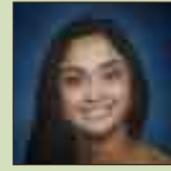




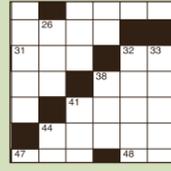
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## Keith Martin Field named in honor of local who inspired

By NewsLine Staff  
mail@floridanewsline.com

Renaming of facilities in St. Johns County is a rare occurrence, but due to more than 100 emails and calls from community leaders, parents, and student athletes, the artificial turf field at Plantation Park became “Keith Martin Field” on June 20. Martin passed away in February, but left a legacy of service to youth sports in NW St. Johns County.



Photos courtesy Kim Kendall  
Keith Martin's family in front of the sign signifying Keith Martin Field.

Some of his leadership roles included president of CAA (Creeks Athletic Association), president of Julington Creek Baseball, president of Barram Trail High School Boosters, and recipient of the Tom Kehoe Award for Volunteerism, Vision, Leadership, Implementation.

Martin was also one of the visionary leaders behind the St. Johns Middle School Athletic Association (SJM-SAA) and Field of Dreams, a specially designed baseball field for children with intellectual or physical disabilities to have the opportunity to play baseball.

Keith Martin Field cont. on pg. 11

## Breadbox Papers provide fascinating look into history

By Martie Thompson  
editor@floridanewsline.com

Almost 200 years ago, on July 10, 1821, Spain transferred its flags in St. Augustine to the United States of America. At this time, according to St. Johns County Clerk Historian, Dr. Susan Parker, officials with the United States attempted to seize as many important records and documents from the Spanish period as possible — instead of allowing the departing Spaniards to take the papers with them to Havana. The so-called “East Florida Papers,” which were the Spanish government’s documents, stayed at the Government House in St. Augustine until around 1870, when they were transferred to Tallahassee and then in 1905 to the Library of Congress. One particular set of papers, referred to as the “Breadbox Papers” because they were stored in a metal breadbox, was left behind.

“We don’t know why, but the Breadbox Papers didn’t go with the others,” Parker said. “As far as we know, the papers have always been in St. Augustine. They were apparently in private hands for approximately 40 years and then were brought to the City Clerk of Courts office in 1905, and then at some time turned over to the Clerk of Courts, where they remain today.”

The Breadbox Papers are of particular historical interest as they are the official records, dated from 1803 – 1804, during the Spanish period. There are about 350 sheets of paper containing handwritten records such as deeds, marriage contracts, affidavits and sales of slaves. Parker said it is unknown who actually put the papers in the breadbox.

“These records are well preserved due to

the very good paper quality,” Parker said. “They were meant to last.”

According to Parker, the paper was most likely obtained through the Spanish government’s purchasing channels, meaning that it likely came from Spain or Havana rather than more locally, such as from Savannah, which was not Spanish-owned.



The Breadbox Papers were stored in the clerk's office with an “official” sign.

“These papers are unique because they are from the Spanish period, but it’s also worth noting that they represent the lineage of recording deeds and other transactions like we do today — and that 200



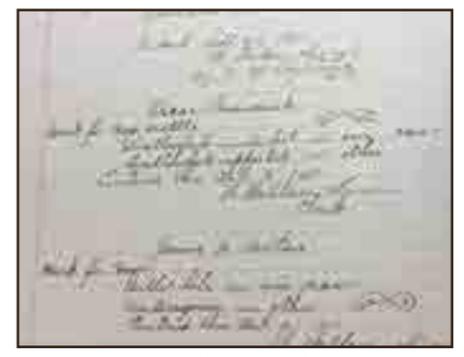
Photos by Martie Thompson  
St. Johns County Clerk Historian Dr. Susan Parker measures the size of the pages of the Breadbox Papers.

years from now we will probably still be doing, in some form. Our way of life is built on accurate records.”

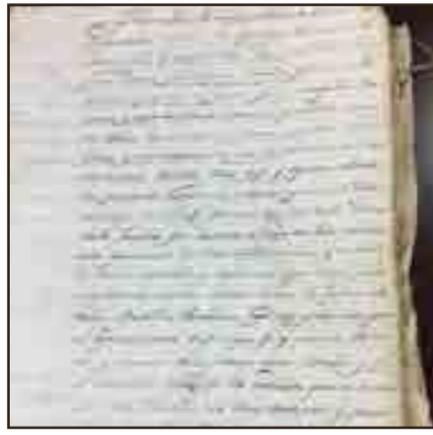
The Clerk of Court, in addition to partnering with the court system and acting as the county comptroller, is responsible for being the repository for the county’s

St. Johns County Clerk of Court Brandon Patty is particularly fascinated with these papers, due to their age and also timelessness.

“A lot of the records we found, we still do today,” Patty said.



Close up of a page of the Record of Marks and Brands.



Close up of one of the Breadbox Papers.

official records. Nikki May is the Supervisor of Records Management and said her department is responsible for the upkeep and retention of the documents. St. Johns County has a temperature and climate controlled warehouse, where all the important documents — court cases, Board of County Commission meetings, ordinances, financial and probate records — are kept, some bound in huge journals

Breadbox Papers cont. on pg. 5

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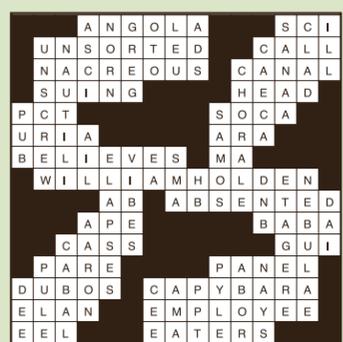
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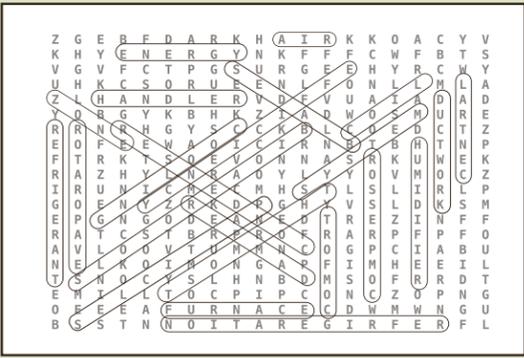
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PG 14



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

**Q: What is the latest from your office?**

A: This is a busy time, with candidate qualifying just concluding in mid-June. The primary ballots are now getting ready to go to press. We have a lot of information available on our website. Of particular interest is the list of candidates for the Primary Election, which will take place on Aug. 18.

**Q: Can you give us a brief rundown of what voters can expect to see on their ballots?**

A: In northern St. Johns County, Republican primary ballots will have the Congressional District 4 race. The winner will go on to face a Democrat and a Write In candidate in the November election. The Public Defender race for District 7 will appear on all ballots and be settled in the Universal Primary, since there are no Democrat challengers. There are three circuit judge races that are non-partisan and will be on all primary ballots. The race for Sheriff and County Commissioner District 1 will be on Republican ballots county-wide, with the winners going on to face challengers in the November election. The School Board race for District 2 is not county-wide and will only appear on ballots in that district. Finally, the race for Republican State Committeewoman will appear on every ballot in St. Johns County.

**Q: Are there any important dates coming up in advance of the Primary Election?**

A: The last day to register to vote or change party affiliation prior to the Primary Election will be on July 20. This can be done easily online.

**Q: What options are available for voting in the Primary Election?**

A: I'd like to encourage Vote By Mail. Return postage will even be paid by our office. Additionally, we are expanding Early Voting for both the Primary and the General elections. For the Primary Election, there will be 10 days of early voting, from Aug. 6 – Aug. 15 at our six regular early voting locations plus two additional locations that are being finalized. There will be plenty of availability of in-person voting and we will be able to spread people out and allow for social distancing.

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

A: We will have more information about the additional early voting sites in the next issue. Also, sample ballots will be available on our website by the first week of July, so everyone can prepare for the Primary Election.

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

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



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

**Q: Can you give us some background information about the school district's reopening plan for schools for the 2020 - 21 school year?**

A: We wanted a comprehensive plan that would address contingencies and allow us to pivot to other parts of the plan. The plan, available in detail on our website (www.stjohns.k12.fl.us) is still just proposed and not yet adopted [as of interview date of June 18].

