

Ponte Vedra NewsLine

APRIL 2020 Volume 7 Issue 4

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

A Florida NewsLine Publication



page 3
BFF Best Furry Friend



page 11
Get To Know...
Olivia Estes



page 14
Nease JROTC



page 16
Puzzles

Websites to keep you entertained

By NewsLine Staff
mail@floridanewsline.com

While families are spending more time inside as a result of the virus pandemic, there is really no shortage of fun and interesting websites to explore from the comfort of your home. Check out these suggestions — who knows? You might learn something new, or at least be entertained for a little while.

San Diego Zoo webcam: <https://zoo.sandiegozoo.org/live-cams>

Metropolitan Opera free opera streams: <https://www.metopera.org/>

Jacksonville Public Library digital library (must have library card): <https://www.jaxpubliclibrary.org/digital-library>

St. Johns County Public Library e-content (must have library card): <https://sjcpls.org/econtent/>

Virtual Learning Activities - Kennedy Space Center Visitor Complex: The education team at Kennedy Space Center Visitor Complex will share daily Facebook Live video experiences as well as shorter segments that will each pair with an at-home activity, covering topics such as living in space and on Mars, tours of Space Shuttle Atlantis and the Astronaut Training Experience, Rocketry 101, and more. Hands on activities will involve everyday items that can be found around the house, such as using straws, paper towel tubes, and rubber bands to build and launch a rocket.

Websites cont. on pg. 11

Scholarship to honor Ponte Vedra High School student

By Tiffany Merlo Phelps
mail@floridanewsline.com

One story stands out in Anna Pirgousis' mind that best illustrates the heart of her 16-year-old son Zander Laurin, the Ponte Vedra High School sophomore who died after being hit on AIA while jogging last year. Pirgousis asked Laurin when he was eight years old to name three gifts that he wanted for Christmas.

"He was struggling to come up with that third gift," said Pirgousis. "And then he came to us and said that he wanted to give a bike anonymously to a kid who had been bullying him because he knew that the family could not afford it. So, that's what we did. We put a big bow on it and left it in their yard the night before Christmas."

A few days later, the same child rode the bike up to Laurin and Pirgousis at a park.

"He started making fun of Zander's bike, and all Zander said was 'Hey, that's a really cool bike,'" said Pirgousis. "It wasn't who he was to say anything negative back to the boy. He believed in second chances and being kind in the face of adversity."

It is in that spirit of strength and giving that the Ponte Vedra Sharks Booster Club decided to create the Zander Laurin Pirgousis Memorial Scholarship to be awarded annually to one male and one female senior who has been accepted into an

accredited college or university. The first recipients will be announced at the Ponte Vedra High School Senior Awards Night, scheduled for April 30, said Amy Pattison,



Zander Laurin, Sea Cadets color guard.

Ponte Vedra Sharks Booster Club president. Pattison said she presented the memorial scholarship to the board after learning about Laurin's remarkable life and accomplishments, and the board approved it unanimously.

"Story after story, I just grew more in awe of him. He touched more lives than he could have ever known. What I learned about who Zander was really was nothing short of impressive," said Pattison. "He cared about everyone, befriended people unconditionally and enjoyed life. He loved to read and write and think, and he didn't take life for granted. He loved his mom more than anything, and he had a love for our country that he was very proud of. He had a servant's heart



Zander Laurin diving.

Pirgousis said the scholarship requirements reflect all that Laurin embodied as a Petty Officer in the U.S. Naval Sea Cadets Corps, Cadet Dive Team member, a var-

Scholarship cont. on pg. 3



Photos courtesy Anna Pirgousis
Zander Laurin and Anna Pirgousis hiking.

which probably touched me the most."

Pirgousis and her husband, Philip, then decided to match the scholarship offer which created two \$2,500 scholarships. Pirgousis, former Booster Club vice president, wrote the application questions and had always wanted to help students struggling with financial needs. She credits Pattison with championing the effort.

Scholarship requirements include having a 3.0 GPA unweighted, athletic participation and performing arts participation, community service, an essay and a short answer questionnaire along with an interview. Review committee members include Pirgousis, Pattison and Ponte Vedra High School wrestling coach Josean Gonzalez. Contact Pattison at gatoramy@att.net for more information about the scholarship.

Beaches Go Green partners with Rotary Club to clean up Mickler's Beach

By NewsLine Staff
mail@floridanewsline.com

On Saturday, Feb. 22, Beaches Go Green partnered with the Rotary Club of Ponte Vedra Beach to host a beach and community clean-up at Mickler's Beach.

More than 263 volunteers came together for the clean-up and more than 650 pounds of trash and recyclable materials were collected and sorted.

Strange items included car parts, street lanterns, landscape lights, fuel drums, a bed frame and a commercial fishing net and hooks.

Approximately 342 cigarette butts were collected. Cigarette butts are usually the most common items found as they are the most littered items on the planet.



Photo courtesy Beaches Go Green
More than 263 volunteers came together for the clean-up and more than 650 pounds of trash and recyclable materials were collected.

Beaches Go Green will be sending these cigarette butts to Terracycle to be recycled.

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

*****ECRWSEDDM****

Residential Customer

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

10 & 15
WE STAY 10 FT. AWAY
YOU GET 15% OFF

DAVID GRAY ELECTRICAL | **DAVID GRAY PLUMBING**

Discount applies to services from plumbing or electrical divisions only on invoices under \$1,500. Must mention discount or present ad at time of service. Valid through jobs performed before 4/30.

DAVID GRAY CAN SAVE THE DAY
HERE TO SAFELY MEET YOUR PLUMBING & ELECTRICAL NEEDS

With most of us staying at home these days, the maintenance and comfort of your house has never been more important. Whether you have a stopped up toilet or an overloaded fuse box, David Gray's professional technicians can help you while maintaining social distancing. You can also count on David Gray for extra savings to help during this challenging time.

GET 15% OFF
ANY PLUMBING OR ELECTRICAL SERVICE

DAVIDGRAYONLINE.COM | 904-724-7211

Leaders in Proton Therapy



WE FOCUS ON YOU AND YOUR CANCER

During these unprecedented times, Ackerman Cancer Center remains your source for dedicated cancer care and patient centered radiation therapy in a free-standing facility.

AF@ Sawgrass

Next to Pet Supermarket @ Ponte Vedra Shopping Center 880 A1A PV Beach

(904) 395-2500

Certified Personal Trainers
Golf Certified TPI Trainer



Summer Countdown!

April Special Personal Training

Buy 8 sessions get 1 FREE!
or
Buy 12 sessions get 2 FREE!

Summer Countdown!

Have FUN while getting in the Best shape of your life

- Beginner to Advanced NO PROBLEM! We have a program for you.
- Our friendly and knowledgeable trainers will show you how to get the most out of your workout.



Owner

Hello my name is Deanna and I'm the owner here at Anytime Fitness.

Over the years I've trained many clients with different needs from cancer patients to paraplegics.

I have a B.S. in Exercise Science. I'm a certified trainer with specializations in Corrective Exercise, Brain & Spinal Cord Injuries, Nutrition, Prenatal and Menopausal Fitness. I have also competed in Natural Figure Competitions.

I'm ready to help you reach your goals no matter what they may be.



Your friendly neighborhood 24 hour gym.
We'll help you get to a healthier place!

Gym Open 24/7

- App Integrated Cardio Equipment
- Tanning
- Family Plans Available
- Personal & Group Training
- Fitness Classes 24/7
- Friendly Staff
- Clean Private Restroom/Shower
- Beginner Friendly! Just ask a Trainer or Team Member!

**FREE
7 Day
Gym Pass**

PROVE IT CHALLENGE

Feel amazing in 30 days—guaranteed

Radically change the way you feel!

Feel healthier, more energized, more focused, and ready for anything.



You prove it. We guarantee it.

Includes your choice of 2 Life Shake™, 1 Vitalizer™, Free 7-Day Healthy Cleanse, Free Shipping.

Price: \$248

Promotional Price: \$159

*First time Purchase Only

<https://pws.shaklee.com/trainingwithdeanna>

Anytime Fitness - Sawgrass FL

@anytimefitness_nefl

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

Publisher
Mark Pettus
Publisher@FloridaNewsLine.com

Editor
Martie Thompson
Editor@FloridaNewsLine.com

Creative Director
Julie Gerona
Graphics@FloridaNewsLine.com

Bookkeeper
Emily Whitehead
Accounting@FloridaNewsLine.com

Social Media
SocialMedia@FloridaNewsLine.com

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

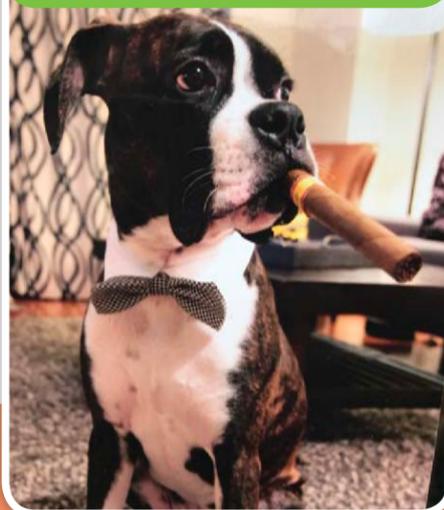
Rebecca Thomson
Rebecca@FloridaNewsLine.com
(724) 968-7602 cell

Ponte Vedra NewsLine Community Newspaper is a free monthly publication distributed via bulk mail to all addresses in Zip Codes 32081 and 32082. Submission of articles and photographs are received by mail or email, although email to editor@FloridaNewsLine.com is preferred. The writers' opinions do not necessarily reflect the opinion of Florida NewsLine. Advertising Rates are available by request. Florida NewsLine is not responsible for advertisement content or accuracy of information provided by its advertisers. Nor does Florida NewsLine endorse any of the products or services included in this publication. Florida NewsLine reserves the right to refuse advertisement or copy from any advertiser. All rights are reserved and no portion of this publication may be copied without the express written consent of the publisher. ©2020.



BFF Best Furry Friend of the month

Meet Ralph!



BREED:
Brindle Boxer
FAVORITE ACTIVITY:
Walking over 5 miles a day; chasing frisbees; and socializing with all of his furry friends in the neighborhood.
FAVORITE TREAT:
N/A
FAVORITE FRIEND:
Sophie his Chocolate Lab roommate and buddy.
HOW YOUR BFF GOT THEIR NAME:
His name is Ralph and just look at his face and you can see why.

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

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

MAY's Special Section SUMMER CAMP

Ad Deadline is APRIL 20

Call 904-886-4919 NOW to reserve your advertising space!



MAP OF LOCAL TAKE-OUT AND DELIVERY

Visit www.floridanewline.com to see our convenient map of local establishments providing take-out and delivery services during the coronavirus shutdown.

