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want to know!



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Get to Know...
Megan Prangley



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Puzzles

Music therapy helps students thrive in St. Johns County

By Angela Higginbotham
angela@floridanewslines.com

For many special needs students, music therapy is a life changing program used to increase attention, cognitive functioning, socialization skills, and academic concepts as well as decrease agitation and improve language skills.



Photo courtesy Minda Gordon
Music Therapist Minda Gordon works with students in the music therapy class.

Through Sound Connections, a privately funded outreach program of the Cultural Center at Ponte Vedra Beach, board certified music therapists are currently helping children in four St. Johns County schools. Cunningham Creek Elementary, Valley Ridge Academy, Ponte Vedra/Palm Valley Rawlings Elementary and Ocean Palms Elementary offer music therapy to students. The program directly impacts 200 students.

Minda Gordon became a volunteer in the music program at her son's school 12 years ago.

Music therapy cont. on pg. 13

Local gymnast goes to Nationals

By Martie Thompson
editoro@floridanewslines.com

With determination and discipline that belies her 16 years, St. Johns resident and level 10 gymnast Jenna Mulligan qualified for the Junior Olympic National Championships, May 11 – 12 in Cincinnati. At her first time at nationals, she placed fifth on floor exercise, eighth on balance beam and 13th on vault, for an overall ranking of 39th in the U.S. According to her mom, Terri Arnold, Mulligan had a fall on uneven bars which hurt her ranking both on the apparatus and overall.

"We are very proud of her achievement," Arnold said.

Mulligan began her gymnastics career at age two, when, with an abundance of energy, Arnold enrolled her in a gymnastics class. She said she immediately fell in love with the sport and started level 4 at about age four.

"Levels 4 through 6 are called 'compulsory' because all gymnasts do the same routines on each apparatus, including using the same music for the floor routine," Mulligan said.

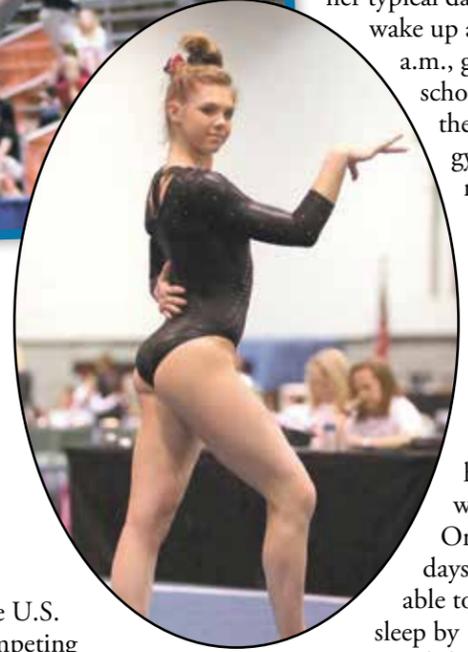
As an eight year old, she advanced to level 7, the first of the "optional" levels, where gymnasts may choose the skills, according to requirements, that they perform. Even at this young age, Mulligan was spending about four hours a day, four times a week at the gym. Each session included work on all four events — uneven bars, balance beam, floor exercise and vault — plus conditioning training and stretching. Today, at the top level 10, she spends about four and a half hours per session, five days a week perfecting her craft.



Photos courtesy Istvan Pono, EBS Productions.

As for her favorite events, she said she likes beam because she knows what she needs to do and can be calm, and vault, because it's quick and energetic and fun. Her highest score this season so far has been on vault.

She looks up to fellow gymnasts Maggie Nichols, who was on the U.S. National Team and is now competing for the University of Oklahoma, as well as Alex McMurtry, who just graduated from the University of Florida.



Mulligan is a sophomore at The Bolles School, where she takes a strong academic course load and participates in the school's Pen Pal program with a second grader from the

school. She also finds some time for fun on Friday nights during football season, where she has learned that if she leaves the gym at 7:30 p.m., she can get to the football stadium just in time for the halftime show and then the second half with her friends.

According to her father, Chuck Mulligan, most gymnasts at her level are homeschooled, but their family made the choice that education had to be first. Jenna Mulligan said that her typical day is to wake up at 6:30 a.m., go to school and then the gym and return home in the late evening for dinner and homework. On most days she is able to go to sleep by 11:30 p.m. and then do it all over again the next day.

"Gymnastics has taught me time management," she said. "Luckily I do have a study hall at school each day, which means I have one hour less of work to do when I get home. Also, I'm 'that' student who is always doing schoolwork during lunch."

She said that her hard work is definitely worth it. Her dad said she know that if the process ever stops being fun, she can stop gymnastics at any time. That doesn't seem likely.

Mulligan said her goal is to go to a Division 1 college, hopefully on scholarship, and compete in gymnastics all four years while working on a premedical degree. She plans to then go to medical school to become an orthopaedic doctor.

Mulligan trains at Gymnastics Unlimited in Jacksonville and is coached by owner and head coach Lisa Beadle, Martin Barraclough, Ashanee Dickerson, and Bri Burnett.

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S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

around town

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

June 2
Comic Con
 10 a.m. – 12 p.m.
 Bartram Trail Branch Library, 60 Davis Pond Blvd.
 (904) 827-6960

June 2
Family and Friends CPR Class
 1:30 p.m. – 4:30 p.m.
 Baptist Medical Center South, 14550 Old St Augustine Road
 Registration required; (904) 202-2229

June 2
U.S. Coast Guard Auxiliary Flotilla 14-7: About Boating Safely course
 8:30 a.m. – 4:30 p.m.
 NE FL Regional Airport Conference Center, 4730 Casa Cola Way
<http://abs.mysafeboating.com>

June 5
World Golf Village Toastmasters
 6:30 p.m. – 8:30 p.m.
 First Florida Credit Union, 1950 County Road 210W
Worldgolfvillage.toastmastersclubs.org

June 7
U.S. Coast Guard Auxiliary Flotilla 14-7
 6:30 p.m. – 8 p.m.
 St. Augustine Yacht Club near the St. Augustine Lighthouse
pa@mysafeboating.com

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

June 7
Teen Craft Hour: Summer reading tote bag
 3 p.m. – 4 p.m.
 Bartram Trail Branch Library
 (904) 827-6960

June 9
St. Johns Chapter of the Catholic Writers Guild
 10 a.m. – 12 p.m.
 St. Paul's Catholic Church school auditorium, 2609 Park St.
www.dosaf.com/outreach/catholic-writers-guild/ or writerrod@comcast.net

June 9
Friends of the Library Book Sale
 9:30 a.m. – 12 p.m.
 Bartram Trail Branch Library
 (904) 827-6960

June 13
First Coast Newcomers Club trivia evening/dinner
 6 p.m. dinner/ 7 p.m. trivia
 Contact Lea for name of World Golf Village restaurant and to be added to attendee list
 (904) 829-0643

June 14
Shorebird Walk at Matanzas Inlet with St. Johns County Audubon Society
 9 a.m. – 11 a.m.
 Matanzas Inlet West Parking Lot, 8655 A1A S., St Augustine
www.stjohnsaudubon.com

June 16
Fruit Cove Cruise In sponsored by Sunshine State Chevelles
 4 p.m. – 8 p.m.
 PDQ parking lot, 194 State Road 13
 Repeating event on third Saturday of each month (904) 827-6960

June 18
All Star Quilt Guild
 9:45 a.m.
 First Christian Church, 11924 San Jose Blvd.
www.orgsites.com/fl/allstarquiltguild or (904) 502-5254

June 19
North Business Council of the St. Johns County Chamber of Commerce
 8 a.m. – 9 a.m.
 Westminster Woods on Julington Creek, 25 State Road 13
 Register at www.sjcchamber.com or call (904) 829-5681

June 19
St. Johns CARES meeting
 7 p.m.
 Bartram Academy, 164 Everest Lane, Ste. 1
www.stjohnscares.org

June 19
Happy Hookers crochet group
 6 p.m. – 8 p.m.
 Bartram Trail Branch Library
 (904) 827-6960

June 21
Wm. Bartram Scenic & Historic Highway Group
 6:30 p.m. – 8:30 p.m.
 St. Johns County Annex, 725 Flora Branch Blvd.
 (904) 699-8475; alabbat@comcast.net

June 21
Adult Coloring Club
 10:30 a.m. – 12 p.m.
 Bartram Trail Branch Library
 (904) 827-6960

June 26
First Coast Card Club – adult card players
 1 p.m. – 3 p.m.
 St. Augustine Main Library, 1960 Ponce de Leon Blvd.
 (904) 829-0643

June 29
Helping Hands of St. Johns County
 10 a.m.
 First Florida Credit Union, 1950 County Road 210W
jacqphil@aol.com

June 29
One day VBS: Rolling River Rampage
 9 a.m. – 3 p.m.
 River of Live UMC, 2600 Race Track Road
 Register at <https://rrr.cokesburyvbs.com/rolumcjax> or deandra@rolumc.com

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take 5

Teen finance class scheduled

The Bartram Trail Public Library will host a free workshop for teens and young adults this summer. The Teen Financial Literacy Workshop will be held on Saturday, June 16, from 10 a.m. — 3 p.m. Subjects covered will include:

- Careers and Income
- Spending Wisely
- Saving and Investing
- Credit Cards and Debit Cards
- Paying for College

Instructors are provided by the Jacksonville Chapter of the Florida Institute of Certified Public Accountants. The class is designed for ages 15 – 20 and a free lunch will be provided. Registration is required; call (904) 827-6960 to register.

Art of Tracking class offered

County Naturalist AyoLane Halusky will lead an Art of Tracking class on Thursday, June 7 and Friday, June 8 at the Masters Tract Stormwater Treatment Facility, 7756 Hub Bailey Road in Hastings. This is a two-day class, from 9 a.m. – 11:30 a.m. each day. On the first day, attendees will learn some of the basics of tracking like ID, aging and simple movement in the earth. On the second day, Halusky will dive into advanced

skills of tracking, where attendees can see stories unfold in the daily life of wild animals. Participants should plan for hydration, hunger, weather, sun, and bugs — and note there are no restrooms at this site. Contact ahalusky@sjcfl.us or (904) 814-0292 or (904) 209-0348 for more information about how to register.

New Catholic Mission Church formed on County Road 210

A new Catholic Mission Church, St. Teresa has begun celebrating Sunday Mass at 11 a.m. at St. Teresa Learning Center at 2468 County Road 210W. This St. Augustine diocese mission is being mentored by San Juan Del Rio church and its priests. The future goal is to build a church for the growing St. Johns County population. All are welcome to attend Sunday service. Email stteresemissionchurch@gmail.com for more information.

Summer reading and math volunteer opportunities

RSVP of St. Johns County is looking for community members to assist once a week in the summer reading or algebra programs in the St. Johns County School District. Hours are flexible, and can be scheduled around volunteers' vacations. Orientation for reading

volunteers will be Thursday, June 7 from 10 a.m.

– 12:30 p.m.

Orientation for algebra

volunteers will be

Friday,

June 15

from 9 a.m. – 10

a.m. Both

meetings will

take place at the

Fullerwood Auditorium, 10 Hildreth Drive in St. Augustine.

Contact RSVP at (904) 547-3945 or

Cheryl.Freeman@stjohns.k12.fl.us to

make a training reservation or for more information.

Local writers to discuss backstory

On Saturday, June 16 at the Main Library in St. Augustine, the Ancient City Chapter of the Florida Writers Association will welcome award-winning author and professional development editor Nancy Quatrano, who will discuss the effective use of backstory. How much backstory is enough? When should it go into the manuscript? Is

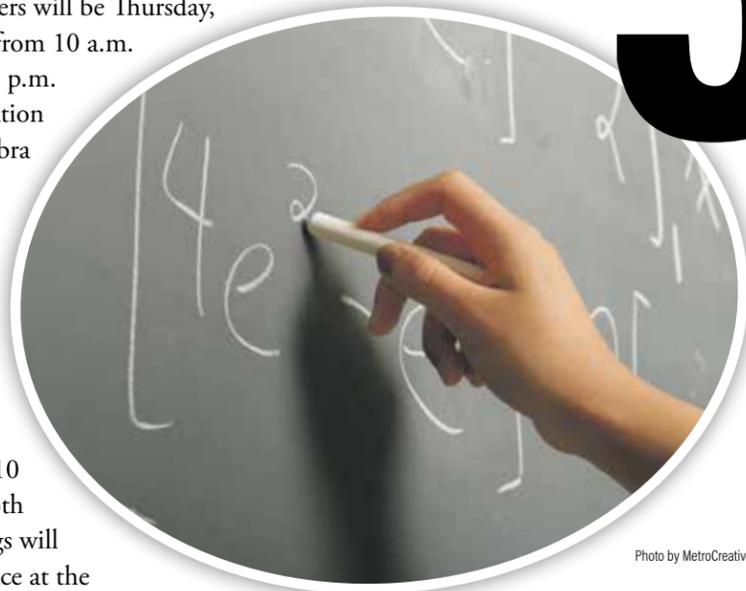


Photo by MetroCreative

all backstory narrative? The program “Backstory: When, How and How Much” is an interactive one hour program designed to answer questions and give examples on how to make backstory a powerful tool for writers. The Main Library is located at 1960 Ponce de Leon. Doors open at 10 a.m. and the meeting begins at 10:15 a.m. All meetings are free and open to the public and are held in conjunction with the Friends of the Main Library.