It is important to note, while viewing the plan, that elementary students will be in school full time unless the governor shuts schools down. Elementary students would not go to the potential block days (combination of at-school and at-home learning) that are a possibility for middle and high school students.

**Q: Who determines which part of the plan is to be followed at a given time?**

A: We are following the opinion of the local health department, which will have the loudest voice, as well as the CDC and the governor's directives. There are no specific number of cases in the plan. There is a possibility that a portion of the county would pivot within the plan and the rest might not.

**Q: What about recess, lunch, elective classes, masks?**

A: Staff is still working diligently to determine all these details and each of these items is being considered. We are not decided yet about how to handle students passing in hallways, lunch, or recess. We are still working out elective classes. Masks are acceptable, of course, but at this point not required — although that might change. There just isn't a firm decision yet. Also, for our special needs population, we are work-

ing hard to meet their needs and their path might look different.

**Q: Is there any means for the public to learn about some of these considerations and are you accepting public input?**

A: We had a large conference call last week with our core district level people, who with principals are tasked with making some of these decisions. Also on the call were some teachers, parents and business partners. Many things were discussed and the recording of this call is accessible by visiting the front page of our school district website.

We also just released our second survey to parents to test their comfort level as to sending their children back to school. We are likely to have another survey before school starts.

People are welcome to contact me or any of the school board members, or the superintendent, with their ideas or input. We are always looking for good ideas and suggestions.

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

A: Both of the schools under construction, High School "HHH" and K-8 School "MM," are proceeding as planned. We have named the principal for the new high school: Jay Willets, formerly the principal of Pacetti Bay Middle School. At this time, we have not named his replacement at Pacetti Bay or the principals for the new K-8.

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

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

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**Breadbox Papers** cont. from pg. 1

and some in boxes.

“Since St. Johns County is the state’s oldest county, our records go way back,” May said. “We have marriage licenses that date back to the 1820s.”

May said that a lot of the county’s records back to about 1960 are available online and that generally the only people who come to the clerk’s office for a physical records request tend to be historians researching genealogy.

Patty noted that through the years, fire has been a common threat to records, and so redundancy is crucial. Today, many records are stored digitally, but many years ago the clerk or his assistant spent a great deal of time painstakingly making manual copies in an early form of redundancy.

Going forward, Patty said his office is considering the proper preservation of the Breadbox Papers, which Parker agreed would likely not be in the breadbox.

“It’s good stewardship to continue to use state of the art preservation techniques,” Parker said.

The end goal is to make the papers available for public display. Patty feels it is important for citizens to learn about



St. Johns County Clerk of Court Brandon Patty displays a page in the Record of Marks and Brands from 1911.

the importance of historical records as well as the role of the clerk’s office in maintaining them.

“As a historian, I’m pleased about the focus on this history,” Parker said. “These records represent the history of the county. It’s important to realize that just because there are not a lot of historic buildings in the county outside of St. Augustine, it doesn’t mean there isn’t a lot of history. These deeds and records reflect that.”

Patty said that all of the official records help tell the story of St. Johns County.

“This is such a source of pride in our office,” Patty said. “We know that over the years, the personnel will change, but our activities will remain the same.”

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 Julington Creek Field Office: (904) 209-2150

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

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

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

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

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 District 2: Tommy Allen, [tommy.allen@stjohns.k12.fl.us](mailto:tommy.allen@stjohns.k12.fl.us), (904) 547-7510

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**Editorial**

**Update from the Bartram Trail Branch Library**

By Donna Braasch  
mail@floridanewslines.com

Greetings to the community. I want to share good news from the Bartram Trail Branch Library with all of you.

We still have a summer reading program and this year we invite you to have "The Best Summer" at your library. This year, with the help of all of the Friends of the Library of St. Johns County groups, we have purchased a new online program and free app, READsquared. Just go to [www.sjcpls.org](http://www.sjcpls.org), and there is a link on the bottom left of the page for the library's new online summer reading program. READsquared can be used on your PC or you can download the free app for your Android or Apple devices. If you are not tech savvy, drop by the branch; we can give you forms and make an account for you. Track your reading, up to 360 minutes per day. There are badges and games, plus a big prize at

the end of summer. To inspire more community reading, the library has set a goal of one million minutes read this summer!

The library's Facebook page is a great way to stay connected with the library. We are offering live story times, book clubs, tutorials, special guests, and other "infonuggets" to keep you going. Our usual summer children's programs will be on Facebook and online through Zoom, too.

We are open for browsing at this time, and welcome you.

Visit [www.sjcpls.org](http://www.sjcpls.org) for more information about your St. Johns County libraries.

*Donna Braasch is a reference assistant at the Bartram Trail Branch Library.*

**Are bicyclists allowed on sidewalks? And other things you need to know**

By Martie Thompson  
editor@floridanewslines.com

Walkers, joggers, and bicyclists are all taking advantage of northeast Florida's beautiful early summer weather. But what happens when these all converge on a sidewalk? Is it even legal to ride a bike on a sidewalk?

According to St. Johns County Sheriff's Office NW Commander Kevin Cronin, bicyclists are allowed on public sidewalks per Florida Statute, but must always yield to pedestrians.

"There could be different rules about whether bicycles can be ridden on sidewalks in private communities, though," Cronin said.

He recommended that everyone stay up to date with their own community's rules and regulations regarding private sidewalks and roads.

He pointed out that, regardless, bicyclists should have a horn or other device, including using their voice, to alert pedestrians on a sidewalk of their intention to overtake. Lights are required on

bicycles if operated between dusk and dawn and all bicyclists younger than age 16 must wear a helmet.

Cronin said that bicycles are also allowed on the roadway, and if they choose to do so, they must follow the same rules of the road as vehicles. They must ride with traffic — as opposed to walkers, who must walk facing traffic for safety.

"Bicyclists are allowed to ride in the lane like a motorist if no bike path is available," Cronin said. "Of course, if a bike lane is available, that would be preferred."

Cronin noted that Florida Statute 316 governs most of the state's bicycle and pedestrian regulations and deviation from the rules is punishable by citation, just like the driver of a motor vehicle.

"In fact," he said, "it's also unlawful to operate a bicycle under the influence. You could be arrested for BUI (Biking Under the Influence.)"

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## The Sheriff Reports

### Hurricane awareness

By St. Johns County Sheriff David B. Shoar

With the extreme effects our area received during hurricanes Matthew and Irma over the past few years and the close proximity of Hurricane Dorian last year, this is an excellent time to remind our citizens and visitors to develop a hurricane plan. Hurricane season began at the beginning of June and lasts until the end of November and meteorologists are calling for an above normal number of storms this year. According to NOAA, they predict a total of 13 to 19 named tropical storms, of which will be six to 10 hurricanes with winds greater than 74 mph, and three to six major hurricanes with winds greater than 115 mph.

You should be familiar with the terms Hurricane Watch and Hurricane Warning. A Watch is issued when conditions are favorable that a hurricane could strike in 36 hours. A Warning is issued when hurricane force winds are expected to strike in 24 hours. By this time you should already have an emergency plan for yourself and family and begin implementation of that plan.

#### Some things to consider in your preliminary plans are:

- Take photos of your property from all angles; it may not look the same once the storm passes.
- Plan for elderly/handicapped/invalid care at a shelter or at home.
- Learn which routes will be safe during a storm.
- Learn where official shelters are located.
- Trim any dead wood from trees prior to the storm.
- Check for, fix or take note of loose items on your structures (shutters, screens, eaves, gutters, antennas, satellites).
- Get and use a hurricane tracking chart
- Plan what you and your family will do if you have to evacuate.
- Get necessary supplies and secure them in safe area.
- Plan for pet care.
- Review your insurance coverage.
- Protect your important documents.
- Show others in the family how to turn off/on gas, electricity, and water.
- Make outside repairs.

#### When a Hurricane Watch for your area is issued:

- Listen to official bulletins on radio, TV, or NOAA Weather Radio, and internet for updates.
- Check all supplies you already have to see if they are in satisfactory condition, including batteries.
- Fill gas tank of vehicles, check oil and tire pressure.