Table of Contents

- 4 Newspaper Fun!
- 5 Get The Facts
- 6 Q & A with Cyndi Stevenson
- 6 Q & A with Jeremiah Blocker
- 7 Editorial
- 9 St. Johns Business Monthly
- 10 Briefs
- 13 Recipes Using Pantry Ingredients
- 15 Tips For Home Learning
- 16 Community Marketplace
- 17 Job Finder
- 19 Travel

MYSTERY PHOTO



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

Last month's Mystery Photo was the entrance to Mickler's beach.
Our winner was Donna Shay. Congratulations!

Florida NewsLine is excited to introduce



The perfect fit to promote all things health!

This monthly magazine was created to serve the health and well-being needs of our community. In each issue you will find health related articles from leading area professionals along with helpful information to maintain a healthy lifestyle.

Don't miss our first edition!

CALL NOW FOR DETAILS! 904-886-4919

Advertisers' Index

Ackerman Cancer Center	2	Nemours Children's Specialty Care.....	19
Affordable Water.....	7	Quality Eye Care	13
Anytime Fitness	2	River City Roofing.....	7
Collage Day School.....	13	Rob Hardwick Campaign	6
David Gray Electrical & Plumbing	1	Smiles By Glenos & Hadgis.....	11
Daysi Jacobson Accounting.....	9	St. Johns County Property Appraiser.....	6
Dr. Erick Aguilar Campaign.....	7	Tailored Living.....	18
Elder Source.....	5	The Right Cleaners	16
Forever Vets	20	The Windsor.....	6
Future Home Loans.....	16	Vicar's Landing	20
Keith Perniciaro Campaign.....	10	Westminster St. Augustine.....	14
Millenium Physician Group.....	8		

Scholarship cont. from pg. 1

sity wrestler and a student with more than 200 hours of volunteer service that he didn't submit. He also participated in the Drama Club. Laurin was training at the time of his death for a tough field operation test in Iowa and was set to complete his Rescue Diver certification as well. The day Laurin was buried would have been the day he took over as battalion leader in the Sea Cadets, said Pirgousis. Laurin planned to attend the Citadel and to become a canine handler in the Marines.

Ponte Vedra High School junior Jack Hebert, a close friend of Zander's, was so impacted by Laurin that he organized a Reindeer Run in December, raising and donating \$1,000 to the scholarship fund in support of student athletes.

"The reason that I wanted to do the run was to honor Zander and to keep the cherished memories of him alive. Zander was a very close friend of mine and losing him so tragically has been extremely difficult for so many people," said Hebert.

Through Laurin's belief in organ donation, a wish that was honored, and the memorial scholarship, Pirgousis feels that her son and his dreams have taken on a new life and energy.

"The best way to honor him is by living the way that I taught him to live and to touch the lives of other kids through the scholarships. I can choose to harness this energy and create good from it," Pirgousis said.

We are going to plant seeds for...  ...radishes, herbs and flowers.  Kids: color stuff in! 

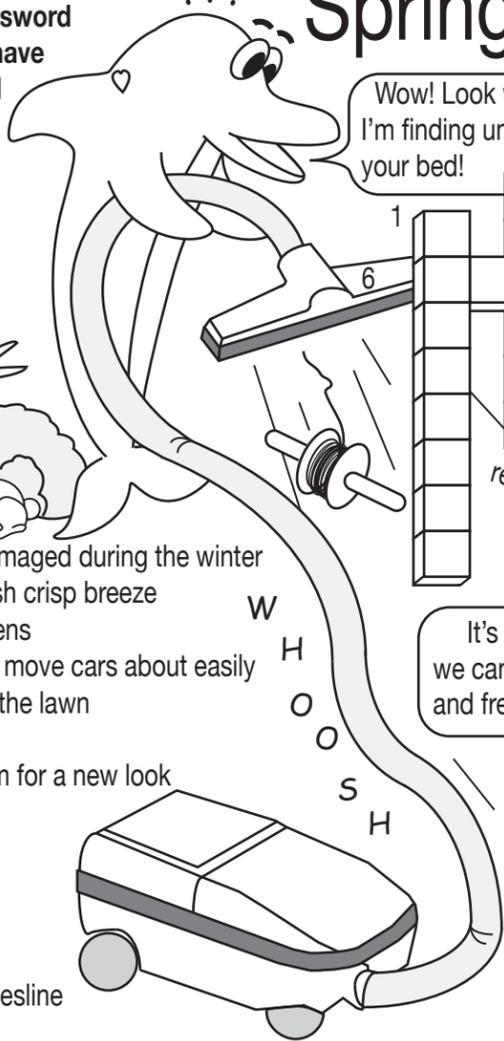
Newspaper Fun!

www.readingclubfun.com  Annimills LLC © 2020 V16-13 

There are many jobs to be done after a long winter. People in the city, town and country all do spring cleaning and chores based on their needs. **Read the clues to fill in the crossword with chores. How many of these jobs have you seen people doing? How many did you help to do?** (Hint: use a pencil to fill in the clues below first. This is tricky!)

- _____ messy closets
- _____ your warmer weather clothes that have been in storage
- _____ seeds so you can watch things grow 
- _____ flowers to give the house some color 
- _____ sidewalks that have gathered sand and dirt
- _____ fences that have been damaged during the winter
- _____ out your house with a fresh crisp breeze
- _____ storm windows with screens
- _____ driveways so that we can move cars about easily
- _____ the overgrown grass on the lawn
- _____ weeds from the garden
- _____ the furniture in your room for a new look
- _____ the dust out of rugs
- _____ soot from the chimney
- _____ the overgrown bushes
- wash and _____ the car
- _____ clean the dirty carpet
- _____ laundry to dry on a clothesline

It's Time for... Spring Cleaning



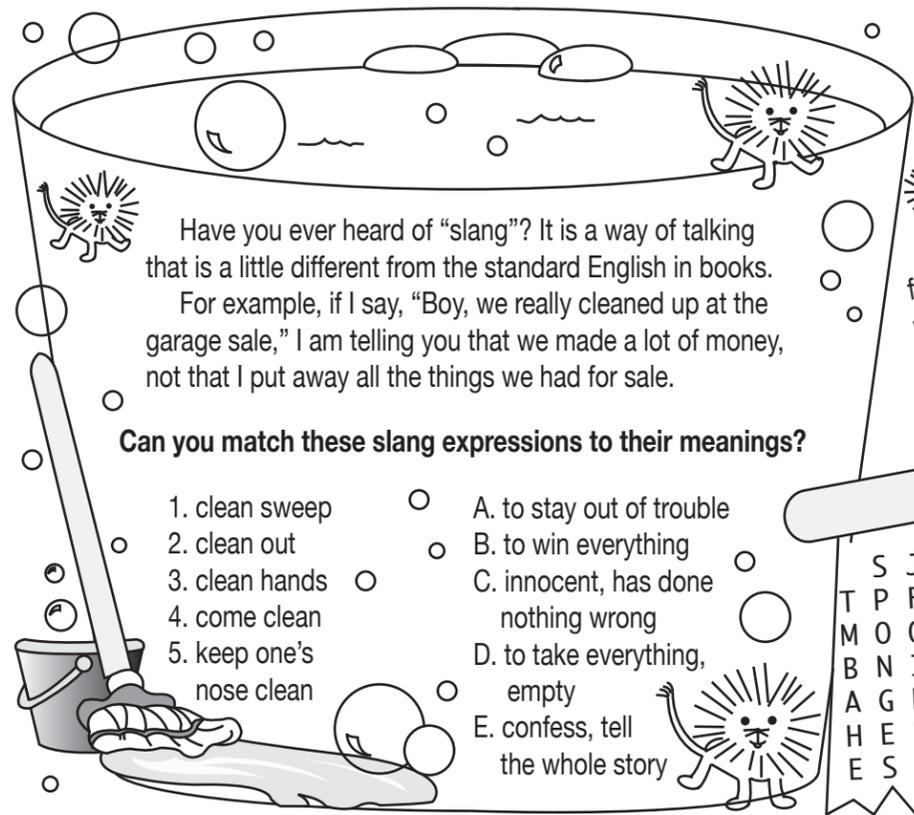
Wow! Look what I'm finding under your bed!

It's that time of year when we can open the windows and freshen everything!

A good spring cleaning after winter is almost a pleasure to complete. Then, once our homes are in order, we are ready for sunny, warm summer.

Yikes!

brush, hang, organize, steam, sweep, sow, air, polish, unpack, repair, water, mow, trim, beat, pave, pull, rearrange, replace, rearrange, sweep, air, polish, unpack, repair, water



Have you ever heard of "slang"? It is a way of talking that is a little different from the standard English in books. For example, if I say, "Boy, we really cleaned up at the garage sale," I am telling you that we made a lot of money, not that I put away all the things we had for sale.

Can you match these slang expressions to their meanings?

1. clean sweep	<input type="radio"/>	A. to stay out of trouble
2. clean out	<input type="radio"/>	B. to win everything
3. clean hands	<input type="radio"/>	C. innocent, has done nothing wrong
4. come clean	<input type="radio"/>	D. to take everything, empty
5. keep one's nose clean	<input type="radio"/>	E. confess, tell the whole story

Can You Clean Up These Messes?

How many of these DUST KITTIES did I find under your bed? Look around the whole page. Put your answer in the biggest bubble.

What things might you use to clean up? Can you find these items in the scrub brush and circle them?

vacuum cleaner, paper towels, trash barrel, hedge clippers, brush, pail, soap, wax, ladder, broom, water, rags, rake, mop, hose, sponges

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

SOAP

Busting Dust!

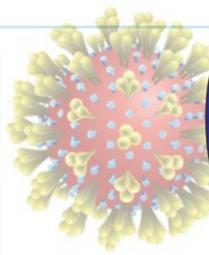


Little, fluffy, grey balls of dust found under the couch or behind the door are called "dust bunnies" or "dust kittens." We are usually made up of skin cells, hair and tiny pieces of dirt. To people, we can be a nuisance. We sometimes block air filters, get into computers or just gather together under your furniture. We can make people sneeze! **Read each numbered word or phrase below. Next, choose the correct definition by circling the letter "A" or "B."**

1. dust	<input type="radio"/>	A. tiny pieces of dirt, skin, hair	<input type="radio"/>	B. tiny flower seeds
2. dust bunnies	<input type="radio"/>	A. bunnies that clean your house	<input type="radio"/>	B. little clumps of fluffy, grey dust
3. an item is "collecting dust"	<input type="radio"/>	A. isn't being used anymore	<input type="radio"/>	B. putting dust into a bag
4. the flies "bit the dust"	<input type="radio"/>	A. died	<input type="radio"/>	B. ate dust for their lunch
5. the lead runner left the others "in the dust"	<input type="radio"/>	A. was far ahead of the others	<input type="radio"/>	B. knocked other runners into the dirt
6. I'm going to "dust off" my hobby box	<input type="radio"/>	A. put the box into the closet	<input type="radio"/>	B. take it out of storage to use again
7. when she works she "makes the dust fly"	<input type="radio"/>	A. she works with lots of energy	<input type="radio"/>	B. the dust balls jump into little airplanes

or



Get the facts

By NewsLine Staff
mail@floridanewslines.com

Dear Readers,

You will notice that this issue of Ponte Vedra NewsLine looks different from even last month's issue in many ways. The world has changed in the past few weeks and we, like you, are trying to make sense of it and adapt to whatever "normal" is now.