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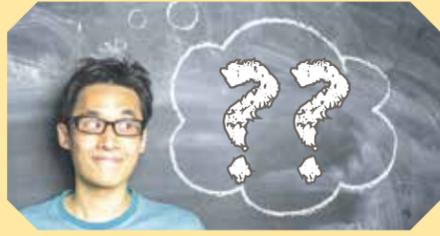
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Inquiring Minds want to know!

By Martie Thompson
editor@floridanewline.com

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

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

Here are answers to questions we received this month:

Q: When will the road in front of the new Beachwalk development (County Road 210W, east of I-95) be repaired and no longer “under construction?”

A: According to Dick D’Souza, P.E., M.E. in the St. Johns County Growth Management Department, the schedule for completion of the six lane construction for County Road 210 will be sometime in late 2019 to early 2020, depending on scheduling. He said there were previously some issues with utilities, such as JEA, AT&T, and TECO that needed to be relocated, and coordination with the service providers set the construction back.

D’Souza concluded, “This was what I had last heard from the contractor and engineers for the job, and I still believe this to be an accurate timeline. With that being said, if a utility issue arises, it may cause a setback in construction.”

Q: What is the status of the shops in World Golf Village, around the lagoon? Are there any new tenants coming?

A: We reached out to Josh Dohring, the regional leasing manager for American Commercial Realty Company, which is handling the leasing of the Shops at World Golf Village. He said that Crystal Ballroom will be opening their event space doors in Building A (the building farthest from Marriott’s World Golf Village Renaissance Resort) in August. The company is already booking weddings and events for that time.

He also said: “We’ll hopefully have an ice cream shop/bakery wrapped up any day. We’re working on restaurants and additional exciting uses, it’s just too early to talk too much about them in detail.”

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The Sheriff Reports

By St. Johns County Sheriff David B. Shoar

Basic beach safety tips

Many of our residents as well as visitors will enjoy the 42 miles of St. Johns County beaches this summer. I would like to pass along some tips in this month’s column.

When at the beach never swim alone and if possible swim near a lifeguard. If you or a family member doesn’t know how to swim, take lessons. Swim lessons are offered through the St. Johns County Recreation Department, the local YMCA, or through many certified swimming instructors. Only knowing how to float in the water may compromise your safety during an emergency.

If you find yourself in a rip current, don’t fight it. Swim parallel with the beach until you are out of the current and then swim towards the shore.

Be sure to watch your young children constantly and don’t become distracted by talking on your cell phone, reading or taking a nap.

Children as well as teenagers should always be aware of their surroundings and if someone tries to take you somewhere, quickly get away while yelling and screaming. Children should try to stay in a group; remember there is safety in numbers.

Pay attention to the posted signs on the beach, which are designed for our safety as well as to protect the environment. Remember drinking alcohol is not permitted on all St. Johns County Beaches.

To protect your head and neck, never dive headfirst into the ocean. Many beaches in this area have coquina rock buried in the water and serious injuries could occur when diving.

The American Red Cross adds some additional tips for beach safety: Protect your skin — sunlight contains two kinds of UV rays. UVA increases the risk of skin cancer, skin aging, and other skin diseases, while UVB causes sunburn and can lead to skin cancer. Limit the amount of direct sunlight you receive between 10 a.m. and 4 p.m. and wear a sunscreen with a sun protection factor of at least 15.

Drink plenty of water regularly and often, even if you do not feel thirsty. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly, but make the heat’s effects on your body worse.

Watch for signs of life threatening heat stroke, when a person’s temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals of heat stroke include hot, red, and usually dry skin, but in some cases, such as during athletic activity while wearing a helmet, the skin may be moist. There may also be changes in consciousness, a rapid weak pulse, and rapid shallow breathing. Call 9-1-1 and move the person to a cooler place. Quickly cool the body by wrapping wet sheets around the body and fan it. If you have ice packs or cold packs, place them on each of the victim’s wrists and ankles, in the armpits and on the neck to cool the large blood vessels. Watch for signals of breathing problems and make sure the airway is clear and keep the person lying down.

Wear eye protection. Sunglasses are like sunscreen for your eyes and protect against damage that can occur from UV rays. Be sure to wear sunglasses with labels that indicate that they absorb at least 90 percent of UV sunlight.

Wear foot protection. Many times, people’s feet can get burned from the sand or cut from glass in the sand.

Remember to always close your vehicle’s windows and lock your doors when you go to the beach. Always remove loose change and valuables from your vehicle. This includes purses, wallets, cell-phones, laptop computers and briefcases. Some of these items could be locked in your trunk and out of sight. Also park in an area that is heavily populated and has people coming to and from the beach. Remember if you see something suspicious, contact your local law enforcement agency immediately.

Visit www.sjs.org for additional tips on general crime prevention and feel free to email me anytime at dshoar@sjs.org.

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

Q: Can you offer any insight as to how the School District intends to comply with the requirement to have an armed deputy at each school as part of the school safety bill signed into law by Gov. Rick Scott?

A: The School Board is struggling mightily with this. We have held a community meeting at Gamble Rogers Middle School and I have held a focus group meeting to hear from parents as to what their expectations are to ensure that their students are safe at school. I do know that we are not arming current personnel.

Q: Will you be collaborating with other local government entities?

A: We have a joint meeting with the Board of County Commissioners scheduled for June 6 because this is not just a school problem, it is a community problem. According to Sheriff Shoar, it will cost \$5.5 million to put an armed School Resource Officer in every school, which includes capital items such as cars, guns and vests. The funding we will receive from the state is \$2 million, leaving a deficit of \$3.5 million. The School Board believes these capital items should be paid by the county, since the school district won't actually own those assets.

Q: What other ideas have been considered?

A: Currently, we have 15 officers in our schools and share the costs of them 50/50 with the Sheriff's Office. We proposed that we backfill the 25 additional officers needed with off duty officers, but the sheriff said he didn't know if he had enough people to do this, so the idea is on hold. Another option is to have school safety officers, who are armed but don't have arrest powers. Nothing has been resolved and I'm getting nervous that whatever we decide might not be implementable by the first day of school.

Q: How is the construction of new schools coming along?

A: We are right on schedule. Both Palm Valley Academy and Freedom Crossing Academy have hired their first wave of teachers and are working on filling remaining positions, to include non-instructional positions. Additionally, we received the renderings of Mill Creek Elementary as a K-8 school at our workshop in early May and it will be beautiful. This summer, the plan is to get everything staged so there is separation between construction and students and then construction will begin in earnest this fall. It will take a year to complete. Similarly to Palm Valley and Freedom Crossing academies, this new K-8 will open on a staggered schedule with K-6 the first year, K-7 the second year and so on.

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

A: Principal Traci Hemingway is piloting a program at Liberty Pines Academy called HeartMath, which is a device to help kids set their day and their minds for a good day of learning. Students wear a finger probe which produces a colored depiction of their heart rate and breathing. Part of the program is to teach them how to calm down if necessary by using breathing techniques. The plan is for a school-wide rollout in the fall; the calming/breathing techniques will be taught throughout the school and the probes will be utilized in pilot classrooms. My understanding is that this is the first time HeartMath will be used school-wide.

Q: How can our readers contact you?

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

Your Vote Counts

By St. Johns County Supervisor of Elections Vicky Oakes



Photo courtesy Tina Rodriguez
Students at Liberty Pines Academy vote for their favorite Sunshine State Young Readers book.

The Supervisor of Elections and staff recently conducted the Sunshine State Young Reader elections for our local schools.

In 2016, our first year, eight schools participated. In 2017, 13 schools participated, and this year 19 schools joined in. More than 3,000 students from kindergarten through eighth grade took part by casting ballots for one of their favorite books.

The Sunshine State Young Readers is a program co-sponsored by the Office of Library Media and the Florida Association for Media in Education (FAME). Started in 1984, this reading motivation program for students is designed to entice students to read high interest, contemporary literature for personal enjoyment. The long term goal of the program is to nurture lifelong readers who will continue to read for information needs and personal pleasure. Reading lists are developed each year for kindergarten through second grade, grades three through five, and grades six through eight.

Students who read at least three books from the list were eligible to participate in the election and vote for their favorite book. The media center in each of the schools was set up like

an actual polling place on election day. Upon entering the media center, each student received a ballot and went to the voting booth and marked it. Students then placed their voted ballot into the DS200 tabulators, which immediately tabulated the results.

Students were very excited to have the opportunity to vote just like adults in a real election. The voting was well received by faculty and students alike. Many of the students have commented they did not realize voting was so easy.

This was just one event conducted by your Supervisor of Elections Office as a part of our voter education programs in our schools. We hope our outreach programs will encourage students to actively participate in the voting process when they turn 18.

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Sheriff David B. Shoar, dshoar@sjso.org
Julington Creek Field Office: (904) 209-2150
Property Appraiser: (904) 827-5500
Eddie Creamer, sjcpa@sjcpa.us
Supervisor of Elections: (904) 823-2238
Vicky Oakes, voakes@votesjc.com
Tax Collector: (904) 209-2250
Dennis Hollingworth, taxcollector@sjctax.us
Clerk of Court: (904) 819-3600
Hunter S. Conrad

St. Johns County Board of County Commissioners
District 1: (904) 209-0301
Jimmy Johns, bcc1johns@sjcfl.us
District 2: (904) 209-0302
Jeb Smith, bcc2smith@sjcfl.us
District 3: (904) 209-0303
Paul Waldron, bcc3pwaldron@sjcfl.us

District 4: (904) 209-0304
Jay Morris, bccd4@sjcfl.us
District 5: (904) 209-0305
Henry Dean, bccd5hdean@sjcfl.us

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

State of Florida Elected Officials
State House District 17: (904) 823-2300
Representative Cyndi Stevenson,
Cyndi.Stevenson@myfloridahouse.gov,
State Senate District 7: (386) 446-7610
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Editorial

Feathered families on Florida beaches

By Chris Farrell and Mary Conte

We all want a suitable home to raise our families, and the imperiled shorebirds that nest along our beaches are no exception. Many people visit the beach each summer without realizing the amazing scenes of nature unfolding right next to them.



Photo courtesy David Macri
Least Terns

That is why Audubon Florida and St. Johns County Audubon are hard at work readying bird stewards to help our feathered friends nest safely. Stewards volunteer at nesting beaches to share information with beachgoers, especially tips that will ensure we all share the shore safely with these hard-working bird families.

Each year, Least Terns, Black Skimmers, American Oystercatchers and Wilson's Plovers take to the beaches to lay their eggs and tend to their fledglings. Bird stewards, under the direction of Audubon's Jean Rolke, volunteer time at nesting areas to help ensure productive nesting habitats. They are

friendly folks who will share information about the birds, lend you their binoculars to see some fuzzy chicks, and explain how people can avoid negative impacts to the nesting families.

If you see a bird steward, go ahead and ask them about the birds. Better yet, become a bird steward yourself! Training and supplies are provided to quickly prepare you for this fun activity. Visit www.stjohnsaudubon.com/about-shorebird-stewardship.html to see more about shorebird stewardship and how you can become a volunteer.

Chris Farrell and Mary Conte are members of Audubon.



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Ms. Fifer resides in Saint Johns County with her husband and two children. Outside of work she enjoys exercising, exploring local beaches, reading, and being with friends and family.

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

Q: Can you shed any light on the process that is taking place regarding the collaborative county effort needed for the School District to comply with the school safety bill signed into law by Gov. Rick Scott, which requires a deputy in every school?

A: This is a perfect example of an unfunded mandate. The state is providing some funding to enact this, but sheriff's offices across the state, including ours, are saying it is not enough. The County Commissioners will work collaboratively with the School District and the Sheriff's Office to provide a safe environment for our students, but it will take some time to work itself out. In the meantime, I believe it is the responsibility of the constituents to contact their state legislators to let them know that they have to stop passing funding requirements like this to the local taxpayer.

Q: Can the County Commission raise fees or taxes to pay for the approximately \$4.5 million shortfall that results due to the difference in the projected cost of putting a deputy in each school and the money coming from the state?

A: We do have the ability to raise money this way, but my concern is that St. Johns County could become more expensive than surrounding counties. Even for well meaning and worthwhile projects, increasing fees appears to be the easy patch today, but we have to remember that the effects are multi-year. Something similar happened with the town of Hastings, where increases in fees made it too expensive for low income or fixed income people to live there. As they moved out, there was not enough income coming into the town to pay its obligations.

Q: What was your reasoning for your dissenting vote on the acquisition of land next to the Riverdale Park to be

used for additional parking?

A: My question on this issue was if we as a county could afford to maintain this additional property into perpetuity? It was presented to the commission as being fully vetted with no additional funding needed to open it for public use, but that ended up not being true. First, a protected barrier would need to be built around protected trees, to include costs for a curb and grading as well as perimeter fencing and trash receptacles. None were accounted for in the presentation. I agree that we have a need for this property, but don't know if this is a good "value" since there is also no appraisal. Also, we have to be more diligent about accounting for long-term maintenance expenses, which can be large (like the St. Augustine Pier). I'm not going to approve spending taxpayers' money now with no plan on how to maintain down the road.

Q: Do you have anything else to share?

