



The Creek Line



Serving the St. Johns County Community

OCTOBER 2020 Volume 20 Issue 10

A Florida NewsLine Publication



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BFF Best Furry Friend



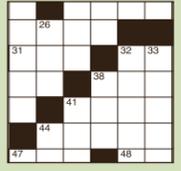
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Church to hold Trick or Treat for Non-Perishables



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Puzzles

Area Relay for Life events merge into First Coast Relay for Life

By NewsLine Staff
mail@floridanewslines.com

The American Cancer Society has announced that Relay For Life events in Jacksonville and surrounding counties have merged into the First Coast Relay For Life. Due to the pandemic, Relay For Life events might look different but the passion and commitment to fight cancer is unchanged.

“Whether we come together in person or virtually for this event, let’s rally together in the fight against cancer and make a difference,” said Mel Toran, American Cancer Society North Florida executive director. “We envision a future where we no longer live with the threat of cancer. Unfortunately, that future is at risk and there is a mission urgency since COVID-19 forced the postponement of fundraising activities this past year.”

For more than 35 years, participants and volunteers across the world have come together to honor and remember loved ones and take action for lifesaving change. Funds raised help the American Cancer Society conduct breakthrough research, provide 24/7 support for cancer patients and access to lifesaving screenings.

Here are some ways to get involved:

Be part of the First Coast Relay For Life: Sign up to join an existing team or start a new team at www.relayforlife.org/first-coastfl.

Donate: If you can’t participate in this year’s Relay event, you can still help save lives by donating. Every dollar fuels the American Cancer Society’s fight against cancer.

Relay for Life cont. on pg. 5

Finding friendships through Newcomers Group

By Tiffany Merlo Phelps
mail@floridanewslines.com

Nancy Smith and Mary Ellen Fleming both moved to Northern St. Johns County seven years ago from Long Island, NY, to be closer to their grandchildren, not knowing each other until they both joined the Newcomers of North St. Johns (NNSJ) and ultimately became friends.

Today Smith, former co-president, is the parliamentarian of the 266-member social organization that formed in 2004. Fleming, who has also held the position of president, treasurer and parliamentarian, is heading up the “Books and Brunch” group. Newcomers of North St. Johns is part of the National Newcomers Association and is open to anyone interested in joining. After paying annual dues of \$25, every member receives a monthly newsletter filled with newcomer tips and a list of social opportunities.

For Smith, a retired social work director at a New York City hospital, her goal was to meet people in the area. She lives with her daughter, son-in-law and three grandchildren, aged six to 13, and helps to pick up the children from school and drive them to after school activities.

“I really didn’t know anyone my own age. And this gave me an opportunity to become close friends with other ladies,” said Smith. “I love it. It gets me out of the house, and I am able to get to know a lot of different places in our area.”

Fleming, a seven-year member, is a retired Long Island high school history and journalism teacher. She lives near her daughter and 15-year-old grandson and just happened to hear about Newcomers of North St. Johns.

“The bottom line is women need girlfriends,” said Fleming, a Heritage Landing resident. “When you are younger, you know people as a couple, through

your children and your job. Once you are retired, life is different. I love the clubs, the activities, and, first and foremost, the friendships.”

While Newcomers of North St. Johns had to cancel all events for the past six months because of the pandemic, they are slowly getting back to hosting social events with safety guidelines in place, Smith said.

The next event will be the October luncheon, open to any St. Johns County area resident, on Tuesday, Oct. 20, beginning at 11 a.m. The luncheon will be held at the Bonefish Grill in Mandarin. The event features lunch and a musical presentation by

local guitarist and singer Faith Myron. In adherence to COVID guidelines, there is limited seating, and all reservations must be received by Oct. 10. Cost for the luncheon and program is \$30 for members and \$35 for guests, and the doors will open at 10:30 a.m.

October’s lunch is part of the monthly business luncheons hosted by the group and held at different locations. It is held on the third Tuesday of every month and has included locations such as Epping Forest and the Jacksonville Yacht Club.

“It is more like a wedding with a five-course meal, centerpieces and entertainment,” said Smith, who has been a member for five years.



Photos courtesy Michele Oliver
Newcomers of North St. Johns’ fashion show models at Ruths Chris.

Smith, who lives in South Hampton, also looks forward to the cultural bus trips that the group takes twice a year to places such as Jekyll Island, St. Augustine and Daytona Beach. In addition, Newcomers of North St. Johns includes three lunch groups, meeting at the St. Johns Town Center (Shop and Lunch), St. Augustine (Let’s Do Lunch) and the Avenues (Movie and Lunch). Members can also join clubs such as Bunco, Golf, Book Club, Canasta and Mahjong. All of these activities will resume with COVID guidelines in place.

New Member and Publicity Chairperson Michele Oliver retired last year from the Palencia Club where she had served as the membership director for 11 years. She was concerned about being bored after working in public relations for 40 years and maintaining a very busy schedule.

“So, I decided to attend a Newcomers luncheon last May and was so impressed with the friendliness of the members and variety of social activities, I joined that day,” said Oliver, who has lived in the Fruit Cove Forest neighborhood for 30 years. Her son and two grandchildren live in Julington Creek, and the grandchildren now attend the same elementary school that her son attended when they first moved to the area.

As part of her volunteer publicity duties, Oliver takes photos for the group as well.

“It’s been a wonderful decision, and I really encourage ladies to consider joining this fun group of active women. It is a great way for women to meet new friends, especially if they are new to the area, and to connect with ladies to enjoy fun activities,” she said.

Newcomers Group cont. on pg. 17

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Michael K. Taylor and Tari Taylor
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BFF Best Furry Friend of the month

BREED:
Red Tri Merle Mini Australian Shepherd

FAVORITE ACTIVITY:
Cutting the grass with daddy

FAVORITE TREAT:
Pizza remnants

FAVORITE FRIEND:
Dahlia, our neighbors doggie

HOW YOUR BFF GOT THEIR NAME:
Mommy and daddy just saw me and thought I looked like a Dakota :)



Meet Dakota!

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

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VOTER GUIDE 2020

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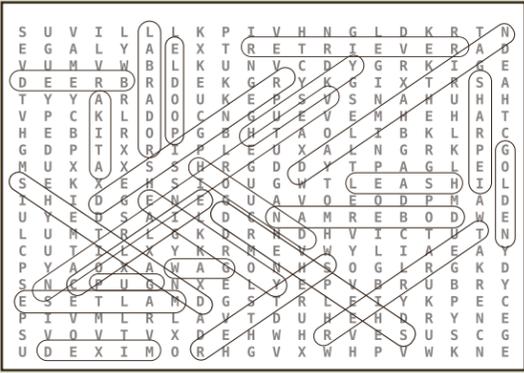


Answers to our Puzzles PG 18

CRYPTO FUN

Substitute the code to reveal the answer!

Answers: A. puppy B. shelter C. breed D. mutt



MYSTERY PHOTO

Can you guess where this is?
Submit your answer to: mail@FloridaNewsLine.com.

Last month's Mystery Photo was the concession stand/office building at Mills Field.
Our winner was Mike Van Horn. Congratulations!

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

Q: As of the date of this interview, Sept. 15, how has the starting of school impacted COVID – and vice versa?

A: As of 4 p.m. on Sept. 14 (most recent data as of the interview), we had four employees who tested positive and 34 employees quarantined. We had 20 students test positive and 472 students quarantined.

Q: How do you determine who gets quarantined?

A: We are following the protocols determined by the Department of Health as well as the CDC. If a student tests positive, we notify only those who were closer than six feet to that student for more than 15 minutes with no protection. So, it is unlikely that an entire class would be quarantined. The school district figures out who meets these requirements and then the Department of Health is actually who contacts the affected students' parents, because we are dealing not only with HIPAA, but also FERPA (Family Educational Rights and Privacy Act) privacy laws.

Q: What else can you tell us about the beginning of the 2020 - 21 school year?

A: Things are going really well so far. Students are delighted to be back in school and teachers are glad to be back in a routine with their students. We've had some technical kinks as might be expected, but we are working them out. The biggest thing is the stress on our hard working teachers who are trying to teach on two platforms. The district is trying to take everything else off their plate except for teaching in an effort to support them.

I'm so grateful for our students obeying the rules regarding wearing masks and distancing. When I go into our schools, I see everyone wearing their masks; there have been no issues and no instances of invoking the superintendent's emergency ruling, which states that students can be required to take

distance learning if they refuse to wear a mask.

Also, we had our first football games last Friday night. We limited attendance to 30 percent of the stadium and first priority was given to parents of the football players, the band, and the cheerleaders. Again, everyone obeyed the rules and we had no issues.

Q: Do you know the student counts for the first 10 days?

A: As of 10 days of school opening, we have 32,629 students attending school in person ("brick and mortar") and 10,098 students enrolled in distance learning. We have had movement back and forth between the brick and mortar option and the distance learning option, but the biggest movement has been from distance learning to brick and mortar.

Q: Do you have any updates on the construction of the new schools?

A: We have agreed to borrow up to \$80 million to pay for High School "III." Renderings and plans are in hand and we are getting ready to move forward with this school. Construction will start hopefully around the end of 2020/beginning of 2021.

Also, stay tuned, because the zoning meetings for K - 8 School "MM" will be announced soon.

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

A: I have a food service update. Due to a federal government subsidy, free breakfast and lunch is now available to all of our students at all schools. So, the district is not charging any student for regular menu items (a la carte items such as ice cream are not included).

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.



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

Q: The date of this interview, Sept. 15, was the day jury trials resumed in St. Johns County after being suspended due to the coronavirus. Can you share any insights on this?

A: Today was our first jury trial since March and it began and was completed today. It was an almost ideal type of trial for our first one — very straightforward. Everything went off without a hitch. We are excited to bring jury trials back to our criminal justice system.

Our staff has been very diligent in following CDC guidelines pertaining to COVID and we stay up to date on procedures daily. As a result, we've been very fortunate and have experienced little impact to the courthouse or county needs.

Q: Will other jury trials now be scheduled?

A: Yes, we have another trial scheduled for next week [week of Sept. 21] and then as regularly scheduled in October. I'd like to ask readers, if they've been summoned, to please follow the instructions on the jury summons if they feel the need to be excused for any reason. This is important so we may ensure we have enough jurors.

Q: Do you have any other courthouse updates?

A: Civil traffic court has also resumed. If you have received a traffic citation and want to contest it in court, please contact our traffic department at (904) 819-3628.

Q: What is the latest on last month's topic regarding the eviction and foreclosure moratorium?

A: To follow up on what we discussed last month, the eviction and foreclosure

moratorium has been extended to Oct. 1. Again, it's important to note the nuance that court action will not happen only if there is COVID-related impact. An example would be if someone lost their job due to COVID, which related to loss of income. Earlier on, the moratorium was not this specific. Evictions year over year are down because landlords and banks haven't been filing, but that could change. Communication is key between all the different parties.

Q: Do you have anything else to share with St. Johns County residents?

A: Our office holds Operation Green Light annually in compliance with F.S. 322.75 (1) which reads as follows: "Each clerk of court shall establish a Driver License Reinstatement Days program for reinstating suspended driver licenses. Participants may include, but are not limited to, the Department of Highway Safety and Motor Vehicles, the state attorney's office, the public defender's office, the circuit and county courts, the clerk of court, and any interested community organization." During the week of Oct. 12 - Oct. 16, 2020, residents of St. Johns County are afforded the opportunity to pay fines without a 40 percent surcharge. Contact our office directly for more information.