In this issue, we dispensed with our "Around Town" calendar section as well as the enhanced event listing, "Take Five," two staples of our newspaper that we know are much anticipated by our readers. In their places, we are adding some resource information for you to stay abreast of the rapidly changing landscape brought on by COVID-19. As a monthly publication, it is just not possible for our printed issues to contain up-to-date information in this regard, so as we often do with important matters such as state and local elections, we are providing you with the resources to check out trusted information yourself. See "Get the Facts" on this page.

Additionally, in this issue we have included a few activities for children and adults to do at home. From coloring pages to new recipes to try to directions for sewing masks and gowns for use by our local hospitals, there is something to keep all ages entertained for at least a little while as you social distance and stay home. We've also included tips from a local teacher for homeschooling/distance learning as well as an online resource for caregivers. Be sure to check out our listing of entertaining websites to give you a feel for the outside world while you are inside.

But at our very roots, Ponte Vedra NewsLine is a community newspaper — and so we have included a variety of the "good news" community stories that you have come to expect from us. We all need a break from the all-consuming coronavirus news, so check out not only some past events that were sent in by community members for us to share, but also some stories of neighbors helping neighbors in these uncertain times. Feel free to email us with your community news to share in the next issue. Also, be sure to like our Facebook page (Florida NewsLine) and visit our website (www.floridanewslines.com) for more content, including a map of local establishments providing takeout and delivery services during the shut-down.

Lastly, now more than ever, we ask that you support your local businesses, especially those who are our valued advertisers. For many of them, like us, this is uncharted territory and they are doing their best to remain open. By purchasing advertising space from us to keep you informed of their hours and possibly new business models, they are providing the revenues for us to publish and mail this issue to you. Please thank them with your patronage.

Remember ... A friendly smile and wave to your neighbor can be done while social distancing and go a long way towards brightening someone's day. We're all in this together.

Martie Thompson
Editor

In this age of 24/7 news outlets and social media, it is easy to become overwhelmed with information, especially as it pertains to COVID-19. Following is a list of trusted organizations and contact information to keep yourself up-to-date on the latest facts.

Centers for Disease Control (CDC):

The CDC remains the No. 1 source for health information about coronavirus in America. Visit coronavirus.gov to access the CDC's coronavirus landing page. For information regarding the national government's ongoing response, visit usa.gov/coronavirus.

Florida Department of Health:

The Florida Department of Health has an interactive map and dashboard with the most up-to-date numbers and cases of coronavirus across the state. Visit <https://fdoh.maps.arcgis.com/apps/opsdashboard/index.html#/8d0de33f260d444c852a615dc7837c86>. The Department of Health also has a COVID-19 Information Call Center 24/7. Anyone can dial 866-779-6121 or email COVID-19@flhealth.gov to get answers to their questions.

Florida Department of Economic Opportunity:

Governor DeSantis has announced that Florida will offer \$50 million in loan programs for small businesses being adversely impacted by coronavirus. The Department of Economic Opportunity is administering the program with the Florida Small Business Development

Center. Visit www.floridadisasterloan.org for more information.

Floridians looking for re-employment assistance can get help online at www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants.

Price Gouging Hotline:

The Florida Attorney General's Office hotline is available for anyone to report price gouging of essential commodities during the coronavirus crisis. These include protective masks; sanitizing and disinfecting supplies, such as hand sanitizer, gel, wipes, cleaning supplies for surface cleaning, and all commercial cleaning supplies; and personal protective equipment, including gowns, booties, gloves and other protective gear. To report price gouging to the Florida Attorney General's Office online, visit MyFloridaLegal.com. To call the Attorney General's Price Gouging Hotline, dial 1(866) 9NO-SCAM or 1-866-966-7226.

Coronavirus Tax Relief:

The IRS has established a special section focused on steps to help taxpayers, businesses and others affected by the coronavirus. Visit www.irs.gov/coronavirus for more information.

St. Johns County COVID-19 Updates:

Up-to-date information regarding the coronavirus and its impact on St. Johns County. Visit <http://sjcfl.us/coronavirus> for more information.

Children's activity page encourages good reading habits

By NewsLine Staff
mail@floridanewslines.com

We are pleased to share a new feature in our pages this month: Newspaper Fun, a high-energy, children's activity page that features puzzles, cartoons, games and a cast of off-beat, humorous animal characters. Underlying these entertaining elements is a strong educational framework that encourages reading. The feature explores a variety of themes and buried in its puzzles and challenges are lessons that sharpen essential language arts skills.

"With every page I create, my first priority is to make sure you look at it and say, 'Hey, this looks like fun,' and then pull out a pencil and go to work," said Ann Mills, who writes and illustrates Newspaper Fun each week in her studio in Connecticut.

With both a bachelor's and a master's degree in education, Mills has a diverse background involving education. She worked in several elementary schools, helping to teach and motivate students to read before turning to children's publishing. For 10 years she created a children's activity page in southern

Connecticut, which focused on the challenges of a highly mobile, military-centered community, and which earned two international journalism awards. That page — with the addition of a cast of new characters — formed the basis for Newspaper Fun, which launched in 2004.

"Newspapers play a crucial role in helping people stay connected with what's going on in their communities," Mills said. "By attracting families to their local newspapers through features like Newspaper Fun, we're nurturing future generations of newspaper readers."

Mills's website, ReadingClubFun.com, complements and extends the effect of Newspaper Fun. Each week, she publishes puzzle answers on the site, and offers a range of ideas, tools and puzzles for parents, teachers, librarians and others to use to encourage children to read and learn.

"The idea is to create a flow between traditional and new media, with the common denominator being a focus on good reading habits," Mills said.



Get or Give Help From Home

Turn to ElderSource for Senior Support and Caregiver Resources

SENIOR CITIZENS IN NEED:



Aging and Disability Resource Center HelpLine

The ElderSource HelpLine is the place to start for help if you are a senior, an adult living with a disability or a caregiver. We are here to listen to your concerns and connect you to important information and resources. Our goal is for you and your loved to live as safely and independently as possible.



Caring Connections Telephone Reassurance Program

If you're feeling lonely, sign up to receive friendly telephone calls from a volunteer. It helps everyone - we all crave human interaction!

VOLUNTEERS AND CAREGIVERS:



Senior Support Volunteer Opportunities

Boost seniors' spirits through our Caring Connections Telephone Reassurance Program or begin training from home to help seniors understand their healthcare options through SHINE.



Virtual Caregiver Support Group

Don't go it alone. Our group offers a safe place to connect face-to-face online to share information, ask questions and voice personal feelings.



ElderSource
start here for help

CALL: 904-391-6699
Monday-Friday,
8 a.m. - 5 p.m.
myeldersource.org



**with Florida State Representative
Cyndi Stevenson, District 17**

Q: Last month, we discussed some of the bills that you were sponsoring. With the recent end of the 2020 Legislative Session, can you give an update on these bills?

A: My House Bill 577 and HB 1081, concerning coordinated specialty care, were included with some excellent suicide prevention programs and other really good provisions relating to substance abuse and mental health in Senate Bill 7012. Additions included creation of a first responder suicide deterrent task force and an expansion of the statewide office of suicide prevention. This new bill will be sent to the governor.

My physical therapy bill, which updates the practice's statutes and allows them to have a non-narcotic option for soft tissue pain and increased mobility which is allowed in 33 states, is now on its way to the governor's desk.

My bill to establish the state Office of Resiliency ran out of time in the legislature. The governor had appointed a State Officer of Resiliency a few months ago and once she began her work, we wanted to make the position permanent and bring in coordination statewide. But the coronavirus and uncertainty of the economy slowed the bill. I don't think the resilience work has stopped, I just think attention has been diverted at this time.

Q: What were some other noteworthy bills that were passed?

A: A bill to allow student athletes to make money off their name and image passed. It requires the athlete to attend financial literacy classes and would be effective July 2021. Hopefully, the NCAA will react with a ruling on this issue of its own by then.

There was also a revision to the peer specialist bill, which will allow more people to serve by revising disqualifying criteria in state statutes.

Q: Can you give us a budget update?

A: This year's budget at \$93 billion is the largest ever passed and it includes the most reserves — approximately \$4 billion — necessary due to economic uncertainty. Some highlights include 3 percent pay increases for all state employees, including teachers, along with funds for Everglades restoration, water quality and land conservation. Alyssa's Law, which requires panic button alarms be installed in all schools, passed. Additional pay enhancements will be made for the state's child protection team and the department of corrections.

As tax savings measures for Floridians, we approved two sales tax holidays, Aug. 7 – Aug. 9 for back to school items and May 29 – June 4 for disaster supplies. Overall, I think we have a good budget for Floridians with broad consensus.

Cyndi Stevenson cont. on pg. 10



**with St. Johns County Commissioner
Jeremiah Blocker, District 4**

Q: Due to the relatively early date of this interview from circulation time and the rapid changes we are seeing with COVID 19 news, it is probably not possible to comment on anything specific in this regard. Do you have any general information you would like to share with District 4?

A: Obviously, we are in a tough time with economic, health and safety challenges ahead of us. As a community, we will work through this. I recommend we keep those most affected in our prayers, as well as our first responders and leaders who have to make some difficult decisions. Small business owners and service workers are also very affected.

Follow all recommendations from the

CDC and state and local governments for your own and others' safety.

It's important to realize that we will get past this. And this is an opportunity for all of us to help each other, even in the midst of uncertainty and hardship and sorrow. Your St. Johns County government wants to protect everyone's health and safety and we will take every measure to do this. I have every confidence that we will figure this out.

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

A: Readers can email me at bcc4j-blocker@sjcfl.us or call me at (904) 679-2620.

5 Tips For Working At Home

#5. Dress for success: Even if you are working from the kitchen table for now, don't hang out in your pajamas. Dress as though you are going into the office. You could even go out the front or back door of your home and re-enter your new place of work.