A: We are starting to discuss the county's annual budget, with the Administrator's Budget Workshops scheduled for May 23 – 24. [Editor's Note: Details on these public meetings may be found online at www.sjcf.us/OMB/index.aspx.] Last year's budget is online, and we had cut \$5 million from county departments to try to account for the presumed approval of the increase in Homestead Exemption by voters in November, which will result in the county losing \$10 million from the general fund budget. So, we need to find \$5 million again in this year's budget. Where should this come from? Would people rather the county decrease services or increase taxes and fees? We need to hear from people as to their preferences.

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

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

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MarketInsight



Tommy Hilfiger and the Bell-Bottomed Blues

By Scott Grant
ScottGrant@StJohnsBusinessMonthly.com

It was the summer of 1977. It is hard to even imagine that it was 40 years ago that I was headed off to college. I wanted to buy some new clothes to wear. As a father, it is interesting to me that I had my own money. I had a job as a busboy at a local restaurant called Pierce's in Elmira, N.Y. Pierce's is closed now, but back in 1977, it was the spot.

My first stop on my meager shopping spree was a downtown store called People's Place owned by Tommy Hilfiger. Tommy was a few years older than me and his store was a popular hangout. There weren't many stores in Elmira, or probably most places those days, owned by a kid who was barely old enough to vote. Locals, like me, took pride in his success.

Tommy and I knew each other, but he was a few years older and infinitely hipper. His dad and my dad were friends. I remember how sad Dad was when Tommy's father passed. People's Place sold "hippy" clothes and lots of blue jeans. Tommy had gotten a deal on a huge pile of blue jeans from some place in Asia. They were all bell-bottoms. I was headed off to Cornell and anxious to fit in with a bunch of kids from prep school. Fashion was changing. I wanted straight leg jeans and khaki pants and golf shirts with an alligator on them. Tommy was desperate to sell me cheap bell-bottoms. He knew that he had the wrong product for the times. I could see it in his eyes. I felt bad not buying something. Tommy was a local legend and hero to many of us. But, I had a limited budget (busboys don't make

that much money.)

That winter, People's Place went out of business and I think Tommy ended up filing for bankruptcy. All of us local kids were sad. What is striking, in hindsight, is that failure was probably the best thing ever to happen to Tommy Hilfiger. It is also an object lesson. If you want to succeed, you need to be prepared to fail. Ray Kroc went bankrupt eight times before he bought the franchise rights to McDonalds. Lots of people expected that venture to be number nine. Tommy Hilfiger did what all successful people do. He got up, brushed himself off, and tried again. His next venture turned out to be wildly more successful than his first.

"The road to success is not easy to navigate," he says, "but with hard work, drive and passion, it's possible to achieve the American dream."

Passion matters. Every successful business owner I have ever met had tremendous passion for what they were doing. It was rarely about the money. For many, that passion took on the form of an almost epic quest. I manage money because I am passionate about it. I write this newspaper column because I am passionate about it. If you want to succeed in any venture in life, pursue that venture with passionate intent and be prepared to fail. If you are not prepared for failure, you will never succeed.

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

Small business marketing ideas that won't break your budget

By Marge Cirillo
mail@floridanewslines.com

The Florida Small Business Development Council (FSBDC) exists to provide assistance with marketing and business plans for small businesses. Here are a few marketing ideas to try that can be done for little to no cost:

Perfect your elevator pitch: You should always stand ready to talk about your business. Spend some time creating a brief elevator pitch, meaning a summary of your business in a short version, that not only details what you do, but also gives the listener a reason to want to learn more. Once you pique their interest, you've got about a minute to sell them. Practice your pitch until the words flow easily.

Request an online review or testimonial: In a survey conducted by Ask Your Target Market, an astounding 90 percent of respondents indicated they have checked online reviews about a business. This means it's highly likely some of your prospects have already scoped you out before they appeared on your radar. Ask your best clients to rate your business or leave a review on Google or your social media pages. Incentivize them with a high profile prize drawing, or offer a coupon or other small reward to everyone who participates.

Ask for referrals: Referral marketing is possibly the single most cost-effective marketing tactic you can employ, costing you as little as zero dollars and a few minutes of your time. However, there are a few dos and don'ts when it comes to asking customers to share their contacts with you:

- * Do only ask happy, satisfied customers for referrals.
- * Do provide an incentive to both the referral and to the person referring if their lead converts.
- * Do make it a regular habit to ask for referrals.
- * Don't continually badger the same clients for referrals. They may feel that's all they mean to you.

You should always stand ready to talk about your business.

Retain your current customers: Talk to your customers about other products and services you offer. The key is to provide value as many different ways as possible so you can remain their go-to choice whenever they need something you offer.

Marge Cirillo is the Florida Small Business Development Council consultant for St. Johns County. She can be reached at m.cirillo@unf.edu or (904) 209-1295.

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Briefs

Local discussion group takes summer break

Current Events, the local discussion group that meets every Monday morning at Donovan's Irish Pub on U.S. Highway 1, will adjourn for the summer beginning June 4. The group has had a busy season with much to discuss driven by news from the nation's capital as well as the local community.

Participants from throughout the St. Augustine area and Jacksonville suburbs, spent time over the past weeks discussing the proposed changes to the 2020 census form, private sector operation of the International Space Station, the recent change in leadership in Cuba, the impact of the retirement of Speaker of the House Paul Ryan, and modification of federal environmental standards among many other national and local news stories.

Current Events, which is open to all, has no affiliation with any political, social or religious organization. Participants, who come number around 20 per session, are attracted by a desire to share views and perspectives on issues that are in the news.

When the group reconvenes in early September, it will start its fourth year of offering neighbors throughout the area a forum for discussing events that are reported daily in the news. Contact adsilby@yahoo.com for more information.

St. Johns CARES announces new leadership

Kim McNickle and Lindsay Navin have been named co-presidents of St. Johns CARES, a nonprofit organization committed to helping local charities in St. Johns County.



Photos courtesy St. Johns CARES
Kim McNickle

McNickle, who lives in Durbin Crossing, has been a long time member of St. Johns CARES and has extensive background working with nonprofits including the St. Johns County School District's A.S.S.I.S.T. (Aid & Support to Students in Sudden Transition) department.

Navin lives in St. Johns Golf & Country Club and has enjoyed volunteering and planning events for many years. She has owned and managed local businesses and currently works with Raymond James & Associates in Ponte Vedra.



Lindsay Navin

McNickle and Navin can be reached at president@stjohnscares.org.

Recycle fishing line in St. Johns County

Did you know that it takes hundreds of years for fishing line (often referred to as monofilament) to biodegrade? Because

it is thin and often clear, birds and animals can't see it. They become entangled in it or mistakenly ingest it — resulting in injury or death.

That's just one of the reasons why St. Johns County Parks and Recreation Department and Florida Fish and Wildlife Conservation Commission (FWC) have teamed up to take part in the Monofilament Recovery and Recycling Program.

"Almost all of the bins were donated by FWC. Between myself and volunteers from the GTM Research Reserve, we will all work together to empty the bins to cut down on monofilament trash that ends up in the water," said Kelly Ussia, park naturalist for St. Johns County Parks and Recreation. "Now it's even easier to keep our waterways tangle-free."

Monofilament recycling bins can be found at the following locations throughout St. Johns County:

- Boating Club Road Boat Ramp: 615 Boating Club Road, St. Augustine
- Doug Crane Boat Ramp: 1039 Shore Dr., St. Augustine
- Exxon Beach Access: 2700 S. Ponte Vedra Blvd., Ponte Vedra Beach
- Moultrie Creek Boat Ramp: 4805 Shore Drive, St. Augustine
- Palmo Road Boat Ramp: 8600 Palmo Fish Camp Road, St. Augustine
- Palm Valley Boat Ramp: 383 S. Roscoe Blvd., St. Augustine
- Porpoise Point Beach Access: Porpoise

Point Drive, St. Augustine

- Riverdale Park Boat Ramp: 981 County Road 13, Fruit Cove
- Shands Fishing Pier, 10000 Shands Pier Road, St. Johns
- St. Johns County Ocean Pier: 350 A1A Beach Blvd., St. Augustine
- Trout Creek Park Boat Ramp: 6795 Collier Road, Orangedale
- Usina Boat Ramp: 603 Euclid Ave., St. Augustine
- Vaill Point Park Fishing Pier: 630 Vaill Point Road, St. Augustine
- Vilano Beach Fishing Pier, 260 Vilano Road, St. Augustine
- Vilano Boat Ramp: 101 Vilano Causeway, St. Augustine

Visit mrrp.myfwc.com for more information on monofilament recycling.

St. Johns Golf & Country Club residents Campout for a Cause

United Way of St. Johns County's Campout for a Cause is more than just pitching a tent for the residents of St. Johns Golf & Country Club. Partnering with United Way – SJC, residents hope to build awareness of the housing crisis facing families in St. Johns County. Held April 14-15, this inaugural fun, while fundraising, event brought together families for the simple enjoyment of sleeping bags, s'mores, watching a

Briefs cont. on pg. 14






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SUMMER CAMP GUIDE





How to keep kids entertained all summer long

By NewsLine Staff
mail@floridanewline.com

When school lets out for the summer, many parents are left searching for ways to keep children entertained in the ensuing months.

Summer vacation often starts with high expectations. Children are excited about the prospect of fun days outdoors playing with friends, while parents anxiously await relaxing months without the responsibilities of school and extracurricular clubs. But once summer vacation arrives and the first few days have passed, parents often find that the litany of cheers and giggles transform into a chorus of "I'm bored."



When school lets out for the summer, many parents are left searching for ways to keep children entertained in the ensuing months.

Sometimes parents might need to think outside the box to come up with entertaining ideas that won't break the bank.

Camp: Summer camp is a popular way for kids to spend their summers, but many camps are expensive. The American Camp Association has found that overnight camps can cost anywhere from \$325 to \$780 a week. Day camp fees may be \$100 to \$275 per week. Parents looking for an alternative to costly camps should consider local programs that offer summer activities. Libraries, schools and childcare centers may have programs that run the length of summer and are considerably less expensive than more formal camps. A YMCA or even a swim club may also put together activities. Parents whose children attend after school sporting classes, such as karate or soccer, may find that the organizations offer a camp or summer program.

Day trips: If a parent is off for the summer, then day trips may be a possibility. Schedule a few day trips to different locations that the kids are excited to see. The family can do some research

and decide which outings would be interesting and then mark them on the calendar. Some parents purchase season passes to amusement parks and take the kids several times over the summer. In either case, bring snacks and lunch from home when possible to keep costs in check.

Kid swap: Chances are many of your neighbors are also facing the same difficulties as they try to find ways for kids to spend their summer afternoons. Parents can get together and set up a schedule for entertaining the kids. For example, one parent is responsible for the whole lot one day, while the next day another parent takes a turn. This gives parents

the opportunity to take a break from parental responsibilities and enjoy some quiet time. And for the children, time spent in a pool, watching movies, playing video games or riding bikes is often more enjoyable with friends in tow.

Fun projects: Children often want to feel useful, and may enjoy the responsi-

bility of some easy tasks in and around the house — so long as the tasks are fun. Washing the car with a hose and a bucket of sudsy water is a fun way to cool off during the hot summer days and get a chore done. While parents should not expect a perfect job, they can rest assured that the kids will have at least an hour of fun in the sun and water.

Set aside a patch of the yard that children can turn into their own personal gardens. Encourage digging in this area

and provide seeds or seedling plants as well as kid-sized gardening tools. Each day the kids can check on the progress of their gardens.

Some home-improvement and craft stores sponsor free learning activities for children. They can be held in the morning or afternoon and will teach interesting skills that can be put to use again at home.

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Jungle & Safari Friends

June 11th - June 15th
Superheroes & Super Pets

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June 25th - June 29th
Mermaids, Pirates & Underwater Fun

July 2nd - July 6th (Note: Closed 7/4)
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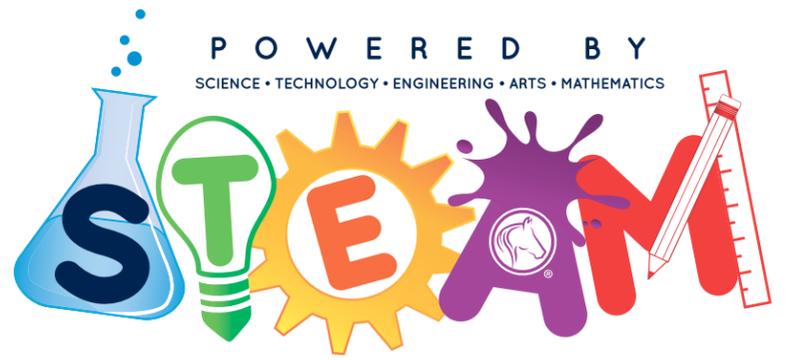


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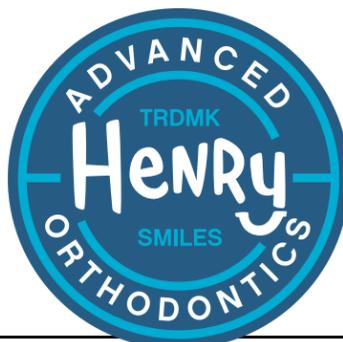
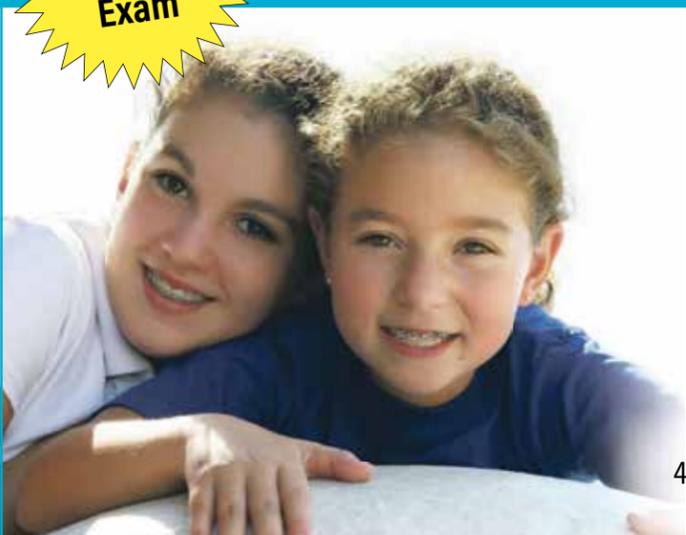


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Music therapy cont. from pg. 1

“The teachers noticed that the special needs children were responding to music in a positive way. We then formed a partnership with the Cultural Center and they found the sources to make the therapy program happen,” said Music Therapist Minda Gordon.