- Inspect mobile home tie-downs.
- Board, tape, cover windows and doors or skylights.
- Secure boat.
- Secure any objects and furniture that are outside.
- Plan to evacuate if necessary.

#### When a Hurricane Warning is issued:

- Stay tuned to TV, radio, Internet or NOAA Weather Radio.
- Move valuables to higher location
- Move furniture away from windows and cover.
- Fill containers (bathtub, plastic jugs) with drinking water.
- Use phones only in an emergency.
- Bring in/secure pets (food and water).
- Shut off water and electricity at main breaker switch.
- Leave mobile homes.
- Leave low areas. If evacuating, leave early.

Sometimes a hurricane path may not be predictable and evacuation orders could come at any time. If you are asked to evacuate, please do so early and know the route you will be taking. Remember there will be many folks taking the same route from a very large area so be sure to give yourself plenty of time to leave safely.

#### Finally, if you refuse to leave following an evacuation order, here are some safety tips for riding out the storm:

- Make sure your building is well-constructed.
- Turn the refrigerator to maximum cold.
- Freeze water in plastic containers; if the electricity goes off you can use the ice to keep food cold in the refrigerator.
- Turn off utilities if told to do so by the authorities.
- Unplug small appliances.
- Fill bathtub and containers with water.
- Stay indoors.
- Prepare for storm surge and possible flooding.
- Stay away from windows and doors, even if covered.

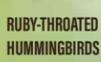
Stay in a small interior room, hallway, or closet.

Close all inside doors, brace exterior doors.

If you have a two-story house, stay on the first floor.

Lie on the floor or under a table or other sturdy object. If you have not made any emergency plans, you should do them now. Visit [www.nhc.noaa.gov/](http://www.nhc.noaa.gov/) and [www.sjcemergencymanagement.org/](http://www.sjcemergencymanagement.org/) for more information. Feel free to drop me a line at [dshoar@sjsso.org](mailto:dshoar@sjsso.org).

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## Food rescue charity feeds thousands weekly

By NewsLine Staff  
mail@floridanewsline.com

What are the chances that a film could inspire you to start a nonprofit that feeds thousands each week, while continuing to hold another full-time job? That's exactly what happened in late 2018 after Sunny Mulford of St. Augustine watched the documentary "Wasted! The Story of Food Waste."

"It changed my life," said Mulford. "Seeing all that waste and the harm to animals and the environment, we just had to do something about it."



Photo courtesy Ken Mulford

Epic-Cure volunteers at their warehouse in St. Augustine.

From there, things quickly moved from concept to reality. Sunny Mulford, her husband Ken Mulford and daughter Hanna created the food rescue organization they named Epic-Cure in late December 2018 and received nonprofit status from the IRS in February 2019. They secured a 2,500-square-foot warehouse — and last May the first rescued and donated food arrived, and clients in need began "shopping" for food items.

"We find it not only helps to preserve dignity, but also ensures that food will be eaten if patrons are able to 'shop' and choose the food they want," Ken Mulford said.

Epic-Cure works with a variety of organizations, stores, and farms to receive and distribute most types of food items available in grocery stores. Its primary partnership has been with Feeding Northeast Florida (FNF), the local chapter of Feeding America. Through the arrangement, Epic-Cure picks up food from a number Winn-Dixie supermarkets and FNF picks up from Publix, Costco, Whole Foods, and Sam's Club and delivers it to Epic-Cure's warehouse each week.

Today, Epic-Cure is bursting at the seams, providing more than 300,000 pounds of food per month in St. Johns and Putnam counties, in large part due to the coronavirus outbreak. Mulford said that for awhile, they had to shift to a drive-through format and suspended the ability for patrons to "shop" for their own food, but now they have resumed normal operations, with social distancing.

Demand has more than doubled in recent

weeks, both from unemployment and because many food security nonprofits in the area have halted operations as their senior-aged volunteers — the most vulnerable to

the virus — have prudently remained at home. Compounded by well-publicized "runs on the stores," which dropped its deliveries from markets by 70 percent, Epic-Cure became a partner agency of the U.S. Department of Agriculture (USDA) to help fill the gap.

"Our primary goal is food rescue, but our priority is to feed people, so partnering with the USDA helps us meet that immediate need," Sunny Mulford said.

Epic-Cure is completely run by volunteers, many of whom are clients or are connected with partner organizations, with more than 1,700 hours logged in May. Sustainability is a critical part of Epic-Cure's operations. Any food that is not usable or is left over goes to local farms for feeding livestock and composting.

"One day a distributor sent 8,000 pounds of lettuce to us — an entire semi-full. Over two days we distributed all but 12 cases, which we sent straight to the farm," Sunny Mulford said.

One of Epic-Cure's core activities is seniors teaching cooking classes to low-income middle school students.

"Students not only learn sustainable practices, from sourcing and preparation to post-consumption, but also self-reliance and marketable resume-building skills, while our senior volunteers improve their well-being through activity and purpose," Sunny Mulford said.

Visit [www.epic-cure.org/](http://www.epic-cure.org/) for more information about donating or volunteering.

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# ST. JOHNS Business Monthly



## Market Insight

### The Wonderful World of Disney's Maid

By Scott Grant  
ScottGrant@StJohnsBusinessMonthly.com

Walt Disney had a live-in maid. Her name was Thelma Howard. Reportedly, she made all of Walt's meals and helped raise his two daughters. By all accounts, she was "a beloved member of the family." Some say she was the inspiration for the 1960's TV character, "Hazel." Walt Disney called her a "real life Mary Poppins."

Thelma Pearl Howard was born in Idaho in 1915. She grew up dirt poor. After dropping out of college due to a lack of money, she moved to Los Angeles. Thelma held down three jobs to make ends meet and then, in 1951, she got what must have seemed the opportunity of a lifetime. Walt Disney had a problem with his previous maid; she was a good enough cook, but was sort of mean to his children. So, he hired 36-year old Thelma Howard. Thelma moved into a mansion with a pool bigger than the house she grew up in.

For the next 30 years she took care of Walt and his family, making sure to keep plenty of hot dogs on hand. They were Walt's favorite snack. Disney's daughters recall sitting in the kitchen, with wondrous eyes, watching Thelma make dinner. Thelma was paid a modest salary for her endeavors and received free room and board in the house. The world would have long forgotten Thelma Howard, but for an odd turn of fate.

Every Christmas and on her birthday, Walt gave Thelma shares of Disney stock. Now, another housekeeper might have turned up her nose at the gift and maybe even gossiped to her friends that Walt was

too cheap to give her cash. But Thelma Howard believed in Walt Disney. It is said they had an amazing rapport. So, she held her stock and let it grow. Eventually Thelma retired, as we all do. She lived out her life in a simple bungalow and then a modest nursing home. Disney's daughter, Diane, visited her and sent her flowers.

When Thelma died in 1994, her family and friends, in fact the whole world, was stunned by the staggering fortune she had amassed. Thanks to numerous stock splits and the growth in the Disney brand name, she died holding 193,000 shares of Disney worth around \$9.5 million. She left half of the money to her son and the other half to the Thelma Pearl Howard Foundation, which supports disadvantaged youth in and around the County of Los Angeles.

Today that foundation is worth about \$5.5 million and donates more than \$400,000 per year to various charities. They have done what they were supposed to do. It is, however, intriguing to think what if they had done what Thelma did? Had they just held the stock and paid out the dividends, it would be worth more than \$35 million today and the trust would be able to pay out more than \$2 million a year. The moral of the story can be summed up in two words: buy and hold.

*Scott A. Grant is a local author, historian, columnist, and speaker. He is president of Standfast Asset Management in Ponte Vedra Beach. He welcomes your comments or questions at scottg@standfast.com.*

## Everything you need to know to get your business reopened

By Marge Cirillo  
mail@floridanewsline.com

I know it's hard to believe ... but this is how I see it. There may be some big advantages — now is the time to think positively.