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

A: A lot of questions can be answered by visiting our website, www.stjohnsclerk.com, which is most commonly used to pay traffic citations or search court records. We also post frequent updates on social media; be sure to follow us on Facebook. People can also call our main office at (904) 819-3600.



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

St. Johns County Board of County Commissioners
 District 1: Jimmy Johns, bcc1johns@sjcfl.us, (904) 209-0301
 District 2: Jeb Smith, bcc2smith@sjcfl.us, (904) 209-0302
 District 3: Paul Waldron, bcc3waldron@sjcfl.us, (904) 209-0303
 District 4: Jeremiah Blocker, bcc4blocker@sjcfl.us, (904) 209-0304

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

State of Florida Elected Officials
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with St. Johns County Supervisor of Elections Vicky Oakes

Q: Vote By Mail is very popular this election cycle. Do you have any final statistics from the August Primary Election?

A: Here are some statistics from the August Primary:

- 49, 820 Vote by Mail ballots were mailed for the Primary Election.
- 27,158 were voted and returned.
- 1,068 ballots were returned to the Elections Office as undeliverable mail.
- 59 Vote by Mail ballots were not counted because voters did not sign their envelope and 27 Vote by Mail ballots were not counted because the voter's signature did not match their record. When a voter does not sign their ballot or their signature differs, the voter is contacted (phone, email and US Mail) and given the opportunity to cure his or her signature until 5 p.m. on the second day following the election.
- 234 ballots were received late and could not be counted. Most of these ballots were mailed on Election Day or the day after the election.
- 7 vote by mail ballots were turned in at the polls on Election Day and could not be counted.

Q: Looking ahead to the General Election on Nov. 3, what are some of the upcoming important dates?

A: The deadline to register for the General Election is Oct. 5. Early Voting will be held Oct. 19 – Oct. 31. All 10 Early Voting locations are listed in our ad on page 13 of this issue.

Q: Will voters receive sample ballots in the mail?

A: Yes, sample ballots will be mailed by our office on Oct. 1, but they are also available on our website by using the "My Voter Status" link. I recommend that voters do their homework and be prepared when they show up to vote. The ballot is long — two full pages, front and back — as there are a lot of candidates, judges, and six Constitu-

tional Amendments, and everything is in both English and Spanish.

Also, while looking at our website, I recommend taking the time to verify that all of your voter information (such as current address) is up to date. Please call our office before voting to notify us of any changes.

Q: Back to Vote By Mail, can you give some directions for the General Election?

A: There seems to be some confusion on the part of voters about returning their Vote By Mail ballot. The drop boxes are only available at Early Voting locations during Early Voting, Oct. 19 – Oct. 31. They are NOT available after Oct. 31 or on Election Day. Other tips include:

- In order to count, Vote By Mail ballots MUST be received in the Elections Office no later than 7 p.m. on Election Day.
 - Do not mail your ballot on Election Day, it will be late and will not count. I recommend mailing them at least a week before.
 - Do not turn your voted ballot in at the polls; you can surrender it and vote in person.
 - Sign your envelope.
 - Update your signature if it has changed over the years.
 - If you are contacted by the Elections Office regarding your ballot, please respond immediately; we will provide information on what you need to do to cure your ballot so it will count.
 - Visit www.votesjc.com/My-Voter-Page/My-Voter-Status to track your Vote By Mail ballot.
- 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.

Relay for Life cont. from pg. 1

Founded by Dr. Gordy Klatt in Tacoma, Wash., in 1985, Relay For Life continues to be more than just an event — it's a movement, a community of like-minded survivors, caregivers, volunteers and par-

ticipants who believe that the future can be free from cancer.

Visit RelayForLife.org or www.relayfor-life.org/firstcoastfl for more information.



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Halloween Doors & More presents drive-in movie experience

By NewsLine Staff
mail@floridanewslines.com

This year, Halloween Doors & More will present something a little different: a drive-in movie experience with three days, four showings of family favorites, Oct. 15 – 17. Admission is \$25 per car and must be purchased in advance with limited spaces available. Costumes and car decorations are encouraged for this year's theme, "Safari Life."

In addition to the drive-in movie experience, go on the Halloween Doors Safari, Oct. 11 – 18. Families can enjoy this self-guided tour around the community of decorated front doors and yards in support of Halloween Doors & More. Visit <https://tinyurl.com/y3aqc4b6> to get the road map and activity sheet.

For more information or to purchase admissions, sign up for the Safari or become a door decorator, visit hdm.community-hospice.com or call (904) 886-3883.

Halloween Doors & More raises funds for Community PedsCare, Community Hospice & Palliative Care's pediatric program. Community Hospice & Palliative Care established Community PedsCare in 2000 recognizing the special needs of pediatric patients. Services are delivered in collaboration with Wolfson Children's Hospital, Nemours Children's Specialty Care and the University of Florida-Jacksonville. All proceeds from Halloween Doors & More benefit Community PedsCare, which is a pediatric palliative and hospice program for children with complex life-limiting or life-threatening conditions. This year more than 190 families will receive support services from a care team uniquely skilled to work with our youngest patients. Community PedsCare services are offered at no cost to families and philanthropic support is needed to ensure availability of services. Visit CommunityHospice.com to learn more.

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October

Community Calendar

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

Rotary Club of Bartram Trail – Julington Creek is hosting a virtual marathon "My 26.2 within 26.2" beginning on Oct. 1. This event will connect communities, families and friends from all over the country by sharing their journey #BartramTrailRotaryMarathon. Proceeds from the event will go to The Betty Griffin Center in St. Augustine for children and adults who are victims of domestic violence. Visit www.BartramTrailRotaryMarathon.org to learn more about sponsorship opportunities and registration for the event.

The Bartram Trail Newcomers' and Women's Club resumes its monthly meeting and luncheon schedule on Oct. 13 at 11:00 a.m. at the newly renovated St. Johns Golf and Country Club and Country Club, 205 St. Johns Golf Drive off County Road 210. The speaker will be Matthew Holibaugh, a Certified Financial Advisor. Visit the group's Facebook page at www.facebook.com/BTNC1 for more information and to reserve your space at the luncheon.

St. Johns County Park Naturalist AyoLane Halusky will host a Sunset Stroll at Alpine Groves Park on Wednesday, Oct. 14. Attendees will learn about the different flora and fauna found in St. Johns County's parks while enjoying the sunset and should bring questions and journals to record their findings. This program is free and open to all ages. To comply with CDC guidelines and State of Florida executive orders, you must register for these walks. For more information or to register, contact AyoLane Halusky at ahalusky@sjcfl.us or (904) 209-0348.

ElderSource is offering free Medicare counseling for seniors and caregivers during Medicare Open Enrollment (Oct. 16 – Dec. 7). In partnership with the Florida Department of Elder Affairs, the Serving Health Insurance

Needs of Elders (SHINE) Program helps seniors understand their Medicare choices and maximize their benefits. Call (888) 242-4464 to schedule an appointment with a SHINE counselor today.

Herbal Medicine for Beginners will be offered on Oct. 17 at 10 a.m. Attendees will learn about traditionally used herbs to promote wellness and health as well as how to create their own tinctures, teas, and salves. Included are guides, plant identification, lecture and herbal snacks. Pre registration is required via phone or text: (386) 972-1891.

Tale Tellers of St. Augustine will host Scary Halloween Tales for a "A Dark and Stormy Night" on Saturday, Oct. 24. Family concert will begin at 6:30 p.m. and Scary, Gory Tales will begin at 7 p.m. Vilano Beach's Airstream Row (the large grassy parcel located at 190 Vilano Road) in St. Augustine. General admission is \$5 and the event will be first come, first served. Costumes are encouraged and COVID regulations require attendees to wear masks for admission, and practice social distancing during the outside performance. Audience members may wish to bring their own chairs and/or blankets. The Tale Tellers of St. Augustine, a non-profit organization of cultural and educational orientation, was founded in 1993 to promote the art and perpetuate the tradition of storytelling. Visit www.taletellers.org or call (904) 540-0402 or (386) 439-9413 for more information.

First Coast Florida Lifestyles Newcomers Recreation Club will host a Halloween holiday dinner at a Mexican restaurant in St. Johns on Friday, Oct. 30 at 6:30 p.m. Prizes will be offered for costumes. Call the club organizer at (904) 829-0643 (no texts) to RSVP or for information about the club. The club is open to both men and women and is a smoke- and drug-free club.

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Overcoming Executive Functioning Skills in ADHD students

By Kimberly Mullins
mail@floridanewsline.com

Up to 90 percent of ADD/ADHD (attention deficit hyperactivity disorder) students will also have Executive Functioning Disorder that will impair their ability to reach their full potential and cripple their success later in life.

As the mother of an ADD/ADHD student, I had never heard of Executive Functioning Disorder (EFD). I assumed all the disorganization, lack of planning and time blindness was just ADHD. And some of it is ADHD, but some of it is linked to Executive Functioning Disorder. They are very similar, but not synonymous and with some skill development, some of it can be overcome.

Here are some tips from the National Center for Learning Disabilities.

1. Take a step by step approach to work. Give one assignment, let them complete it, then give the second, let them complete it, etc.
2. Rely on visual aids to get organized, like reminder notes, agenda and other written information.
3. Use tools like time organizers, computers or watches with alarms to help relieve time blindness.
4. Make schedules and review several times a day to stay on track.

5. Plan for transition times and shifts in activities.

WebMD suggests making a checklist for getting through assignments. For example: get out a pencil, put name on paper, put due date on paper, read directions, etc. They also recommend meeting with a teacher to review work on a regular basis and using a tutor to help sharpen the Executive Functioning Skills.

There are also many books on study skills and courses that parents can use to help their students learn these skills.

The Tutoring Club of St Johns offers an online Study Skills course that focuses on Executive Functioning Skills. This live course focuses students on how to get organized and stay organized, set effective goals, establish priorities, take notes and study more effectively. While working with a coach, students learn the skills and are guided through using the skills. These are not just school skills, they are skills students take with them to college and their careers.

Kimberly Mullins is the Director of Tutoring Club of St. Johns. Email her at kmullins@tutoringclub.com for more information.



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The COVID-19 pandemic highlights the importance of having a strong support system. The Coves at River Garden offers vibrant independent living with the ability to layer the support you may need now or in the future. Interested in learning more?
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Briefs

St. Johns County Public Libraries now open evenings

The St. Johns County Public Library System introduced evening hours at all facilities to accommodate the needs of working families and students on Sept. 15. The Main Branch, Ponte Vedra Beach Branch, and Southeast Branch libraries are now open from 2 p.m. – 7 p.m. on Tuesdays, and the Anastasia Island Branch, Bartram Trail Branch, and Hastings Branch libraries will now be open from 2 p.m. – 7 p.m. on Thursdays.

All other library hours will remain the same, and libraries will remain closed on Sundays and Mondays. To further assist patrons, the library's online reference service, Ask a Librarian, is also extending service hours to 7 p.m. on Tuesdays and Thursdays.

For more information, visit www.sjcpls.org or call your local branch library.