The schools work with a heavy case-load. Students come with their class once a week and many come for additional time one-on-one or in a small group. The class uses music as a tool to help students work on their specific goals. Each student is evaluated and specific goals are set for their individual needs.

“We created a band with a lead guitarist and a lead singer,” Gordon said. “These kids that normally have a difficult time functioning together as a group, are learning music and also generalizing what they learn into the classroom. I see these kids thrive every day, but it’s so rewarding to see them perform in front of their parents. It’s great for parents to be given hope and to see how much their children have grown.”

The program is currently offered to third through fifth grades and the success has been tremendous. These children are now often performing

band solos. They are also often able to perform in talent shows and join singing activities in their churches.

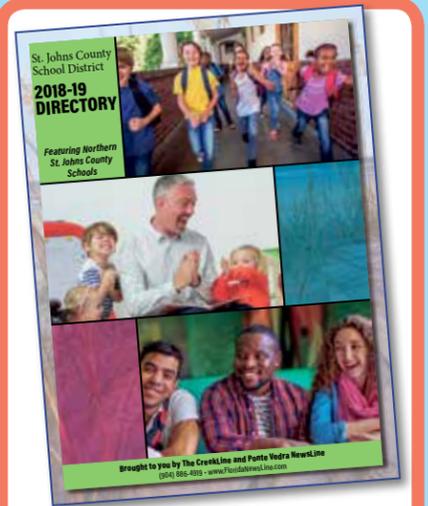


“The music therapy program through Sound Connections continues to grow; however there are still 18 schools in St. Johns County with no music therapy. Think about how many children aren’t offered this wonderful program,” said Cultural Center at Ponte Vedra Beach Executive Director Donna Guzzo.

The Cultural Center at Ponte Vedra Beach has reached out to so many in support of the music therapy program. Corporations and individuals around the community have been vital in the upkeep of the program, but more help is always needed — the cost to run the program and hire certified music therapists is \$110,000 annually. In addition to expanding across all elementary schools in the area, longer term goals include expanding to middle and high schools. The benefits of early intervention are most important, therefore elementary is the priority at this time.

“It’s amazing to watch these children come out of their shell as the year goes on,” Guzzo said. “They are touching each other and learning from each other. They are collaborating and following instructions. With the help of this great community, these special students can be seen more for their ability, not their disability.”

Visit www.ccpvb.org for more information and to make a contribution to Sound Connections: Music therapy in St. Johns County.



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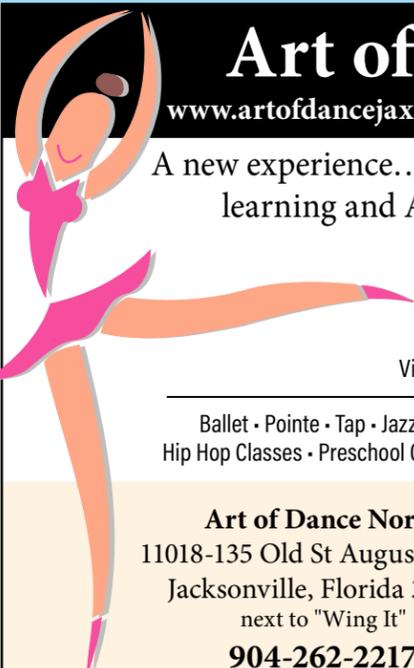
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Laser surgery beneficial to veterinary patients

By Dr. Michael Bredehoeft
mail@floridanewslines.com

The most commonly used surgical laser today for veterinary patients like cats, dogs and pocket pets, is the Carbon Dioxide (CO2) laser. It produces an intense beam of light that vaporizes the water in target tissue. The length of time the tissue is exposed to the beam of light determines the depth of the "cut." The energy that is released seals the nerve endings capillaries and small blood vessels. This has significant benefits to the patient as well as the surgeon.

Laser surgery benefits to the patient include:

- Less pain: The CO2 laser welds nerve endings and lymphatics resulting in

less postoperative swelling (edema) and pain.

- Less bleeding: As the laser "cuts" through the tissue it cauterizes small blood vessels.
- Reduced risk of infection: A unique feature of the CO2 laser is that it kills bacteria, which has a sterilizing effect.
- No sutures: Many laser surgeries, such as removal of small tumors of the skin, eyelids and inside the mouth, can be performed without having to place sutures.
- Quicker recovery time: The combina-

tion of reduced risk of infection, less bleeding, no sutures, and minimized pain allow the patient to recover more quickly.

Laser surgery benefits to the surgeon:

- Enhanced visibility of the surgery field: The laser cauterizes small blood vessels.
- Increased precision and control: The focal spot of the light beam can be adjusted up to produce a "fanning" effect that is of great benefit when treating a tumor bed or inflammation of the mucous membranes in the mouth (stomatitis) in the mouth. The laser

can also be reduced down to a fraction of a millimeter which allows for a very precise "cut," which is paramount in surgeries of the eyelid and inside the oral cavity.

- Reduced surgery time: Control of bleeding and improved visibility of the surgery site reduces surgery and anesthesia time.

Dr. Michael Bredehoeft (Dr. B) is the owner of Switzerland Animal Hospital, a laser surgery and companion hospital in Fruit Cove. He has been practicing laser surgery since 1997 and can be reached at switzanimalhospital@gmail.com.

Briefs cont. from pg. 10

movie under the stars, and waking up to yoga with donuts.

Coordinated by United Way – SJC, the creative event focuses on the challenge of affordable housing facing many St. Johns County families. With nearly one-third of county residents living paycheck to paycheck, according to the United Way ALICE report (Asset Limited, Income-Constrained, Employed), and spiraling housing costs, this is an ever-growing concern.

Supporting United Way – SJC in this message, along with St. Johns Golf & Country Club and its residents, are local businesses. Donating fire pits and popcorn machines, Cronin Ace Hardware,

quickly signed on to participate, as did Dunkin Donuts, Domino's Pizza and Florida Yoga and Paddle.

"In St. Johns County, we are known for comfortable homes and plentiful food for our families, but sadly, affordable housing and homelessness are real challenges," said Melissa Nelson, United Way – SJC president/CEO. "This event was conceived to put a spotlight on this community issue. The families that are camping are doing so because they can, not because they have to, but more importantly, because they care."

Visit bit.ly/uwsjccampout if you are interested in having your neighborhood participate.



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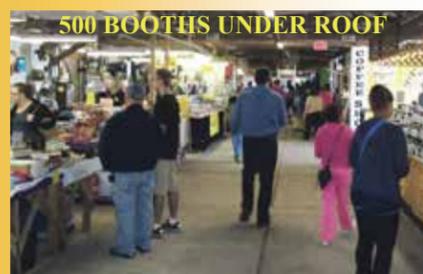
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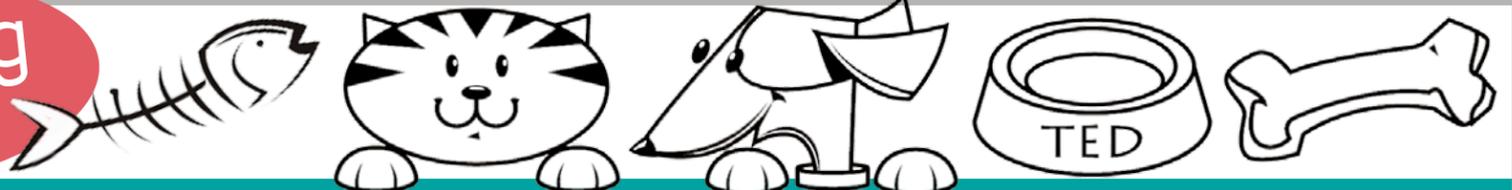
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Rotary Interact Senior Scholarship awarded

By Carol Higley
mail@floridanewsline.com

The Rotary Club of Bartram Trail sponsors Creekside High School's Interact Club, a service organization facilitating local, community and international service projects. The club awards a \$500 scholarship annually to one deserving, graduating senior in the spring of their graduation year. This scholarship is intended to assist the student with furthering their education while reinforcing their long-term commitment to Rotary's motto, Service Above Self. The Rotary Club of Bartram Trail awarded this year's scholarship to Mattison Easterday.



Photo courtesy Carol Higley
Mattison Easterday is the Rotary Club of Bartram Trail's Rotary Interact Senior Scholarship award winner.

After participation in the Ambassadors Club emphasizing leadership and communication at a former high school, when Easterday moved to Creekside for her junior year, she immediately engaged in Interact and earned the role of Interact president her senior year. Easterday was also Creekside's representative for the 2017 Rotary Youth Leadership

Awards summer leadership conference at University of North Florida.

"Serving my community has always been important to me," Easterday said. "I find it very rewarding when we can help other people achieve their goals. Volunteering is so much more than showing up and donating your time. Volunteering and service is about taking pride in your work and finding gratification in helping others."

Easterday plans to continue dedicating time to community service and volunteering while attending Florida State University.

The Rotary Club of Bartram Trail typically meets on Thursday mornings at 7:30 a.m. at Westminster Woods. Visit www.bartramtrailrotary.org or contact Club President Scott Burgess at Scott.M.Burgess@ehi.com for more information.

848 pounds of success

By Lynnette Horwath
mail@floridanewsline.com

Saturday, April 28 was the Drug Enforcement Administration's (DEA) semi-annual Drug Takeback Day. It was a collaborative effort involving the Florida National Guard Counter Drug Program, PACT Prevention Coalition and local Sheriff's Offices and Police Departments. In addition to the law enforcement drop sites, two special locations were set up at Flagler Hospital and Creekside High School.

In the very critical fight to reduce access to dangerous opioids, this day provided an opportunity for individuals and families to get involved. By cleaning out old, unused prescriptions, over the counter medications, vitamins and other pills supplements, the drop sites offer the appropriate way to get rid of these substances, allowing the DEA to handle proper disposal.

With the extra one day drop sites, St. Johns County collected 848 pounds of medications, surpassing surrounding counties in pills collection.

People hang on to old, unused prescriptions for a number of reasons. Often it is because they truly don't know what to do with them, but know enough to not throw them down the toilet, where they pollute our water system. There's also the mindset that perhaps there will be a future need for the medication. But left in your home, these medications present a real risk and danger, should they get into the wrong hands.



Photo courtesy Lynnette Horwath
Captain Mike Coy with the Florida National Guard Counter Drug Program stops to check on the drug collection at Creekside High School. He is pictured with Lynnette Horwath, Program Coordinator for PACT Prevention Coalition.

Most people may believe they can trust household members to not use medications which were not prescribed for them. However, who else might be in the home who might not be so trustworthy? Friends of your children may be looking for opioids to use, or it might be a service worker such as a plumber or painter who could take them. Real Estate Open Houses are a favorite destination for drug users to show up and search for medications.

As a final reminder, our Sheriff's Office and the substation just off of Race Track Road plus local police departments have drop off boxes that can be accessed throughout the year during normal business hours. All drugs turned in contribute to reducing access to opioids and the profound impact of today's Opioid Crisis.

Lynnette Horwath is Program Coordinator, PACT Prevention Coalition.

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REAL ESTATE & BUILDERS GUIDE

Tips for first-time home buyers

By NewsLine Staff
mail@floridanewslines.com

Buying a home for the first time is an exciting period in a person's life. Deciding to buy a home often indicates buyers are ready to establish firm roots in a community where they can see themselves living for years to come. The process of buying a home is rarely easy, and first-time buyers may feel overwhelmed at times. Such feelings are perfectly normal and felt by first-time buyers regardless of their budgets or home preferences. But there are a few ways to make buying a home more enjoyable than it is nerve-wracking.

- Examine your finances. The first step toward buying a home has nothing to do with deciding if you prefer a craftsman- or Spanish-style home. Before you even begin your search for a home, carefully examine your finances to determine how much is coming in and how much is going out of your house-

hold each month. Figure out how much debt you are currently carrying, be it student loan, automotive, consumer or any other types of debt. Order a credit report so you can see how prospective lenders are likely to see you, and address any errors you find on the report before meeting with any lenders. Peruse past bank statements to track your spending habits, looking for areas where you might be able to scale back if need be.