While it has been difficult, there are some big opportunities:

1. People have been forced to accept change. They're now primed to accept any changes you might want or need to incorporate into the business.
2. Now is the time to consider new ideas, niches, needs. Implementation may not be so hard with all the disruption.
3. Your competitors are most likely weaker.
4. Money has never been so cheap to borrow or get.
5. New avenues are popping up everywhere.
6. Lots of talent is now available for the taking!

When do really great organizations change? Before they have to.

You need a plan. A "continuity plan" sounds boring — until you need it! Remember, those who are prepared are the ones who will succeed. Take advantage of the opportunities and consider: being a true leader and being proactive, while protecting your investment.

Document your plan with seven sections:

1. Lessons learned and innovations observed and available
2. Financial requirements (calculate the costs with scenarios and assumptions)
3. Employees (How many will you need?)

4. Customers (capacity)
5. Growth
6. Supplier Management (Can you get the supplies for the new normal?)
7. Health and Safety (How will you keep everyone safe?):
  - Plan to re-open and reduce workplace risk. (cdc.gov has a guide)
  - Free onsite OSHA Safety and Health Consultations. (www.osha.gov/consultation)
  - Consider what employers may and may not ask employees before coming back to work: You may require temperatures to be taken; you can ask if an employee has had certain symptoms; and you can require employees to be tested.
  - Level of rehiring required
  - Re-engagement — what about employees who are not ready to return? Should you consider a leave of absence, hazard pay, remote work or unemployment compensation?
  - Security
  - Training for use of PPE
  - Retention and hiring
  - Compensation models (Do they stay the same or change?)
  - Communications plan and technology

To learn more about any of the above services and information available, contact the Small Business Development Council to set up an appointment.

*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

### Senior living community's administrator receives national leadership award

The American College of Health Care Administrators (ACHCA) honored Marilyn Cameron, Health Services Administrator at Westminster Woods on Julington Creek, with the 2020 Eli Pick Facility Leadership Award.

Based on the premise that facility excellence reflects leadership excellence, this award recognizes Cameron for providing such leadership for the full 2019 calendar year. Eligibility for this award is based on three years of skilled nursing facility survey data, including the Health, Fire Safety, and Complaint Surveys, as well as top quartile performance on designated Quality Measures. The criteria also include at least an 80 percent or greater facility occupancy and a three-year avoidance of a Special Focus Facility status. This prestigious award is made possible with the support of ABILITY® Network Inc. Cameron is one of only 78 administrators throughout the United States to be recognized with the Eli Pick Facility Leadership Award.

"This award is truly a team accomplishment and a testament to all of the Westminster Woods skilled nursing employees' commitment to caring for the senior population. It is a facility award and should have everyone's name on it," Cameron said.

Brian Tenney, executive director at Westminster Woods on Julington Creek, said, "We are proud of Marilyn and her team for this great accomplishment. We are fortunate to have Marilyn as our Administrator for more than 8 years. Our results are reflective of Marilyn's consistent and compassionate leadership."

Visit [www.achca.org/eli-pick-facility-leadership](http://www.achca.org/eli-pick-facility-leadership) for more information about the award.

### New program encourages business commitment to CDC health guidelines

A new "Pledge St. Johns County" program offers businesses the opportunity to commit to CDC guidelines and ensure St. Johns County residents, visitors, and employees are safe and comfortable in their establishments. Created in partnership with the City of St. Augustine, the City of St. Augustine Beach, the St. Johns County Chamber of Commerce, and the St. Augustine, Ponte Vedra & the Beaches Visitors and Convention Bu-

reau, "Pledge St. Johns County" features a pledge in which businesses vow to adhere to guidelines regarding cleaning and disinfecting protocols, group size limitations, social distancing recommendations, and enhanced employee protocols and training. In addition, they pledge to encourage the use of face coverings by staff and customers.

Organizations that take the pledge will receive a toolkit of printable display materials to let employees and customers know they are a "Pledge St. Johns County" business. Pledged businesses will also be recognized on the "Pledge St. Johns County" website directory. Business owners or managers who would like to take the pledge, or patrons who would like to support "Pledge St. Johns County" businesses, may do so by visiting [www.pledgesjc.com](http://www.pledgesjc.com).

### Watch the weather, wait to water this summer

Summer afternoon showers and tropical rainfall mean that Mother Nature may be able to handle much of your lawn sprinkling over the next few months, saving water and your money. That's why the St. Johns River Water Management District's summertime water conservation message is "Watch the weather. Wait to water."

Florida's rainy season extends from May through October, typically accounting for up to 70 percent of our annual rainfall totals. The period from June to September includes the wettest months, with most rainfall monitoring stations in the district typically receiving five to seven inches of rain during each of these months, compared to two to three-and-a-half inches in the winter and spring.

Since these are average patterns, it is best to pay attention to your local conditions — watch the weather, wait to water.

Here are some tips for taking advantage of Florida's summer rains:

Check your forecast to see if rain is on the way. A weather app is an easy and convenient way to stay up to date.

Use a rain gauge to determine how much rain your yard has gotten. During June through September, yards need no more than one-half to three-quarters of an inch of water every two to three days.

If you use an irrigation system, know your watering days. District watering restrictions allow enough water to main-

tain healthy landscapes year-round. The mandatory restrictions specify the hours when watering may occur, the amount of water that may be applied, and the days when watering may occur for residential and nonresidential locations. Visit [www.sjrwm.com/wateringrestrictions/](http://www.sjrwm.com/wateringrestrictions/) to learn your days.

You can use the "catch can" method to determine how much water to apply to your landscape and to see if you are watering uniformly. ([www.youtube.com/watch?v=1F09sRfYmdM](http://www.youtube.com/watch?v=1F09sRfYmdM))

Make sure your gutter downspouts are directed into landscaped areas or lawn. Consider installing a rain barrel to capture excess rainwater.

Decrease watering time during cool or humid conditions and skip a scheduled watering after a moderate rainfall.

Check to see if your rain sensor is working and the controller is not in bypass mode — that way, your system won't run if there has been recent rain. Many people aren't aware that rain sensors are required on all automatic irrigation systems.

Visit the Water Less campaign online at [www.WaterLessFlorida.com](http://www.WaterLessFlorida.com) for more information.

### Junior Achievement of North Florida's Golden Ticket Raffle now underway

Junior Achievement of North Florida has Jacksonville's Golden Ticket and this year's theme is geared toward supporting local businesses. The fundraising raffle to benefit the nonprofit offers donors a chance to win some great gift cards, gift certificates and vouchers to local businesses like The Bearded Pig, V Pizza, Clara's Tidbits, Wicked Barley Brewing Company and more. Raffle tickets can be purchased now through July 22 by texting JANFL to 50155 or email Tiffany Mackey Guthrie at [tiffany@janfl.org](mailto:tiffany@janfl.org).

The Golden Ticket was originally the ultimate entertainment package with tickets to sports games, concerts and other events but the COVID-19 pandemic forced JA of North Florida to change this year's theme. The Support Local theme was created to not only raise money for the nonprofit but also to help bring people into local businesses.

"This pandemic has forced us all to make some changes and with no sporting

events or concerts to go to, we found a different way to try and bring in donations to our nonprofit while also helping out local businesses that support us," said Steve St. Amand, president of JA of North Florida. "All of the money we raise will go directly to help bring JA programs to students on the First Coast to help prepare them for the future."

A suggested donation of \$20 will provide one chance to be the winner of the Golden Ticket, a suggested \$50 donation will get three tickets and for \$100 donors will get seven tickets for the Support Local Golden Ticket raffle. Donors must be 18 or older to enter. Only 1,000 tickets will be available.

The winner will be drawn via Facebook live on July 23 on the Junior Achievement of North Florida's Facebook page at [facebook.com/JAofNorthFlorida/](https://facebook.com/JAofNorthFlorida/). For more information, contact Tiffany Mackey Guthrie at [tiffany@janfl.org](mailto:tiffany@janfl.org) or call (904) 398-9944 ext. 230.

### Walk Your Way to Defeat ALS fundraiser announced

On Saturday, Aug. 1, The ALS Association Florida Chapter is inviting the Jacksonville community to participate in a new, one-of-a-kind Walk Your Way experience, presented by the Jacksonville Jaguars and Duval Motor Company, to help support ALS patients in the state while also fighting back to defeat the disease.

