the Gift of Bird Feeding.  
Shop now for our best selection of unique nature gifts!

**St. Johns**  
450 SR 13 at Race Track Rd  
904.230.3242  
www.wbu.com/jacksonville

**Jax Beach**  
4138 Third St South  
904.246.6832  
www.jacksonvillebeach.wbu.com

**Shop In-Store or Online**

*“Considering these difficult and challenging times, we find great benefit from living here. This was a terrific decision and we’re glad we did it!”*



**John**, Resident at Westminster St. Augustine

## DISCOVER GRACIOUS SENIOR LIVING A WORLD APART

Enjoy active senior living at our Life Plan Community in beautiful World Golf Village. Every residence is maintenance-free, so you can enjoy a tee time with special resident privileges on World Golf Village’s championship courses, savor a delicious meal in the dining room, or participate in a wellness class instead of keeping up with your home. You’ll love great services and amenities like housekeeping, scheduled transportation and 24-hour security. Best of all, you’ll find safety and security for the future with our full continuum of care, should your needs change.

**Call (877) 277-1244 today to learn more!**



**Westminster St. Augustine**

*Live Well. Be Happy.*

235 Towerview Drive, St. Augustine, FL



Independent Living | Assisted Living | Nursing Care | Rehabilitation

# June

## Community Calendar

### What’s Going On in Ponte Vedra? A modified calendar of events

**Newcomers Alumnae** will hold its monthly luncheon on Wednesday, June 2 from 11 a.m. – 1:30 p.m. at Marsh Landing Country Club. As the final luncheon before the summer hiatus, this fun event will feature a game of trivia based on the theme of “A Trip Around The World.” The cost for this luncheon is \$23 and social distancing guidelines will be followed. Reservations for lunch must be made by contacting bartshar@comcast.net. Contact brookemeister@msn.com or visit newcomersalumnae.wildapricot.org for more information.

**The Run with Paws 5K** to benefit S.A.F.E. Pet Rescue will be held June 5 at the GreenWise Market at Nocatee Town Center. Registration starts at 8 a.m. and the race begins at 10 a.m. GreenWise will have some drink specials at the bar and the SAFE adoption van will be there from 9 a.m. – 1 p.m. The event is presented by Leash & Beyond K9 Solutions.

**The Ponte Vedra Democratic Club** will hold its monthly meeting on Wednesday, June 9 at 6:30 p.m. via Zoom. Featured speaker is Anastasia Mosquito Control District Commissioner Trish Becker, who will be discussing mosquito control, prevention and the roles and functions of the Anastasia Mosquito Control District. Contact Jan Kary at janetkary@gmail.com for further information and pre-registration to receive the Zoom link.

**The St. Johns County Civic Roundtable** will meet on Monday, June 14 at 12 p.m. and feature Representatives Cyndi Stevenson and Paul Renner. This meeting will be via Zoom video conferencing. Email info@sjcroundtable.org to register for the meeting or for more information about the St. Johns County Civic Roundtable.

**Nocatee** announces the following events, open to the public: Farmers Market on Saturday, June 19 from 10 a.m. – 1 p.m. at Nocatee Station Field and Food Truck Fridays on June 11 and June 25 from 6 p.m. – 9 p.m. at Nocatee Station Field. The Sounds of Summer Music Series will be held Saturday, June 26 from 6:30 p.m. – 8:30 p.m. Visit www.nocatee.com/events for more information.

**First Coast Florida Lifestyles Newcomers Recreation Card Club** will host lunch/card playing at a Mexican restaurant/Dunkin’ Donuts next door in St. Augustine on Sunday, June 27. Arrival is at 1:15 p.m. for lunch and card games will be played beginning at 2 p.m. Masks must be worn while playing cards and one item must be purchased at Dunkin’ to satisfy restaurant management. 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.

**Sea turtles** cont. from pg. 1

helium balloon releases. Currently, the state allows 10 balloons to be released at once; however, Neptune Beach, Atlantic Beach and Fernandina Beach have already adopted a ban on outdoor helium balloon releases. Crosby would like to see St. Johns County follow suit.

Trash is just one of many threats to the sea turtles. Outdoor lights and flashlights could cause the female turtle to release eggs in the water if she gets scared, Meers said. All beachfront properties are required to eliminate visible interior and exterior lights by 9 p.m.

In addition, St. Johns County suggested refraining from using fireworks and open fires, removing ruts and sand castles, avoiding entering sand dunes and conservation zones and never approaching sea turtles emerging from, or returning to the sea.

Meers said that community support and awareness is so important and appreciated.

“We like to use this as an umbrella species for people to not only love the sea turtles, but to protect the beach and dune ecosystem,” he said.

Once the nests are marked, the eggs incubate for approximately 55 days depend-

ing on the weather conditions. Once the hatchlings emerge from the nest overnight, the morning turtle patrol will document it. Three days later, an evaluation is conducted, so that the hatchlings have enough time to emerge as naturally as possible.

“On the evening of the third day, we will dig up the eggshells to determine how productive the nest was, which includes determining how many hatchlings emerged from the nest and how many didn’t, whole eggs and dead hatchlings,” said Meers. “This will tell us how successful the nest was.”

The hatch success rate is at 80 – 95 percent.

“Some of the most memorable moments are the rare opportunities I have to see the hatchlings emerge. It’s an incredible sight to see, and I’ve only seen it three times in the 11 years that I have been doing this,” said Meers.

For more information, visit the Mickler’s Landing Turtle Patrol’s Facebook page at www.facebook.com/MicklersLandingTurtlePatrol. To learn more about N.E.S.T., visit www.neverendangerseaturtles.com or email info@neverendangerseaturtles.com. Visit https://tinyurl.com/4ycrc9s5 to sign the petition to ban outdoor helium balloon releases.

# ST. JOHNS Business Monthly

## Market Insight



### A House Divided

By Scott Grant

ScottGrant@StJohnsBusinessMonthly.com

On May 22, 1856, Congressman Preston Brooks strode onto the floor of the US Senate with malicious intent. Brooks was stalking Senator Charles Sumner of Massachusetts. The Congressman from South Carolina and his accomplices waited as the chamber emptied and the ladies seated in the upper gallery went home. They did not want to offend their fragile feminine sensibilities.

Two days earlier, Sumner, an abolitionist and a Republican, had given a speech attacking slavery. The speech was incendiary. Sumner's rhetoric was filled with offensive sexual imagery that inflamed the South. Senator Stephen Douglas listened in disgust and remarked, "That damned

fool is going to get himself killed."

Stephen Douglas was one of the two sponsors of the legislation Sumner was riled up about, The Kansas-Nebraska Act. That compromise was the nation's last feeble attempt to reconcile its irreconcilable differences. The sin of slavery would not be absolved in the halls of Congress.