- Be prepared when visiting lenders. Prospective borrowers can make the home-buying process go smoothly by having all of the necessary documentation ready when visiting potential lenders. Many mortgage lenders will want to see some recent pay stubs (from both borrowers if buying with a spouse or partner), a couple years' worth of W-2s and tax returns, as well as your recent bank statements. You can always call ahead and ask lenders what they need to

see when applying for a loan. Having these materials ready in advance means you will spend less time at the bank and more time finding the right home for you.

- Secure financing before you begin house hunting. Many first-time home buyers might not realize the benefits of securing financing before they begin looking for a home. Mortgage pre-approval lets buyers know how much a bank will loan them, meaning they won't spend time looking at homes they can't afford. In addition, pre-approval means buyers won't lose out on their dream homes as they scramble to secure financing after making an offer.

- Work with a local real estate agent. Real estate agents are an invaluable resource to home buyers and are especially valuable to those buyers who have



Photo courtesy MetroCreative
First-time buyers may be intimidated as they begin searching for their homes, but there are several ways to make the process go smoothly.

never before purchased a home. Agents can help first-time buyers navigate the often confusing and, at times, disappointing process of buying a home. Choose an agent who is established in the area where you want to buy a home. He or she can provide information about local property taxes and schools as well as a multitude of additional issues that first-time buyers may not think of. Agents also know the lay of the land regarding home prices, which can ease first-time buyers' fears about overpaying for their first homes.

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ICI Homes offers estate living in Magnolia Preserve at Julington Creek

By NewsLine Staff
mail@floridanewslines.com

ICI Homes is currently building dream homes in Magnolia Preserve, one of those neighborhood "jewels" tucked inside Julington Creek Plantation, located in St. Johns. Magnolia Preserve is a gated enclave of luxury homes with extraordinary amenities ranging in size from single-family to estate homes.

Magnolia Preserve at Julington Creek is loaded with amenities within its own gates — a private pool, splash park, playground and fitness center. Add access to the Julington Creek Plantation amenities outside its gates, and there are enough recreational, sporting, dining and entertainment options to fill each day.

Julington Creek Plantation prides itself on its 1,200 acres of natural areas which include over 100 acres of ponds. Locally known as "The Plantation"

or just "JCI," neighborhood schools, nearby medical facilities, golf course, recreational offerings, and convenient shopping centers have made it one of the most sought-after communities in the area.

ICI Homes offers 90' and 100' oversized water view and preserve lots. Floorplans range from 2,870 square feet to 5,271 square feet and ICI Homes also has a unique ability to customize their floor plans to fit individual needs...something not typically seen in the industry.

ICI Homes is proud to be Florida's custom home builder for nearly 40 years and has consistently ranked in the nation's top 100 builders by Builder Magazine. ICI Homes is building brand new dream homes in Julington Creek from the high \$400s. Visit www.ichomes.com for more information.

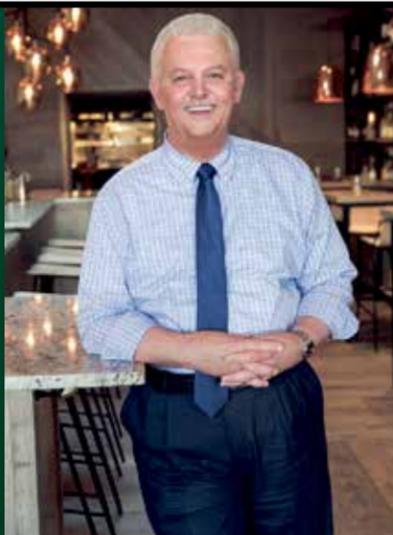
Most Realtors find out early in their careers the importance of working with a good Title Company. During my first few years I tried several companies but always seemed to run into issues with transactions, especially just before or even at closing. A co-worker suggested I try Kendall Title. AMAZING! What a difference!

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Marti, Jenny and the entire staff are professional, flexible, friendly, courteous, knowledgeable, and responsive. They are determined to close all transactions with all parties leaving the table happy and satisfied. No two or three hour closings because of a lack of organization/preparation, they move the closings right along!

I have been in Real Estate almost 16 years and after I started using Kendall Title I am hooked. I cannot imagine entering a Real Estate transaction with all its many moving parts without Marti and her staff. Try them! You will not regret it.

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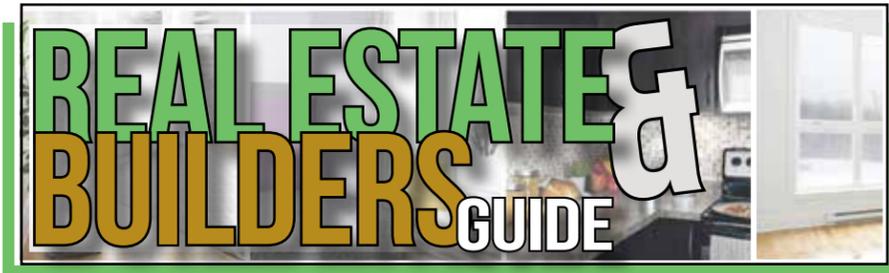
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Northeast Florida real estate in short supply

By NewsLine Staff
mail@floridanewline.com

As April came to a conclusion, 2,441 homes brokered by members of the Northeast Florida Association of Realtors had changed hands. This number was down 2.4 percent from 2,502 sales last April. There were 2,998 pending sales, or 10.6 percent more than a year ago.

The median sales price for the month was \$218,500 and the average price was \$269,251.

These figures were 9.3 and 9.9 percent higher than a year ago, respectively.



Photo courtesy MetroCreative

With robust competition for available homes in a market with short supply, 13 percent of sales went for prices above the original listing price.

Homes sold in an average of 63 days, down from 75 days in April 2017.

Months' supply of inventory is at 3.4, or 12.8 percent less than a year ago. This equates to 8,264 homes on the market for sale, including the 3,810 new listings that were added during the month.

2018 NEFAR President Ben Bates said, "Despite more sellers entering the market the past couple of months, sales remain strong and inventory continues to be well below the five- to six-months that is considered a balanced market."

April 2018 housing market reports are now posted by the Northeast Florida Association of Realtors on NEFAR.com.

Except where otherwise indicated, statistics reflect combined results for single-family residential and condominium properties.

About NEFAR: The Northeast Florida Association of Realtors is Northeast Florida's largest professional association, comprising more than 8,000 members working in all facets of the real estate industry, including residential and commercial sales as well as property management. All statistics in NEFAR's reports are based on data compiled from NEFAR's wholly owned subsidiary, the Northeast Florida Multiple Listing Service (NEFMLs).

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Marti has closed files on the weekends and after hours many times to facilitate difficult schedules.

Kendall Title offers mobile closings and close at their office, my office, or travel to the customer to have documents signed when needed.

Debbie Shagnea
Watson Realty



Debbie is a native Floridian and a long time Jacksonville resident with over 20 successful record breaking years in Real Estate industry. She has been ranked #1 in Jacksonville several years, and recognized by Real Trends and Wall Street Journal as a top real estate professional in America. Debbie has been the #1 agent at her Watson Realty office since 2000 and sold 132 homes in 2017.



Martha J. "Marti" Kendall
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Golf and love are in the air in Alhambra's production of "A Fox on the Fairway"

By Jason Whitehead
mail@floridanewsline.com

The Alhambra Theatre and Dining's production of "A Fox on the Fairway" on gala night left the audience rolling with laughter. The show is filled with fast-paced comedy and romantic hijinks — and takes the audience on a wild ride from beginning to end.

The performance takes place at Quail Valley Country Club during the annual golf tournament with rival country club, Crouching Squirrel. Despite having the home course advantage, Quail Valley has lost the previous five years — but this year is different. Bingham (Timothy Ellis), Quail Valley Club

president, has found his secret weapon in his wacky assistant, Justin (Ryan Borses). When Justin's mind is clear, nobody can beat him. But when Justin's love for Louise (Brittany Bennett) starts to affect his game, anything goes.

Dickie (Craig Benton), Crouching Squirrel president, makes an interesting bet with Bingham on the tournament this year. If Dickie wins, he gets Bingham's cranky wife Muriel's (Lisa Valdini) antique store. And if Bingham wins, he gets \$200,000. Bingham enlists the help of Quail Valley's vice president, Pamela (Becky Baxter), to help keep Louise from telling Justin that she accidentally flushed her engagement ring down the toilet. It just so happens that Pamela is Dickie's ex-wife, so she is especially motivated to make sure Crouching Squirrel doesn't win this year. Pamela and Bingham try to keep the dreadful news from reaching Justin, but by the end, the ring and Justin's game are in the toilet. Comedy ensues while the rivals duke it out for the tournament and personal victory.

Borses' and Bennet's chemistry has the audience believing in young love. Baxter hit the mark as a scorned country club wife, who believes drinking at just 10 a.m. means she was getting a late start. Benton was fantastic as the sleazy, womanizing Dickie, whose one-liners

throughout the show kept the audience on their toes. Valdini was spot-on as an overbearing Muriel. When she ran on stage everyone sat a little stiffer in their seat. Ellis' work as Bingham was

cheddar soup. Options for the main dish include Chef DeJuan's roasted prime rib, chicken divan, sweet tea-poached salmon and a corn, white bean and tomato pie. And if you have room



Photo courtesy Alhambra Theatre and Dining
Bingham (Timothy Ellis) and Pamela (Becky Baxter) are scene-stealers at Alhambra Theatre and Dining's production of "A Fox on the Fairway."

outstanding; he ultimately gets a prize even better than his club winning the golf tournament.

Chef DeJuan, who celebrated his birthday on gala night, created a delicious menu to complement the show. Guests chose an appetizer of either a spring mix house salad or creamy broccoli and

for desert, heavenly coconut cake or lemon cream pie is a great way to top off the meal.

"A Fox on the Fairway" will be on stage at the Alhambra through June 10. Visit www.alhambrajax.com for tickets.

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Get to Know . . .

Megan Prangley

By Angela Higginbotham
angela@floridanewslines.com



Photo courtesy Megan Prangley
Megan Prangley

A 2015 graduate of Creekside High School, Megan Prangley grew up in St. Johns County. She has two sisters and her parents, Mike and Julie Prangley, still reside in St. Johns. Currently a senior at Georgia Southern University, Prangley accepted scholarships for cross country/track and field and also for her academic success. She is triple majoring in International Studies, Spanish and Chinese.

Within the past year, her political science classes and international travel have piqued her political interests more so than ever before. Prangley is president of her sorority at Georgia Southern, Delta Phi Epsilon. Greek life has played a large role in Prangley's college career and has help shape her future endeavors. She was recently chosen to spend time in Washington, D.C. lobbying for Greek laws. Her time on Capitol Hill is expected to be the first of many.

1. Tell me about your recent trip to D.C. lobbying for Greek Laws.

I was one of approximately 100 college students selected to go to Washington D.C to meet with state legislators and lobbyists regarding Greek laws. There were students from Harvard and many other schools. It was interesting to meet them and learn from them. We spent our time with legislators between the House and Senate talking about hazing

laws as well as the Greek system overall. We worked towards helping lawmakers understand the importance in keeping the sanctity of current Greek life to sororities for females and fraternities for males. Lobbying was really cool. Being on Capitol Hill was a moving experience.

2. What are your upcoming plans and future goals?

This summer I'll be doing an internship for a political consulting firm in Washington, D.C. I'm really looking forward to that.

Long term? That's a good question. I'm not exactly sure yet. I'll probably be involved in political consulting and I've thought about doing ministry full time abroad.

3. What has sorority life meant to you?

I did not imagine myself in a sorority at the time I was recruited in spring of 2016, but now Greek life and Delta Phi Epsilon have pieces of my heart. Epsilon has presented me with numerous leadership opportunities, enhanced my dedication to academics, and shaped my college involvement for the better. I love my sorority sisters.

4. What do you enjoy doing in your spare time?

The sorority takes up a lot of my time but I really enjoy it. I don't run cross

country or track anymore, but I still run for fun and exercise. I like to write on my blog and spend time with my friends.

5. If you could spend the day with anyone who would it be and why?

If I could hang out with anyone for one day, it would be Michelle Obama. Regardless of how people feel politically, in her time serving in the White House and outside of that, she has been a continuous voice for the voiceless in various capacities, including standing against racism and helping those who are poor. Also, she created a program to encourage kids to live healthier lives and promoted seven initiatives in regards to education. Truly, I admire her efforts to make the nation a better place for all people.

Get to Know . . .

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editor@FloridaNewsLine.com

Summer heat facts and safety

By NewsLine Staff
mail@floridanewslines.com

For many people, summertime is synonymous with trips to the beach, water sports and recreation. State Farm warns that heat is one of the leading causes of weather-related fatalities, resulting in hundreds of deaths each year in the United States alone. Ensuring summer recreation plans remain enjoyable means keeping an eye out for heat-related illnesses and other dangers.

- Hot cars can be traps. It is never safe to leave a pet, child, elderly person, or disabled individual locked in a car. Temperatures can climb rapidly inside of a sealed vehicle, even if the windows are cracked.
- Pay attention. Listen to or read weather forecasts to stay abreast of potential temperature changes as well as the heat index. Discuss safety precautions with members of the family and make sure everyone knows what to do in an emergency.
- Stock up on fluids. The Red Cross says to stay hydrated by drinking plenty

Summer heat cont. on pg. 21

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Julington Creek students again make Bunny Buddies

By NewsLine Staff
mail@floridanewslines.com

For the 15th year, first graders at Julington Creek Elementary School have carried on the tradition of celebrating a caring attitude by making Bunny Buddies for the children entering Nemours Children's Clinic. This year the children lovingly made more than 140 cuddly, washable bunnies. The first graders also donated hundreds of books to accompany the bunnies.