Walk Your Way to Defeat ALS will kick off with live opening ceremonies from 10 a.m. – 10:30 a.m. At the conclusion of the ceremonies, participants will be asked to begin their personal walks with their family, friends or coworkers. The route and format will be completely up to the team to decide. Some may choose to take a neighborly walk around the block/park; others might walk inside their homes or in their backyard; or, some could choose to decorate their car and organize a car parade that can wind throughout their subdivision. The design and style will be as unique to all teams that sign up. At the end of the event, all teams will gather for brief, live closing ceremonies at 11:30 a.m.

Interested participants can register by contacting Michelle Decker at [mdecker@alsaf.org](mailto:mdecker@alsaf.org) or (888) 257-1717 x130.

The Walk Your Way experience was designed to keep the ALS community safe, while still allowing them the opportunity to join the fight to defeat ALS.



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# Life

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## Get to Know . . .

*Lauren Philip*

By Martie Thompson  
editor@floridanewsline.com



Photo courtesy Jeenu Philip  
Lauren Philip

Lauren Philip, a recent graduate of Creekside High School, was selected as a 2020 US Presidential Scholar by the White House Commission on Presidential Scholars. She is one of six students selected from Florida and one of 161 seniors selected nationwide based on their academic success, artistic and technical excellence, essays, school evaluations and transcripts, as well as evidence of community service, leadership, and demonstrated commitment to high ideals. Of the 3.6 million students expected to graduate from high school this year, more than 5,300 candidates qualified for the 2020 awards determined by outstanding performance on the College Board SAT or ACT exams, and through nominations made by educators. Philip was nominated by Kevin Davenport, director of the Creekside High Engineering Academy.

While at Creekside, Philip was a member of the Engineering Academy and was president of the Engineering Club and Science National Honor Society her senior year. She is also a member of Creekside's chapter of the Society of Women Engineers and holds certifications in several industry standards including CAD software.

Philip attended Julington Creek

Elementary and Fruit Cove Middle School. She has two sisters, one older who just graduated from the University of Central Florida, and one younger who is a student at Creekside. She is the daughter of Celina and Jeenu Philip.

**Q: What was the application process like and how did you find out you had been selected?**

A: There was just one very comprehensive round of application, which included a number of essays. The essays focused on how you had grown as a person, with an emphasis on how you took what you were given and then turned it into what you are now. My teacher, Mr. [Kevin] Davenport nominated me as the school's representative. I was notified in January that I was a candidate and I was shocked. Then in April I was notified that I was a semifinalist and in May, I learned that I had been selected. Usually, the scholars go to Washington DC for an awards ceremony and other activities, but with the pandemic these plans for our class are on hold.

**Q: Have you always been interested in STEM or engineering?**

Q: I didn't really know exactly what I wanted to do, probably like most kids. When I was in eighth grade and looking forward to high school, I found that Creekside had so much to offer. I knew I liked math and science and so I looked at Creekside's Engineering Academy and it really clicked with me. I talked to some of the older kids in the

Academy and that sealed the deal, so I applied.

**Q: What are your other interests?**

A: Music is a big part of my life. I have played piano since I was five years old and was in chorus in elementary school. In sixth grade band with Mr. Isabelle, I started playing the flute and then played the saxophone in high school. I was the section leader in marching band.

I also like art and designing. In fact, the ability to become certified in CAD was one of the main reasons I decided to attend the Engineering Academy. I like to work my brain and enjoy puzzles and other game apps.

**Q: What are your plans for next year?**

A: I will attend Florida Gulf Coast University and study biomedical engineering. I wanted to stay in Florida and Florida Gulf Coast offered me a scholarship. Also, I liked the size of the school; class sizes are somewhat small but they have a lot of opportunities. It's kind of a happy medium between a very large school and a small one.

Keith Martin Field cont. from pg. 1



For more than 20 years, traditional middle school sports had disappeared from St. Johns County. Martin knew how important it was for those students to find their sense of belonging, so he, along with Kim Kendall, co-founded the St. Johns Middle School Athletic Association. Martin also used the middle school sports initiative to usher in Pursuing Victory with Honor, an elevated character and academic program.

Senator Travis Hutson was the keynote speaker for the dedication ceremony. Hutson said, "Keith brought me into the inaugural Field of Dreams board. He was someone you always said 'yes' to — because it was always about the kids and never about him."

When asked for her thoughts about the renaming, Martin's widow, Dawn Martin, who with other family members was present at the ceremony, responded, "I could not be more proud! Keith loved this community and put his heart and soul into every project he worked on to make it a great place to raise a family."

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## “Drain The Oceans” came to Mandarin

By Sandy Arpen  
mail@floridanewline.com

Members of the Mandarin Museum & Historical Society were so excited in the spring of 2019 when a call was received from a production company in London, asking if they could help with an episode of the National Geographic TV series “Drain the Oceans.” As described by National Geographic, the series “dives deep into the unknown. A truly original series that takes underwater adventure and earth science illustration into a whole new era.” An episode in Season 3 was to include the Union steamship “Maple Leaf” as part of a Civil War segment.

Later in the summer, a film crew came and spent three days in Mandarin — one inside the Mandarin Museum, one outside in the Walter Jones Historical Park and in the Webb/Jones Farmhouse, and another on the water directly over the ship.

None of this would have happened without Dr. Keith Holland. We would know very little about the Union steamship buried in the mud at Mandarin Point — and maybe wouldn’t even be talking about it all. Holland actually found the ship and excavated the Civil War artifacts with the help of the St. Johns Archaeological Expeditions team of divers. It was because of their work and persistence in the 1980s and ‘90s that we have artifacts to show and stories to share today, 156 years since the ship went down. Holland was featured in the National Geographic episode. Also featured was Jacksonville resident and maritime archaeologist James Delgado, who is a regular series expert.

The episode, “Drain Raiders of the Civil War,” premiered in the United States on June 9, but is now available for TV viewing in 170 countries and by streaming on the National Geographic Channel at <https://www.nationalgeographic.com/tv/shows/drain-the-oceans>.

It was very interesting to see what the ship wreckage might now look like without eight feet of mud and 25 feet of black water over it. The program also reinforced the fact that the wreckage holds the largest collection of Civil War artifacts ever



Photo courtesy Mandarin Museum & Historical Society  
Model of the “Maple Leaf” at Mandarin Museum.

— and included a dramatic recreation of what the explosion and sinking must have looked like.

The Mandarin Museum & Historical Society has always had a special interest in the “Maple Leaf” because a past-president of the organization, Jim Towart, served as the historian of the St. Johns Archaeological Expeditions team and was a co-author (with Keith Holland and Chief Diver Lee Manley) of the only book written about “Maple Leaf.” Since 2014, the 150th anniversary of the sinking by Clay County Confederates, there has been even greater interest in this Civil War connection to Mandarin. That is why the Mandarin Museum & Historical Society decided to build a new exhibit hall to the existing museum building to provide a designated and special space for the “Maple Leaf” stories to be told. Unfortunately, the construction and renovation of all exhibits inside the museum have caused it to be closed until all work is completed this fall. In the meantime, there are plenty of very interesting links to “Maple Leaf” material at [www.mandarinmuseum.net/mandarin-history/maple-leaf](http://www.mandarinmuseum.net/mandarin-history/maple-leaf).

Note: The artifacts seen in the National Geographic film and in the museum were recovered by the St. Johns Archaeological Expeditions team, but were given to the State of Florida Division of Historical Resources in 1994. Museums like Mandarin Museum & Historical Society and MOSH may borrow them for public display.

Visit [www.mandarinmuseum.net](http://www.mandarinmuseum.net) for more information about Mandarin’s history and museum schedules.



Photo courtesy Bob Mitchell

## Basketball is back!

The World Golf Village Blue Heat sixth grade basketball team is back in action and won the first tournament of the year, the 365 Youth Exposure Silver Tournament held on June 7. In a 10 team pool the Blue Heat finished 3 – 0 in pool play with an average margin of victory of 12 points. In the championship game they held the JBA black team to only four points in the half and 13 points overall in a stalwart defensive effort. The sixth grade team is made up of Langston Hackworth, Joey Lane, Marc Mitchell, Gunner and Wyatt Willoughby and Owen Wicker, with fifth graders Cam Cooper and Jager Pritchett. Blue Heat is coached by Bob Mitchell and Rick Wicker and the general manager is Scott Cooper.