Two years later, in 1858, Douglas would run for reelection in Illinois against Abraham Lincoln. Douglas won. The two engaged in a series of famous debates that would captivate the nation. Lincoln's prophecy that "a house divided cannot stand," would galvanize one section of the country and horrify another. Two years later, in 1860, Lincoln and Douglas faced each other again, this time for President of the United States. Lincoln won.

During his anti-slavery speech, Sumner attacked Senator Andrew Butler, the co-sponsor of the act. In addition

to some untoward implications, Sumner made fun of Butler's speech impediment. The South Carolina Senator had recently suffered a stroke that had slurred his speech.

Preston Brooks was Senator Butler's cousin. He considered Sumner's remarks a slander against his family. His Southern honor demanded revenge. At first, he considered challenging Sumner to a duel, but rejected the idea because he considered the Republican from Massachusetts to be unworthy and no gentleman.

Brooks decided to give the man a beating instead. He approached Charles Sumner at his desk in the nearly empty Senate and raised his cane. "Mr. Sumner," he declared before bringing the cane down on the defenseless Senator, "I have read your speech twice over carefully. It is libel on South Carolina, and Mr. Butler, who is a relative of mine."

Brooks beat Sumner mercilessly. Sumner hid under his desk. Brooks continued to lash the Northerner. The cane broke into three pieces. Brooks continued to throttle the bloodied Senator with the biggest piece. Eventually, Sumner attempted to flee up the aisle with Brooks and his slashing cane in close pursuit. When Sumner collapsed, Brooks grabbed him by the lapel and lifted his head so he could beat him some more.

The attack caused a national uproar. "Has it come to this?" a New York Paper asked. "Are we to be chastised as they chastise their slaves?" In the South, papers praised the attack. The Richmond Enquirer suggested Sumner should be beaten "every morning."

Southern Senators took to wearing pieces of the shattered cane on chains around their necks. Across the South, fans sent Congressman Brooks hundreds of canes. One was inscribed, "Hit him again!"

Five years later the country was at war. Some say we are still fighting that war today.

*Scott A. Grant is a local columnist, author, speaker, and historian. By day he is a fiduciary asset manager and president of Standfast Asset Management. He welcomes your comments or questions at [scottg@standfastic.com](mailto:scottg@standfastic.com).*

## ST. JOHNS Business Monthly

Are you interested in promoting your business in St. Johns Business Monthly, a feature section included in both The CreekLine and Ponte Vedra NewsLine?

Call Linda

904-607-5062

### ST. JOHNS COUNTY PROPERTY APPRAISER Eddie Creamer



## 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 7th day of May, 2021, for the Collection of 2020 Taxes, to reflect all changes made by the Value Adjustment Board.

**EDDIE CREAMER**  
PROPERTY APPRAISER ST. JOHNS COUNTY

For additional information, please visit our website at [www.sjcpa.us](http://www.sjcpa.us) or contact us at (904) 827-5500

## NUVENTURE FINANCIAL GROUP

FINANCIAL PLANNING WITH A PURPOSE



O: 904.253.7600 | F: 904.253.7601

13241 Bartram Park Blvd. Suite 905  
Jacksonville, FL 32258

[NuVentureFinancialGroup.com](http://NuVentureFinancialGroup.com)

**Chris Morrison**

CFO / Co-Founder

**Bob Horne, RICP®**

CEO / Co-Founder

Find us on Facebook

## Briefs

### Cultural Center at Ponte Vedra Beach presents Sound Connections® Music Therapy Summer Clinic

The Cultural Center at Ponte Vedra Beach (CCPVB) will present Sound Connections® Music Therapy Summer Clinic for children with special needs from Monday, June 14 until Friday, July 16 at Cunningham Creek Elementary, 1205 Roberts Road in St. Johns. Sessions include Uke Can Do It for high school students, ExSEL through Music for upper elementary and middle school students, Com-MUSICate for elementary students, and Crescendo! for preschool students.

Classes will be held on Mondays and Wednesdays at various times. The cost per child is \$225 per class for 10 sessions, and \$40 per child for 30-minute private instruction, along with private, customized individual music therapy sessions by appointment. Visit the registration pages for details, hours and enrollment at <https://tinyurl.com/j74mws9h>.

According to the American Music Therapy Association, music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a qualified professional who has completed an approved music therapy program. Board-certified therapists formally evaluate each student's needs and write specific music therapy goals

that reflect the student's Individualized Education Program (IEP). Students are seen in classroom groups, small groups, and in individual sessions where therapists address the academic, social, emotional, cognitive, and physical goals of the students.

For more information about Sound Connections® Music Therapy Summer Clinic, call Minda Gordon at (904) 280-0614, ext. 1205 or email [MGordon@ccpvb.org](mailto:MGordon@ccpvb.org) or visit [www.ccpvb.org/arts-outreach/outreach-programs](http://www.ccpvb.org/arts-outreach/outreach-programs).

### Newcomers Alumnae group to host monthly meeting and luncheon

Newcomers Alumnae will hold its monthly luncheon on Wednesday, June 2, 2021 from 11 a.m. – 1:30 p.m. at Marsh Landing Country Club, 25655 Marsh Landing Parkway. As the final luncheon before the summer hiatus, this fun event will feature a game of trivia based on the theme of "A Trip Around The World." There will be special prizes and gift cards for the lucky winners, an enhanced International menu with a deluxe dessert, and a champagne toast to close out the fiscal year with gusto.

The cost for this luncheon event is \$23 and social distancing guidelines will be followed. Reservations for lunch must be made by contacting [bartshar@comcast.net](mailto:bartshar@comcast.net).

Newcomers Alumnae is a social group comprised of women who live in Ponte Vedra Beach, Nocatee, Jacksonville Beach, Atlantic Beach, Neptune Beach, Jacksonville and St. Augustine. Contact [brookemeister@msn.com](mailto:brookemeister@msn.com) or visit [newcomersalumnae.wildapricot.org](http://newcomersalumnae.wildapricot.org) for more information.

### New St. Johns County Art in Public Spaces exhibit features members of the foster care community

St. Johns County's Art in Public Spaces program will host the "Experience and Expression" art exhibition through July 5 at the County Administration Building, 500 San Sebastian View. Launching during National Foster Care Month, this exhibition features artwork by youth in St. Johns County's foster care community and is hosted in partnership with the St. Johns County Cultural Council, the St. Johns County Family Integrity Program, St. Augustine Youth Services, Fostering Connections St. Johns, and the Florida Guardian ad Litem Program.

Visitors are invited to view the exhibit from 8 a.m. to 5 p.m., Monday through Friday. Visit [www.historic-coastculture.com](http://www.historic-coastculture.com) to learn more about the St. Johns Cultural Council.