Photo courtesy Dian McLeod
Julington Creek Elementary School first graders with Bunny Buddies.

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

"Bunny Buddy is here to say
I hope you have a wonderful day.
I'm here to be your special friend

I'll be with you through thick and thin." The patients at Nemours are children undergoing serious illnesses and ongoing medical conditions.

"We have been told by the staff at Nemours how much their patients adore the bunnies," said first grade teacher Dian McLeod. "The parents are also delighted for their child to experience such an enjoyable positive

when dealing with such a stressful situation."

McLeod said they plan to continue this community service project as a part of character education again next year.

BTHS Happenings

New Miss Bartram Trail crowned

By Delaney Cantrell
mail@floridanewslines.com

On April 7, 2018, Karuna Doshi found herself in a position she never imagined. The self-described "shy" teen stood on the stage of the Bartram Trail High School auditorium and heard her name called as the 2018 - 19 Miss Bartram Trail. There were 28 young ladies in this year's competition.

Doshi bonded with the other competitors through months of practices, shopping excursions, and pep talks. She found comfort in the fact that they were all going through the same experience and feeling the same nerves. In fact, the nerves were Doshi's biggest challenge.

"I was not letting my nerves hold me back," she said. "Whenever I was onstage I would see so many familiar smiling faces and I would instantly relax and hold my head up higher."

To enter the competition, she stepped out of her comfort zone thanks to the gentle push of three of her friends. Ironically, those three friends also did well in the competition, making it to the runner-up positions. Finishing as first runner up was Bentley Barrs; second runner up was Abby Muller; third runner up was Kayla Burford; and fourth runner up was Caryn Thoreson.

When asked what she learned from the experience of competing in the Miss Bartram Pageant, she said, "I learned to feel more comfortable in my own skin. As I saw girls who were just as nervous as me walk the stage like princesses, I realized that if they could do it, I could do it. I also learned how supportive the people around me are. Even if I don't believe in myself, there is an army of people who always will."



Photo courtesy Karuna Doshi
Karuna Doshi is crowned Miss Bartram Trail 2018.

For the talent portion of the competition, Doshi performed an iconic Bollywood dance as tribute to her Indian heritage. In addition to winning the Miss Bartram title, she was also awarded Best Formal Wear.

Upon graduation next year, Doshi hopes to attend college where she will study medicine and specialize in dermatology. Eventually, she would like to open up her own medical spa. As she follows her dreams, she will look back on this experience and remember it as the best decision of her high school career.

Doshi said, "It was so much fun and it helped me grow as a person. I hope other girls take my experience as a push to try new things."

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Girl Scouts use cookie funds to help Hugs Across the County

By NewsLine Staff
mail@floridanewsline.com



Photo courtesy Stacey Gerhardt
Girl Scouts in Troop 2426 helped five in-need girls in Hastings by providing care packages purchased with proceeds from cookie sales.

Kindergarten and first grade Girl Scouts in Troop 2426 from Cunningham Creek Elementary School did more than just sell cookies this year — they also impacted the lives of five in-need girls through Hugs Across the County.

According to troop leader Stacey Gerhardt, each Girl Scout troop votes on how to spend the money they earn by selling the well-known cookies. This year, Troop 2426 voted to spend part of the money on a charity and part on an end of the year party.

"I had heard about Hugs Across the County through Facebook and sent them a private message," Gerhardt said. "I explained that the girls wanted to help other girls close to their age and to be as impactful as possible."

Ultimately, Hugs Across the County identified five in-need girls in Hastings for the troop to help. Gerhardt said the troop liked the idea of donating to specific girls, rather than the general supply.

Care packages containing full size shampoo, conditioner, body wash, toothpaste, toothbrush, flossers, lotion, body spray, chapstick, notebook, crayons, coloring book, shirts, dresses, socks, underwear, reusable water bottle, pens, pencils, body sponge, cute pouch, sidewalk chalk, sunscreen, puzzles, a doll, stickers and headbands were assembled at the troop's monthly meetings and then delivered to the school counselor who ensured they reached the five in-need girls. Gerhardt estimated that the troop spent a total of \$300 on five care packages.

Troop 2426 formed at the beginning of the 2017-2018 school year at Cunningham Creek Elementary and includes 12 kindergarteners and first graders at the Daisy level. Troop leaders are Stacey Gerhardt and Meghan Lyons. They meet on the third Tuesday of each month at 5:30 p.m. Register your daughter at www.girlscouts-gateway.org if she is interested in joining Girl Scouts.

Troop 280 elects new leaders

By Kenny King Jr.
mail@floridanewsline.com

Boy Scout Troop 280 has elected new leadership for all senior troop positions.

Nicolas Smith has been elected as Senior Patrol Leader and will lead the troop for the next six months. Along with Smith, four Assistant Senior Patrol Leaders (ASPL) were elected to oversee various activities: Robert Reich was elected ASPL of Communications and will oversee much of the communication with the troop regarding events and announcements; Devi Singh is the new ASPL of Activities and will plan the fun and educational activities the scouts participate in during meetings and gatherings; Eric Weaver is ASPL of Community and will plan and coordinate

activities where the troop gives back to the community through campaigns such as food drives, sock drives and park cleanup; and Zachary Ciolkosz is the new ASPL of Camping. In his role Ciolkosz will research camping opportunities and help plan the campouts through the end of the year.

With the rapid growth Troop 280 has experienced over the past several months, the new Patrol Leaders Council will have the opportunity to develop their leadership skills and impact the future of the troop. Troop 280 meets Mondays at River of Life United Methodist Church on Race Track Road.

Court of Honor held to award Eagle Scout Rank to three scouts

By NewsLine Staff
mail@floridanewsline.com

Troop 180, sponsored by The Church of Jesus Christ of Latter-day Saints in Julington Creek, held a Court of Honor on Feb. 6 to award three high school-aged scouts with their Eagle rank. Jack Johnson, Branson Bennion, and Terry Bailey benefited the greater Jacksonville community by their Eagle Scout projects. From a Wolfson Children's Hospital Christmas toy drive, to painting crosses for a Fallen Soldiers memorial display, to bat houses, these young men demonstrated the leadership, hard work, and determination for which the Eagle rank has become known.

"The role of an Eagle Scout in today's society," said Johnson, a sophomore at Bartram Trail High School, "is to set an example as a leader, one who is clean, brave and reverent."

Bennion, a junior at Creekside High school, and the fifth of his siblings to earn Eagle rank, shared what he learned from his Fallen Soldiers project, "It taught me how to be a better leader and helped me gain a greater



Photo courtesy The Church of Jesus Christ of Latter-day Saints
Jack Johnson (Eagle recipient) and Scout Leader Tony Bonaro.

respect for our soldiers. It also helped others to visualize through the displayed crosses the sacrifices that have been made for our freedom."

No doubt the local churches, who were the recipients of Bailey's bat houses, benefited from the positive effect bats have on mosquito control, but Bailey also recognizes the secondary benefit this project was to him and his future.

This Creekside High School graduate said, "Achieving the Eagle Scout rank helped me gain useful skills. Hopefully future employers will understand what achieving the rank of Eagle means about the young man or woman who achieves it."

Summer heat cont. from pg. 19

of fluids, even if you are not thirsty. Avoid drinks with alcohol or caffeine. Make sure the elderly also get plenty of water, as they often do not recognize dehydration as readily as others.

- Limit strenuous activities. Reschedule outdoor activities if there is a heat wave, or move them to cooler times of the day. Spend the hottest portion of the day, usually between noon and 3 p.m., in the shade or inside in the air conditioning. People on job sites should take more frequent breaks and find shade whenever possible during these hours.

- Change your clothes. Loose-fitting, lightweight, light-colored clothing will

help keep you cool. Avoid dark colors when spending time in the sun.

- Recognize distress signals. Heat stress, exhaustion and heat stroke progress as symptoms worsen. Nausea, weakness, elevated body temperature, clammy skin, confusion, and delirium are some of the symptoms of heat-related illnesses.

- Find ways to stay cool. Not everyone has air conditioning. On especially warm days, going to public places with air conditioning, such as libraries, can help. Be sure to check on the elderly or others who may have difficulty finding cool places to spend their day.

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The Pantry Raiders

Grill up hot dogs with the works

By NewsLine Staff
mail@floridanewline.com

Backyard barbecues simply would not be the same without hot dogs. While many people may not eat hot dogs during much of the year, come summertime when the grills are fired up, hot dogs take center stage.

Hot dogs make great additions to backyard barbecues because they can be tinkered with to provide a host of different flavors. Those who really want their hot dogs to pack a flavorful punch can try the following recipe for "Hot Dogs Stuffed with the Works" from Andrew Schloss and David Joachim's "Mastering the Grill" (Chronicle Books).

Hot Dogs Stuffed with the Works

(Makes 6 servings)

- 2 tsp. spicy brown mustard
- 2 tbsp. ketchup
- 1 cup refrigerated sauerkraut, drained, rinsed and coarsely chopped
- 4 large hot dogs, such as knockwurst
- ½ ounce cheddar cheese, cut into 4 small sticks
- 4 slices bacon
- Oil for coating grill screen
- 4 long hot dog buns or small sub rolls, split

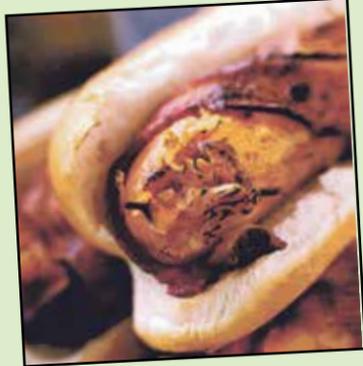


Photo courtesy MetroCreative

Hot Dogs Stuffed with the Works

The Grill

Gas: Direct heat, medium high (425 F to 450 F); Clean, oiled grate

Charcoal: Direct heat, light ash; 12-by-12-inch charcoal bed (about 3 dozen coals); Clean, oiled grate on lowest setting

Wood: Direct heat, light ash; 12-by-12-inch bed, 3 to 4 inches deep; Clean, oiled grate set 2 inches above the fire

1. Heat the grill as directed.
2. Mix the mustard, ketchup and sauerkraut in a small bowl.
3. Slit the hot dogs lengthwise, forming a deep pocket end to end in each one. Fill the pockets halfway with the sauerkraut mixture. Put a stick of cheese in the center of each and top with the remaining sauerkraut mixture. Wrap a bacon slice around each hot dog to hold it together, and secure the ends of each bacon strip with wooden toothpicks.
4. Put the grill screen on the grill and coat it with oil. Wait a minute or two, until the surface is hot. Grill the hot dogs until the bacon is cooked through and the hot dogs are browned on all sides, about 2 minutes per side.
5. To toast the buns, put them cut-sides down directly over the fire for the last minute of cooking. Serve the hot dogs on the buns.

Nutrition Check: Improving poor eating habits

By Kristen Hicks-Roof, Ph.D., RDN, LDN and Paige Chaffin
mail@floridanewline.com

Have you ever thought to yourself, "If I could just stop eating _____, I could lose a few pounds?" This is a thought that is quite common when trying to change poor eating habits.

Even though some of us are aware of our not-so-healthy eating patterns, they can still be very difficult to change and we may not be ready for true change. Most individuals blame it on their lack of self-discipline, but this can be discouraging and steer us away from making healthier choices. Just as we form poor eating habits, we can transition these into great, healthy habits with five simple small steps:

1. Determine your readiness for change. Just because you feel you need or should change a habit, are you truly ready to make this nutrition change?
2. Think SMART. Being SMART (Specific, Measurable, Achievable, Realistic, Timely) in what habit you want to change. Focus on one habit and be realistic of what you think you can accomplish.
3. Simple is key. Rather than trying to change a million behaviors at once, focus on just one. Make specific actions for change.

4. Setup an environment for change. Work with family and friends to achieve similar goals. This support system is motivating to continue to change and build healthier habits. Remove tempting foods from your kitchen, fridge and drawers.

5. Reward yourself. Once you have set a simple SMART goal, check back in a short period (few weeks to months) to check your progress. A reward can be small (personal time) or large (new kitchen gadget); find something that motivates you!

At first, it may not be easy; you are likely going to face challenges in accomplishing your goal. Write down why this behavior change is important to you and what outcomes you would like to see. Share your motivations and goals with your family and friends to help you stay on track if you are struggling. Lastly, record your progress. On days that may be difficult, you can look at how far you have come. At times, you may feel like you have "failed;" however, stay focused and keep trying to change this habit.

Kristen Hicks-Roof PhD, RD, LD is an Assistant Professor, Department of Nutrition and Dietetics at the Brooks College of Health, University of North Florida.



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Golf Tips from T Shot Ranch

Is your golf game “aging gracefully?”

By Janie C. Farina LPGA
mail@floridanewslines.com

“Grow old along with me! The best is yet to be, the last of life, for which the first was made. Our times are in his hand who saith, ‘A whole I planned, youth shows but half; Trust God: See all, nor be afraid!’” -Robert Browning

Is your golf game aging gracefully, or is golf aging you? Determined to grow old with the equipment you’ve had for decades, or maybe hoping to breathe new life into your golf game by trading your whole bag in for a younger model? Can new clubs actually reverse the golf aging process?