Hospital earns Gold Plus Award for stroke care

Recognizing high levels of adherence to treatment guidelines and dedication to improving outcomes for stroke patients, the American Heart Association (AHA) and the American Stroke Association (ASA) have named Baptist Medical Center South a Gold Plus hospital. The award acknowledges Baptist South's commitment to providing state-of-the-art stroke treatment according to nationally recognized, research-based guidelines.

"This recognition for our Stroke and Cerebrovascular team is a direct reflection of our commitment to providing outstand-

ing clinical care for stroke patients," said Nicole Thomas, MHA, FACHE, hospital president of Baptist South.

Gold level status is awarded to hospitals that display high levels of success following benchmarks outlined by the AHA's Get With The Guidelines® program for two consecutive years. To earn this award, hospitals must treat patients with 85 percent or higher compliance to standard levels of care as outlined by the AHA.

When it comes to stroke, every second counts. According to the AHA, a typical patient loses around 2 million neurons each minute after suffering a stroke until treatment. Improved patient outcomes are directly linked to how quickly a patient receives care after experiencing stroke symptoms.

Baptist Medical Center Beaches and Baptist Medical Center Nassau were also recognized by the AHA and the ASA for their dedication to ensuring excellence in stroke care for all patients, receiving Silver level awards. Baptist Medical Center Jacksonville received a Stroke Gold Plus Honor Roll Elite with Advanced Therapy Achievement Award, marking the first time all adult hospital campuses received a Silver level award or higher.

The AHA's Get With The Guidelines® program assigns hospitals a Bronze, Silver or Gold rating to reflect how long they have participated in the initiative. Plus levels are awarded to hospitals that demonstrate at least 75 percent treatment standard compliance for conditions such as stroke and heart disease.

Community leaders selected to participate in Leadership Jacksonville's flagship program

Leadership Jacksonville educates, connects and inspires diverse leaders to build and strengthen their communities. Since the first class in 1976 – 77, more than 2,200 alumni have completed the yearlong program exploring dynamics of urban society, analyzing major areas of community concern, facilitating development of leadership capacity and promoting a network of community trustees.

"Outstanding community leaders are always needed and this new class will build on the knowledge and talents that they bring to make a positive difference in our community" said Leadership Jacksonville Chief Executive Officer Jill Langford Dame.

Members of Leadership Jacksonville Class of 2021 are:

Carmina Montesa Aldana, founder and executive director, The Neurosurgery

Outreach Foundation, Inc.

Kimberly Alula, senior director, Integrated Merchandising and Marketing, Fanatics

Barry Argalas, senior vice president, Re-gency Centers Corporation

Christine Bell, chief operations counsel, Acosta Sales and Marketing

Anne Borngesser, vice president, Hylant

Joe A. Carlucci, co-owner, The Carlucci Insurance Agency LLC

Adam Chaskin, chief executive officer, Jewish Community Alliance

Dinah Coleman-Mason, owner/consultant, Dinahsty's Mediation and Consulting Services, LLC

Travis Cox, assistant chief, Jacksonville Sheriff's Office

James Croft III, assistant director of Public Affairs, City of Jacksonville

Diana Donovan, consultant

AG Gancarski, journalist, FloridaPolitics

David Garfunkel, president, Lift Jax

Pat Gillum Sams, manager, Emerging Workforce Strategies, JEA

Monica Hernandez, assistant vice president, Deutsche Bank

Lori Hershey, board member, District 7, Duval County School Board

Kaci Honeycutt, community liaison, VyStar Credit Union

Kellie Humphries, attorney, Gunster

Rudy Jamison Jr., assistant director, Center for Urban Education and Policy, University of North Florida

Valerie H. Jenkins, vice president, Wells Fargo

Jill Johnson, chief communications officer, Florida State College at Jacksonville

Josh Jolley, account director, Harden

Erik Kasper, president, kasper architects + associates

Brian Keeney, managing director, PNC Financial Services

Alvin Kennedy Jr., co-founder/business manager, Total Foot Care and Wellness Clinic

Jay King, vice president, District Services Division, Vesta Property Services

Tiffany King, vice president, People and Culture, Crowley Maritime Corporation

Jason Kirk, director of business development, Haskell

Laura Lambert, director, State Attorney's Office

Laura Lane, community priorities and innovations coordinator, Changing Homelessness, Inc.

Brandon Mack, director, Partnerships and Community Outreach, Duval County Public Schools

Erin Mangan, chief development officer, Communities in Schools of Jacksonville, Inc.

Y. Michelle McGriff, director of alumni engagement, University of North Florida

Eric Mitchell, Captain of Special Events, Jacksonville Fire and Rescue Department

Tyler Morris, executive director, CIL Jacksonville

Cory Nichols, principal / senior vice president / senior engineer, AE Engineering, Inc.

Kelli O'Leary, vice president, Engagement, Jacksonville Transportation Authority

Tim Page, vice president and controller, RS&H, Inc.

Linda Pittenger, associate professor, Organizational Leadership, Embry-Riddle Aeronautical University

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Joy Stanton, assistant general counsel, Florida Blue

Bryan Taylor, middle market banking leader, Truist

David Thompson, trial attorney, Coker Law

Jennifer Vanover, attorney, GrayRobinson, P.A.

Terri Wall, director, Behavioral Health, Ascension St. Vincent's

LaKeisha Wells-Palmer, executive director, Jacksonville and Central Florida, Teach for America

Ellen Wiss, president, Homkor Florida, Inc. and READ USA, Inc.

Brian Zargham, associate administrator, Corporate Development and Innovation, Mayo Clinic Jacksonville

Visit www.leadershipjax.org or contact Jill Langford Dame at jill@leadershipjax.org for more information.

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ST. JOHNS Business Monthly

MarketInsight



The Bizarre Story of Joachim Peiper

By Scott Grant
ScottGrant@StJohnsBusinessMonthly.com

(Warning: This story may shock and anger you.)

By late 1944 it was obvious to everyone that Germany was going to lose the war. Obvious to everyone, that is, but Adolph Hitler. The Fuhrer, who had four months left to live, conceived an audacious plan to turn the tide of war. His troops would take the offensive on the Western Front, driving out of the Ardennes and then turning north to seize Antwerp and split the Allied armies in two. The plan was a replication of the 1940 attack that had knocked France out of the war. This time the result would be different.

SS General Sepp Dietrich was assigned to command the attack, which began on Dec. 16, 1944, in the midst of bad weather. Another SS officer, Colonel Joachim Peiper, spearheaded the operation. He was ordered to keep moving. Time was of the essence. He was given a map of U.S. fuel depots to refuel his tanks. Dietrich would allegedly commit a series of war crimes. He dressed some of his men in American uniforms and, more significantly, his troops massacred prisoners along the way to save time. The most infamous of these massacres occurred at a spot called Malmedy on Dec. 17. It was there that the Germans executed 83 American POWs. They used machine guns and left the dead bodies in the snow.

The decision to murder unarmed prisoners cost the Germans. As word leaked out, the Americans famously dug in at places like Bastogne and Ambleve. At Bastogne, soldiers of the 101st Airborne, under the command of General McAuliffe, held off the German advance for more than a week until they were eventually relieved by units of Patton's Third Army. In the United States, we remember the heroic actions of these soldiers as the Battle of the Bulge.

After the war, Joachim Peiper was one of hundreds of Germans who were tried

for war crimes. His trial took place at Dachau, site of an infamous Nazi death camp. The trials at Dachau were less famous than the ones held at Nuremberg. Seventy-three members of Kampf Gruppe Peiper were put on trial for 13 separate massacres involving 373 prisoners of war and 111 civilians. Forty-three, including Peiper himself were sentenced to death by hanging. That should have been the end of the story. It wasn't.

Following the trials, the Germans complained their confessions had been obtained under torture. Peiper's sentence was commuted to life and then to 35 years and ultimately, he was released in 1956 having served 12 years for one of the most heinous war crimes of all time. Joachim Peiper, now 41 years old, was offered a job working for Ferdinand "Ferry" Porsche, son of the man who helped Adolph Hitler design the original Volkswagen. Ferry promised to promote Peiper, but when workers at Porsche's factories in Italy began to complain about Peiper's involvement in a different massacre, one that took place in 1943, Ferry let him go.

Peiper sued for wrongful termination, arguing that he had never committed any atrocities. When the case was settled out of court in Peiper's favor, it was seen as a vindication and added to the former SS officer's cult status amongst right-wing Europeans. Peiper was not done. He took a job with Volkswagen training salesmen to sell cars. In 1972, Peiper retired to a small town in France. Several years later word got out that the town was housing a war criminal. Local communists, on Bastille Day in 1976, attacked his villa and set it on fire. Peiper's charred body was found the next day. No one was ever charged with the crime.

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

Business Briefs

Flagler College adds online certificate in nonprofit management

Nonprofit professionals and volunteers who want to create a positive impact on the community can now earn a Certificate in Nonprofit Management through Flagler College's Adult and Continuing Education (ACE) program. Nationwide, the nonprofit sector is facing staffing challenges. Florida has more than 96,000 nonprofit organizations registered with the IRS, and personnel with organizational and philanthropic development knowledge are in demand.

"We've had requests from nonprofit employees and volunteers who are interested in improving their management and leadership skills to create a greater impact," said Ann Ashworth, ACE program coordinator. "Even for those who hold a bachelor's or master's degree, the certificate in nonprofit management can give them an edge in the marketplace."

The self-paced, online curriculum helps prepare students to support and influence the direction of organizations with initiatives such as human and youth services, the arts, sports, conservation and more. Non degree-seeking students and professionals can earn valuable CEUs in the certificate program of 11 courses that include grant writing, fundraising, budgeting,

volunteer development, marketing and social media.

Registration for the Certificate in Nonprofit Management suite of 11 courses results in a 40 percent discount over taking the courses individually. For more information or to register, visit www.flagler.edu/adulted/npm, email professionaldevelopment@flagler.edu or call (904) 826-8643.

Small Business Week Virtual Celebration announced

The Florida Small Business Development Center Network, in conjunction with the U.S. Small Business Administration, will be honoring Florida's Small Business Leaders, Champions and Top Lenders from Pensacola to Orlando at the first-ever Virtual Small Business Week Event as part of National Small Business Week. The event is scheduled for Oct. 9 from 11:30 a.m. – 1:30 p.m. and features keynote speaker Jim Harris discussing "How Technology Is Transforming Small and Medium Sized Businesses." New technologies are dramatically cutting costs, increasing customer satisfaction and offering new value to customers; attendees will learn the tips, tricks, tools and strategies for implementing these technologies.

Register at www.sbdc.unf.edu/pay-for-workshop/?workshops_id=470 for this no cost virtual event.

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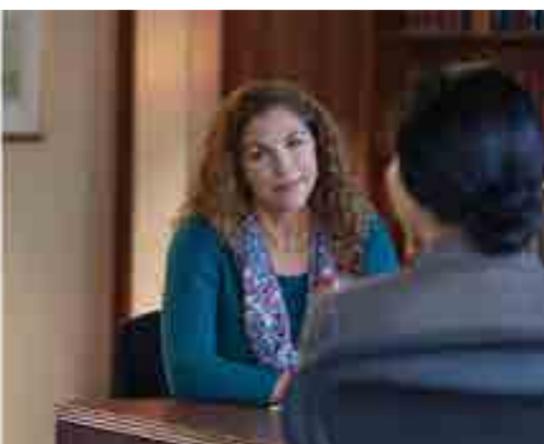
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Photos courtesy Tyler Day

Editorial

Eagle Scout candidate Tyler Day organized a food drive to make snack packs for families staying at Ronald McDonald House.