### Sunscreen and insect repellent needed

Summer weather brings the challenge of sun burns and biting insects. Homeless individuals living out of their cars, on the streets or in the

woods can benefit from donations of sunscreen products and insect repellent.

As one of its initiatives, St. Johns CARES will be hosting a drive for these items, which can be dropped off at locations such as Home Again St. Johns on State Road 207 and St. Francis House in St. Augustine.

If you hold a neighborhood drive for these items, contact [president@stjohnscares.org](mailto:president@stjohnscares.org) or call (904) 507-7740 for assistance in picking up and delivering a collection of these items.

### St. Johns County job openings now posted on GovernmentJobs.com

St. Johns County is transitioning to a new employee recruitment and selection system that will streamline and expedite the evaluation, interviewing, and selection processes for all job applicants. As of May 17, 2021, all St. Johns County job openings will be posted on [GovernmentJobs.com](http://GovernmentJobs.com).

This will allow the county to deploy a strategic recruiting program where applicants will be able to track the hiring process and upload supporting documents, including resumes and cover letters, in a variety of digital file types. All prospective job applicants must create a [www.government-jobs.com](http://www.government-jobs.com) account to apply for open St. Johns County positions. Contact St. Johns County Human Resources at (904) 209-0635 or [BCChiring@sjcfl.us](mailto:BCChiring@sjcfl.us) for more information.



Sports Medicine + A Winning Orthopedics Team



### Complete Orthopedic and Sports Medicine Care in Your Neighborhood. That's the Power of +.

The physicians at Flagler Health+ Village at Nocatee are your Orthopedic and Sports Medicine specialists. Not only are we conveniently located in your neighborhood, we have award-winning care and top surgeons offering world-class treatment for joint care, trauma care and sports injuries. With onsite imaging including MRI and CT, and prescription delivery from Publix Pharmacy to the Health Village, your care is more convenient than ever.

#### Specialties include:

Hand	Elbow	Musculoskeletal Injuries
Wrist	Upper Extremity	Neck Conditions
Shoulder	Sports Medicine	Back Conditions

Learn more or schedule your appointment today at [FlaglerHealthOrtho.com](http://FlaglerHealthOrtho.com) or call 888.481.2135

# Life

travel • pantry raiders • gardening

fishing • entertainment • puzzles

## Get to Know ...

By Tiffany Merlo Phelps  
mail@floridanewsline.com

# Tom Nagata

Tom Nagata's wife, Judy, otherwise known as his "muse," favors the color purple, orchids, and butterflies. Therefore, the Nocatee artist tends to feature these very things in his acrylic paintings because as Tom states often, "when my muse says paint a certain color, I listen to my muse. Whatever my muse wants, she gets." Tom credits Judy with helping him work through artistic frustrations and views his creations as a "team effort." Every room in their Del Webb home reflects that collaboration. The dining room showcases animal paintings, the master bedroom purple orchids and the guest bedroom tiger paintings, just to highlight a few rooms. Tom's art studio, located upstairs, includes his work space plus two areas that resemble art galleries with 71 of his paintings on display. Near his desk are 36 white porcelain tea cups containing his own palette of colors, favoring blue, and, of course, purple. The acrylic is mixed with distilled water and covered with petri dishes to keep the pigments from drying up, allowing Tom more time to work on tones and hues. He applies the paint in layers, and it sometimes takes two to three months for him to complete a 30" by 40" wrapped canvas. Always in bright colors, always with ties to his Hawaiian heritage and always with his muse at his side (often wearing a shirt that features one of Tom's prints).

**Q: Where are you from originally?**

A: I was born of Japanese-American parents in 1947 in Honolulu, Hawaii. I left Hawaii in 1965 to attend Ohio University on a baseball scholarship, and I graduated in June 1969 with a bachelor of fine arts in graphic design. Two months prior to graduation, I sold my art portfolio in exchange for airfare to return to Hawaii to see my mom and to report to the Selective Service draft physical. I was disqualified due to athletic injuries, but I was able to see my mom, which was so important to me just in case I had been selected to go to Vietnam.

**Q: You spoke about your late mom's influence on your life. Please share those details.**

A: I can still hear my mom's voice even now. She told me that my artistic creativity was a blessing from the Lord and to use it to spread happiness. That is why I paint with bright colors. She was a positive force in my life and still is.

**Q: After you sold your art portfolio, your career trajectory changed. Please explain.**

A: Even though art was my primary passion, no art portfolio, no art interviews. So, I began my career in education in January of 1970. I began my second passion — coaching baseball in the Paint Valley School District in Bainbridge, Ohio. I got married in 1972, moved to Fort Myers, started teaching in the Lee County School District and raised three sons.

**Q: How would you describe your artwork?**

A: My artwork is more realistic, which is easier to appreciate for most people. I paint what I want to paint, and I play



Photo by Tiffany Merlo Phelps  
Tom Nagata

with details the way that I see it. Most often, when painting canvases larger than 12" x 16", I compose the subject matter using a primary image and a secondary image working with positive and negative space. I also use full colors for the primary images and use subtle and muted shades for my secondary images which makes them appear to be in the background.

**Q: How did you meet Judy?**

A: We first met when we taught together in 1976 at the Caloosa Elementary School in Cape Coral. Fast forward 30 years, and we randomly ran into each other at the Edison Mall in Fort Myers. We were both single at this time, and it was a blessed meeting. We were married in 2013 at my cousin's home in Kailua, Oahu, Hawaii. We decided to move to the Jacksonville area for better medical access to Mayo Clinic for Judy's sister. We moved to the Del Webb community in 2019 after living in the Fort Myers area for 46 years. The first thing I noticed when we visited here in 2018 were the blooming magnolias. I saw all those big blossoms. So beautiful. We love our new location and its people and are looking forward to many more years of happiness here.

[Author's note: For more information on Nagata Art, visit [nagataart.com](http://nagataart.com) or email [judydnagata@comcast.net](mailto:judydnagata@comcast.net).]

**NJROTC** cont. from pg. 1

Athletics, Armed Basic Drill, Armed Exhibition Drill and Push Ups. Two cadets earned individual medals for athletics: Emmelie Neff finished fourth in sit ups with 320 and Amber Vidler finished sixth in push ups with 86.

"These young men and women have persevered since August, practicing at 7:30 a.m.," said senior naval science instructor Captain Scott LaRoche. "Finishing third in the nation validated their commitment to excellence."

Nease has qualified and competed at the Navy Nationals every year since 2015 (last year's championships were canceled, but the team qualified), and never finished higher than sixth place. The top five schools are recognized with individual trophies.

"I believed we nailed our performance perfectly," said Cadet Brodie Mongon, commander of the winning Unarmed Basic Drill team. "Knowing how incredible some of the other programs from places like California, Virginia and Florida are makes this trophy even more special."