Photo courtesy Martin Hodgson

## Scouts support food bank

On May 21, scouts from Troop 225 delivered food to stock the shelves of Christ’s Cupboard Food Pantry on Roberts Road. The troop’s service hours counselor Robert Presley pointed out to the scouts that it’s always popular to donate during the holidays, but right now might be an even better time to serve the community because of the difficulties many face due to the coronavirus pandemic. Scouts from the troop donated in excess of 200 food items to Diane Rohrs, coordinator for Christ’s Cupboard Food Pantry, who gratefully accepted them.

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# Positivity campaign launched: "Make Your Own Sunshine"

By NewsLine Staff  
mail@floridanewline.com

Florida may be known for its ample supply of sunshine, but one does not have to rely on the actual sun to spread warmth and happiness.

Recently, St. Johns County teacher Heidi Weaver, along with family and friends, has been encouraging people to "make your own sunshine and spread it" through a new positivity campaign.



Photos courtesy Heidi Weaver

Local students wearing two of the shirt designs.

The challenge is to make a 30-second, creative video (singing, dancing, drawing, acting, talking, playing an instrument, etc.) using the "Make Your Own Sunshine and Spread It" refrain. Then, post the video, ask others to take the challenge, and share with Weaver on either Instagram (@makeyourown-sunshine2020) or Facebook (Wrtter Weaver).

She will then compile the videos she receives into a weekly video collage on her YouTube channel, H. Weaver (with a picture of a woman in a red poncho), and post the links on Instagram and Facebook.



Screenshot of a video of a girl from Amelia Island who did a fun skit for the positivity campaign.

Another way they are spreading sunshine is through the sale of t-shirts, with all profits going to local scholarship funds. Shirts can be purchased at [makeyourownsunshineandspreadit.com](http://makeyourownsunshineandspreadit.com).

"We are realizing how important it is to proliferate positivity," said Weaver, who was inspired by members of the Senior Class of 2020, Creekside High drama teacher, Leia Fixel, and family friend, Christina Golden to find unique ways to spread sunshine through life's ups and downs.

As the song says, "One ray of light can touch a downcast soul; so make your own sunshine, create that sunshine, make your own sunshine and spread it."

The goal is to collect at least 2020 videos of sunshine.



Photos courtesy ElderSource

## Seniors receive care packages

ElderSource, a nonprofit organization that provides resources and support for seniors and caregivers in Northeast Florida, has received funding from multiple organizations used to purchase food and supplies for seniors. Just in the month of May alone, more than 1,000 care packages were delivered. ElderSource received significant funding from the First Coast Relief Fund and the Jim Moran Foundation, and additional support from Farm Share, Humana, Wells Fargo, United Way of Northeast Florida, and Florida Blue. All these donations have helped provide food, supplies and comfort for seniors and their caregivers. Call the ElderSource HelpLine at 904-391-6699 for information and assistance.



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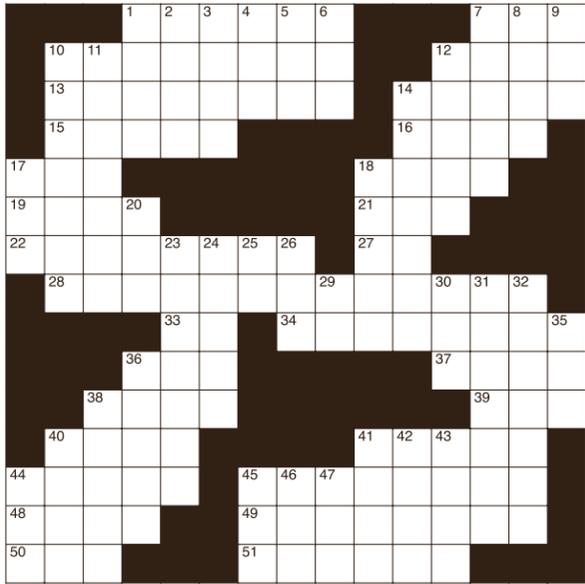
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# Puzzles

Answers on page 3  
Provided by MetroCreative



**CLUES ACROSS**

- 1. African nation
- 7. \_\_\_ fi (slang)
- 10. Not arranged according to size
- 12. A demand for a show of hands in a card game
- 13. Having a play of lustrous rain-bowlike colors
- 14. Panama has one
- 15. Taking legal action
- 16. Top of the body
- 17. Part of (abbr.)
- 18. Soul and calypso song
- 19. Murres
- 21. Irish river
- 22. Accepts as true
- 27. The Bay State
- 28. 1950s Hollywood icon
- 33. Blood type

- 34. In a way, became lost
- 36. Large primate
- 37. A spongelike cake leavened with yeast
- 38. Mama \_\_\_, folk singer
- 39. Visual metaphor (computers)
- 40. Trim by cutting
- 41. Small group of people
- 44. Pulitzer-winning scientist
- 45. Unique S. American mammal
- 48. Energy, style and enthusiasm
- 49. One who works for you
- 50. Snakelike fish
- 51. Consumers

- 3. Late rocker Allman
- 4. Word element meaning ear
- 5. Amino acid (abbr.)
- 6. Promotions
- 7. Actress Lathan
- 8. Clothed
- 9. Unwell
- 10. Loosen
- 11. Cephalopod mollusks
- 12. \_\_\_ at Obdurata: Harmful papal bull
- 14. Musical composition
- 17. Irish bar
- 18. Greek island
- 20. Afflict
- 23. Goes by
- 24. Ambience
- 25. Video game manufacturer
- 26. Surplus Marketing Administration

- 29. Football position
- 30. Electronic musical style (abbr.)
- 31. Furniture with open shelves
- 32. Clouds of gas in outer space
- 35. Indian midwife
- 36. Packers' signal caller
- 38. Secret political clique
- 40. Cry weakly
- 41. Gomer \_\_\_, marine
- 42. Academic Bill of Rights
- 43. Negatives
- 44. Hip hop icon Kool Moe \_\_\_

**CLUES DOWN**

- 1. Cylindrical sacs
- 2. Extinct North Germanic language

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

**WORDS**

- AIR
- BIOAEROSOLS
- BLADES
- CENTRAL
- COIL
- COMFORT
- COMPRESSOR
- CONDENSER
- COOLING
- DAMPER
- DUCTWORK
- EFFICIENCY
- ENERGY
- EVAPORATOR
- FURNACE
- HANDLER
- HUMIDIFIER
- PARTICLES
- REFRIGERANT
- REFRIGERATION
- SYSTEM
- THERMOSTAT
- ZONE

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Clue: Heating and \_\_\_\_\_

**B. 16 12 26 17 9 13 2 16 1 16**

Clue: Measures temperature

**C. 4 26 24 17 26 26**

Clue: Unit of temperature measurement

**D. 12 13 19 2 26**

Clue: Residence

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# Gardening

Summer in a time of reflection

By Master Gardener Volunteer Lesley Arrandale  
 mail@floridanewsline.com

While the state has been giving some businesses the go-ahead to open, and there are more opportunities for us to participate in outdoor activities, I feel lucky to have gardening to keep me active and safe at the same time.

Our local Master Gardener volunteers are now available to assist the public on a limited basis. As of June 8, there has been a Master Gardener volunteer in the office answering your phone calls from 9 a.m. – 12 p.m. and 12:30 p.m. – 3:30 p.m. The phone number is (904) 255-7450. If you need to go into the office, be sure to call first as visitors are currently required to make an appointment.

Even with minimal outdoor space, it is possible to cultivate a few beautiful pots on a porch or patio. A packet of seeds or small transplants can go a long way to brightening a space and lifting spirits. If you are tempted to try, check out <https://tinyurl.com/y8gwqugx>. Cosmos, blanket flowers, and marigolds all make a colorful show. As with all plants, give them the soil, light, and water they need: put the Right Plant in the Right Place.