Eagle Scout project benefits Ronald McDonald House

By Tyler Day

What do you get when you combine a boy scout working on an Eagle project, some friends and family, and a really generous neighborhood, all coming together for an awesome cause? One crazy successful event!

The Ronald McDonald House of Jacksonville provides lodging and food for families whose children are hospitalized and are receiving treatment for life-threatening illnesses. These things are given free of charge to qualifying families, providing a service that is appreciated by them during a time when they have so many other things on their plate.



Tyler Day helping to make the snack packs.

A few days ago I had the privilege of helping our local Ronald McDonald House by organizing a food drive to make snack packs for families who will be staying at the house while their children are in the hospital. Many times it is very difficult for parents to leave the hospital while their child is receiving treatment, and so snacks and snack bags are a big necessity for parents. We set out to make 150

snack bags for the Ronald McDonald House, but because of the amazing generosity of the Julington Lakes community, we were able to easily reach our goal of 150 bags as well as huge stockpiles of snacks for their pantry.

I have a very personal reason for wanting to help out the Ronald McDonald House, because my family stayed at a Ronald McDonald House when my older brother was in the NICU after he was born two months early. Being able to help out an organization that does so much for families when they are going through tough times was an honor — and I appreciate every last

thing that people did to help make this project a reality.

Visit www.troop225.net for more information about BSA Troop 225 and visit www.rmhcjacksonville.org to learn how you can donate or assist the Ronald McDonald House of Jacksonville.

Tyler Day is an Eagle Scout candidate and a member of Troop 225.

St. Johns CARES announces annual Food and Personal Hygiene Product Drive

By Mary Ann Kriniske
mail@floridanewsline.com

In the present economic and health environment, the need for non-perishable food is in even greater demand at local food pantries serving those in need. Also needed by homeless students and adults are personal hygiene items, including feminine hygiene products.

St. Johns CARES, an all-volunteer organization, will hold a drive for food and hygiene products on Saturday, Oct. 17 at Celebration Lutheran Church at 810 Roberts Road in Fruit Cove from 9 a.m. – 12 p.m. For safety measures, drivers with donations are asked to loop through the parking lot where a

volunteer will quickly retrieve the items from the vehicle's trunk. Volunteers can register at www.stjohnscares.org volunteer site. Volunteers are needed to promote and collect donations in their neighborhood and to participate at the drive site.

Food donations will be distributed to Christ's Cupboard at Celebration Lutheran Church, Youth Crisis Center and St. Francis House in St. Augustine, SEA Community in Armstrong and Shepherd's Haven in Hastings.

Student utilizes STEM skills; makes hand sanitizer dispenser

Photo courtesy Jeanette Murphy



Gryffyn Weinberg, former Julington Creek Elementary student and a current Junior Girl Scout, has built an innovative tool to assist the school during the pandemic. As a Junior Girl Scout, she began to work on her Bronze Project, which is the highest award at this level. Weinberg decided to recreate a hands-free hand sanitizer dispenser that was shown to her by the Julington Creek Elementary Robotics sponsor. It fit into all of her interests: Robotics, STEM, and helping others. Weinberg has completed the dispenser out of PVC pipes, and has decorated it to fit with the Julington Creek Jaguars. She donated this to the school for usage to keep the school community safe — the dispenser is used every morning as students enter the school from the buses. Pictured are Gryffyn Weinberg and Julington Creek Elementary Principal Jeanette Murphy.



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Church to hold Trick or Treat for Non-Perishables this year

By NewsLine Staff
mail@floridanewline.com

River of Life United Methodist Church will not be hosting its 18th annual Pumpkin Patch or Fall Festival this year due to the COVID pandemic, but has come up with a more socially distant outreach to still support the missions (United Methodist Children's Home, St. Francis House, and other church ministries) of the Pumpkin Patch.

"This year we will be Trick or Treat-ing for Non-Perishables," said Becky Kimball, River of Life's Pumpkin Patch coordinator.

If you live in the Julington Creek Plantation area, Kimball said you should be on the lookout for a grocery bag on your door on or around Saturday, Oct. 24. If you would like to participate, fill the bag with non-perishable food (no glass jars), personal hygiene supplies, and cleaning supplies and place it next to your mailbox on Saturday, Oct. 31 by 10 a.m. for pick up. If you don't live in Julington Creek Plantation area and would like to participate, Kimball said you can drop off items at the church between 10 a.m. – 2 p.m. on Oct. 31.

"We will also be happy to receive gift cards from Walmart, Target, Publix, or Winn Dixie that we can pass onto the Children's Home, or St. Francis House for them to purchase what they need," Kimball said.

Students who need service hours and would like to participate should contact Becky Kimball (call or text) at (904) 254-7325; limited slots are available on Oct. 24 and Oct. 31.



Needed items:

Food: Canned tuna (pop-top preferred) • Canned meats (pop-top preferred) • Rice • Dry cereals • Pasta • Microwavable meals • Canned peas, lentils, beans • Peanut butter • Jelly • Dry milk • Powdered drink mix (Gatorade, Crystal Light)

Personal Hygiene: Travel-size shampoo/conditioner, soap, lotion • Toothpaste/Toothbrush • Deodorant • Shave gel • Razors • Feminine hygiene products • Hand sanitizer • Face Masks • Band-aids/First-aid cream

Cleaning Supplies: Laundry detergent • Fabric softener sheets • Bleach • Trash bags • Toilet bowl cleaner • Dishwashing soap • All-purpose cleaners • Swiffer mops/pads • Air freshener • Glass Cleaner

Miscellaneous: Toilet paper • Paper towels • Tissues • Napkins • Paper plates • Aluminum foil



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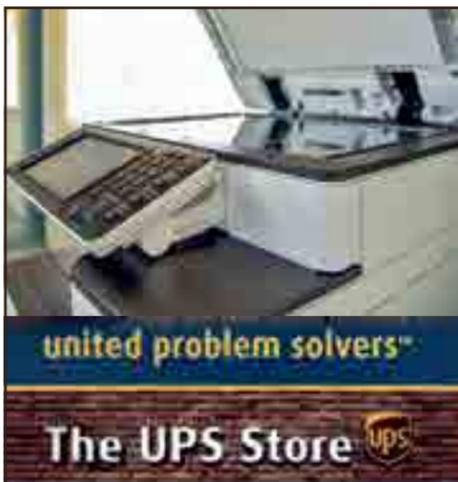
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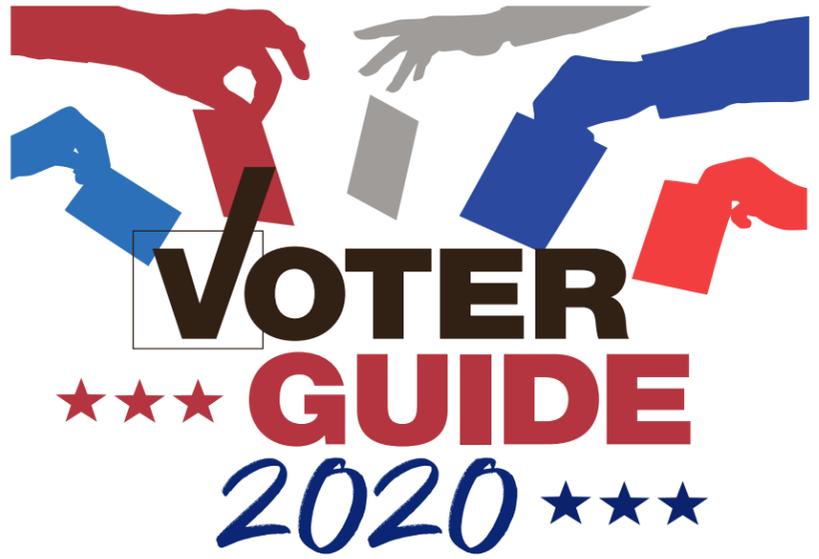
ALF# 13126

Meet your local candidates

By Martie Thompson
 editor@floridanewslines.com

In advance of the General Election to be held on Tuesday, Nov. 3, The CreekLine invited each of the candidates that will appear on northern St. Johns County voters' ballots for US Congress District 4, Florida State Senate District 7, Florida House of Representatives District 17, State Attorney 7th Judicial Circuit and County Commission District 1 to submit a statement for this election section.

The CreekLine offered this opportunity to all candidates for these General Election races as a community service; no purchase of advertising was required. The content of the statements was left up to each candidate; the only stipulation was that the statement could not exceed 200 words. No editing of the statements took place. Each statement is printed in its entirety, as submitted by the candidate.



US Congress District 4

Donna Deegan (Dem.)

I'm proud of my deep roots in Jacksonville. I grew up on the Southside, attended Bishop Kenny High School and graduated from FSU. As a journalist for 30 years, I listened to all sides to get to the heart of the matter and shine a light on the truth.

When diagnosed with cancer for the first of three times, I learned firsthand the toll a medical crisis takes on a family. I heard from women who had to choose between food and medicine. That's why I started The DONNA Foundation and marathon, raising millions to help struggling families. There's real work to be done. Families are in real pain. Yet the people I talk to feel ignored by elected leaders.

While partisan politics holds our country hostage, I stand ready to work together to solve our most pressing challenges. I'm committed to lowering the price of insurance and prescription drugs while investing in jobs with real wage growth, strong public education, safety, and climate change solutions to grow the economy of our future.

This community has been good to my family and me. It would be an honor to work for you. I would appreciate your vote on Nov. 3.

John Rutherford (Rep.)

It has truly been an honor to serve the people of the 4th Congressional District in Congress these past four years. Every day I have gone to work trying to bring people together to seek bipartisan solutions to major issues we confront as a nation. From safely and responsibly reopening our economy after the devastation brought on by the COVID-19 crisis by providing support to workers, families and business owners, to protecting our coast from oil drilling, to building

consensus on lowering prescription drug costs, protecting pre-existing condition coverage and making healthcare more affordable, I have championed common sense solutions that bring people together and ignore the political games that are all too common in Washington, D.C.

Should the voters give me the honor of continuing to represent them in Congress, I pledge to continue working to bring people together to solve problems, because there is nothing we cannot overcome or accomplish if we focus on those things that unite us in common purpose. Our best days are truly in front of us, and I humbly ask for your vote on Nov. 3 to continue working for you.

State Senate District 7

Heather Hunter (Dem.)

I am running to restore power to the people in Tallahassee. For too long corporations have been overrepresented at the state level through lobbyists and campaign donations this system needs to change. I am not taking any money

from corporations unlike my opponent, Travis Hutson, so that I am only bought and paid for by the people. My platform includes ensuring the over 1.8 million Floridians wanting for their unemployment benefits are paid in full. We need to fix our designed to fail unemployment system that has left so many families stressed and anxious about their ability to pay their rent or put food on the table. I also want to expand Medicaid to 800,000 uninsured Floridians, an effort that saves us \$160 million and saves thousands of lives. We must go further and create a Medicare for all type system to cover the more than two million Floridians who would still be without healthcare even if Medicaid is expanded. During a global pandemic making sure all Floridians have healthcare is a top priority. I will also protect our environment including the St. Johns River and our coast to ensure we have a safe and sustainable future.