Cadet Johnny Castillo sprints the anchor leg to Nease's record setting 16x100 Relays during the Navy National Academic, Athletic and Drill Championships.

**Get to Know ...**

Interested in being featured? Email Martie Thompson at [editor@FloridaNewsLine.com](mailto:editor@FloridaNewsLine.com)



## Smiles by

# GLENOS & HADGIS

## ORTHODONTISTS



**Adults and Children**  
Contact Us for a **FREE** initial exam!

Voted  
Best Orthodontist  
St Augustine and  
St Johns  
2020

**TWO STATE-OF-THE-ART LOCATIONS**

**ST JOHNS**

111 Doctors Village Dr - Race Track Rd


**ST AUGUSTINE**

22 St Johns Medical Park - US-1




**904.79.SMILE (797.6453)**  
**[www.smilesbyGHortho.com](http://www.smilesbyGHortho.com)**


## CARDIOLOGY CARE CLOSE TO HOME



**Dr. Ameeth Vedre**  
MD, FACC, FACP,  
FASE, FASNC



**Dr. Neil K. Sanghvi**  
MD, FACC,  
FHRS Clinical Cardiac  
Electrophysiologist



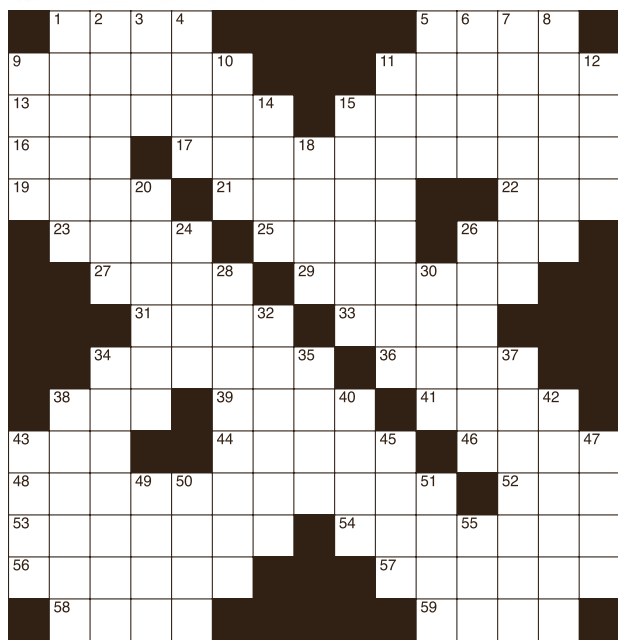
**Flagler Health + Village at Nocatee**  
351 Town Plaza Ave, Suite 203  
Ponte Vedra, FL 32081  
(904) 342-8300

Accepting New Patients

[www.FirstCoastHeart.com](http://www.FirstCoastHeart.com)

# Puzzles

Answers on page 3  
Provided by MetroCreative



**CLUES ACROSS**

- 1. Partner to "flows"
- 5. French industrial city
- 9. Diagrams
- 11. Diplomat
- 13. Hires
- 15. Hawaiian island
- 16. Set aflame
- 17. Very happy
- 19. Blue dye
- 21. Small terrier with short legs
- 22. One thousand cubic feet (abbr.)
- 23. Northern pike genus
- 25. Expression of annoyance
- 26. Female deer
- 27. Casella and Kellerman are two
- 29. Actor's lines to audience
- 31. Days (Spanish)
- 33. Close a person's eyes
- 34. Cloaked

**CLUES DOWN**

- 1. Type of moth
- 2. A Christian sacrament
- 3. It lends books to Bostonians (abbr.)
- 4. Turn away
- 5. Impersonal
- 6. Shortly
- 7. Indigenous Alaskans
- 8. Subtle difference of meaning
- 9. Sicilian city
- 10. Put in harmony
- 11. Administrative divisions
- 12. As happily
- 14. Horse mackerel
- 15. Muddy or boggy ground
- 18. Monetary unit of Italy
- 20. Construction site machine

- 24. 22
- 26. Tracts at the mouths of rivers
- 28. Earnings
- 30. Insect repellent
- 32. Runner-up
- 34. Musician
- 35. Serious or urgent
- 37. Esteemed one
- 38. Where rockers play
- 40. Work furniture
- 42. Greek prophethesses
- 43. Quantitative fact
- 45. Missing soldiers
- 47. Minute
- 49. This (Spanish)
- 50. Maintain possession of
- 51. Assault with a knife
- 55. Holiday text message greeting

## FELINE FRIENDS WORD SEARCH

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

**WORDS**

- ABYSSINIAN
- AEGEAN
- BALINESE
- BAMBINO
- BIRMAN
- BOBTAIL
- BOMBAY
- BURMESE
- CHARTREUX
- CURL
- DONSKOY
- HAVANA BROWN
- JAVANESE
- KORAT
- LONGHAIR
- MAINE COON
- MAU
- MIST
- OCICAT
- PERSIAN
- REX
- RINGTAIL
- SHORTHAIR
- SPANGLED

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



Solve the code to discover words related to cats.  
Each number corresponds to a letter.  
(Hint: 5 = C)

**A. 23 10 9 18 24 10**

Clue: Relating to cats

**B. 5 9 6 20 25**

Clue: Curved, pointy nails

**C. 21 2 8 8**

Clue: Low, vibrating sound

**D. 25 5 8 6 26 5 13**

Clue: Mark the surface

**Community Marketplace**  
Call to advertise (904) 886-4919

**The Right Cleaners**  
Make the Right Choice  
Family owned and operated since 2008  
**House Cleaning Services**  
Prices starting at \$80  
**(904) 207-5674**  
Call or text us now!

**Meleah's Cleaning Service**  
Let Us Make You Sparkle!  
Residential Commercial Construction  
Special Sanitation  
**904.412.3379**  
www.meleahscleaningsvc.com  
License/Insured/Bonded

**Call for pricing on our new Business Card size ads!**

## ElderSource seeks volunteers from Duval and St. Johns counties

By Andrea Spencer  
mail@floridanewslines.com

ElderSource, a nonprofit organization that works to empower elders and their caregivers to age with dignity and independence, is currently recruiting volunteers in Duval and St. Johns counties to help people understand their Medicare benefits. Volunteers are a vital part of ElderSource's SHINE program (Serving Health Insurance Needs of Elders), which helps elders make informed decisions about their Medicare health benefits and other health insurance issues.

Leon King, a Duval resident living in Mandarin, has been a SHINE volunteer for two years and touts how this program is not only important to seniors, but a fulfilling volunteer opportunity.

"I enjoy guiding them through the many choices they have when signing up for Medicare," he explained.

King has assisted approximately 500 people with their questions and problems about Medicare and related programs. He gets the greatest satisfaction finding someone that qualifies for the Extra Help program from Social Security or the Medicare Savings Program from Medicaid.