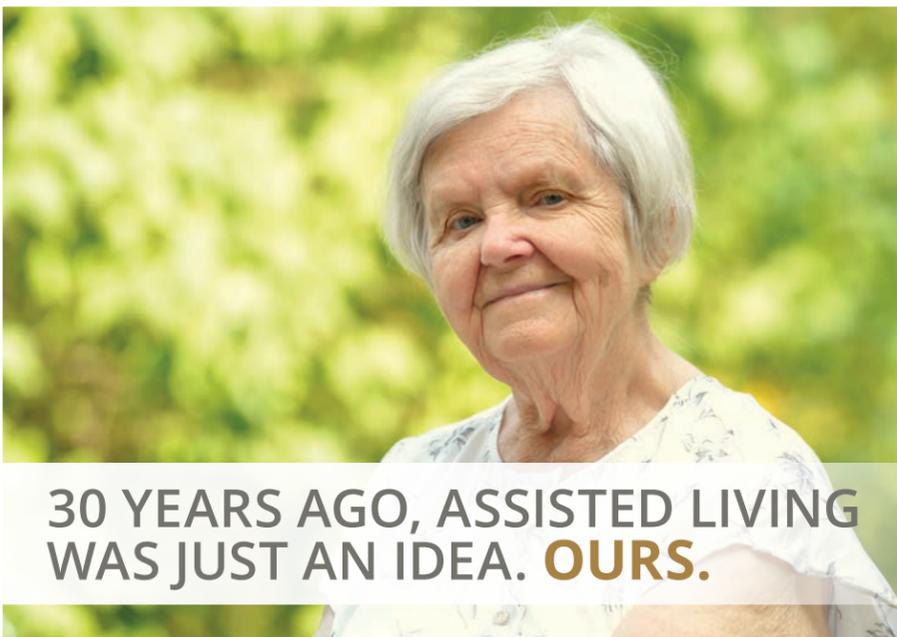
#4. Have a dedicated place to work: When you are "at work" let your family know it's the same as if you were at the office or out on the road. It is even better if there is a door to your place of work that you can close behind you. It's symbolic, but helps establish a pattern of work.

#3. Reverse it: When you leave that dedicated place to work, dedicate your time to your family. Give them all of you once you leave that place of work in your home.

#2. Take breaks: Take breaks just as you would at work. For lunch, leave your place of work in your home and join your family for lunch.

#1. Regular schedule: Try to keep your regular schedule as if you were going into the office. It will help you create as much normalcy as possible.

Source: IFPA (Independent Free Papers of America)



30 YEARS AGO, ASSISTED LIVING WAS JUST AN IDEA. OURS.

The last thing on the minds of today's Legend Senior Living® residents was senior living, but that was three decades ago. And it was all we could think about: Giving seniors who needed personal care, but who wanted their independence, dignity and a quality of life that just couldn't be found in the options at the time. Even after 30 years as the Experts in Senior Living, Legend Senior Living is still family-owned and mission-driven to bring the comfort and freedom of home with expert care. But then, that was the whole idea.

Call us today to schedule a tour: (904) 717-6635

The Windsor
ASSISTED LIVING & MEMORY CARE



4000 San Pablo Pkwy, Jacksonville, FL 32224 | ALF# 12539

LegendSeniorLiving.com



NOTICE OF CERTIFICATION OF TAX ROLL

Pursuant to Sections 193.122 and 197.323, Florida Statutes, Notice is Hereby Given that the Tax Roll for St. Johns County was Re-Certified to the St. Johns County Tax Collector on the 12th day of March, 2020, for the Collection of 2019 Taxes, to reflect all changes made by the Value Adjustment Board.

EDDIE CREAMER
PROPERTY APPRAISER ST. JOHNS

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

WORKING TOGETHER FOR THE STRENGTH OF OUR COMMUNITY During Challenging Times

VoteHardwick.com

PRIMARY ELECTION DAY
Tuesday, August 18

Paid by Rob Hardwick, Republican, for St. Johns County Sheriff. Use of pictures in uniform does not imply the endorsement or support of any law enforcement organization.

Editorial

Did you set it and forget it?

By Ann B. Shortelle, Ph.D.
mail@floridanewsline.com

During the spring and summer months, many Floridians spend a lot of time outdoors tending to lawns and gardens. The St. Johns River Water Management District's year-long "Water Less" campaign focuses on water-conserving strategies to help curb outdoor water waste while still letting you enjoy a beautiful, vibrant landscape.

During the cooler months, we promoted ways to reduce outdoor irrigation while plants and grass were dormant. As spring approaches, the Water Less campaign emphasizes taking control of your sprinkler system to make it work for you while also saving water.

If you water your lawn and landscape, you can reduce the amount of water you use with a well-designed irrigation system and regular maintenance.

Changing the clocks to Daylight Saving Time is an ideal reminder to inspect your automatic sprinkler system and timer. To make sure you don't just set it and forget it, here are a few quick tips:

Check timing devices regularly to make sure they are operating properly.

Ensure your system is set to follow

watering restrictions, if you need to water at all. (Odd number addresses, those ending with N – Z, or no address should water on Wednesday and Saturday; even number addresses or those ending with A – M should water on Thursday and Sunday; and non-residential addresses should water on Tuesday and Friday.)

Florida law requires that all automatic irrigation systems installed after May 1991 have a functioning rain sensor shut-off switch which senses when a preset amount of rain has fallen.

Install the most water efficient spray heads designed for different uses (turf areas, planting beds, etc.).

Fix any broken or misdirected sprinkler heads.

Check that water is only spraying on the landscape.

Look for leaks and clogs.

Visit WaterLessFlorida.com for more outdoor water saving ideas.

Ann B. Shortelle, Ph.D. is executive director of the St. Johns River Water Management District.

Letter to the Editor

Dear Editor,

Marty Yund and I are proud to lead St. John's CARES' current initiative, "Backpacks for Seniors" and we would appreciate your support this month. This program provides assistance for a very special group of high school graduates who have overcome some serious obstacles: they lack a fixed, stable, and adequate nighttime address. More than 600 students in our public school system lack secure housing, and because of this situation are eligible for support through the county school program, ASSIST (Aid and Support for Students in Sudden Transition). Students enduring housing insecurity are 20 percent less likely than their housed peers to graduate.

Defying these odds, 25 high school seniors in this program are expected to graduate and pursue higher education

this year. St. Johns CARES "Backpacks for Seniors" initiative is a celebration of these students' accomplishments. A new backpack represents that transition to making new memories, building a new identity and carrying what you need for the next chapter. In support of ASSIST's mission to promote academic achievement among homeless students St. Johns CARES will provide each of these graduating seniors with a backpack, academic planner, insulated water bottle and a gift card for school expenses.

If you want to support our initiative, visit the St. John's CARES website, www.stjohnscares.org or contact our president at president@stjohnscares.org or (904) 507-7740 to see how you can be part of "Backpacks for Seniors" during April.

Anne Barrett Russell, St. Johns CARES, Inc.

FYI Contact Numbers

St. Johns County Local Government (www.sjcf.us) bcc4jblocker@sjcf.us, (904) 209-0304
District 5: Henry Dean, bcc5hdean@sjcf.us, (904) 209-0305

Sheriff's Office: Sheriff David B. Shoar, dshoar@sjso.org, (904) 824-8304
Ponte Vedra Field Office: (904) 209-2215

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@sjcf.us, (904) 209-0301
District 2: Jeb Smith, bcc2jsmith@sjcf.us, (904) 209-0302
District 3: Paul Waldron, bcc3pwaldron@sjcf.us, (904) 209-0303
District 4: Jeremiah Blocker,

St. Johns County School Board (www.stjohns.k12.fl.us)
District 4: Kelly Barrera, kelly.barrera@stjohns.k12.fl.us, (904) 547-7510

State of Florida Elected Officials
Governor Ron DeSantis, (850) 488-7146

State House District 17: Representative Cyndi Stevenson, Cyndi.Stevenson@myfloridahouse.gov, (904) 823-2300

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

Federal Elected Officials
U.S. Congress District 4: Representative John Rutherford, (202) 225-2501

U.S. Senate:
Senator Marco Rubio, (202) 224-3041
Senator Rick Scott, (202) 224-5274

Water Problems?

CALL TODAY FOR STRAIGHT ANSWERS, NO HIGH PRESSURE!

• Residential • Commercial • Industrial

"We carry a complete line of Water Treatment Systems to meet your needs and your budget!"

FREE WATER TESTING

Ask Us About Salt Delivery Or Rental Systems

• REMOVE •
Iron • Bacteria • Sulfur • Salts • Color • Lead • Hardness And Odor



AFFORDABLE WATER
CONDITIONING • SOFTENING • PURIFICATION

Family Owned and Operated since 1989

License #W-32

3760 Kori Road • 904-262-0197 • www.affordablewaterjax.com

VOTE DR. ERICK AGUILAR

REPUBLICAN CANDIDATE
U.S. HOUSE, FL 4th DISTRICT

"For America's Future!"



U.S. NAVY RETIRED

ELECTION DAY: AUGUST 18TH
EARLY VOTING: AUGUST 3RD THRU 16TH

ErickForCongress.com (Podcast available)



Approved by Dr. Erick Aguilar. Paid for by Erick Aguilar Congressional Race Candidate

"Got Leaks? We do it all, any aspect of roofing...We got you covered."

www.RiverCityRoofingCorp.com

Roofing Services:

- Re-roofing
- Repairs
- Inspections
- New Roofs
- Skylights
- Chimney Siding & Repairs
- Attic Insulation
- Solar Ventilation Fans
- Gutter Installation & Cleaning
- Roof Maintenance
- Home Siding Repairs/Painting

RESIDENTIAL

COMMERCIAL

BBB A+ Rating

River City ROOFING

Financing Available
12 months same as cash

Call today for your free roof inspection
904.766.3464

24 hour emergency service • We work with all insurance companies • License #CCC1325973

More than 35 years of roofing experience providing quality craftsmanship and customer satisfaction.

*What our customers say...
"Amazing experience from beginning to end! Arrived as scheduled, friendly and very organized staff - got an entire roof done in one day! Also, to my surprise, my front and back porch were left cleaner than when they started."*

Junior Achievement offers online resources for virtual education

By NewsLine Staff
mail@floridanewsline.com

Junior Achievement of North Florida has a new free resource for students, parents and teachers and a way for volunteers to help out as people remain at home and socially distant due to the threat of COVID-19. As schools remain closed and move to online classrooms, JA programs are online as well to allow students to continue learning on their own, with a parent or other adult or with teachers through a digital/virtual environment. The resources are posted at JA.org/Tomorrows and offer programs and activities for students in elementary, middle and high school.

“There will be a tomorrow. We are dedicated to helping our children plan for the future and focus on their dreams by providing teachers and parents with free online resources,” said Steve St. Amand, president of Junior Achievement of North Florida.

Teachers, parents and students can go to JA.org/Tomorrows and click on “Learn More.” You will then be taken to a page where you can choose between elementary, middle or high school resources. Topics will include programs and videos that will help parents speak and teach their kids about money-management issues. You can also learn about the economic climate and decision-making skills.

Programs for middle school students include the JA Searching for Savings, which helps students learn how to save money and the JA Assembling Your Career, which teaches students about STEM careers and how they can start preparing now for their future. High school students can also take part in the JA Economic Investigations, designed to help them achieve a deeper understanding of current economic issues or the JA Travel and Tourism which introduces students to exciting career opportunities in the travel and tourism industry.

“We also have a way for JA volunteers to continue working with us in our efforts to teach financial literacy, work-readiness and entrepreneurship to the youth by becoming a virtual volunteer,” said Teresa Smith, vice president of programs for JA of North Florida. “We encourage you to record and share a video with us through April 30 that we can share with our students through our online and blended-learning programs.”