Personally, I like hanging onto things — especially my golf clubs, as I feel dedicated to the fine-tuning of a swing, by using equipment that I’ve become used to. Only recently, I’ve become unfaithful to my steel shafted irons from 2003.

What’s the equipment “facelift” all about? Everything from bags, shoes, and especially, golf clubs:

1. Bags: My memories of playing golf and carrying my Sunday bag involved laying the bag down on the ground every shot, then bending over to pick it up again. When the stand bag came along, it alleviated many sore golfers from early back pain.

2. Shoes: No more metal spikes to tear up the greens or wooden pro shop floor that splintered endlessly. Now plastic spikes are incorporated into the sole of the golf shoe, with sneaker-like weightlessness to eliminate sore, achy feet during a round — and spike marks or blemishes on the green are faded memories.

3. Club head design: Irons, woods and putters can add years to your game with forgiving head designs, such as cast vs. forged irons and face balanced

putters that enable players to smooth out the wrinkles in their putting stroke. Driver heads have expanded to dirigible size by using metal composites for thinner, lighter and stronger design.

4. Shaft composite: Not only is graphite technology the fountain of youth for players with physical challenges, slower swing speeds, beginners, seniors, and juniors, but also for advanced players with swing speeds the young bucks possess. These lighter, longer, more stable shafts allow players to swing faster, gain more distance, and create higher launch angles for more desirable ball flight.

5. Grips: Do we really need a golf glove, with grips that feel like baby’s skin and have the tackiness of Elmer’s Glue? Not to mention the colors, shapes and sizes that putters sport, these days? (If you’re getting blisters, a golf lesson on how to hold the club may be in order, but if your hands sweat a glove is a great idea).

Now that my carry bag feels like a feather holding my new fitted graphite clubs, cushy new grips that arthritic fingers love to hold, and knowing my shots are traveling light years farther and higher at my age that shouldn’t be legal, growing old with new golf technology has made a believer out of me — that the “best golf” is “yet to be”! Keep golfing gracefully!



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Liberty Pines Academy student honored by Duke TIP



Photo courtesy Lauren Wolfe

Wesley G. Wolfe, a seventh grade student at Liberty Pines Academy, is among the students being honored by the Duke University Talent Identification Program (Duke TIP) for their exceptional scores on the ACT. Wolfe was recognized at the Grand Recognition Ceremony on May 21 at Duke University's Cameron Indoor Stadium. Out of the 48,569 seventh graders in the nation who took the high school ACT through Duke TIP — all of whom are in the 95th percentile of their grade level — only 2,611 scored above the 90th percentile and were invited to the Grand Recognition Ceremony at Duke University. As part of the program, these academically talented students take above-level college-entrance exams to learn more about their abilities. Duke TIP then hosts annual recognition ceremonies to honor the seventh graders with remarkable ACT or SAT scores. Those with the highest scores are invited to the Grand Recognition Ceremony.

CBC 12u Riverhawks - Herbst compete for national title

By NewsLine Staff
mail@floridanewslines.com

The Creeks Baseball Club 12u Riverhawks - Herbst has been selected to play in the Cooperstown Dreams Park and American Youth Baseball Hall of Fame Invitational Tournament, during the week of June 2 in Cooperstown, NY. In addition to competing against teams from around the United States, members of the team will be enshrined in the prestigious American Youth Baseball Hall of Fame, where team records and photographs will be displayed.



Photo courtesy Sharon Herbst

CBC 12u Riverhawks - Herbst: Kiernen Sheehan, Brian D'Errico, Porter Blansit, Andrew Herbst, Ezra Shields, Elijah Roberts, Gage Goodman, Isaac Frank, Fisher Hamilton, Jake Meadows, Owen Ashenfelder and Zach Foland. The team is coached by Brad Herbst, Brian D'Errico and Charles "Bear" Roberts.

Cooperstown Dreams Park has 22 professionally groomed and lighted fields. Dreams Park is situated on 150 acres, and features baseball diamonds with grass infields, enclosed by eight-foot-high stadium walls.

The team will spend seven days and six nights in the Baseball Village club-houses. Teams will arrive on Saturday, and depart the following Friday. Each team is guaranteed at least seven games (weather permitting), and will earn a seed to play in the single-elimination

championship tournament. All teams will be represented in the "King of Swat," "Road Runner," "Golden Arm," and "Around the Horn Plus" skills competitions.

Throughout the summer of 2018, Cooperstown Dreams Park plans for more than 100 teams weekly, participating in 13 weeks of national tournaments hosted between June 2 and Aug. 31.

The Tournament of Champions offers more than 1,350 championship teams the opportunity to participate in the Cooperstown Dreams Park premier youth baseball tournaments. Teams from across the country will compete for a true 12 and under National Title.



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Velobrew Junior Cycling team races in state championship

By Anne Warren
mail@floridanewline.com

Cycling is a great way to promote a healthy lifestyle, while developing discipline for a sport. The Velobrew Junior Cycling Team, based in Mandarin, helps train young riders for bike racing and triathlons through the coaching of Scott Reeves, founder of Velobrew Cycling. On April 21 – 22 a group of five junior



Photos courtesy Anne Warren
Wade Eastman, Julien Toussi, Matthew Warren, Ashley Davis, Samantha Morrison

Velobrew riders traveled to Cooper City, Fla., to race in the Florida State Criterium Championships. Ashley Davis, a seventh grader at Switzerland Point Middle School, placed second in the girls 13/14 race. Julien Toussi placed first in boys 13/14 and Matthew Warren placed first in boys 15/16. Both Toussi and Warren are eighth graders at Fruit Cove Middle School. Samantha Morrison, a freshman at Bishop Kenny High School, placed third in women's category 4 race.

The young riders train every day for one to two hours either on the road or on a trainer. They get together for intensive

trainer coaching with Reeves once a week and ride in group rides from Open Road Bicycles on Hendricks Avenue on Saturdays and Sundays when they are not racing.

Different disciplines in cycling include road, cyclocross, mountain biking, BMX and track. Many riders cross train in different areas during different seasons in order to race all year round. Reeves has coached many kids who earn a scholarship to ride for a college team.

When asked the qualifications for becoming a cyclist, Reeves said, "You need two legs, a bike, and really want to have fun!"

Contact Scott Reeves at velobrew@gmail.com for more information.

Sunshine State Pow Wow held at Forever Florida

By NewsLine Staff
mail@floridanewline.com



Photo courtesy Brian Quirk

The mounted sheriff's patrol at the 2018 Sunshine State Pow Wow.

The Native Sons and Daughters Timucuan Longhouse of Jacksonville traveled to Forever Florida in St. Cloud, Fla., to participate in the 2018 Sunshine State Pow Wow. This annual event sees tribes travel from Ft. Lauderdale, Boca Raton, Hollywood, Tampa, West Palm Beach, Orlando, Winter Garden, Cape Canaveral, Ponte Vedra Beach and of course, Jacksonville. Held annually, each of the member groups gather to demonstrate crafts, banners, Native American regalia, coup sticks, drums, tribal shirts and a host of individual items that specific children have assisted in creating.

This year's event was hosted by the Seminole Princess Nation out of Broward County and more than 700 hundred members attended. This Pow Wow took on a very special meaning as the chairman of the Board of Elders, Don Bittala (Brave Eagle), the National Assistant Chief, Mike Ryan (Wild Eagle) and the State Chief of Florida, Brian Quirk (Flaming Arrow) were all in attendance. The campers were granted beautiful weather by the Great Spirit except waking up to frost on Friday morning. Some of the entertainment at this year's Pow Wow included Jimmy Sawgrass, Chief Rawley Snake Trainer, ziplines, horseback riding, a slime station, bounce houses, the mounted sheriff's patrol and even a midnight rendition of dad's kickball.

State Pow Wow Chief Victor Nappe said, "We wanted to put on an epic Pow Wow for the children, one they will talk about with their friends once they get back home."

Native Sons and Daughters was developed to help strengthen family relationships between fathers and children. Each Nation or Longhouse experience enables father and child to have fun while sharing new adventures.

"As the parent of a young child, you have the tremendous opportunity to get to know your child," said Brian Quirk. "Spending quality one-on-one time with your child will help build a strong bond of trust and memories that will last a lifetime. As the Great Spirit reminds us, 'You only have 18 summers to make a difference in your child's life.'"

Next year's event will be hosted by the Canaveral Nation out of Cape Canaveral. Visit www.nsdjax.org for more information on this special parent/child program

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Photo courtesy St. Johns Park and Recreation

Naturalist honored with Fellow Man Award

St. Johns County Park Naturalist AyoLane Halusky was presented with the Stetson Kennedy Foundation Fellow Man & Mother Earth Award at the 14th annual Bartram Bash, held April 14 at Alpine Groves Park. Pictured are AyoLane Halusky with Stetson Kennedy's late wife, Sandra Parks, and his stepdaughter, Karen Roumillat.

Fishing

Capt. David's Fishing Report

By Captain David Lifka
mail@floridanewsline.com

At last summer has arrived and this year's fishing season is starting to come together. Making choices such as where to go, and what to fish for are just some of the pleasurable decisions we are faced with living in our area of the state. With so much freshwater, saltwater, and brackish water around us, our fishing possibilities for the summer season are many.

Whether it is just a short walk to a neighborhood pond, or a quick ride to a nearby creek or lake, the freshwater fishing opportunities around us are abundant. Throughout most of the year, but especially summer, expecting limit catches of panfish that inhabit our area waters is not unreasonable. Good numbers of largemouth bass will also be available in these very same waters. The catfish bite will be strong, along with plenty of mullet in the river all summer long.

The Lower St. Johns River and Intracoastal Waterway should offer fantastic saltwater fishing all summer long and continue into the fall. Redfish, speckled trout, and flounder will be highly targeted species for that inshore grand slam. Black drum, sheepshead, and even a mangrove snapper or two will be in these same waters for the taking.

For more saltwater fishing, fishing the beach could be a priority for many. Practically anything that swims in the ocean could end up grabbing your bait. While enjoying your normal catches of whiting, pompano, and sand trout, always be prepared for the really big bite that could end up spooling your reel or dragging your rod and reel off to sea.

Finally we have brackish water which covers most of our area of the St. Johns. Typically this area covers from downtown Jacksonville to Green Cove Springs, but some summers it could extend all the way to Palatka. Usually starting off a little slow, one can expect a steady increase of most any inshore

saltwater species to come on with a bang as summer progresses. By late July or early August our annual shrimp run should be running on high gear, with outstanding shrimping and spectacular fishing that will hopefully last well into the fall.

Fishing Report: June 11 is the start of a 40-day Red Snapper season — well worth a fishing trip by your own boat, charter boat, or party boat. Croaker are beginning to show in the river at the usual spots. They're running a little small right now but definitely tastier. Bream are a good bet at any local freshwater location. Try crickets, worms, or bread, and get the kids outside for some for some outdoor fun.

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



Photo courtesy Danny Barrett

This month's Catch of the Month photo is of Norma Barrett (pictured with her son, Cory Barrett) who caught a carp in Lake Asbury in April.

The CreekLine will now include a Catch of the Month photo with Capt. David's Fishing Report each month. Please email a photo of yourself or your child with the fish caught to catchofthemothpictures@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.

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Gardening

Weeds or Wildflowers?

By Master Gardener Lesley Arrandale
mail@floridanewsline.com

It's a truism that weeds are simply plants in the wrong place, and it comes to mind especially now as spring is shifting gears to summer. It's a time of rapid green growth, and before we know it, our beds can be overrun with weeds.

Natural mulches, which break down more rapidly as temperatures rise, should be replenished as needed. If mulch is decomposing and settling it can be a good medium for germinating seeds, so either fluff the mulch to disturb and uproot small weed seedlings or have a good old fashioned hand weeding session and pull large weeds. You can compost in place (tucked tidily under the mulch) most weeds that are seed free, but definitely dispose of dollar weed and Florida betony, for example, that will regrow from even the tiniest piece. Either way, don't let weeds linger.

Mulch is also invaluable in the vegetable garden to reduce weeds, and clean, organic mulches like shredded leaves atop homemade compost add valuable nutrients while helping to keep both the soil moist and rains from splashing back onto the plants. Pine straw is lightweight and also works well.

By early May, the medians and roadside verges were full of flowering plants, amid rough grasses (and not a few "weeds"). Nowadays city budgets would appear to limit mowing, and I'm all for it. Not only do I often see some of my favorite native plants in just these places, but they are havens for insect life while undisturbed. One hardy plant that thrives in these conditions is *Gaillardia pulchella* — blanket flower — a red and yellow daisy. For a few weeks in the spring, patches of blue-eyed grasses (*Sisyrinchium* sp.) resembled lovely hazy blue blankets. In early May, fragrant white orchids — marsh lady's tresses or *Spiranthes odorata* — popped up in moist places along highways and in damp front yards. Tiny white flowers spiral along the top three inches of the stems which are at least a foot tall. As is often the case with delicate wildflowers, they aren't individual showstoppers, but look beautiful growing together. As long as people desire perfectly groomed front yards, and more and more of Jacksonville is developed, there is a growing need for wild areas in Jacksonville, and these unruly medians and roadside "meadows" help enormously.

Azaleas and other spring-flowering shrubs should be pruned after they flower, traditionally before the end of June. (Summer and fall bloomers can be tackled when dormant in late winter.) Perennial herbaceous plants will flower for longer if spent blooms are removed, or dead-headed. Annuals too can be cleaned up to promote flowering, and benefit from a boost of liquid fertilizer every four to six weeks, since they bloom so profusely — unless you applied a slow-release granular product when planting, more is not always better.