"These programs can make a huge difference in the life of a person

with low income," King said. "When I can tell someone that they will have an extra \$148 in their monthly Social Security check because the Medicare Savings Program will be paying their Part B premium or tell someone that the Extra Help program will be paying for that prescription drug that they cannot afford, that makes all the training and effort worthwhile."

SHINE is the only program of its kind that offers free and unbiased counseling on Medicare and health insurance issues. Volunteers receive basic training on Medicare, Medicare Part D (prescription drug program), Medicare Supplement Insurance and Medicaid, and in turn, serve as counselors to their peers on how to understand and capitalize on these insurance benefits. Computer experience is helpful, but not necessary, to be a volunteer.

Upon completion of the training, volunteers provide much-needed counseling with seniors to secure these complicated health insurance benefits.

While SHINE volunteers are very busy during Open Enrollment (the period of time from Oct. 15 to Dec. 5 when Medicare beneficiaries can make changes to their



Photo courtesy Eldersource  
SHINE volunteer Leon King.

plans), they counsel people year-round. Thousands of people turn 65 every day, making SHINE volunteers an invaluable resource to the community.

"Being a SHINE volunteer has allowed me to help others while working from home. You can spend as little or as much time as you wish helping people with problems and answering questions," said King. "I would encourage anyone that enjoys learning and helping others to volunteer with the SHINE program."

ElderSource is a nonprofit organization that provides information and resources to seniors, adults with disabilities and their caregivers so they can live well and independently. ElderSource, funded by the Department of Elder Affairs through state and federal grants, impacts the lives of over 12,000 seniors living in Baker, Clay, Duval, Flagler, Nassau, St. Johns and Volusia counties. SHINE is a program of the Florida Department of Elder Affairs, funded through a grant from the federal Centers for Medicare and Medicaid Services, and operated in partnership with the state's 11 area agencies on aging.

To become a SHINE Volunteer or to receive more information call ElderSource at (904) 391-6644.

THE FOLLOWING ADS HAVE NOT BEEN SCREENED BY THE SOUTHEASTERN ADVERTISING PUBLISHERS ASSOCIATION (SAPA); Therefore, any discrepancies thereof shall not be the responsibility of the aforementioned association. Your publisher has agreed to participate in this program and run these ads as a service to the Southeastern Advertising Publishers Association.

**AUTOS**

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

A-1 DONATE YOUR CAR, RUNNING OR NOT!! FAST FREE PICKUP. Maximum tax deduction. Support United Breast Cancer Fdn programs. Your car donation could save a life. 855-701-6346

A-1 DONATE YOUR CAR FOR BREAST CANCER! Help United Breast Foundation education, prevention & support programs. FAST FREE PICKUP - 24 HR RESPONSE - TAX DEDUCTION 1-855-758-6966

CASH FOR CARS! We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-833-238-0340 (t)

DONATE YOUR CAR OR TRUCK TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-855-972-5518 (m)

Donate your car, truck or van. Help veterans find jobs or start a business. Call Patriotic Hearts Foundation. Fast, FREE pick-up. Max tax-deduction. Operators are standing by! Call 1-833-909-0926 (m)

**EDUCATION / INSTRUCTION**

Attention Active Duty & Military Veterans! Begin a new career and earn your Degree at CTI! On-line Computer & Medical training available for Veterans & Families! To learn more, call 833-970-3466

Train online to do medical billing! Become a Medical Office Professional at CTI! Get trained & certified to work in months! 888-572-6790. (M-F 8-6 ET)

Attention Active Duty & Military Veterans! Begin a new career & earn a Degree at CTI! Online Computer & Medical training available for Veterans & Families! To learn more, call 888-449-1713

**FINANCIAL**

Over \$10K in debt? Be debt free in 24-48 months. Pay a fraction of what you owe. A+ BBB rated. Call National Debt Relief 866-949-0934.

ARE YOU BEHIND \$10K OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 844-606-1554 (Hours: Mon-Fri 7am-5pm PST)

ATTENTION SENIORS AGES 40-85. Low Cost Life Insurance to help pay for funeral cost and more! GREAT Rates! Everyone qualifies. Apply today at 407-960-4782.

The COVID crisis has cost us all something. Many have lost jobs and financial security. Have \$10K In Debt? Credit Cards. Medical Bills. Car Loans. Call NATIONAL DEBT RELIEF! We can help! Get a FREE debt relief quote: Call 1-877-316-7129 (m)

Wesley Financial Group, LLC. Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 844-405-1099 (m)

Need IRS Relief \$10K - \$125K+ Get Fresh Start or Forgiveness Call 1-855-908-2440 Monday through Friday 7AM-5PM PST (t)

**FITNESS/HEALTH/ MEDICAL**

Attention Viagra users: Generic 100 mg blue pills or Generic 20 mg yellow pills. Get 45 plus 5 free \$99 + S/H. Guaranteed, no prescription necessary. Call 855-398-1878

Dental insurance - Physicians Mutual Insurance Company. Covers 350 procedures. Real insurance - not a discount plan. Get your free dental info kit! 1-888-623-3036 www.dental50plus.com/58 #6258

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free info kit. Call 877-929-9587

VIAGRA and CIALIS USERS! 50 Generic Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-445-5928 Hablamos Español

ATTENTION DIABETICS! Save money on diabetic supplies! Convenient home shipping for monitors, test strips, insulin pumps, catheters & more! To learn more, call now! 877-810-0063

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 844-866-4793

VIAGRA and CIALIS USERS! 50 Pills SPECIAL \$99.00 FREE Shipping! 100% guaranteed. CALL NOW! 877-266-9827

We have Clinics STATE-WIDE. Medical Marijuana Clinics, call today! Call 1-833-420-0421

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Don't wait! Call now! Get your FREE Dental Information Kit with all the details! 1-833-424-

6043 www.dental50plus.com/cpf #6258 (m)

Life Alert. One press of a button sends help FAST, 24/7! At home and on the go. Mobile Pendant with GPS. FREE First Aid Kit (with subscription.) CALL 877-354-1492 FREE Brochure. (m)

Lung Cancer? And Age 60+? You and Your Family May Be Entitled to Significant Cash Award. Call 1-855-635-9214 for Information. No Risk. No Money Out of Pocket. (t)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 855-397-7056 (m)

VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150. FREE shipping. Money back guaranteed! 1-855-457-9751 (t)

**INTERNET/CABLE/SATELLITE/DISH SERVICES**

4G LTE Home Internet Now Available! Get GotW3 with lightning fast speeds plus take your service with you when you travel! As low as \$109.99/mo! 866-729-7823

HughesNet Satellite Internet - 25mbps starting at \$49.99/mo! Get More Data FREE Off-Peak Data. FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-855-942-3256

Cable Price Increase Again? Switch To DIRECTV & Save + get a \$100 visa gift card! Get More Channels For Less Money. Restrictions apply. Call Now! 866-507-1326