To become a JA virtual volunteer, you should record yourself for two to three minutes in landscape mode in your home office or workspace. Start with, “Hello, Team Duval. My name is _____ and I work for _____.” Then describe what you do for a living and answers these questions:

What most influenced you to choose that career?

If there’s one piece of advice you could give to a young person about achieving their dreams, what would it be?

Once the video is complete, you can send it to Teresa Smith at teresa@janfl.org. You can also upload it to Instagram and tag JA of North Florida at @janorthflorida or on Twitter to @JANorthFlorida. Use the hashtag #InspiringTomorrows. More information can be found at JA.org/Tomorrows or contact Smith by email or phone at (904) 398-9944, ext. 227.

Once schools reopen, JA programs will continue in the classroom as well and volunteers will be needed to teach financial literacy, work-readiness and entrepreneurship. Volunteers can register at janfl.org. Each volunteer will be given training before the class which will include tips on classroom management, how to deliver the curriculum and how to communicate with teachers and students.



Chambers celebrate After Hours at THE PLAYERS

The JAX Chamber and St. Johns County Chamber of Commerce teamed up to present After Hours at THE PLAYERS on March 5 at TPC Sawgrass. The annual networking event brought together nearly 700 Northeast Florida business leaders to celebrate THE PLAYERS.



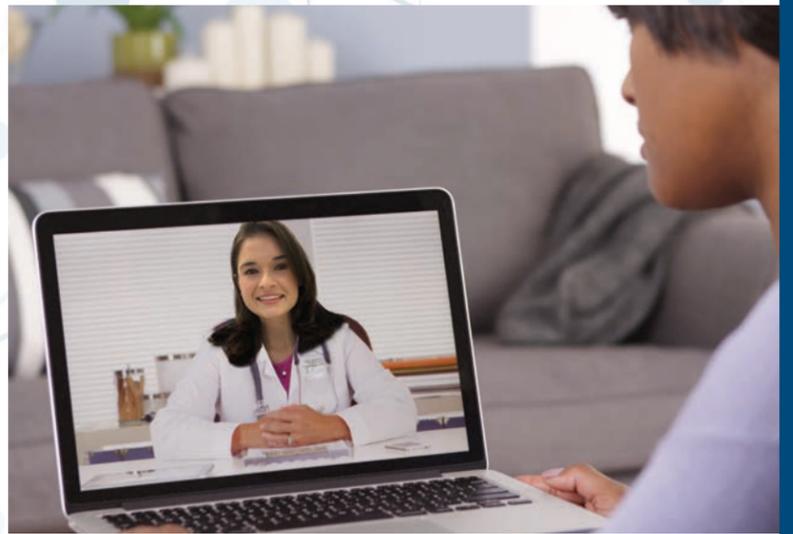
Photos courtesy Bruce Terhorst

Millennium Physician Group Is Bringing Back House Calls...Virtually

See *Your* doctor in the comfort of *Your* home from *Your* computer, smartphone or tablet.

Introducing Millennium Physician Group's Telehealth Service

Find a doctor near you at MillenniumPhysician.com and book your next appointment as an office visit or telehealth visit.



Your doctor, Your device, Your Connection to a Healthier Life!



Search "MPG Connect" in Your App Store



Scan Now to Access MPG Connect!



MILLENNIUM
PHYSICIAN GROUP
Your Connection to a Healthier Life

www.MillenniumPhysician.com

ST. JOHNS Business Monthly

Market Insight



The CoronaVirus

By Scott Grant
ScottGrant@StJohnsBusinessMonthly.com

There are more people living in the world today than have ever died.

World War I was an exceptionally bloody affair, killing more than 20 million. For four years death haunted the entrenched battlefields of Europe. In September and October of 1918, the final offenses on the Western Front would bring that war to a close. Those offenses were led by American troops at places like St. Mihiel and the Meuse-Argonne. During that second battle, Sgt. Alvin York became a hero for capturing 132 German soldiers single-handedly. He took on a machine gun nest with his rifle and when he ran out of ammo, he shot six more with his pistol before the remainder surrendered. "A higher power than man guided and watched over me and told me what to do," he announced at his Medal of Honor ceremony.

At roughly the same time, the City of Philadelphia held a Liberty Bond parade down Broad Street. In Philadelphia, citizens delighted as they watched the long processions of marching bands and floats, interspersed with recent enlistees who would never see combat. What the throngs of spectators did not know was that they were at a greater risk of death than many of the soldiers in Europe.

The Spanish Flu pandemic of 1918 – 1920 was the worst pandemic of the last 100 years. The Flu, helped along by a lack of understanding of epide-

miology and armies of soldiers returning home from the close quarters of the battlefield, infected a third of the world's population and killed around 40 – 50 million. In the end, the Spanish Flu pandemic would kill more people than died in combat during the War. The death total in the United States was approximately 675,000.

Back in Philadelphia, the Flu had just arrived. It spread like wildfire through the exuberant crowd. Within a week 4,500 of them would be dead. Hospitals were overflowing. There was an extreme shortage of nurses. The city's director of public health called out for "Nurses, more Nurses, and yet more Nurses," to tend to the sick and dying. A total of 12,000 would die within six weeks — so many deaths that many were buried in mass graves.

At the time, the medical community thought they were combatting a bacterial disease. It was only later that we realized influenza is a virus. But the lessons learned in Philadelphia still guide and haunt us today. The lesson was to keep people apart. It is why our medical leaders are embracing "social distancing."

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

Florida Small Business Emergency Bridge Loan activated

By NewsLine Staff
mail@floridanewsline.com

Florida small businesses impacted by the Coronavirus (COVID-19) may now apply for short-term, interest-free loans through the Florida Small Business Emergency Bridge Loan program. The purpose of the loan program, which was activated in mid March by Governor Ron DeSantis, is to help business owners bridge the gap between the time the economic impact occurred and when a business secures other longer-term resources, such as insurance proceeds or federal disaster assistance through the U.S. Small Business Administration (SBA).

Through the program, qualified small businesses with two to 100 employees affected by COVID-19 can apply for loans up to \$50,000 for one-year terms. To be eligible, a business must be located in Florida, have been established prior to March 9, 2020, and demonstrate economic injury as a result of the virus.

Visit www.floridadisasterloan.org to learn more about how to complete the bridge loan application. The deadline for application is May 8, 2020. The state is also working diligently to make an online application available.

The Florida Small Business Development Council (SBDC) is a principal responder in the state's Emergency Support Function for Business and Industry. Here are some useful contacts to support your small business during this challenging time:

SBDC Offices and Professional Business Consulting Services: Instead of in-person consultations, call (904) 620-2476 to make a confidential, no-cost appointment with one of the SBDC's professionally certified business consultants and choose the mode of virtual communication that is convenient for you.

Business Damage Assessment Survey: The Florida SBDC Network strongly encourages small businesses impacted by the Coronavirus (COVID-19) to complete the Business Damage Assessment Survey to Determine Need for COVID-19 Federal, State Disaster Assistance. The survey, administered by the Florida Department of Economic Opportunity (DEO), is not an application for disaster assistance, but rather assists state officials in determining the extent of impact and need for federal and state disaster assistance. Complete the survey here: <https://floridadisaster.biz/Business-DamageAssessments>

Here are additional links to resources for your small businesses.

State Resources:

Florida Department of Health: <http://floridahealthcovid19.gov/>

FloridaDisaster.Biz

Florida Chamber: <https://www.flchamber.com/follow-facts-not-fear/>

Federal Resources:

Center for Disease Control Interim Guidance for Businesses and Employers: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html> (Provides detailed planning considerations and recommended strategies for employers to use.)

U.S. Small Business Administration Emergency Preparedness and Disaster Assistance: <https://www.sba.gov/business-guide/manage-your-business/prepare-emergencies>

FEMA.gov News Releases: <https://www.fema.gov/news-releases>



We are here for you and your loved ones!

We are ready to prepare your
Personal & Business Tax Returns!

Send us your information!

- Online - Email or Client Portal
- Secure Office Drop off - Drop off and go
- By Mail - Call or Email us for a Prepaid self addressed envelope!

daysi@jacobsonaccounting.com

www.Jacobsonaccounting.com

2201 Sawgrass Village Dr, Ponte Vedra Beach 32082

Phone: (904) 285-1040

"Your local accounting Expert with over 10 years of IRS experience"

Visit www.floridanewsline.com to see our convenient map of local establishments providing take-out and delivery services during the coronavirus shutdown.

ST. JOHNS Business Monthly

Are you interested in promoting your business in St. Johns Business Monthly, a feature section included in both The CreekLine and Ponte Vedra NewsLine? **Call Linda 904-607-5062**

Briefs

Kids in the Kitchen cooking contest announced

The Women's Food Alliance is hosting the third annual "Kids in the Kitchen Cooking Contest" for children aged eight to 12. Culinary prizes that the young chefs can share with their family are available if they come up with a tasty and unique family recipe.

According to Leigh Cort of the Women's Food Alliance, when children are in the kitchen, they learn to express their individuality and curiosity about food — plus they learn a little more about math, science, reading and love. Cooking something for the family grows independence, while possibly inspiring youngsters to eat healthier too.

The Women's Food Alliance will select the Top 12 finalists by judging originality and use of ingredients, deliciousness, dessert presentation, dessert name and story about "Why I Like to Cook for My Family."

Entries should be emailed to Leigh Cort, leigh@leighcortpublicity.com by the deadline date of July 1, 2020. Include the child's name, address and phone number and email of the parent or guardian. Be sure to include the recipe name and brief story about the favorite family recipe and "Why I Like to Cook for My Family."

Finalists will be notified by July 8, 2020. The Top 12 Finalists will be invited to attend the official dessert judging on July 20, 2020 at JAX Cooking Studio in Jacksonville at 5:30 p.m. All children must be accompanied by an adult. A minimum of six tastings must be on a presentation serving plate for the judges. Each child must bring the completed dessert's name, recipe and the child's name on a piece of paper to accompany the dessert. Visit www.womensfoodalliance.com for more information and list of prizes for the winners.

Relay for Life of St. Johns County 2020 update

Relay for Life of St. Johns County that was scheduled for April 4, 2020 at Allen D. Nease High School has been postponed until further notice in light of the latest updates regarding COVID-19. The decision was based on public health guidance.

"We are heading into what is an important time in our fundraising efforts for our mission, but the American Cancer Society's top priority remains the health and safety of the cancer patients, and their loved ones — the reason why we Relay. And of course the volunteers and staff," said Becky Kimball, Sponsorship Volunteer, Relay for Life of St. Johns County.

Some of the programs Relay for Life supports include but aren't limited to: The New Hope Lodge in Jacksonville, where cancer patients and family can have a safe place to stay for free if they

have to travel for treatment; Road to Recovery which is a free transportation service to and from treatments; the 24/7 Hotline (1-800-227-2345) to ask questions and give support, educational programs, and of course research to find a cure.

Kimball said, "While we're disappointed that we won't be together on Saturday, April 4, that doesn't mean cancer patients and their families don't still need our help. The mission of the American Cancer Society is critical to families facing cancer."