Travis Hutson (Rep.)

I'm Travis Hutson, a conservative Re-

publican seeking re-election to Florida Senate District 7, which includes Flagler and St. Johns counties and part of Volusia County. I live in St. Augustine with my wife, Tanya, and our three children.

As a lifelong resident of Florida's First Coast, I understand the unique challenges we face as a community. While serving in the Florida Legislature, I've championed crucial legislation for District 7 and the state, focusing on the economy, education and public safety. One of my priorities was to craft enhancements to Florida's Career and Professional Education Act, responding to Florida's critical workforce needs.

As your Senator, I closed loopholes in the release of sexual violent predators making Northeast Florida's most vulnerable citizens safer. Additionally, I fought for improved water quality in Florida, successfully championing water policy reform and hurricane recovery.

Meet your local candidates cont. on pg. 14



The Common Sense Conservative St Johns Can Trust

- ★ Prioritizing public safety spending
- ★ Balancing budgets - if we have to balance our budget, the government should have to
- ★ Responsible spending that puts people first, not special interests
- ★ Restoring and protecting our beaches

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 FOR COUNTY COMMISSION - DISTRICT 5

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Paid by Henry Dean, Republican, for St. Johns County Commission District 5.



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Paid by Charles C. Owen, Nonpartisan Candidate, for St. Johns County Soil and Water Conservation, District 4

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- ✔ Family-Focused Values
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- ✔ Support Law Enforcement
- ✔ Protect Our Beaches

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Call 823-2238 for your vote by mail ballot today! You can also use the online request form on our website www.votesjc.com. Deadline to request a ballot to be mailed is 5 PM October 24th

Make sure your vote counts!

Has your signature changed? If your signature on your voter record and signature on the vote by mail ballot certificate envelope do not match, your vote by mail ballot may not count. Update your signature using a Florida voter registration application.

Options for returning your vote by mail ballot:

- ★ By Mail – No postage needed
- ★ Secure Drop boxes are available Oct 19 - 31 at all early voting locations during the hours of voting (Listed below)
- ★ Availability of the Drop boxes end Oct. 31 when early voting ends
- ★ 24 hr. Drop box in front of the Elections Office

Your ballot **MUST** be returned to the election office **NO LATER THAN 7 PM** Election day in order for it to count. If it is late, it will not count.

Vote by mail ballots cannot be turned in at the polls on election day.

ACCEPTABLE FORMS OF ID WHEN VOTING IN PERSON

Voter information cards are not a valid form of identification when voting. Be sure to bring a current and valid photo ID when voting in person. If the photo ID does not contain your signature, an additional ID that includes your signature shall be required. Example: Photo on Student ID and signature on a library card are acceptable. If you do not bring any ID, you will be allowed to vote a provisional ballot.

- Florida Driver License
- Florida ID Card issued by DMV
- United States Passport
- Debit or Credit Card
- Military ID
- Student ID
- Retirement Center ID
- Neighborhood Association ID
- Public Assistance ID
- Veteran Health ID
- Concealed Weapon ID or Firearm License ID
- Government Employee ID

EARLY VOTING LOCATIONS

★ **DATES & TIMES ~ October 19th – 31st** ★ **8 AM – 6 PM daily at all locations**
(Includes 2 Saturdays (Oct. 24 & 31) and 1 Sunday (Oct. 25))

New Site

Shoppes of St. Johns Parkway (Earth Fare) 120 Shops Blvd. St. Johns, FL 32259	Julington Creek Annex 725 Flora Branch Blvd. St. Johns, FL 32259	Supervisor of Elections Office 4455 Avenue A, Suite 101 St. Augustine, FL 32095	Southeast Branch Library 6670 US 1 South St. Augustine, FL 32086
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New Site

St. Johns Convention Center At World Golf Village 500 S. Legacy Trl. St. Augustine, FL 32092	Ponte Vedra Branch Library 101 Library Blvd. Ponte Vedra Beach, FL 32082	St. Augustine Beach City Hall 2200 A1A South St. Augustine, FL 32080	Hastings Branch Library 6795 S. Main St. Hastings, FL 32145
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New Site

Ponte Vedra Concert Hall 1050 A1A North Ponte Vedra Beach, FL 32082
--

New Site

Solomon Calhoun Comm. Center 1300 Duval St. St. Augustine, FL 32084
--

ELECTION DAY

- ★ **Tuesday, November 3, 2020**
- ★ **Polls are open 7 AM – 7 PM**
- ★ **When voting on Election Day you MUST vote at the precinct of your legal residence.**
- ★ **Vote by mail ballots cannot be turned in at the polls on election day.**

KNOW WHERE TO VOTE BEFORE YOU GO

To locate your polling place visit www.votesjc.com or call the Elections Office at 823-2238.



VOTER GUIDE 2020

Meet your local candidates cont. from pg. 12

I look forward to continuing to serve you and our community by keeping St. Johns safe for our children, promoting smart economic growth and ensuring government regulations are kept in check. I look forward to earning your vote on Nov. 3.

State Representative, District 17

Dave Rogers (Dem.)

I'm Dave Rogers, retired Navy commander, 22 years active duty, 1979 graduate of the United States Naval Academy. I've been retired from working life since 2013. I'm running for State Representative in District 17.

I entered this race because Republicans have had 20 years in power in Florida. They've had an uninterrupted opportunity to shape Florida into their vision of the ideal Republican state.

Everywhere I look, I see mediocrity. While St Johns County is doing well, the

rest of the state is not. We have the 12th highest poverty rate in the nation, the fourth highest uninsured rate for health coverage. We're below average in per capita GDP, income, public health spending, infant mortality, the list goes on. Adding to this record of unmitigated mediocrity, the legislature has utterly ignored the challenge of climate change.

To our grandchildren who will inherit a climate catastrophe, the status quo is unsustainable. To our brothers and sisters who know the burden of poverty, the sting of bigotry, or the anger of injustice, the status quo is unacceptable. To the thousands of grieving families of COVID-19 victims, the status quo is unforgivable.

We can do better. We must do better. I will.

Cyndi Stevenson (Rep.)

My name is Cyndi Stevenson. I'm a lifelong Floridian. I have been married to my husband Henry for 37 years. We live in Julington Creek in NW St. Johns County. Our two sons were raised here and graduated from St. Johns County's top ranked public schools. I am a CPA with more than 20 years experience in keeping business and government accountable.

As your Representative in Tallahassee, I don't play political games. I work hard to represent you.

I have consistently voted to increase

funding for our teachers and schools and have supported our local law enforcement and public safety teams. I have championed legislation to continue the fight to improve access to mental health services and quality, affordable healthcare. I have helped keep taxes low, investing in our workforce and jumpstarting our economy. I have worked to protect our beaches and waterways, and to add to our conservation areas and parks in St. Johns County. I champion policies that enable people to rise out of poverty so they have a chance at the American Dream.

My name is Cyndi Stevenson and I am asking for your vote in the Nov. 3rd Election so I can continue to serve you.

State Attorney, 7th Judicial Circuit

Don Dempsey (Dem.)

My name is Don Dempsey and I am running for the office of the State Attorney for the 7th Judicial Circuit. I am running with No Party Affiliation. This is due to my strong belief that the Office of State Attorney should be non-partisan, having no political allegiance to any party. The statue of Lady Justice in front of our U.S. Supreme Court is blindfolded symbolizing that justice should be blind. I agree.

I am in my 30th year practicing law in this circuit as both prosecutor and defense attorney. During that time, I have witnessed numerous injustices in our criminal justice system that need redressed. The sum total of these injustices has yielded the sad fact that Florida jails more people per capita than any country in the world. This is wrong.

We need common-sense justice in our circuit. We need to reprioritize victim crimes over victimless, non-violent offenses. We should spend more resources on white collar crimes such as exploitation of the elderly, embezzlement, and other economic crimes over victimless non-violent crimes such as personal use cannabis charges.

R.J. Larizza (Rep.)

I am a native Floridian. I have worked as a probation officer, prosecutor, private attorney, and currently as your elected State Attorney. I have tried more than 70 jury

trials including two death penalty cases.

I am married (more than 29 years), have two children and six grandchildren. I play the harmonica, enjoy boating, family time, and am privileged to serve as your State Attorney.

Your safety is my priority. We seek lengthy prison sentences for violent criminal predators, while providing treatment for nonviolent offenders. I maintain a Domestic Violence Unit, Career Criminal Unit and Homicide Unit to identify and prosecute the most violent and dangerous criminal offenders. I established Veterans Court, DUI Court, Drug Court and various diversion programs to assist those with addiction/mental health issues. I am working on a mental health pilot program for mentally ill offenders. I established a program for folks who have lost their driver's licenses for financial reasons. We help them obtain their license to work and provide for their families.

This smart on crime approach works — we have accomplished a 54 percent reduction in the crime rate in the 7th Judicial Circuit since I took Office.

County Commission, District 1

Joe McAnarney (Dem.)

I am running to Preserve, Protect, and Defend all that is good about St. Johns County. We all moved here for our quality of life, A+ rated schools, historical spirit, and natural beauty. But our County is threatened with runaway development and overcrowded roads, a proliferation of strip shopping centers with low wages, and schools that cannot keep up with growth. We must control this overdevelopment! So, here is my plan:

Families First — decisions that maintain A+ rated schools, provide parks and recreation for our youth sports and families, and preserve the values of our communities;

Smart Growth — decisions that balance development with conservation and prevent overcrowded roads in our communities; and

Sustainable Jobs — decisions that aggressively attract companies to relocate here with good high-wage jobs for our communities.

My opponent says he wants "government out of the way." But we need community leadership and a County Commissioner who will not get out of the way for big developers. I will stand with you and fight for you to Preserve, Protect, and Defend all that is good about St. Johns County. This is a community campaign, so I ask for your vote as the most qualified candidate for St. Johns County Commissioner.

Christian Whitehurst (Rep.)

I'm Christian Whitehurst, candidate for St. Johns County Commission, District 1. I moved to St. Johns County 22 years ago, graduated from Nease High School and live in Julington Creek with my wife Courtney and our two daughters.

My background is in business and I'm very passionate about the future of St. Johns because we need a strong, decisive leader on our County Commission.



Rob Hardwick
For St. Johns County Sheriff

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- ✓ Raised Two Sons In St. Johns County
- ✓ Over 20 Years of Experience Keeping Businesses And Government Accountable

“As your Representative in Tallahassee, I don't play the political game, I work hard to represent your voice. I want to continue focusing on improving our quality of life, getting our economy back on track and making St. Johns County even better.”

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Cyndi Stevenson
For State Representative
District 17

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Paid by Cyndi Stevenson, Republican for State Representative District 17

With overdevelopment overcrowding roads and schools and threatening a loss of quality of life for St. Johns County **St. Johns County Voters have a clear choice For a County Commissioner to make change**

Who is Most Qualified?



JOE MCANARNEY:

Nice family guy, college graduate and retired architect with **OVER 40 YEARS' EXPERIENCE** working with development codes & standards



CHRISTIAN WHITEHURST:

Nice family guy, high school graduate, with **NO EXPERIENCE** working with development codes & standards

Who will make decisions supporting you and your family?