EXPIRES SOON: Switch to DISH + get a 2 YEAR PRICE LOCK!! Plus get Free Premium Channels for 3 mos. Free Installation (up to 6 rooms)! 866-393-1134

Cable Price Increase Again? Switch To DIRECTV & Save + get a \$100 visa gift card! Get More Channels For Less Money. Restrictions apply. Call Now! 1-888-520-2338

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 7/21/21. 1-855-977-7405

AT&T Internet. Starting at \$40/month w/12-mo agmt. Includes 1 TB of data per month. Get More For Your High-Speed Internet Thing. Ask us how to bundle and SAVE! Geo & svc restrictions apply. Call us today 1-877-568-5045. (m)

AT&T TV - The Best of Live & On-Demand On All Your Favorite Screens. CHOICE Package, 64.99/mo plus taxes for 12months. Premium Channels at No Charge for One Year! Anytime, anywhere. Some restrictions apply. W/ 24-mo. agmt TV price higher in 2nd year. Regional

Sports Fee up to \$8.49/mo. is extra & applies. Call IVS 1-866-460-1886 (m)

Cable Price Increase Again? Switch To DIRECTV & Save + get a \$100 visa gift card! Get More Channels For Less Money. Restrictions apply. Call Now! 1-855-773-0527 (t)

DISH Network. \$64.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-895-7245 (m)

DISH TV \$64.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 7/21/21. 1-855-340-3064 (t)

Earthlink High Speed Internet. As Low As \$49.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-877-929-1176 (m)

High-Speed Internet. We instantly compare speed, pricing, availability to find the best service for your needs. Starting at \$39.99/month! Quickly compare offers from top providers. Call 1-855-956-3567 (m)

HughesNet Satellite Internet - 25mbps starting at \$49.99/mo! Get More Data FREE Off-Peak Data. FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-855-485-4101 (m)

4G LTE Home Internet Now Available! Get GotW3 with lightning fast speeds plus take your service with you when you travel! As low as \$109.99/mo! 1-888-708-1498 (t)

**LEGAL**

Applying for Social Security Disability or Appealing a Denied Claim? Call Bill Gordon & Assoc. Our case managers simplify the process & work hard to help with your case. Call 1-844-408-7325 FREE Consultation. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)]

Avoid Timeshare Cancellation Scams. Consumer protection attorney will get you a legal low flat fee cancellation for less, with a 100% money back guarantee. TimeShareBeGone has an A+BBB rating and 5 star reviews. To request a quote, call 1-800-223-1770 or go to: outlegally.com

**MISCELLANEOUS**

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-888-927-8649

GENERAC Standby Generators provide backup

power during utility power outages, so your home and family stay safe and comfortable. Prepare now. Free 7-year extended warranty (\$695 value!). Request a free quote today! Call for additional terms and conditions. 1-833-953-0224

Applying for Social Security Disability or Appealing a Denied Claim? Call Bill Gordon & Assoc. Our case managers simplify the process & work hard to help with your case. Call 1-844-408-7325 FREE Consultation. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)]

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 877-925-9682

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 877-661-6587

Never Pay For Covered Home Repairs Again! Complete Care Home Warranty covers all major systems & appliances. 30-day risk free. \$200.00 off + 2 free months! 1-866-395-2490

Update your home with beautiful new blinds & shades. Free in-home estimates make it convenient to shop from home. Professional installation. Top quality - Made in the USA. Free consultation: 877-212-7578. Ask about our specials!

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-844-994-1745 (m)

GENERAC Standby Generators. The weather is increasingly unpredictable. Be prepared for power outages. FREE 7-year extended warranty (\$695 value!) Schedule FREE in-home assessment. 1-844-334-8353 special financing if qualified.

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-866-287-4769 (m)

Never Pay For Covered Home Repairs Again! Complete Care Home Warranty COVERS ALL MAJOR SYSTEMS AND APPLIANCES. 30

& Military Discounts. Call 1-855-995-2490

New authors wanted! Page Publishing will help self-publish your book. Free author submission kit! Limited offer! 866-951-7214

!!OLD GUITARS WANTED!! GIBSON, FENDER, MARTIN, Etc. 1930's to 1980's. TOP DOLLAR PAID. CALL TOLL FREE 1-866-433-8277

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 855-761-1725

HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 866-409-0308

Never pay for covered home repairs again! Complete Care Home Warranty covers all major systems & appliances. 30-day risk free. \$200.00 off + 2 free months! 1-866-395-2490

Update your home with beautiful new blinds & shades. Free in-home estimates make it convenient to shop from home. Professional installation. Top quality - Made in the USA. Free consultation: 877-212-7578. Ask about our specials!

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-844-994-1745 (m)

GENERAC Standby Generators. The weather is increasingly unpredictable. Be prepared for power outages. FREE 7-year extended warranty (\$695 value!) Schedule FREE in-home assessment. 1-844-334-8353 special financing if qualified.

Eliminate gutter cleaning forever! LeafFilter, the

most advanced debris-blocking gutter protection. Schedule free LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-995-2490

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-855-706-0484 (m)

GENERAC Standby Generators provide backup power during utility power outages, so your home and family stay safe and comfortable. Prepare now. Free 7-year extended warranty (\$695 value!). Request a free quote today! Call for additional terms and conditions. 1-855-708-4101 (m)

Become a published author! Publications sold at all major secular & specialty Christian bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-844-293-6611 (m)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for your Free Author's Guide 1-844-218-1247 or visit http://dorranceinfo.com/florida (m)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-866-287-4769 (m)

Never Pay For Covered Home Repairs Again! Complete Care Home Warranty COVERS ALL MAJOR SYSTEMS AND APPLIANCES. 30

DAY RISK FREE. \$200.00 OFF + 2 FREE Months! 1-833-304-2083 Hours Mon-Thu, Sun : 9:30 am to 8:00 pm Fri : 9:30 am to 2:00 pm (all times Eastern). (t)

Up to \$15,000.00 of GUARANTEED Life Insurance! No medical exam or health questions. Cash to help pay funeral and other final expenses. Call Physicians Life Insurance Company- 844-721-1875 or visit www.Life55plus.info/flma (m)

COMPUTER ISSUES? GEEKS ON SITE provides FREE diagnosis REMOTELY 24/7 SERVICE DURING COVID19. No home visit necessary. \$40 OFF with coupon 86407! Restrictions apply. 1-855-993-4172 (t)

**WANTED TO BUY**

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, CO 80201

Reader Advisory: The National Trade Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada.

## Dental Insurance

Get dental insurance from Physicians Mutual Insurance Company to help cover the services you're most likely to use -

Cleanings  
  X-rays  
  Fillings  
  Crowns  
  Dentures

### 1-866-694-6148

Call now to get this FREE information kit!

dental50plus.com/southern

Product not available in all states. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY, CT, 1-888-799-4433 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN).