If you wish to get involved and become a volunteer, start a team, or wish to donate, visit www.relayforlife.org/stjfl and www.facebook.com/rflstjohns or email rfl.stjc@gmail.com or call local American Cancer Society staff partner Jaclyn Rodriguez at (904) 413-2560.

A new date for Relay for Life will be announced as soon as it is known

Social distancing and caregiving: COVID-19 widens the divide

By Andrea Spencer
mail@floridanewslines.com

Caring for a loved one often presents daily challenges, but add in current mandated social distancing, caregivers may feel even more isolated, alone and unsupported. ElderSource, a nonprofit organization that provides information and resources to caregivers and seniors in Northeast Florida, has a new program that helps caregivers connect to others walking the same walk.



Photo courtesy ElderSource
Linda C., who lives in Fernandina, connects with her support group members sitting in her home office and using her iPad.

"This technology has allowed us to connect in a convenient way," said Alina C. a support group participant. "Surprisingly there's an intimacy that comes from being virtually face-to-face without the hassle of trying to attend an in-person meeting. It also allows for continued commitment to participate because you don't have to drive anywhere."

The group consists of 10 to 12 participants who meet once a week for 60 to 90 minutes. The sessions are facilitated by a skilled moderator who guides the participants through their conversations. Caregivers need to have internet access, a computer device and the video conferencing app. Participants are given instructions on how to download and use the free app.

"In such a short time, we've had terrific success with the Virtual Support Group," said Louise Starmann, group facilitator and licensed clinical social worker. "The individuals who participated in the first group felt less isolated and loved creating these friendships with people who truly understood."

The first support group continues to meet and because the virtual "meeting rooms" are unlimited, ElderSource continues to promote and encourage participation.

"For the caregivers who have participated, they have really taken to it and are benefiting from it," said Linda Levin, CEO of ElderSource. "Our challenge is getting others to commit to participate. We are getting referrals, but some are still feeling that they do not have the time. With today's circumstances this virtual support group can be a critical lifeline."

Any caregiver living in northeast Florida can sign up; however, the group is focused on those who feel they cannot leave their loved one to attend a support group, but would benefit from participating in one. It is also an ideal resource for working caregivers who are pressed on time outside of the workplace.

Email Louise Starmann at louise.starmann@eldersourceinstitute.org or call (904) 391-6699 for more information about the Virtual Caregiver Support Group.

Andrea Spencer is with ElderSource.

Cyndi Stevenson cont. from pg. 6

Q: What effect did the coronavirus have on the budget process?

A: Late in the budget process we had to reevaluate and try to make sure we had Florida covered in light of the economic uncertainty due to the coronavirus. It's important to note that we have real-time budgeting in Florida. The state budget is funded based on the current year's revenues (including sales taxes). For Florida, a hit to tourism could be significant, but there could also be a bright side in that we are largely a driving destination. It's all still unclear at this point.

But importantly, the federal and state governments are focused on the needs of the people. In Florida, we have a combined \$50 billion available between federal and state sources and our governor has broad authority to act at this point. He can tap reserves and he can responsibly act with state and federal agencies and resources.

It's important for us to be kind, patient and thoughtful at this time. We're all in this together.

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

A: Readers can email me at Cyndi.Stevenson@myfloridahouse.gov or call my local office at (904) 823-2300.

Life

travel · pantry raiders · gardening
fishing · entertainment · puzzles

Get to Know . . .

Olivia Estes

By Tiffany Merlo Phelps
mail@floridanewsline.com



Photo courtesy Olivia Estes
Olivia Estes with her husband.

As the COVID-19 crisis continues to take hold of the world, Ponte Vedra Beach resident Olivia Estes has found a way to help in her own community. The Beaches Gymnastics owner noticed a group of children who needed extra food and supplies in the neighborhoods surrounding her business in South Jacksonville Beach. Estes, whose husband is active duty Navy in the Middle East for a year, posted a message on March 13 to the 750 families on the Beaches Gymnastics VIP Parents Facebook page asking for donations. Within three hours, Estes raised \$4,000. She has been serving the neighborhood children ever since March 15 with plans to continue as long as necessary. She purchased food and supplies, made 60 bagged lunches and has a staff member who lives in the area cooking hot meals on a daily basis and serving the food in her own home to the children. Estes said there is something powerful about a hot cooked meal. She added that this staff member, who has three children, is the real star of the group.

Estes is also using the money to buy food for families in need who have called her from Nocatee and other nearby areas. She just meets people in grocery store parking lots and delivers the donations. As money continues to be donated, Estes said her mission will continue with the strong support of her members and the community. Once it is no longer needed, all donations will be given to a local food bank and to a local elementary school in an effort to erase lunch debt.

Get to Know . . .

Interested in being featured? Email Martie Thompson at editor@FloridaNewsLine.com

Q: What made you decide to help the children around your neighborhood?

A: Whenever a crisis arises, the first thing you think about is who can you help? We are so blessed here with amazing members and a great staff. There are parents out there who are struggling with childcare, food and basic daily things that most of us take for granted. We are committed to make sure they have food for as long as they need it. We have such an incredibly tight knit community. Ponte Vedra Beach and Jacksonville Beach families really came together and showed so much generosity. People call and Venmo me every day. People I do not even know. It has been so incredible, and I am just so grateful to the community.

Q: What has been the response from the families that you have helped?

A: The overall emotion is relief. It gives the kids comfort and a sense of normalcy. These kids are so great and so appreciative. It just takes one thing off the shoulders of someone struggling, especially a single mom or anyone with a hardship. It removes that sense of fear.

Q: Where are you from originally and where did you attend school?

A: I was born in Jacksonville and raised in Ponte Vedra Beach and Neptune Beach. We moved to Alabama when I was school age, and I attended a boarding school called the Alabama School of Math and Science. I attended Birmingham Southern College, and then moved back to Ponte Vedra Beach in 2010.

Q: Why did you decide to buy Beaches Gymnastics?

A: I was supposed to take a job in accounting, but then I realized that I could not sit in a cubicle all day. My real passion

is gymnastics, and I have been involved with it since I was two years old. I actually started taking lessons in Jacksonville Beach at NancyDance Studio near Cinotti's Bakery-Sandwich Shop before we moved to Alabama. I was coaching in Alabama, so this existing business (Beaches Gymnastics) felt

like a natural fit. If you are someone who loves children, you get to see their growth, potential and share life lessons. We see children from age three to 18. The absolute best part of my job is to watch my members turn into totally different people and to grow. They grow up to be very disciplined and really to be the best humans. It is incredibly rewarding.

Q: What is the most important lesson that you teach?

A: Perseverance. Gymnastics is one of those sports where you have to try a thousand times before you succeed at a skill. We also follow the Character Development program "Powerful Words" by Dr. Robyn Silverman, a friend of mine. It is a system of personal development tailored specifically for afterschool activities. This month's word is "indomitable spirit" which seems so appropriate with everything going on in the world right now. Every month we focus on a different building block of character development. The parents, children and coaches focus on a common goal and work in tandem. We use worksheets broken down by age groups and use the "no quit never give up" attitude. We are still teaching our members through Facebook Live and holding staff meetings with our 16 staff members through Google Hangouts and Zoom. It is so important to keep everyone moving. Our priority is to also keep the members of our community safe and to be socially responsible.

Websites cont. from pg. 1

Presentations will take place Monday through Friday at 9:30 a.m. ET for younger children, and 1 p.m. for young adults. There will also be a Q&A portion at the end of each presentation. The interactive presentations can be viewed on Facebook at @KennedySpaceCenterVisitorComplex. The visitor complex also has downloadable activities that can be found at the following link: <https://www.kennedyspacecenter.com/camps-and-education/educator-resources>.

Ivy League Colleges offer free courses online: <https://www.classcentral.com/collection/ivy-league-moocs>

Stay-at-home Activities from the Cummer Museum: Museum Educators have put together an extensive list of ideas to bring the galleries and exhibitions into your home. Visit www.cummernuseum.org/visit/education#resources-for-families to check it out.

Smithsonian National Museum of Natural History virtual tour: <https://naturalhistory.si.edu/visit/virtual-tour>

Hidden Worlds of National Parks: With virtual reality and 360 degree videos, Google allows you to immerse yourself in the scenic U.S. National Parks. Visit <https://artsandculture.with-google.com/en-us/national-parks-service> and see some places that most people never see.

Discover Florida from your own home: Check out some Wildlife Adventures or Just for Kids activities: <https://www.discoverfloridachannel.com/>

Georgia Aquarium webcam: <https://www.georgiaaquarium.org/webcam/ocean-voyager/>

 Smiles by
GLENOS & HADGIS
ORTHODONTISTS



Voted
Best Orthodontist
St. Augustine and
St. Johns
2019

Adults and Children
Contact Us for a FREE initial exam!

TWO STATE-OF-THE-ART LOCATIONS

ST. JOHNS

111 Doctors Village Dr. - Race Track Rd.

ST. AUGUSTINE

22 St. Johns Medical Park - St. Augustine

 **invisalign®**



904.79 SMILE (797.6453)
www.smilesbyGHortho.com

**SUPPORT
YOUR
COMMUNITY
BUSINESSES!**

To our readers: Remember all the local small businesses that you've asked for years to donate and sponsor your organizations, sports clubs and school events? Right now, they're in need of your support.

Return the favor.



Photos courtesy Andrea Smith

Newcomers of Beaches enjoy luncheon

Last month, the Newcomers of the Beaches met for a casual lunch at the home of Peggy Knowles in Jacksonville Beach. Pictured, in addition to the group, are Andrea Smith, Peggy Knowles and Deirdre Schroeder. This social group consists of a fun and diverse group of women who have recently moved to the beaches and/or have gone through a major life event. If you are looking for new friends and interesting activities, please visit our website for more information and to make a reservation for the luncheon. This month's meeting will be held on April 3 from 11 a.m. — 1 p.m. at the Marsh Landing Country Club, 25655 Marsh Landing Pkwy. Visit www.newcomer-softheaches.com for more information.



St. Augustine Wild Reserve acquires new jaguar cubs

By NewsLine Staff
mail@floridanewsline.com

Born in November 2019, new jaguar cubs Rio and Diego were presented to the St. Augustine Wild Reserve from a jaguar conservation group. Deborah Warrick, founder and CEO of the St. Augustine Wild Reserve, said she promised to use the two brothers for educational purposes, which is why she was allowed to take possession of these highly threatened cats. There are only about 15,000 jaguars left in the wild.



Photos courtesy Deborah Warrick

Rio the spotted jaguar and Diego the black jaguar

“Rio is our spotted jaguar, while Diego is our black jaguar, known as the melanistic color phase, which occurs due to a genetic mutation,” Warrick said. “Such a mutation causes the fur and skin to contain large amounts of dark pigments. Black jaguars prefer rainforests, since the dark foliage enables them to blend into the dark shadows of the forest.”

Jaguars are normally found in South America, and also range through Texas and Arizona. Their spots are called rosettes, and appear to be “spots within spots.” They are the largest cat in the Americas, and are the third largest cat in the world, just under the tiger and lion; they can weigh as much as 250 pounds.