With plenty of passion flowers (*Passiflora incarnata*) dotted around my backyard I had wondered why I have never seen any fruit. Just what creatures — or maybe the wind — pollinate this beautiful flower? Well, it didn't take long to discover that it is bumblebees, so maybe I haven't been doing a good job at attracting enough of these useful insects. The solution is to plant more flowers for pollinators: <https://tinyurl.com/ttzw2k>. It is also possible that after the passion flowers are pollinated the fruits simply need more water to develop.

After cutting back a flat-leaved parsley plant that was going to seed, I was delighted to see that the one I left to mature is hosting three black swallow-

tail butterfly caterpillars. This illustrates that what is ostensibly past its useful life for us humans has great potential for supporting local wildlife. At the end of summer, birds benefit enormously from flower seeds which they consume to fatten up for the winter. Plants we dead-head during the summer to promote more flowering can be left to produce seed both to feed our birds and maybe supply us with volunteer seedlings to transplant around our yards. A win-win, I think.

As storm Cristobal headed north, we had torrential rain and some localized flooding, and our yards will take time to recover. Lawns may show signs of disease after being inundated, or even just subject to days of heavy rain, so check out this article: <https://tinyurl.com/yb-cf7sk3>. It's a good starting point to help you diagnose potential problems.

During a flood, wildlife will head to higher ground and that includes snakes. Hopefully they will be as wary of us as we are of them, and will head to cover away from residences, but it makes sense for us to be vigilant when venturing outside after heavy rain. This article will help you identify any unwanted visitors: <https://ufwildlife.ifas.ufl.edu/snakes/north.shtml>. I would stay clear of any snake in my yard and give it time to retreat, but there will be some instances when more detailed advice is needed: [https://ufwildlife.ifas.ufl.edu/dealing\\_with\\_snakes.shtml](https://ufwildlife.ifas.ufl.edu/dealing_with_snakes.shtml).

Master Gardener Volunteers receive an online monthly newsletter, The Neighborhood Gardener, from the University of Florida. It's an enjoyable read. For the latest issue, visit <https://tinyurl.com/y7ntd2uo>. If you wish, you can sign up to get the newsletter delivered to your inbox every month. Happy gardening to all.

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# Nutrition Check

## 4th of July Food Fun!

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

Phytochemicals are naturally occurring plant chemicals that help give plants their color, flavor, and odor. (AICR) Phytochemicals are found in whole foods such as fruits and vegetables. Supplements are good for additional vitamin supplementation, but they do not provide as many health benefits as food itself. These phytochemicals have been shown to provide our bodies with numerous benefits such as helping us fight off colds, improving skin health, and building strong bones. Below are some red, white, and blue sources of these phytochemicals— in honor of the 4th of July.

### Red

Tomatoes, red grapes, apples, cranberries, red peppers, watermelon, strawberries, and raspberries. Fresh fruit is a refreshing summer snack. Get your family together and take a trip strawberry or cherry picking. These fruits and vegetables have the phytochemicals “lycopene” and “anthocyanin.” Did you know... anthocyanins have been shown to help improve vision and neurological health? Get some of these so you can see the fireworks better this 4th of July!

### White

Some white vegetables that also have anthocyanins are onions, mushrooms, garlic, and cauliflower. Did you know that garlic contains antibacterial properties? This means that it can help keep

our immune system strong! This 4th of July, try adding sautéed onions or garlic to your mashed potatoes for some extra flavor and nutrients. You could also add frozen cauliflower to smoothies to pump up the phytochemical power so you can stay strong throughout the summer.

### Blue

Phytochemicals such as anthocyanins and flavonoids are in blue fruits and vegetables such as blueberries, eggplant, plums, figs and raisins. Blueberries have many benefits such as making our skin healthy and making our bones strong. They have even been shown to help support our mental health. Blue fruits can be great additions in smoothies and can also be a delicious topping to a cup of oatmeal, cereal or yogurt.

With all of the benefits phytochemicals may provide, it would be silly to not incorporate them into our dietary pattern. This 4th of July, show off your phytochemical knowledge and bring a fruit and vegetable platter to your family picnic. Work to make healthier decisions in your life such as including phytochemicals in your dietary patterns.

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

# The importance of safety when swimming in backyard pools

By NewsLine Staff mail@floridanewsline.com

Backyard pools provide families with ample opportunities for recreation. It's easy to be distracted by all the fun when swimming in a backyard pool, but it is crucial that homeowners take steps to ensure everyone is safe when spending time in the pool.

**Establish a barrier:** The Consumer Product Safety Commission warns that drowning is the leading cause of unintentional death in children between the ages of one and four in the United States. Pools attract curious children, so maintaining a barrier between the home and the pool is essential. Many municipalities require some sort of fencing around pools or ladders that self-latch or can be closed off to climbing. Locks and alarms on windows and doors that face or provide access to the backyard also can serve as barriers.

**Keep play under control:** Children and even adults may be swept up in the fun and engage in potentially dangerous behaviors. Pool users should not be allowed to run around the perimeter of an inground pool, as the cement can get slippery when wet and lead to falls that can cause injuries. Exercise caution when using diving boards or diving into pools. It's easy

for divers to hit their heads when diving off a board into a pool due to close proximity of the transition wall in the deep end of the pool or by diving into shallow water. The Red Cross recommends a water depth of 11.5 feet for safe diving and the transition wall should be at least 16.5 feet from the tip of the diving board. However, the standard depth for many pools is 7.5 feet of water and a slope beginning seven feet from the board.

**Exercise caution with inflatables:** The Good Housekeeping Research Institute found that inflatable pool toys are especially dangerous. Such toys can flip easily, putting children at risk for injury (from striking the sides of the pool) or drowning (especially if the children were ejected into deep water). Inflatables also can prevent access to the surface of the water for submerged swimmers.

**Choose a backyard lifeguard:** At least one person should be designated as backyard lifeguard when the pool is in use. This person should always direct his or her focus on the pool, counting swimmers and keeping track of who enters and leaves the pool. Safe Kids Worldwide suggests rotating water watchers every 15 minutes.

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# The Pantry Raiders

## Berry bountiful muffins

By NewsLine Staff  
mail@floridanewline.com

Blueberries are tiny powerhouses of nutrition and eating more of them can be an easy way to get the antioxidants necessary to fend off many different diseases. While blueberries are nutritional allies, they also happen to taste delicious, whether it's all on their own or mixed into various cereals or baked goods. This take on muffins pairs blueberries with whole grains and chips for a go-to breakfast or any-time-of-day snack. Enjoy "Blueberry Bran Chocolate Chip Muffins" from "The Brain Boosting Diet" (Whitecap) by Norene Gilletz and Edward Wein, PhD. This make-ahead batter yields a big batch, but leftover batter can be refrigerated up to three weeks, so feel free to bake up as many or as few muffins as you'd like.

### Blueberry Bran Chocolate Chip Muffins

(Makes 30 muffins)



Photo courtesy MetroCreative

Blueberry Bran Chocolate Chip Muffins

- 3 cups all-bran cereal
- 1/3 cup canola oil
- 1/3 cup plain Greek yogurt
- 1 cup hot tea
- 2 large eggs
- 2 tbsp. lemon juice, plus enough milk (skim or 1%) to equal 2 cups
- 1/2 cup firmly packed brown sugar
- 1/2 cup molasses or honey
- 2 1/2 cups whole wheat flour
- 2 tsp. ground cinnamon
- 2 tsp. baking soda
- 1 tsp. baking powder
- Zest of 1 orange
- 1 1/2 cups fresh or frozen blueberries
- 1/2 to 3/4 cup chocolate chips (semisweet or sugar-free)

1. In a very large mixing bowl, combine bran with oil and yogurt. Pour hot tea over the mixture and let stand for 5 minutes. Stir well. Add eggs, milk mixture, brown sugar, and molasses. Stir until combined. Add flour, cinnamon, baking soda, and baking powder. Mix until blended. Stir in orange zest, blueberries, and chocolate chips, just until combined.