It goes without saying that summer has its challenges. Despite rising temperatures, it is wise to keep on top of basic garden chores as much as possible. Don't slack off watering first-year shrubs and trees. If we get good summer rains that certainly counts as watering, but we can't rely on rainfall alone.

The vegetable garden will need a minimum of an inch of water per week. As a rule of thumb (or index finger), water deeply when the soil is dry to a depth of 1 to 2 inches. As ever, vegetables should be scouted regularly for insects and diseases to keep problems from getting out of control, and soil moisture could be checked at the same time. Fertilize according to your chosen product's directions to keep crops growing strong and healthy.

Our local nurseries are full of tempting flowering plants. Containerized plants can be installed at most times of the year, but summer heat can be hard on them. If possible, plant them on a cloudy day, or certainly late in the day. Water them in well. Improvise some shelter to give plants in full sun some light shade for a day or two. As well as needing some coddling after having their roots disturbed, they may not be accustomed to full sun, depending on where they were held in the nursery.

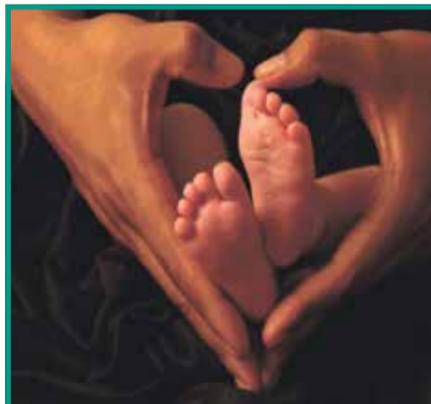
Stay cool, and if you enjoy reading, take the summer months to learn more about plants, gardening techniques, landscape design, whatever you fancy. Consider the creatures, welcome or not, with whom you share your landscape; gardening for the benefit of wildlife can be rewarding. This is a time of plenty for wildlife if we have flowering and fruiting plants, and shrubs for food and shelter, as well a clean water supply, in our yards. Young birds will be finding their way around your neighborhoods, and if you supply bird food, bird watching can be a relaxing and delightful pastime. Enjoy.



Photo courtesy Mason Schneller, mdbphotography.net

Shearwater hosts second annual 5K on the Trails

Shearwater, located off County Road 210W, hosted its second annual 5K On the Trails and Fun Run/Walk event on Saturday, April 21, to celebrate Earth Day weekend and raise more than \$2,000 for St. Johns County schools. One hundred forty-seven participants, including residents and community members, ran in the 5K and Fun Run that took place along Shearwater's nature trails and wide pathways that weave through preserved natural habitat. The weather cleared just in time for the race and even held off for the awards ceremony later. The celebration featured Earth Day kids' crafts, various outdoor and healthy living vendors, craft beer and tasty food trucks. All proceeds from the 5K and Fun Run/Walk will benefit Timberlin Creek Elementary School, Switzerland Point Middle School and Bartram Trail High School.



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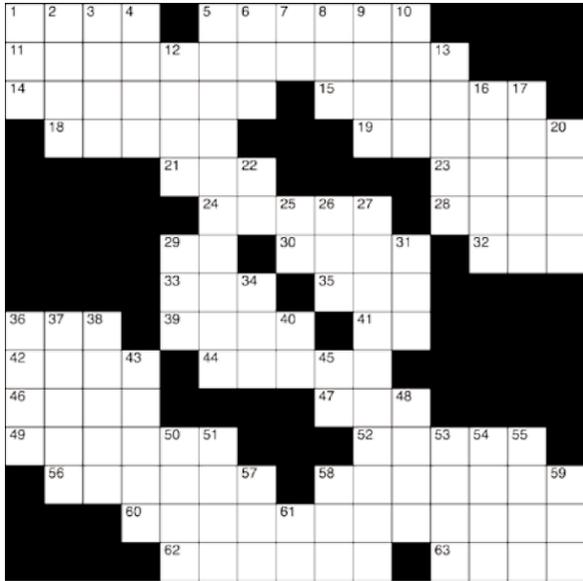
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Puzzles

Answers on page 2
Provided by MetroCreative



CLUES ACROSS

- 1. Absence of difficulty
- 5. Preserve a dead body
- 11. Gratitude
- 14. Grads may attend one
- 15. Less difficult
- 18. Visionaries
- 19. Fish-eating bird
- 21. Indicates near
- 23. '69 World Series hero
- 24. Scandinavian mythology source
- 28. Pop
- 29. Rapper __ Hammer
- 30. Senses of self-esteem
- 32. Hormone that stimulates the thyroid
- 33. __ Farrow, actress
- 35. Electronic data processing
- 36. Baby talk (abbr.)
- 39. Slender, snake-like fish
- 41. Air Force
- 42. Computers
- 44. Ecological stage

CLUES DOWN

- 1. Body part
- 2. Large primates
- 3. Retch (archaic)
- 4. Sea eagle
- 5. Genetically distinct geographic variety
- 6. Category of spoken Chinese
- 7. Barium
- 8. Consumed
- 9. Chinese dynasty

CLUES ACROSS

- 10. NFL great Randy
- 12. Ireland
- 13. Palm trees
- 16. Fungal disease
- 17. Tall plants with slender leaves
- 20. Affirmative! (slang)
- 22. Potato state
- 25. Delaware
- 26. A way to develop
- 27. Associations
- 29. Woman (French)
- 31. Sunscreen rating
- 34. Brew
- 36. One who leads prayers
- 37. Indigo bush
- 38. Burn with a hot liquid
- 40. Citizen (senior)
- 43. Scads
- 45. Morning
- 48. Straight line passing from side to side (abbr.)

- 50. S-shaped line
- 51. Small, thin bunch
- 53. Worn by exposure to the weather
- 54. Mars crater
- 55. Humanities
- 57. Of the ears
- 58. "The __ Degree"
- 59. Type of residue
- 61. Keeps you cool



Determine the code to reveal the answer!

Solve the code to discover words related to surfing.
Each number corresponds to a letter.
(Hint: 1 = a)

A. 7 1 25 9 11

Clue: Curling water

B. 11 3 8 21 4 20 1 8 17

Clue: A surfer's best friend

C. 4 1 6 1 13 22 9

Clue: Hold steady

D. 7 19 24 9 20 3 26

Clue: Fall off

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

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

WORDS

- AERIAL
- ALOHA
- BACKWASH
- BARREL
- BELLYBOARD
- BODYSURF
- BOMBORA
- CAREFREE
- CREST
- CURRENT
- EPOXY
- FIN
- FLATS
- FOOT
- GROUND SWELL
- HANG LOOSE
- KAHUNA
- KICKOUT
- MANEUVER
- NEOPRENE
- PADDLING
- PEAK
- RASH GUARD
- REEF
- RIDING
- RIP
- SHORTBOARD
- STANCE
- SURFBOARD
- SWELL
- TUBE
- WAVE
- WAX
- WETSUIT
- WHITewater
- WIND



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# Travel

## Aiken, S.C.: History, Horses and Music

By Debi Lander  
mail@floridanewslines.com

In the late 19th century, the Rockefellers, Vanderbilts, Carnegies, Pulitzers, Morgans, and Astors epitomized America's "Gilded Age." These Captains of Industry financed the industrial age and established many non-profit organizations. The millionaires frequently gathered to party in mansions they built in prime areas along the coast — sprinkling luxuriant estates in Newport, R.I., "camps" in the Adirondack Mountains of New York, grand railroad resort hotels up and down the East Coast, a secretive compound in Jekyll Island, Ga., and a winter colony in Aiken, S.C.

I had the chance to explore Aiken on a recent road trip to South Carolina. My discovery of its treasures began with a stay at The Wilcox — a white-columned hotel. The "Queen of Aiken" has hosted Winston Churchill, Harold Vanderbilt, Elizabeth Arden, Joseph Pulitzer, the Duke of Windsor and according to local lore, Franklin D. Roosevelt and his special lady. Even if you don't stay there, but I'd highly recommend you do so, check out the lobby and hallways and their historical photos and period pieces. A spirit of warmth and hospitality fills the corridors.



Photos courtesy Debi Lander.  
Polo at Flat Out Polo Farms.

Aiken first achieved fame as a health retreat for those with breathing troubles. Coastal residents from Charleston would come to escape malaria and yellow fever. New York horsemen Eustis and Hitchcock bought their horses, along with their well-heeled friends from the north to extend the equestrian season. They laid the foundations for the city's passion for riding, racing, foxhunting and polo. Today, there are more than 80 polo fields around Aiken.

I started exploring with a trolley tour that breezed me past captivating landmarks, homes and "Aiken cottages" (each with at least 22 rooms) on

Next day I toured Redcliffe Plantation State Historic Site, once the home of Henry Hammond, three generations of his descendants, and numerous African American families who worked as slaves and later as freemen and women. Hammond was a congressman, governor, and senator from South Carolina.

Both weekend evenings I attended a concert as part of the 10-year annual Joye in Aiken Festival. The shows bring famed NYC Juilliard students, faculty and alumni to Aiken for music, dance, and drama performances for the public and teach in the area school. I listened to a night of soulful jazz and an unexpectedly exciting organ concert by Grammy winner Paul Jacobs.

I missed Aiken's Triple Crown, a three-week series of racing, steeplechase, polo and foxhunting events. Aiken ranks with Ocala and Louisville as one of the best horse towns in the country.



The Thoroughbred Racing Hall of Fame at Hopelands Gardens.

horse-friendly dirt roads. I heard named dropping tales of Winter Colony visitors like Evelyn Walsh McLean, the last known owner of the Hope Diamond, who sometimes placed it on the collar of her Great Dane. Other famous residents included Fred Astaire, who danced up and down the steps of the post office, and Andy Williams, the Moon River singer, who owned a nine-acre property with a 13-room house, a barn and stables, butler's cottage, laundry house, carriage house, greenhouse and a children's brick dollhouse.

The trolley tour stops at Hopelands Gardens for a meander through the peaceful park and the Thoroughbred Racing Hall of Fame, a two-story museum featuring memorabilia, plus a reference library for breeders.

Later, I drove to Flat Out Polo Farms to try my hand at arena polo. Owner Ken Cresswell gave me a polo lesson, but let's just say this fast-paced sport was more than I could muster. Watching a game was thrilling.



The Wilcox — a white-columned hotel known as the "Queen of Aiken."

"It may be a small city, but they have as much history as Churchill Downs," said my guide.

Aiken evokes the city's opulent past but doesn't require a Pulitzer's purse to make for one grand getaway.

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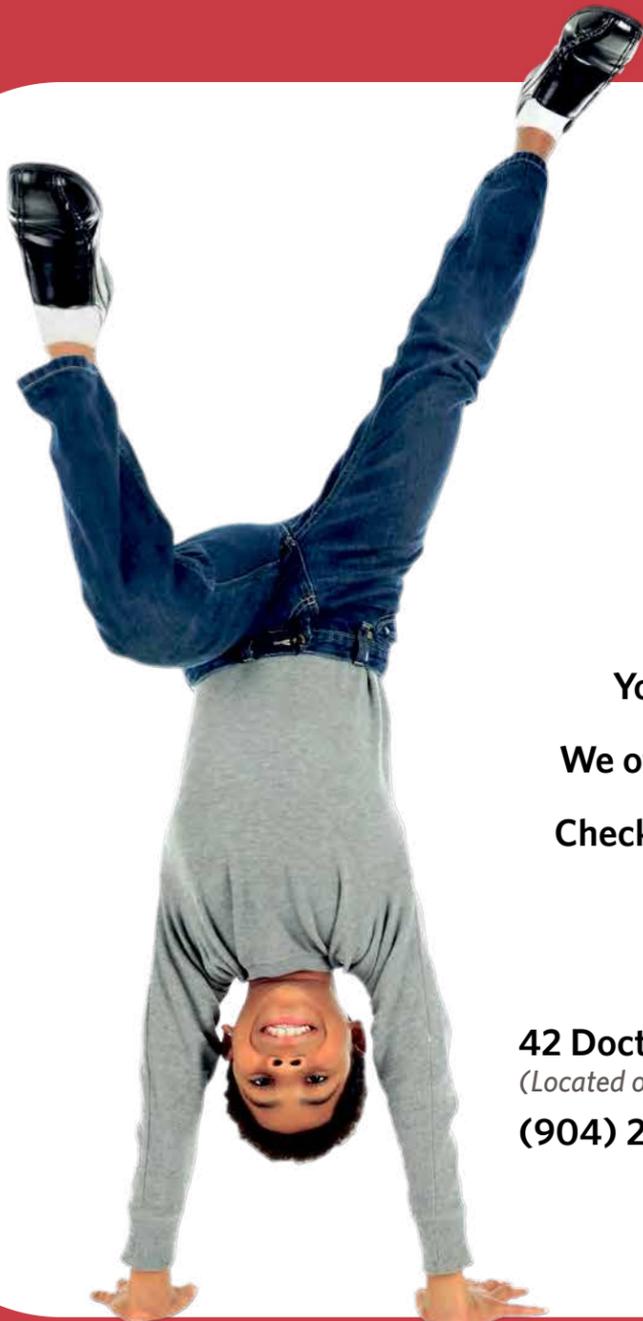
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