Jaguars love to swim, much like tigers. They fish in rivers and also capture large crocodilians, biting deeply into their skulls, delivering a killing bite. (Other cats kill by biting the necks of their prey.) They even dunk their tails into water sources, luring fish. The name “jaguar” originates from the Native American word “yajuar,” which means “he who kills with one leap.”

Warrick shared the following coronavirus updates from the St. Augustine Wild Reserve:

Now more than ever, we can use the donation of supplies for our animals,

including monetary donations. Our tour operation has diminished considerably in the wake of this novel virus that is sweeping not just our nation, but the world. To protect our staff and guests, we sanitize everything, including our guest chairs and our limo cart, used to ferry handicapped individuals around the animal compound on tours. We offer hand sanitizer to our guests upon arrival and departure, and will be offering masks, once our order is shipped to us.

This is an open-air compound and is always breezy, so we are less likely to contract a virus if we practice proper sanitation and social distancing. Guests are encouraged to stay at least six feet away from other guests. We hope that more visitors will book a tour with us through bookeo.com/tigertours. Our tours are appropriate for children and adults. If you cannot visit, consider helping through these rough times by sending a tax-deductible donation. The St. Augustine Wild Reserve is a 501(c)(3) tax exempt organization. Visit www.sawildreserve.org for more information.

The St. Augustine Wild Reserve offers tours on an appointment-only basis. Tours are on Monday, Wednesday and Saturday at 2 p.m. by appointment only. Call (904) 940-0664 for reservations or email WildReserve@aol.com. Visit bookeo.com/tigertours to book a tour online. Donations may be sent to 5190 Farm Creek Road, St. Augustine, FL 32092.



Photos courtesy of Brooke Freeman and Maria Woodford

Newcomers Alumnae enjoy fashion show

On March 4, 2020, Newcomers Alumnae held their annual meeting/fashion show at Marsh Landing Country Club. This year's fashions were provided by J. Jill Store, the models' make-up was done by Mary Kay Cosmetics, and Zimmiz Hair Designers were in charge of the models' hairdos. Lots of door prizes, raffles and gift cards were handed out. Pictured are members Rosanne Lotocki, Amy Pizzarello, Debbie Corsano, Clara Wittmann, Dede LeClaire, Barbara Tanner, Judy Adams, Paula Kennedy, and Joann Pasquale. Newcomers Alumnae was formed in March 1998 to give graduates of newcomer groups an opportunity to continue growing in the community. Email brookemeister@msn.com for more information.



FLORIDA *NewsLine*

Attention Candidates! Call us today! For all your custom printing needs!



Stock I voted Labels
Bumper Stickers

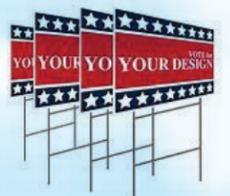
Quick Ship Labels
Business Cards

Full Service Mailings
Hang Tags

102 State Rd 13, Suite 2
St. Johns, Florida 32259

ORDER TODAY !!

904 - 886 - 4919



Custom full-color corrugated yard signs. Complete with step stake.

Three creative recipes using pantry ingredients

By NewsLine Staff
mail@floridanewline.com

Stuck inside and looking for something to make for dinner out of provisions you likely already have on hand? Read on for a few recipe ideas that are tasty!

Easy Minestrone Soup

1 tbsp. olive oil, plus more for serving
8-oz. can corn kernels, strained
2 tbsp. tomato paste
½ tsp. dried Italian seasoning
¼ tsp. dried oregano
1 quart chicken broth
1 14-oz. can diced tomatoes
¾ cup small-cut pasta, like elbows or small shells
1 14-oz. can cannellini or other white beans, strained
Salt and pepper to taste
1 14-oz. can cut green beans, strained

Heat oil in a medium soup pot over medium-high heat. Add the corn and cook until it starts to brown slightly, about 3 minutes. Add the tomato paste, and spices and cook, stirring constantly, until the tomato paste begins to darken in color, about 1 minute. Slowly whisk in the chicken broth until the paste is smooth and then incorporated into the liquid. Add the whole can of diced tomatoes (including the liquid), and bring the mixture to a boil. Stir in the pasta and the white beans. Season with salt and pepper. Cook the pasta until al dente, 7 to 8 minutes, stirring in the green beans during the last 2 minutes. Serve in individual bowls with a little oil drizzled on top.

Yummy Applesauce Waffles

2 ½ cups all-purpose flour
2 tsp. baking powder
¾ tsp. baking soda
½ tsp. salt
1 ½ cups evaporated milk
½ cup applesauce
⅓ cup brown sugar
3 tbsp. vegetable oil
1 tsp. vanilla
Powdered sugar, ground cinnamon and maple syrup, for serving

Preheat the waffle iron. Whisk the flour, baking powder, baking soda and salt

together in a medium bowl. Whisk the evaporated milk, applesauce, brown sugar, oil, vanilla and ¾ cup water in a large bowl. Fold the dry ingredients into the wet, and stir until just combined. Allow the batter to rest at room temperature for 5 minutes.

Ladle enough batter into the waffle iron to fill it to the edges, and cook until crispy and brown, 6 to 7 minutes. (You can tell the waffles are ready when very little steam comes out of the waffle iron.) Continue in batches until all the batter is used. Sprinkle with powdered sugar and cinnamon, and serve with maple syrup.

Corn and Black Bean Quesadillas

1 tsp. olive oil
1 clove garlic, minced
¼ small onion, chopped
¼ bell pepper (red, orange, or yellow), chopped
15- oz. can black beans, drained and rinsed
1 ½ cups canned or thawed frozen corn
½ tsp. cumin
1 tsp. chili powder
2 cups shredded cheddar cheese
4 large flour tortillas

Heat olive oil in a large skillet over medium high heat. Add the onion and bell pepper and saute for 1-2 minutes. Add garlic and saute for 30 seconds. Add black beans, corn, salsa, cumin and chili powder and stir to combine.

Reduce heat. Melt a teaspoon of butter in another large skillet. Place one tortilla in the skillet. Add a sprinkle of cheese, followed by a heaping scoop of corn and bean mixture and spread into an even layer. Top with another sprinkle of cheese. Add a tortilla on top and cook until the cheese is almost melted and the bottom tortilla is golden.

Use a large spatula to carefully flip the tortilla to the other side. Cook until cheese is melted and bottom tortilla is golden brown.

Serve with salsa and sour cream.

Good News in Ponte Vedra



Photos courtesy Tiffany Merlo Phelps

Uplifting chalk messages

Kids in one neighborhood in Old Ponte Vedra Beach recently took to the sidewalks to write inspirational messages to all the folks walking, jogging and bike riding past them.



Photos courtesy Tiffany Merlo Phelps

Residents set up food collection

Ponte Vedra Beach residents Tracy Mihnovich and Courtney Hammons recently collected food from the community to create food boxes for an inner city Duval County elementary school to help struggling families during this time. Hammons said 69 families were fed in one week in March.

“They were so grateful, and some of the adults almost cried. The kids were excited too,” said Hammons.



Summer Program 2020

Rotating themes each week will keep your child learning and excited to come back for more!

Half Day: 9am-12pm * \$200

Full Day: 9am-3pm * \$300

Ages 3-8 yrs

Info@collagedayschool.org * Ponte Vedra Beach



www.QualityEyeCareJax.com • (904) 374-6890

Quality Eye Care



University of Florida Former Asst. Professor,
Hazem Samy, MD, FRCS.



Providing excellent care to patients in Jacksonville and the surrounding areas, Dr. Samy's unique qualifications include:

- 25+ Years Experience in Ophthalmology
- American Board Certified Ophthalmologist
- Glaucoma Specialist - Fellowship Certified
- Neuro-Ophthalmologist - Fellowship Certified

Surgical And Medical Services Offered Include:

- Cataract
- Glaucoma
- Double Vision
- Peripheral Vision Defects
- Optic Nerve Disease
- Diabetic Eye Exam
- Comprehensive Eye Exam

Accepting new patients!

Quality Eye Care
13241 Bartram Park Blvd. • Suite 1501-1505
Jacksonville, FL 32258

Most insurance plans accepted. Call us today for your appointment.



Photos courtesy Pamela Riley

Ocean Palms families enjoy spring event

Spring Family Night at Ocean Palms Elementary was a big success on Thursday, March 5. Kids enjoyed Chick-fil-A for dinner as they played Dr. Seuss themed games. Principal Tiffany Cantwell and other brave faculty members raised money for the playground by dodging water balloons with the purchase of a kid wristband.



WESTMINSTER ST. AUGUSTINE WE'RE HERE WHEN YOU NEED US

Discover senior living at beautiful World Golf Village with Westminster St. Augustine. Our community offers active, independent living, plus assisted living and nursing care to meet life's changing needs. Residents enjoy access to beautiful campus amenities and services like dining, housekeeping and transportation. For those who need more support, assisted living offers the assurance of 24/7 support and services like medication management and assistance with daily living activities, in spacious apartments set amidst serene forest preserves. A select number of these assisted living residences are now available! We can also get you back to doing the things you love with short-term skilled nursing and rehabilitation.

*Learn how we can help you
or your loved ones today!
Call us at (877) 271-1417.*



**Westminster
St. Augustine**

Live Well. Be Happy.

235 Towerview Drive | St. Augustine, FL

Active Living | Assisted Living | Skilled Nursing | Rehabilitation

Nease JROTC is best in northeastern Florida and state of Georgia

By NewsLine Staff
mail@floridanewsline.com

For six consecutive years, Nease NJROTC travelled to Georgia in search of the Area-12 State Academic, Athletic and Drill Championship. And for the sixth year in a row, the 40-cadet varsity team returned home to Ponte Vedra as the Area-12 champions — the top program of the 60 schools from Atlanta to Jacksonville.

With six straight state championships, Nease established itself as arguably northeast Florida's most dominating high school championship program.

Nease competed against the top 16 Navy high school JROTC drill teams in Area 12, which includes all of northeastern Florida and the entire state of Georgia. Sixty NJROTC programs competed at local drill meets during the fall and winter with the top 16 advancing to the state championships. Nease earned its berth by winning first place at each of its qualifying competitions at Mandarin, Terry Parker, and Sprayberry, Ga., high schools earlier.

"This group is the hardest working team we've ever put together," said Captain Scott LaRoche, senior naval science instructor. "The senior leadership is extraordinary."

In addition to winning the overall championship, Nease claimed first place in Personnel Inspection, Overall Drill (sweeping all five drill events), Armed Exhibition commanded by Ethan Wis-



Photos courtesy Scott LaRoche

Drill Team Commander Dylan Dosio and Executive Officer Isabella Rivera receive the first place trophy for Personnel Inspection at the Area-12 Drill Championships in Douglas, Ga.

sel, Unarmed Exhibition commanded by Genevieve Jacobi, Armed Basic commanded by Forrest Vosburg, Unarmed Basic commanded by Elkhan Bagirov and Color Guard commanded by Lindy Gostage; Overall Athletics, Team Situps, and the 16x100 Relay.