JOE MCANARNEY:

Has accepted **NO MONEY** from developers or developer networks and focused on making decisions that place you and your Family First



CHRISTIAN WHITEHURST:

Accepted over \$55,000 from developers & developer networks. Will he vote for you or for the developers?



Who has a plan for dealing with overdevelopment, creating good jobs, and preserving our quality of life?



JOE MCANARNEY:

Tells YOU today and everyday, "I will NOT get out of the way! I will stand by & support you with leadership and smart decisions."



CHRISTIAN WHITEHURST:

Told a Town Hall (SJCC 8/13): "I WILL WORK TO GET GOVERNMENT OUT OF THE WAY"

ELECT

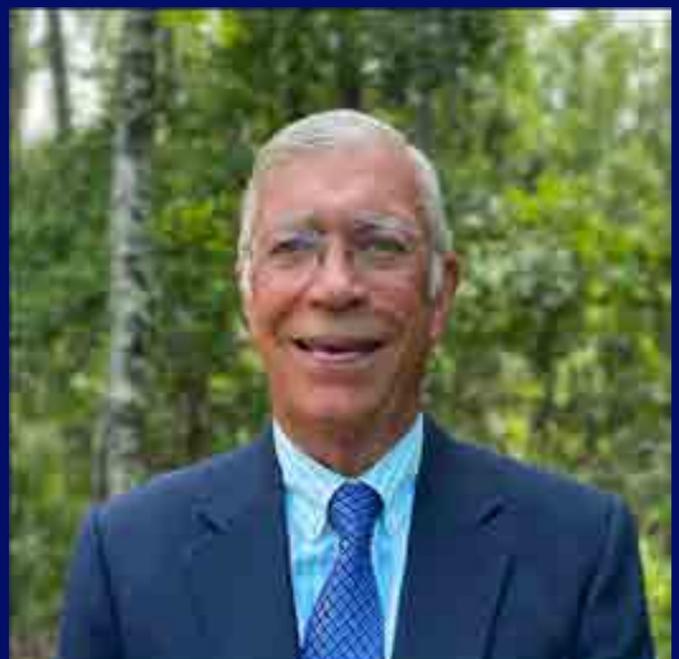
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DISTRICT 1

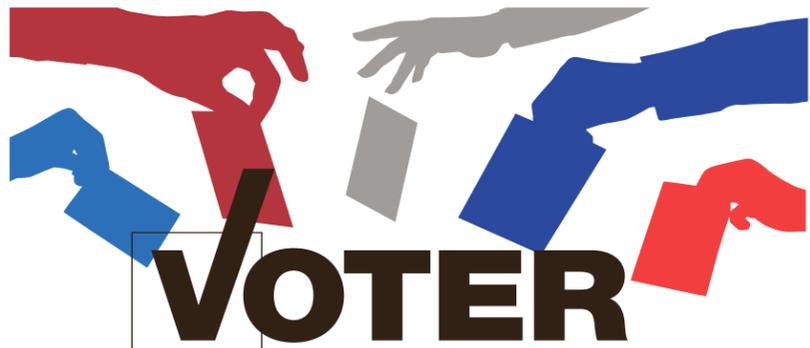
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VOTER GUIDE 2020

Meet your local candidates cont. from pg. 14

St. Johns must have a strong, thriving economy, where we create opportunities for businesses to succeed and an atmosphere to attract new businesses. We must prioritize the safety and security of children and ensure law enforcement has the support they need to keep us safe. I will always stand with our veterans. Their service and sacrifice must be honored and I will ensure veterans are provided the services and attention they deserve. I will fight to protect our environment and ensure our beautiful beaches are preserved for our kids and grandkids.

I believe smart managed growth is the best path forward for St. Johns. That means projects must provide a net-benefit to our community and our environment.

I look forward to earning your vote on Nov. 3.

County Commission, District 5

Henry Dean (Rep.)

I have 30 years of Florida public service: Staff Attorney for Florida's Growth Management Agency, General Counsel for Florida Department of Natural Resources, Executive Director of SJRWMD and Executive Director of SFWMD. I

was directly involved with the acquisition and management of roughly 1.25 million acres of conservation lands in Florida, including 70,000 acres in St. Johns County. While at SJRWMD I led the efforts to restore the headwaters of the St. Johns River, the Indian River Lagoon and Lake Apopka. My last year at SFWMD prior to retirement I managed an annual budget of roughly \$1 billion and 2,000 employees.

I would like to continue to provide the best service possible to our residents, including public safety, infrastructure, libraries, parks, boat ramps and cultural activities.

My vision for St. Johns County is to plan for smart growth in a way that maintains our exceptional quality of life. This includes planning for and providing sufficient infrastructure for new developments, ensuring new development is compatible with the surrounding area and setting aside parks and open spaces by re-starting the LAMP program. We also need to implement a management plan for our 42 miles of beaches and coastal estuaries.

Merrill Paul Roland (NPA)
Did not submit a statement.

Learn about Florida's proposed Constitutional Amendments

By NewsLine Staff
mail@floridanewline.com

On Nov. 3, 2020, in addition to federal, state and local races, Floridians will be asked to vote on a total of six amendments to the state's constitution. Constitutional amendments can reach the ballot in different ways; this year, two (Amendments 5 and 6) were placed on the ballot by the State Legislature and three were placed by citizen petition initiative (Amendments 1 – 4). All amendments require a 60 percent public vote for passage.

Following is the ballot language for the amendments, provided by the St. Johns County Supervisor of Elections:

1. Citizen Requirement to Vote in Florida Elections.

Ballot Language: "This amendment provides that only United States Citizens who are at least eighteen years of age, permanent residents of Florida, and registered to vote, as provided by law, shall be qualified to vote in a Florida election."

The state constitution says "Every citizen of the United States who is at least eighteen years of age and who is a permanent resident of the state, if registered as provided by law, shall be an elector of the county where registered." The amendment would change the first two words to three words: "Only a citizen."

2. Raising Florida's Minimum Wage.

Ballot Language: "Raises minimum wage to \$10.00 per hour effective September 30th, 2021. Each September 30th thereafter, minimum wage shall increase by \$1.00 per hour until the minimum wage reaches \$15.00 per hour on September 30th, 2026. From that point forward, future minimum wage increases shall revert to being adjusted annually for inflation starting September 30th, 2027."

3. All Voters Vote in Primary Elections for State Legislature, Governor, and Cabinet.

Ballot Language: "Allows all registered voters to vote in primaries for State Legislature, Governor, and Cabinet regardless of political party affiliation. All candidates for an office, including party nominated candidates, appear on the same primary ballot. Two highest

vote getters advance to general election. If only two candidates qualify, no primary is held and winner is determined in general election. Candidate's party affiliation may appear on ballot as provided by law. Effective January 1, 2024."

4. Voter Approval of Constitutional Amendments.

Ballot Language: "Requires all proposed amendments or revisions to the State Constitution to be approved by the voters in two elections, instead of one, in order to take effect. The proposal applies the current thresholds for passage to each of the two elections."

5. Extend "Save-Our-Homes" Portability Period for Homestead Property Tax Assessment.

Ballot Language: "Proposing an amendment to the State Constitution, effective January 1, 2021, to increase, from 2 years to 3 years, the period of time during which accrued Save-Our-Homes benefits may be transferred from a prior homestead to a new homestead."

6. Homestead Property Tax Discount for Surviving Spouses of Deceased Veterans.

Ballot Language: "Provides that the homestead property tax discount for certain veterans with permanent combat-related disabilities carries over to such veteran's surviving spouse who holds legal or beneficial title to, and who permanently resides on, the homestead property, until he or she remarries or sells or otherwise disposes of the property. The discount may be transferred to a new homestead property of the surviving spouse under certain conditions. The amendment takes effect January 1, 2021."

There are several different guides to Constitutional Amendments available online. The James Madison Institute's guide may be found at www.jamesmadison.org/2020-amendment-guide/ and www.lwvfl.org/amendments-2020/ contains a guide produced by the League of Women Voters. Also visit www.votesjc.com for more information.

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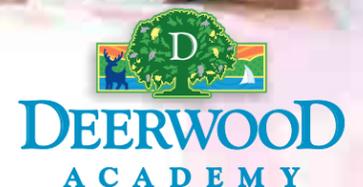


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- **SPHERES Science Lab** — A hands-on introduction to science, robotics, and engineering; and
- **Art Trails** — A journey through art history and the techniques of famous artists.

Space is limited, so visit our website today for more information — including our convenient Afterschool Program bus pickup at 5 local elementary schools!



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Get to Know . . .

Judy Harmon Holmes

By Martie Thompson
editor@floridanewsline.com

World Golf Village area resident Judy Harmon Holmes was born in Minnesota, but grew up in Maine. She attended school there and earned her bachelor's degree from the University of Maine. She also has a master's degree in school counseling. While teaching English at a school in Cumberland, Maine, she learned of a program that would pay for an advanced degree, so she took advantage of that opportunity and earned her doctorate in teacher education and professional development from the University of Massachusetts at Amherst. After she completed the seven required years of teaching back in Maine to offset her doctorate degree sabbatical, she moved to Maryland, where she taught graduate courses to students and teachers at Frostburg State, part of the University of Maryland system. When she officially retired and moved to Florida, she continued to teach online classes for about three years at Frostburg State. Currently, she teaches workshops dealing with how to teach kids to become responsible and will publish her first book, "How to Create Totally Irresponsible Kids or Six Ways to Do The Opposite," in March 2021. She and her partner, Fred Raskind, have been together for 16 years. Judy has three adult daughters and 11 grandchildren.

Q: How did you decide to retire in Florida?

A: I had a good friend who taught with me in Maine and when she retired, she moved to this area. I used to visit her here every year and I always said, "I'm going to move to St. Augustine when I retire." It almost didn't happen though, since when Fred retired from his synagogue, we decided to move together to Maine instead. Then one day, he found out about a part time job at Temple Bet Yam in St. Augustine and decided to take it. So we changed our plans and I ended up in Florida after all.

Q: What do you like best about living in the World Golf Village area?

A: We've lived in a few different places here: the Cascades, Turnberry for a couple of years, and then we just bought in The Residences. I love the landscaping here, the flowers, the birds, the water ... it's just the most gorgeous place.

Q: What made you decide to take on your project of Creating Responsible Kids?

A: We spend a lifetime learning how to do what we do professionally — and then when we finally figure it out, we retire! I felt I had more to say, so I started this website (creatingresponsiblekids.com) about the importance of kids being responsible for their own learning. I teach workshops for parents and teachers and a class at Flagler Col-



Photo courtesy Judy Harmon Holmes
Judy Harmon Holmes (second from right) with daughters Kristin Phillips, Kim McAvinchey, and Cheryl Scheinberg.

lege in addition to writing the monthly blogs on the website.

Q: What are some of the tips you have on your website?

A: As parents and teachers, we can make or break the responsibility that kids should have. For instance, I recommend that instead of "why" questions, adults should ask students "what" questions. The answer to a "why" question ("Why didn't you clean your room?") tends to be answered with an excuse that shirks responsibility. The "what" question ("What chores were you supposed to do today?") requires the child to take responsibility.