Either let batter stand for 30 minutes, until thickened, or cover and refrigerate for up to three weeks. Preheat oven to 375 F. Spray compartments of a muffin pan (or muffin pans) with nonstick spray. Scoop batter into the muffin pan(s), filling each compartment about two-thirds full. Bake 22 to 25 minutes, or until tops spring back when lightly touched.

# Fishing

## Capt. David's Fishing Report

By Captain David Lifka  
mail@floridanewline.com

Even though we are still early in the summer season, fishing in the St. Johns has been pretty good. Keeper reds have been on docks from San Marco to Switzerland Point. The croaker bite has steadily been on the increase with some decent size to them. Yellowmouth trout, now referred to as Weakfish, are showing a little early, but should increase in numbers and size as the summer increases.

Weather — as in rain — remains the biggest determining factor of how this year's fishing will turn out. For most of the spring, salinity levels for areas of the river have been very high. That has helped saltwater species of bait and fish work their way farther south a little earlier in the year. When too much rain occurs, salinity levels fall, pushing those same species of bait and fish farther north up the river.

With the exception of heavy drenching tropical systems, normal summer rainfall is usually all we need to sustain decent salinity levels for a good fishing and shrimping season. If a tropical system does happen to pass through, usually the earlier in the summer the better, as the river still has time to recover and return to a more favorable brackish salinity level.

Fishing the river for these summertime species is usually pretty easy. Look for a point, sand bar, marker, hole, ledge, or other boats. A 1-ounce egg sinker in front of an 18-inch leader with a small 1/0 hook is a simple and effective rig. Local live or dead shrimp should be



Photo courtesy Andy White

Two-year-old Drew catches his first catfish, which hit a small white jig in May 2020 on Lake Beluthahatchee.

your first bait of choice, followed by cut bait (croaker or mullet). Live bait (shrimp or finger mullet) on a float rig should be your preferred method for fishing docks unless you are really good at casting artificial baits.

Fishing Report: Croaker bite is on the increase. Marker 18 at Green Cove Springs seems to be the most popular spot once again. Area bridges, (Buckman, Doctor's Lake, and Shands) have been providing mixed bags including reds, stripers, and an occasional drum or flounder.

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

*Email your Catch of the Month photo to catchofthemonthpictures@gmail.com. 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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# Travel

## Baton Rouge: Louisiana's capital

By Debi Lander  
mail@floridanewline.com

Baton Rouge, Louisiana, was the last destination I visited before the coronavirus lockdown. I went for a conference, and honestly wasn't expecting much from the city. But I was wrong. The revitalized and clean downtown impressed me. I found fantastic interactive museums, an old and new capitol building, and a lively spirit that flowed through the city, likely due to hometown Louisiana State University's (LSU) football team winning the National Championship.



Old Capitol dome

If you're not from Louisiana, you might think New Orleans is the capital — but that's wrong. Baton Rouge, meaning "red stick" in French, earned the honor in 1849. The name dates back to 1699 when French explorers noted a red cypress tree stripped of its bark that marked the boundary between Houma and Bayou Goula tribal hunting grounds. They called the tree "le baton rouge," or red stick.

Over the centuries, Baton Rouge functioned under seven governing bodies: France, England, Spain, Louisiana, the Florida Republic, the Confederate States, and the United States. In the mid-1700s, French-speaking settlers from Acadia, Canada's maritime regions, driven into exile by British forces, came to rural Louisiana. Hence the nickname Cajuns, as descendants of the Acadians.

During the first half of the 19th Century, the city grew steadily as a result of steamboat trade and transportation, but the Civil War halted economic progress. In 1909, the Standard Oil Company built a facility, and that lured other

petrochemical firms. In recent years, a building boom brought money, improvements, and restored the downtown.

State capitol building tours are always worth the time and effort, but in Baton Rouge, you get two for free. Statehood symbolism abounds from the exterior and interior of the current capitol, constructed in 1932 (although it's often called the new capitol). The Observation Deck on the 27th floor overlooks the city at the height of 350 feet. What began as the dream of one man — Governor Huey P. Long — became a city symbol. Rising 450-feet, it's the tallest state capitol in the U.S. In 1935, the building that Long built became the site of his assassination, and his grave.

The Old State Capitol looks like a castle and contains the most colorful interior

glass dome I've come across. You climb a wrought iron staircase looking up into a blaze of stained glass.

Adjacent to the current capitol building stands the modern Capitol Park Museum brimming with interactive displays that tell the Louisiana story. Trust me, this museum is not outdated or old-style dull.

Since Baton Rouge is a port city, you'll find a lovely riverwalk, perfect for strolling and with more attractions. Visit the USS KIDD historic battleship, a WWII destroyer restored to her 1945 appearance. Families with kids enjoy the permanently docked boat.

The Louisiana Art and Science Museum overlooks the river and includes wonderfully arranged exhibitions and a planetarium. Check out the mummy in the Ancient Egypt collection. FYI: Many Baton Rouge museums offer free admission on the first Sunday of every month.

Drive over and see Mike the Tiger and the Louisiana State University (LSU) Stadium. The school mascot has a good



Photos courtesy Debi Lander  
Current Capitol Building

life. Mike's yard encompasses 14,010 square feet plus a night house. He gets the best of care from a personal veterinarian from the LSU School of Veterinary Medicine. Mike's fur glistens in the sunshine like a woman's hair in a shampoo commercial. Animals activists should know that Mike is not sedated, nor taken into the stadium.

Besides museums, there's plenty to do in the area. Nearby you'll find Bayou tours, plantation tours, botanical gardens, boating, fishing, and other sports. And, you can't go to Louisiana without dining on some decadent Cajun dishes.

If you go: A road trip across the Panhandle of Florida will take eight and a half hours to Baton Rouge. VisitBatonRouge.com

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



# CHRIS

# Strickland

(Rep)

## for ST JOHNS COUNTY SHERIFF

**Strickland uniquely qualified to be our next sheriff**

By Tom Verri  
St Johns County, FL

Based on my 34 years of experience in law enforcement, working for two of the country's largest police agencies as well as the US Department of State, in command-level and supervisory positions I would like to announce that I am supporting Chris Strickland for St. Johns County sheriff.

I have compared the qualifications and experience of the two current candidates: Chris Strickland and Rob Hardwick. This county needs proper administration of our sheriff's office. It is our primary law enforcement and public safety agency. With that in mind, I find that Strickland far and away exceeds his opponent. Sheriff Neil Perry appointed Strickland a deputy sheriff when he was only 19 years old. Perry saw Strickland's dedication and realized Chris had great promise. Strickland rose through the ranks as the agency and the county grew. He advanced from deputy to sergeant to detective, lieutenant, to commander and finally to the highest ranking uniformed career position, Director of the Office of Sheriff. As Director, he oversaw operations at the highest level of the agency. Strickland earned a Master of Public Administration degree and is a graduate of Georgia Command College.

Chris Strickland is uniquely qualified to be our next sheriff. In recent years, our sheriff's office has been plagued with scandals. Under outgoing Sheriff Shoar, we have witnessed the national embarrassment of mishandling in the Michelle O'Connell death investigation as well as the embezzlement of nearly a million dollars by Shoar's handpicked Director of Finance. After 16-years of no accountability for his actions, Shoar and his backers have donated hundreds or thousands of dollars and are aggressively promoting Harwick, who oversees an agency made up of about 21 officers, to be Shoar's handpicked successor. That is disturbing. Chris Strickland has been for openness and honesty since day one. Last year he promised to equip all deputies with body-worn cameras. Hardwick has not make any firm commitment to body cameras. In fact, during his tenure as chief of the 21 officer St. Augustine Beach Police Department he has never equipped his officers with them. Why?

Chris Strickland will restore excellent police and community relations by reviewing and reforming use of force training, setting up strong protocols for budgetary and fiscal management to insure accountability of taxpayer dollars and move the department into the future with his innovative platform for the agency and for all residents of the county.



# Strickland4Sheriff.com

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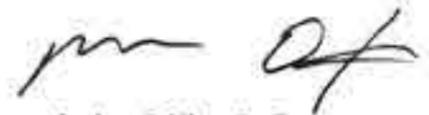
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I have been privileged to serve you for the past five years. I would be grateful for your vote so I can continue to serve you.

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