## Prepare for unexpected power outages with a Generac home standby generator

**REQUEST A FREE QUOTE!**  
**844-334-8353**

**FREE** 7-Year Extended Warranty\*  
A \$695 Value!

Offer valid February 15, 2021 - June 6, 2021

Special Financing Available Subject to Credit Approval \*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

## LeafFilter GUTTER PROTECTION

CALL US TODAY FOR A FREE ESTIMATE **1-855-995-2490**

**15% OFF** YOUR ENTIRE PURCHASE\*  
**10% OFF** SENIOR & MILITARY DISCOUNTS  
**5% OFF** TO THE FIRST 50 CALLERS!

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST | Promo Number: 285

For those who qualify. One coupon per household. No obligation estimate valid for 1 year. \*Offer valid at time of estimate only. 2The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." Manufactured in Plainville, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CSLB # 1035795 DOP# 10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 126344 License# 218294 WA UB# 603 223 977 License# 2102212986 License# 2106212946 License# 27051321534 License# LEAFFWNB23Z License# WV056912 License# Wc 06994117 Nassau HIC License# HD1067000 Registration# 176447 Registration# HC 0649955 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069393 Suffolk HIC License# 52229-H License# 2705169445 License# 26200022 License# 262000403 License# 0086990 Registration# H-19114

## JOB FINDER

Eldersource seeking a Benefits Specialist II, the ideal candidate should have some Medicaid or Customer Services experience and must be proficient with Internet, Outlook, MS Word and Excel. Apply [www.myeldersource.org](http://www.myeldersource.org)

# Travel

## Death Valley days

By Debi Lander  
mail@floridanewsline.com

From my younger days, I recall the television show “Death Valley Days” and its sponsor, 20-Mule Team Borax. The popular series ran from 1952 – 1970, becoming television’s longest-running western. Perhaps somewhere in my subconscious mind, those memories nudged me to go visit the place.



Photos courtesy Debi Lander  
Sunset at Zabriskie Point.

Death Valley National Park, in southeastern California, claims the highest recorded temperature on Earth (134 degrees). It receives just two inches of rain per year and is the largest national park in the lower 48. I found it rugged and fascinating, but some areas felt eerie, lonely, and frightfully abandoned.

I flew to Las Vegas, rented a car, and drove about two hours to Furnace Creek, the park hub with a visitor center and park ranger station. Once you pass Pahrump, Nevada (yes, that is an actual city), the rock formations start appearing among the desolate wilderness.

Hotel choices are limited to the Inn at Death Valley, once the exclusive escape for Hollywood elites, or the 224-room Ranch. The Ranch provides a resort atmosphere with green lawns, a spring-fed swimming pool, playground area, tennis, golf course, riding stables, and bike rentals. Expect high prices in the middle of nowhere, but not as dear as the Inn, where room rates start around \$500 per night.

No surprise, Zabriskie Point, near Furnace Creek, attracts visitors for sunrise

and sunset. Variegated mounds called Badlands overlap one another while others display deep erosion patterns. They all unite, forming a mysterious grand vista with snow-capped peaks in the distance. Tip: the wind blows forcefully as you near the overlook.

I drove on to Badwater Basin, the lowest point in the states, 282 feet below sea level. Salt crystals form on this 200-square mile stretch of land that was once covered in water. The polygon patterns beguile and change with weather conditions.

I walked out, nearly a mile, to where the white crystals cover the salt floor entirely. This 360-degree view mesmerized me, like spiderwebs stretching to infinity. Make the long walk, but be careful of the uneven surface.

Driving back, I passed the entrance for the nine-mile Artist’s Palette loop in the Black Mountains on the eastern side of Death Valley. The colorful, majestic peaks look like a painter dabbed a brush across

the surface. Another afternoon, I returned to see sunshine dance upon the vivid terrain.

To photograph a sunset, I made a long, switch-back drive to Dante’s Peak, the highest point in the park. Visitors peer a mile down to the fringes of mystical-looking Badwater Basin. The humbling mountains surround the summit and become a dramatic backdrop at twilight. I was hoping for a glorious sunset, but Mother Nature didn’t cooperate; however, I felt her ominous power of darkness on the 45-minute drive back.

Another early morning, I ventured 20 miles to the Mesquite Sand Dunes. Here, a wave-like stretch of sand formations ripples against more surreal mountain ranges. Walking proves difficult in the soft dunes, but the place begs for exploration. Look for windblown striations, strange freeform patterns, and small mesquite trees.

The Harmony Borax ruins, an outdoor museum, brought an explanation to the 20-mule team advertisements. The mineral was mined here from 1883 to 1889, but hauling it became too costly and the work conditions unbearable.

I planned to see Ubehebe Crater, another highlight, but it rests 60 miles from Furnace Creek. Be mindful of your gas tank; the only park fuel station sells petrol at excessively inflated prices. I loved the otherworldly landscapes in Death Valley, but not all the driving. Visitors need to spend a minimum of two days to appreciate the curious wonders of this sunny desert.

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



Badwater Basin.



### YOUR TIME TO SHINE

Nestled on the sprawling 40-acre River Garden campus, members of The Coves enjoy a lively environment that offers comfort, safety and maintenance-free living. With access to superior amenities and services, you can enjoy the lifestyle you deserve.

Schedule your tour of **The Coves** today!

Call (904) 292.2683



**One-Bedroom Apartments Available Now!**  
**NO “BUY-IN” REQUIRED**

## Family Movie Night



Hosted by



Tobacco Free  
**St. Johns**

**Bring Your Blankets & Chairs To Sit Under The Stars For A Movie Night!**

**DATE:** JUNE 26TH **LOCATION:** POMAR PARK  
**TIME:** OPEN TO THE PUBLIC AT 7PM 1600 MASTERS DRIVE  
MOVIE STARTS AT 8PM ST AUGUSTINE, FLORIDA 32084

*The use of tobacco, nicotine products and alcoholic beverages are prohibited at this event.*

**Strength training studio celebrates opening with ribbon cutting**



Photo courtesy Charlene Shirk

On April 29, fit20 expanded to the Nocatee area and celebrated the opening of its new 1,100 square foot studio in Nocatee Town Center with a ribbon cutting ceremony. The day also included an open house and tours of the location. Nocatee residents, Chamber of Commerce members, local dignitaries and fit20 employees joined franchise owner Connor Battreall and fit20 regional developer Cathy Battreall to cut the ribbon. Members of fit20 experience an intense, slow-motion, resistance-training session once a week for 20 minutes with a certified trainer, which results in a safe and effective workout.