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

A: I love spending time with family and friends as often as I can. I ski, hike and go rafting in Utah when visiting my middle daughter. I go kayaking in Maine when we vacation there in the summer. I love to write, to read and to play Bridge once in a while — but the "once-in-a-while" presents a problem because I don't play enough to get good at it.

Newcomers Group cont. from pg. 1

At the end of the year, the Newcomers of Northern St. Johns makes a \$1,000 to \$2,000 donation to a local charity. Past recipients include St. Johns County Community Hospice, Our Lady of Good Counsel Food Pantry and the AAUW Stem Camp for Girls. The group also provides support to the St. Augustine Library by buying and donating children's books and making a cash donation.

Anyone interested in becoming a member should email Membership Coordinator Sue Aird at sjaird@comcast.net.

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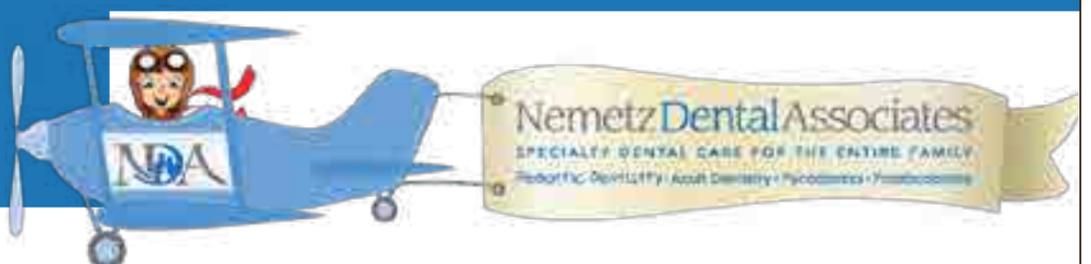
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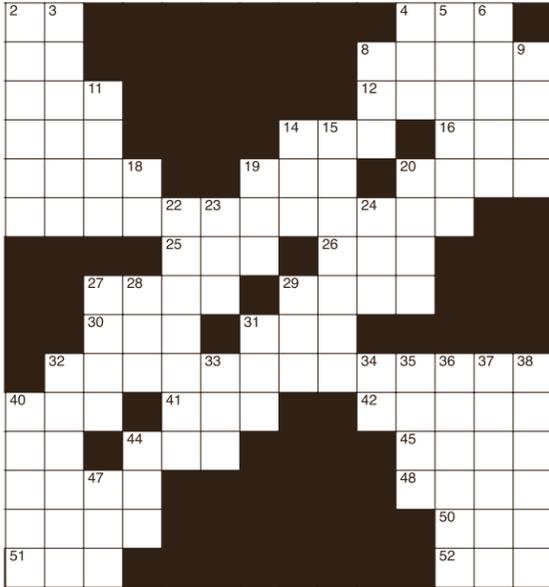
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Puzzles

Answers on page 3
Provided by MetroCreative



CLUES ACROSS

1. They look out for kids
4. Play
7. Water (French)
8. Prayer leader
10. Small constellation
12. ___ Carta: influential royal charter
13. Pressure unit
14. Extrasensory perception
16. A symbol of "Aloha"
17. Portion of the small intestine
19. Psychedelic amphetamine
20. Very long period of time
21. British overseas territory
25. Cereal grain
26. Car mechanics group
27. Wish harm upon
29. At a specific prior time
30. Peyton's younger brother

31. UK firefighters' union
32. Carroll O'Connor's screen partner
39. Popular show honoring musicians
41. Basics
42. Honk
43. Trent Reznor's band
44. Patti Hearst's captors
45. Long-legged wading bird
46. Specialized biological grouping
48. A coin goes in it
49. Of the wind
50. One-time measure of length
51. A very large body of water
52. River in NE Scotland

2. A type of bribe
3. SE England county
4. Returned material authorization (abbr.)
5. "Hotel California" rockers
6. Italian province
8. Mischievous child
9. Popular street name
11. Boxing promoter Bob
14. Snakelike fish
15. Break into pieces
18. The Bay State
19. Time zone
20. Port city in Yemen
22. In name only
23. 007's creator
24. No (Scottish)
27. Baseball's Gordon and rock's Snider are two

28. Pie ___ mode
29. Don't know when yet
31. Supervises interstate commerce
32. Make a ringing metallic sound
33. Helps little firms
34. Pound
35. Lilly and Manning are two
36. Put on the back burner
37. Baltimore ballplayer
38. Cuddle
39. Poker stake
40. Drinks to celebrate a birth (Spanish)
44. Pouch
47. Not around

CLUES DOWN

1. Boston hoopster

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 E S E T L A M D G S T R L E I Y K P E C
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WORDS

- AKITA
- BREED
- COLLIE
- DALMATIAN
- DESIGNER
- DOBERMAN
- GOLDEN
- HOUND
- HUSKY
- LABRADOR
- LEASH
- MALTESE
- MIXED
- POODLE
- PUG
- RETRIEVER
- SETTER
- SHARPEI
- SHEPHERD
- SHETLAND
- TERRIER
- VETERINARIAN
- WAG
- YORKIE

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

⊙ * ☼ ☽ ☿ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓ ♀ ♂ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to dogs.
Each number corresponds to a letter.
(Hint: 20 = E)

A. 9 12 9 9 24
Clue: Young dog

B. 14 2 20 4 8 20 22
Clue: Pet adoption location

C. 3 22 20 20 25
Clue: Type of dog

D. 10 12 8 8
Clue: Mixed heritage dog



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# Gardening

## Veggies and More

By Master Gardener Volunteer Lesley Arrandale  
mail@floridanewsline.com

By the time you read this, I hope the above-average temperatures of early September are well behind us, although even in northeast Florida, we may be able to spend the holidays at the beach courtesy of the Florida weather.

If you have a garden, now is the time to plant cool season vegetables. Some of you will have gotten off to a good start already, but with our unpredictable temperatures, planting early can be tricky. In the first week of September, I was still dealing with summer insect pests: stink bugs on the eggplant and harlequin bugs on the not-so flourishing collards. Some leafy vegetables like lettuce can bolt (flower and go to seed) rapidly if the weather is unseasonably warm. It's a balancing act, as are most gardening activities. For guidance, see the Florida Vegetable Gardening Guide: <https://edis.ifas.ufl.edu/vh021>. From preparing the planting bed, choosing which vegetables and varieties do best in our area, protecting them from diseases and pests, and

caring for them by supplying them with the optimum amounts of nutrients and water, this document covers all the bases. Two more useful resources from the Extension service: The Neighborhood Gardener, <https://gardeningolutions.ifas.ufl.edu/mastergardener/newsletter/> and our local newsletter, A New Leaf, <http://sfyl.ifas.ufl.edu/duval/lawns-gardens-and-trees/new-leaf-newsletter/>.

Autumn is a peak time for butterflies which are taking advantage of fall-blooming wildflowers like goldenrods (*Solidago spp.*) and sunflowers (*Helianthus spp.*). For pollinators in general, supplying them with a food source for as long as possible will enable them to survive through the winter. Honeybees certainly benefit from a well-stocked hive to see them through. More flowers make for a prettier yard for us humans too! Some plants that are flowering in early fall include Texas bells (*Tecoma stans*), coreopsis, gloxinia "Bolivian Sunset" (*Seemannia, formerly Gloxinia, sylvatica*

"Bolivian Sunset"), zinnias, salvias, sweet almond bush (*Aloysia virgata*) and asters (*Symphotrichum spp.*).

Ruby-throated hummingbirds are routinely visiting orange or red flowers like cardinal's guard (*Odontonema strictum*), fire bush (*Hamelia patens*) and tall red pentas (*Pentas lanceolata*), building themselves up for migration. According to the Cornell Lab's "All about birds" website, some of them overwinter in South Florida, and also along the Gulf coast and parts of the southern Atlantic coast. These may not be the same birds we see in our yards in the summer months, however, and are probably migrants from farther north (<https://tinyurl.com/y3lpqheu>).

I've recently noticed a large bumblebee (possibly the eastern American bumblebee *Bombus pensylvanicus pensylvanicus*) maneuvering itself around my yard. It moves slowly between clusters of fire bush flowers, unhurried and stately. I refer to it as one insect, but they are so alike there could be more than one! I hope so, as populations of bumblebees everywhere are not safe from pesticides and habitat loss. This lovely article from the Brooklyn Botanic Garden website describes the ideal garden for bumble-

bees and why they need our help to survive: <https://tinyurl.com/y2jp6b8y>.

The beautiful magenta/purple berries of (what else?) beautyberry shrubs (*Callicarpa americana*) are now ripening and attracting birds to my yard. Young male northern cardinals are still a little scruffy looking. Their bright red plumage is coming in, but they still have remnants of their mid-brown juvenile feathers. I just hope the local feral cats don't make a meal of these inexperienced youngsters.

If you are new to gardening or specifically interested in organic gardening advice, then this is a good place to begin: <https://gardeningolutions.ifas.ufl.edu/get-growing/fact-sheets.html>. For some of us, "sustainable" is a term that has become increasingly a part of our gardening ethos and for good reason. While we fertilize and irrigate our landscapes, and deal with unwanted pests, it isn't always obvious that if we don't take adequate care, we could be harming our wildlife, water, and even our air. Before we apply gardening techniques that affect our environment, be they mechanical or chemical, perhaps we should consider the medical profession's maxim, "First, do no harm."

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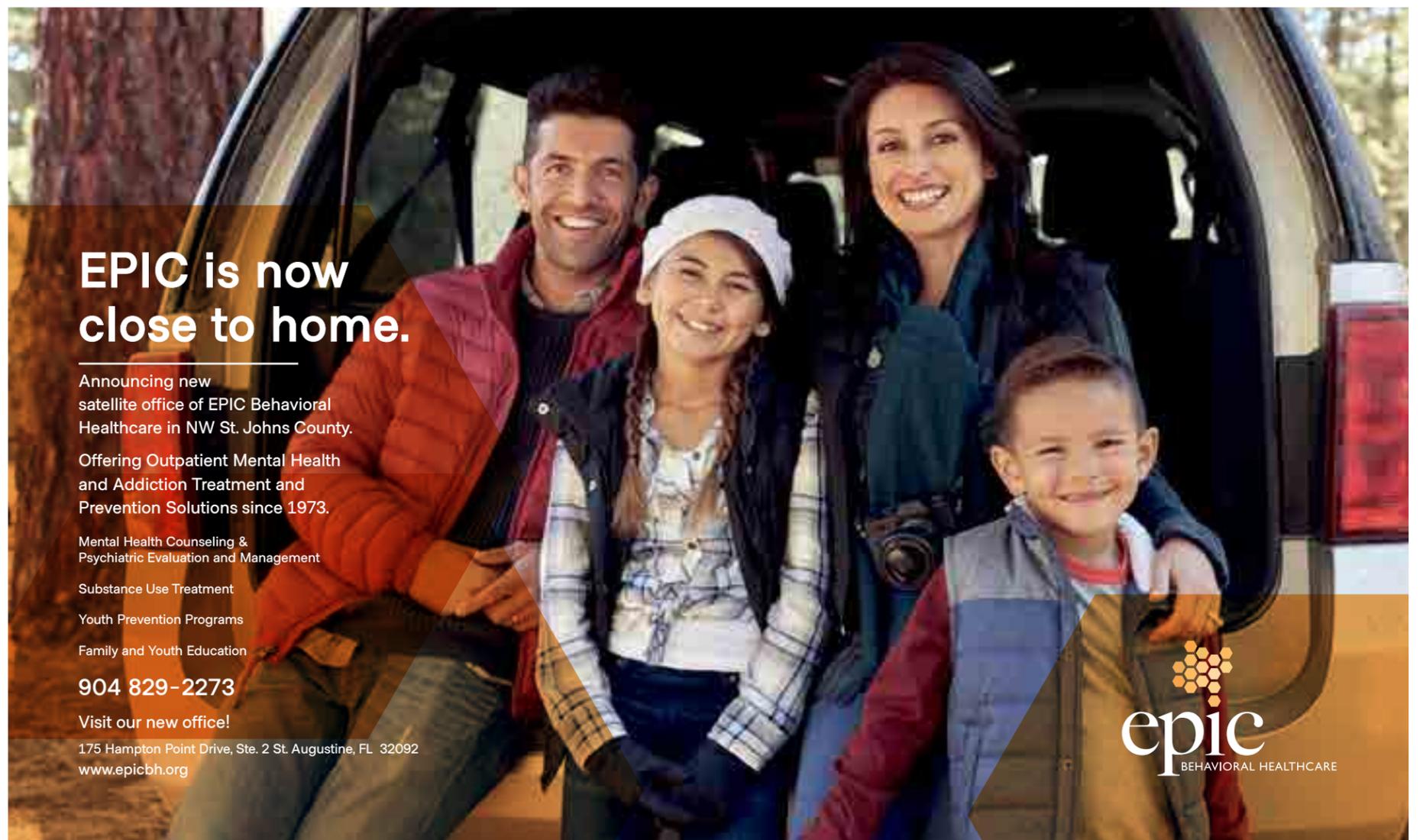
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# Travel

## Drive the Natchez Trace Parkway

By Debi Lander  
mail@floridanewslines.com

American Indians, Ohio Valley riverboat traders, European settlers, soldiers, slaves, and future presidents trod the Natchez Trace, one of America's oldest trails. It took about 35 days by foot, 25 days on horseback. Later widened for wagons, the route was eventually abandoned in favor of steamboat transit. Fortunately, the pathway was restored and today the National Park Service maintains the 444-mile renovated highway running through three states from Nashville to Natchez. The two-lane road posts a maximum speed limit of 50 mph. Attempt the drive in one day, and you'll spend more than 10 hours behind the wheel.



Map of the Natchez Trace Parkway

A better way to enjoy this part of the South is to break the trip up, making it like a relaxing Sunday drive on a rural country road. Stop to explore the tree-lined trails, campgrounds, historical markers, and bodies of water for hiking, biking, fishing, and even horseback riding. Or drive segments of the road veering off to discover the many attractions in small and bigger cities. My suggestions follow:

Nashville makes a great starting point. Take in a performance at the Grand Ole Opry and tour the Country Music Hall of Fame. Marvel at Nashville's full-scale replica of the original Parthenon in Greece, reminding us that the city was dubbed "Athens of the South."

Next morning, head to the Trace's entrance with a full tank of gas and some snacks. The scenic road offers no gas stations, convenience stores, or hotels; however, you'll find public restrooms and mile markers.

About an hour down the road, stop by the Meriwether Lewis Monument. Meriwether Lewis of Lewis and Clark fame died under mysterious circumstances at Grinder's stand. His grave marker features a cut off column signifying a life cut short, at just 35 years.

Music lovers should consider visiting Muscle Shoals, about 15 minutes off the road. FAME Studios, Muscle Shoals Sound, and other recording studios made the Alabama city the "Hit Recording Capital of the World" in the 1960s.

On the way to Tupelo, stop, and walk along the footpath of the Old Trace imagining how vulnerable travelers felt over 200 years ago. Pause for reflection when you come to 13 Confederate graves with stone markers.

The Parkway Headquarters and Visitor Center provides a must-see educational opportunity. Don't miss the introductory film and displays covering the trail's 10,000-year history.

Tupelo celebrates its hometown hero Elvis at the Elvis Presley Birthplace Museum. The Presley house contains just two rooms. The museum offers more about Elvis' early years, and the grounds include some fantastic statues.

State capitol buildings are always worth a visit and Jackson, Mississippi's capital, lies just 10 miles off the Trace. Follow a self-tour using the visitor brochure as your guide and discover grandeur in the domed building. Stay and tour two eye-opening museums in one: the hands-on Mississippi History Museum and the interactive Mississippi Civil Rights Museum. The two attractions jointly cover 200,000 square feet and include 22,000 artifacts.

Port Gibson, a town Sherman called "too pretty to burn," and the Windsor Ruins put you smack in kudzu



Longwood in Natchez

covered territory. The ruins are all that remain of what was once a palatial mansion, but they make a haunting sight, a favorite of photographers.

National Park Ranger Jane Farmer, Chief of Interpretation, says, "Emerald Mound is the must-see along the Parkway. It's the second-largest Indian mound in the U.S."

Reaching Natchez provides elegance and charm. Historic homes showcase antebellum splendor with costumed, knowledgeable guides. Natchez became the richest town per capita in the U.S. from about 1820 – 1860.

Don't leave until you've gone down to Natchez Under-the-Hill, a row of Mississippi riverfront restaurants and shops far tamer than the brothels, taverns and gambling halls that stood there 200 years ago.

Whether you're a National Park enthusiast, history buff, or just enjoy driving, the Natchez Trace Parkway delivers memorable miles.

Visit the National Park website, [www.nps.gov/natr](http://www.nps.gov/natr) for more information.

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



Photos courtesy Debi Lander  
Beauty along the Trace

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## Fishing

### Capt. David's Fishing Report

By Captain David Lifka  
mail@floridanewline.com

It's been happening. Finally, a more consistent bite in the river. Summer time and fall favorites, known as croaker and weakfish (yellow mouth trout) have been coming on strong.

The hot spot has been Marker 18 in Green Cove Springs; however, if they are biting there, they should be biting around any of their usual hangouts up and down the river. Various points, drop offs, channel markers, sand bar edges, and holes that you may know of are all great spots to give them a try.

Croaker and weakfish are both rated as good to very good table fare. That's because croaker and yellow mouths are cousins, and both are in the drum family. Fried up, either fish can be just as tasty as their better known cousins (all drum), the redfish, black drum, and seatrout.

Fishing for croaker and weakfish can be done exactly the same. A fishfinder rig with some fresh or dead shrimp for bait will work for both. Weakfish can also be caught by bouncing a jig on the bottom tipped with a piece of shrimp. Often, cut croaker is the preferred bait of the weakfish when shrimp don't seem to be working.

One of the biggest advantages to fishing for croakers and weakfish is that they are pile fish. A pile fish is a fish that usually takes a pile to make a meal. Pile fish also carry that title because you are allowed to keep a pile with practically no size or quantity limitations (100 lbs. per person). Planning a fish fry is a whole lot easier when the croaker or weakfish are biting.

Shrimping has been spotty, but shrimping the right place at the right time can be productive, with some good sized shrimp being caught. When shrimping is slow, save them for bait as they will still probably be the best bait you can offer



Photo courtesy David Lifka

Ken Miller and Ron Peterson recently caught 30 croaker and a couple channel catfish in the St. Johns River — and threw just about as many back. Fishing is good.

this time of year for any species.

October is the month when many species of fish begin their migration south for the winter. Fall surf fishing can really pick up when larger fish are following bait pods south. Anything from blues, reds, and drum to tarpon and sharks can be found and caught in the surf this time of year. Live or dead finger mullet is the bait that these fish will be looking for most. Strong braided line and a fairly stiff surf rod are probably needed for the possible bite of something really big.

Fishing Report: Time to take advantage of the croaker bite in the river. Reds under docks and schooling in the river. Look for flounder and drum under docks and around bridges.

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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# Nutrition Check

## Here Comes Autumn!

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

Autumn is here and you know what that means — cooler weather and colorful leaves; however, autumn brings more than just beauty to the land, it also brings on a new season for different fruits and vegetables. If you are like me, you are ready for the autumn haul of fruits and vegetables because they not only provide beautiful colors and flavors, they also contain an abundance of nutrients!

Some of my favorite autumn vegetables include carrots, pumpkin, butternut squash, red/purple cabbage, and spinach. All of these vegetables have beta carotene, which converts to vitamin A (retinol) in the body. Vitamin A is needed for healthy skin, a strong immune system, and eye/vision health. You can also find vitamin K in some of the other amazing autumn vegetables like kale, spinach, turnip greens, brussels sprouts, cabbage, cauliflower and broccoli. Vitamin K helps the body make proteins for healthy bones and normal blood clotting, like healing from a minor scratch. In fact, according to the Harvard School of Public Health, vitamin K is needed to produce four of the 13 proteins needed for blood clotting.

Since there are so many vegetables to choose from, it can be difficult to pick just one. Good thing you don't have to! Check out the recipe below, it is sure to be the star of any holiday dinner party and it's easy to make.

### Autumn Veggie Bake

- 1 medium butternut or acorn squash
- ½ head red cabbage
- 1 medium red onion
- 1 – 2 cups kale or dark leafy greens
- 1 large sweet potato or yam
- ⅛ tsp. garlic powder
- 2 lb. baby carrots
- 1 tbs. olive oil
- 1 tsp. dried sage leaves
- 1 tsp. crushed dried rosemary leaves
- ½ tsp. salt



Photo courtesy MetroCreative

Wash squash, then carefully cut off the bottom and stem end. Scoop out seeds and discard. Cut into one-inch pieces. (Note: it is easier to cut into cubes if you make several large slits through the skin with a sharp knife, then microwave three to five minutes)

Peel onion; cut into 16 wedges. Peel potato/yam; cut into one-inch pieces. Peel and finely chop the garlic. Chop cabbage into short pieces: two inches long and one inch wide. Rinse kale; chop into medium-sized pieces.

Heat oven to 425°F. Spray large cookie sheet/pan with cooking spray. Place squash, potatoes, onion, cabbage, kale, sweet potato, carrots, oil, garlic, sage, rosemary, and salt in bowl. Toss and pour into pan.

Roast uncovered 35 – 45 minutes, until vegetables are crisp/tender when pierced with a fork.

*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.*

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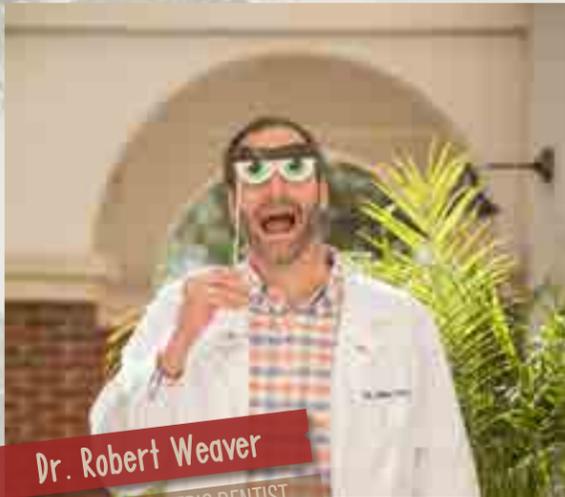
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