**Children make lemonade out of lemons ... again!**



Photos courtesy Gigi Stramm

Last year the children of the Fairfield neighborhood wanted to do something to help with the pandemic and those in the community in need, so they came up with the idea of a fundraising lemonade stand because there were so many ripe lemons on trees in the neighborhood. They raised \$68.50, which they donated to BEAM. This memory has stuck with them and when they received a letter from BEAM in need of supplies and funds, they decided to get together and do it again.

This time, the community really got behind the kids and they raised \$217 on May 2 selling lemonade and home baked goods. Chelsea and Cameron Dawson (Florida Virtual School), Julia McPartland (Palmer Academy), Dominic Stramm, Nate and Maggie Black (PVPV Rawlings Elementary) toured the BEAM facility and donated these funds on May 20.

**AFFORDABLE WATER**  
CONDITIONING • SOFTENING • PURIFICATION

**Residential  
Commercial  
Industrial**

*Family Owned  
and Operated  
since 1989*

**CLEAN WATER FOR YOUR HOME**

**Affordable Water solutions for your home with the best customer service in the industry.**

- Water Softeners & Filtration Systems
- Service on most makes and models
- Delivery of Salt & Potassium for your system

License #W-32

**Call today 904-262-0197 for your Complimentary Water Test & Analysis.**

**f 3760 Kori Road • www.affordablewaterjax.com**

## Volunteer Opportunity!

*Help Older Adults Make Informed Medicare Decisions*

SHINE - Serving Health Insurance Needs of Elders - is a volunteer program that provides older adults and persons with disabilities free and unbiased counseling on their health insurance options.

ElderSource needs more SHINE volunteers! All training is completed online through virtual classes. This is a volunteer opportunity where you can really make a difference in the lives of older adults. Volunteers are wanted for Baker, Clay, Duval, Flagler, Nassau, St. Johns and Volusia counties.

start here for help

**Bilingual volunteers are needed!**

**To learn more call:  
904-391-6644**

Log on to  
**www.Floridashine.org**  
to complete the volunteer application.

Department of Elder Affairs

**Save \$500**  
on your next garage or closet project  
Minimum purchase required  
Must mention ad. Not valid with any other offer. Expires June 30, 2021.

featuring PremierGarage

Closets • Garages • Garage Flooring • Offices • Pantries

Garage Storage

Floor Coatings

15 Years Locally Owned

WE DO IT ALL FOR YOU - WE'VE GOT THIS. 904.204.0659 TailoredLiving.com



## Florida's Number 1 Youth Soccer Program

Programs for ages 2-19 - Boys & Girls  
 Summer Camps  
 Year round program for all levels of play  
 Multiple locations  
 Fun activities while learning the game



[www.FloridaEliteSA.com](http://www.FloridaEliteSA.com)

## Nutrition Check

### Let's talk caffeine

By Kristen Hicks-Roof, Ph.D., RDN, LDN; Marissa Schwam, B.S.  
[mail@floridanewslines.com](mailto:mail@floridanewslines.com)

Caffeine is naturally found in the seeds, nuts, and leaves of around 60 different plant species, of which coffee beans and tea leaves are the most well-known. Caffeine is a stimulant used to help individuals stay alert and feel energized. It does this by increasing blood adrenaline levels, blocking receptors responsible for tiredness, and increasing brain activity of neurotransmitters. Did you know caffeine can reach the bloodstream in as little as 20 minutes? Most people think of energy drinks or espresso shots when talking about caffeine, but caffeine can be found in many different day-to-day foods and beverages. This includes black and green tea, chocolate, soft drinks, energy bars, cough syrup, guarana berries, and others.

Caffeine is one of the most popular psychoactive substances; reports since the late 1990s show that up to 80 percent of the world's population consumes a caffeinated product every day. (James, 1997) Due to those behaviors, there is concern around how much caffeine is safe, and possibly beneficial, for daily consumption. The FDA recommends keeping caffeine intake around 400 milligrams a day to mitigate possible negative effects. How does your consumption compare?

Product (size)	Caffeine (mg)
Soft drink (12oz)	30-55
Green or black tea (8oz)	30-50
Coffee (8oz)	80-170
Energy drink (8oz)	40-250
Energy shot (2oz)	200

Caffeine can be both beneficial and harmful if consumed in moderate or excessive amounts, respectively. Moderate caffeine consumption has been linked with improved mood and brain function, enhanced exercise performance, and may reduce the risk of cardiovascular disease and type 2 diabetes. Overconsumption of caffeine can cause anxiety, tremors, restlessness, trouble sleeping, and irregular heartbeat. Caffeine can also interfere with the absorption of several micronutrients such as iron, calcium, magnesium, and B vitamins. Furthermore, overconsumption of caffeine can lead to addiction, with the most common withdrawal symptoms being fatigue, difficulty concentrating, and a headache.

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

Congratulations  
 Class of

2021

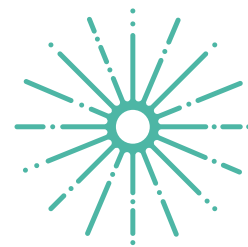
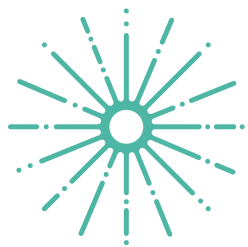


[www.bishopkenny.org](http://www.bishopkenny.org)





**SCHEDULE  
A TOUR  
TODAY**



**STARLING AT NOCATEE**

ASSISTED LIVING AND MEMORY CARE

999 Crosswater Pkwy | Ponte Vedra, FL 32081

**904.513.0727**

**STARLING AT NOCATEE**

INDEPENDENT LIVING

885 Crosswater Pkwy | Ponte Vedra, FL 32081

**904.299.8188**

**OPEN HOUSE**

**June 9 • 9 am to 10:30 am**

**RSVP Today • Call to Request a Spot**



**CALL TODAY FOR SPRING SPECIALS!**

 Follow us on Facebook

[STARLINGLIVING.COM](http://STARLINGLIVING.COM)

**Hurry!**  
NOW UNDER CONSTRUCTION!

# Announcing Ponte Vedra Beach's *Ultimate Retirement Community*



State-of-the-art Clubhouse with beautiful, open views

## Bridging Gorgeous Homes With A Resort Lifestyle

Announcing an exciting, new community truly worthy of the Vicar's



Spacious Flats with up to 2,125 sq. ft. of living



2 bedroom, 2.5 bath Cottages

Landing name that bridges safety and security with freedom, fun, and convenience. From housing and dining to transportation and health care, you'll be covered

through every phase of living. Learn more about luxury living at the all-new Vicar's Landing at Oak Bridge. **Hurry, phase one is selling out fast!**



Quality on-site health care services

VICAR'S  
LANDING  
AT  
OAK BRIDGE



904.285.6000 | [VicarsLanding.com](http://VicarsLanding.com)