Nease NJROTC celebrates winning its sixth consecutive Area-12 Drill Championship as the best unit covering the state of Georgia and northeast Florida.

Cadet Emellee Neff earned an individual medal for the top female in sit ups with 317. Cadets Isabella Rivera, Kaitlyn Boggs, Reef Hamilton and Brogan Donnelly also earned medals for top five in female or male sit ups. Cadets Yuan Tian, Abigail and Amber Vidler earned medals for top five in

pushups. Cadet Ben Prohofsky placed in the top 10 in academics.

"Winning Area-12 was a milestone for us," said Cadet Ethan Wissel. "Our goal is the Navy National Academic, Athletic and Drill Championships. "We don't simply want to go this year; we intend to do damage."

Visit www.floridanewsline.com to see our convenient map of local establishments providing take-out and delivery services during the coronavirus shutdown.

Answers to puzzles on page 16

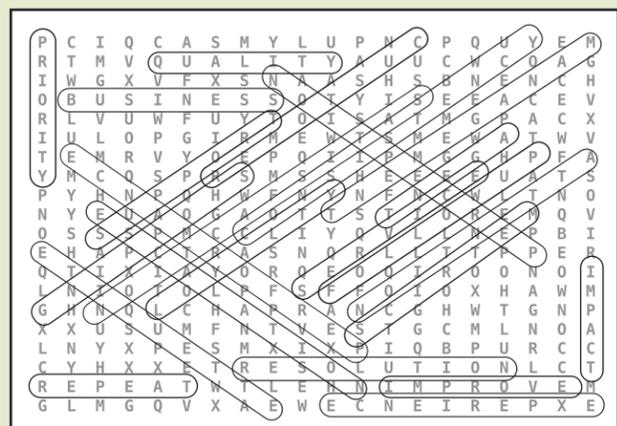
Answers

to our
Puzzles

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

CRYPTO FUN
Determine the code to reveal the answer!

Answers: A. patron B. retail C. purchase D. client



School Briefs

St. Johns County schools announce early registration

The St. Johns County School District has begun early registration for children new to the school district, including those entering kindergarten, for the 2020 – 2021 school year. To be eligible for public kindergarten, children must be five years old on or before Sept. 1 and must reside in St. Johns County. Early registration can be completed on-line at www.stjohns.k12.fl.us/student/enrollment. For additional information on registration, contact the Student Services Department at (904) 547-7598.

JT Townsend Foundation and Flagler Health+ help fund Ocean Palms playground

The Ocean Palms Elementary School PTO has taken another step closer to their goal of a new \$150,000-playground. The JT Townsend Foundation and Flagler Health+ have joined forces with the PTO to bring play to everyone, especially those with special needs.

The play structure, which includes an otter float that is wheelchair accessible for students with special needs, supported the JT Townsend Foundation's mission of "bettering the lives of children and adults with disabilities on the First Coast by providing financial assistance, adaptive equipment, and research funding."

The foundation's check of \$5,000 toward the new ADA-compliant play structure at Ocean Palms Elementary School will help the project move from



Photo courtesy Lisa Farese
Ocean Palms Elementary and the JT Townsend Foundation collaborated to make play accessible to all.

a rendering to a reality for the approximately 600 students at the school, including those with special needs.

Flagler Health+ donated \$10,000 toward the project as the school's flagship sponsor and was especially drawn to the school's playground initiative because of the unique ADA compliant components that are set to be included in the project—pieces such as the "otter float," which allows for full wheelchair access on part of the play structure.

The playground, which provides much-needed mental breaks, stress reduction and important physical exercise for students, is a big part of the children's school day and also aligns with the youth behavioral health initiatives that Flagler Health+ has taken in the community through efforts like their B.R.A.V.E. (Be Resilient and Voice Emotions) program, which launched in September of last year.

Contact Jennifer Werba (Jennifer.Werba@gmail.com) and Stacy Rendzio (Stacy.Renzio@gmail.com) to get involved or find out how you can help. Visit JTGivesBack.org for more information about the JT Townsend Foundation.

From a Teacher: Tips for home learning

By Lara Pierce, STEM Education
mail@floridanewslines.com

Your kids are home from school for at least a month and you have been tasked to oversee their learning. Don't panic! You can do it! As a veteran teacher of 27 years, I am going to help you with some of the tricks of the trade.

How to begin: It is important to find a clean organized area for your child to work. The kitchen or dining room table is great because you can spread out. The kitchen counter will work too. Just make sure they are in an open area where you can supervise them and keep them on task. Teachers spend the first two weeks of school developing routines so that everything runs smoothly. You will need some ground rules. Have your child gather all their supplies in one place. Have them fill up their water bottle so they aren't getting up every five minutes to get a drink. Together, write up a schedule. Most likely your child can tell you what their schedule was like at school. Try to duplicate this at home. The length of your homeschool day should depend on your child and their learning pace. Focus on quality not quantity.

A great online site that compiles many of the best learning websites in one place is: www.kidfriendlysearch.com This site was created by a St. Johns County technology teacher and is an amazing resource. The site is organized by subject area. There is even a section to practice typing skills.

Another recommended website is www.abcya.com. This site is organized by grade level (PreK through sixth grade). There are sections within each grade level for letters, numbers, strategies, and skills.

You can practice most basic skills using this site.

If you want your child to practice their learning with paper and pencil, there is a site for that too. Teachers can't create everything they do in their classroom. They often turn to other teachers for help. There are some really talented teachers who are willing to create units or themed activities and sell them. You do not have to be a teacher to access this site. There is an option to search for free items too. Visit www.teacherspayteachers.com and search by grade level and subjects. Just download, print and go. This is a great resource for younger students who still need to work on skills that require paper and pencil.

The last resource I want to share with you is by far my favorite. Using your St. Johns County library card, you can download apps that allow you to instantly borrow digital movies, music, ebooks, magazines and more. When you visit the site <https://sjcpls.org/> look under the eLibrary tab at the top for the directions to access it all. This is a safe way for your child to access all the books they could possibly want to read. The best part it's free! If your child is not a big reader, start with a magazine or anything that captures their interests or imagination.

Remember parents, we are in this together. The teachers are missing your child and look forward to the day they are back together in the classroom. If you need help, reach out to your child's teacher; I know they would be happy to assist.

Good luck! You got this!

SUPPORT COMMUNITY JOURNALISM

Your Basic Subscription to Ponte Vedra NewsLine remains Free, but if you value community journalism, please consider advanced support.

Free subscription valid in existing mailed ZIP codes only.

BASIC Subscription

Free

Enhanced Support

\$24 (\$2 per month)

\$48 (\$4 per month)

Other _____



Dear Friends:

We hope you enjoy your monthly edition of Ponte Vedra NewsLine. Each month, we do our best to provide our readers with timely, accurate community news, focused on the things that happen in our neighborhoods, including coverage of education, features on engaging community members, and events that touch us here, where we live. We see it as our role to highlight the good things that are happening in our community, and to shine a spotlight on the many wonderful volunteers and organizations that might otherwise go unrecognized.

However, as a family-owned, independent newspaper company, we face many challenges. The cost of paper and postage continue to rise and the local businesses whose advertising makes up more than 95 percent of our revenues are facing an unprecedented challenge as a result of Covid-19.

To help us continue to bring the community a compelling community news product, we are asking for your support.

Please consider for a moment the value you receive: from the news, features, sports, commentaries, and marketing materials each month in your community newspaper. Is that worth \$2 a month to you? Or

\$4? Perhaps more? If so, we are asking you to help support us so that we can continue to provide this community service for many years to come.

Your Basic Subscription to Ponte Vedra NewsLine remains free, but if you see the value and have the ability, we are asking you to consider Enhanced Support with a contribution of \$24 (less than 50 cents per week), \$48 (less than \$1 per week), or any other amount you feel is appropriate.

Regardless, we really need your support to keep publishing and delivering this newspaper!

Even if you can't support our efforts financially, by filling out the form below, you may help us qualify for significant discounts from the U.S Postal Service. All we need is some necessary information and your signature stating that you are requesting a three-year free subscription to Ponte Vedra NewsLine.

As always, we welcome your feedback. If there's anything we can do to improve your reader experience, please contact me at publisher@floridanewslines.com.

Sincerely,
Mark Pettus, Publisher

FLORIDA NewsLine

102 State Road 13, Suite 1
St. Johns, FL 32259
Call: 904-886-4919
FloridaNewsLine.com
email: subscriptions@floridanewslines.com

Name: _____

Mailing Address: _____

Email: _____

Phone: _____

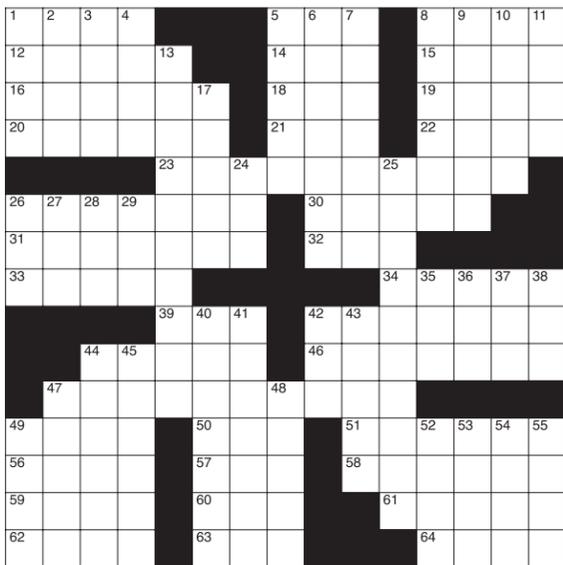
Signature: _____

Date: _____

(Request NOT VALID without signature and date)

Puzzles

Answers to puzzles on page 14
Provided by MetroCreative



CLUES ACROSS

1. Bond villain Mikkelsen
5. A team's best pitcher
8. French river
12. Mountain nymph (Greek)
14. City of Angels airport
15. Military force
16. Scrawny
18. Value
19. One billionth of a second (abbr.)
20. Highly seasoned sausage
21. Trouble
22. Prong
23. Showing varying colors
26. Cloaked
30. Renters sign one
31. Acquires
32. Type of language (abbr.)
33. Partner to pains
34. Third portion of the small intestine
39. Excessively theatrical actor

CLUES DOWN

42. Infraction
44. Classical music for the stage
46. Slogged
47. One who terminates
49. Breakfast is an important one
50. Moved earth
51. Medical procedures
56. Genus of clams
57. Not well
58. Comparative figure of speech
59. Covered thinly with gold
60. Principle underlying the universe
61. A parent's sisters
62. Professional engineering group
63. Coniferous tree
64. Impudence

CLUES DOWN

1. Female parents
2. Region
3. Transaction
4. Heroic tale
5. Of algae
6. Luminous intensity unit
7. Uncovers
8. French commune name
9. Poisonous gas
10. Pearl Jam's bassist
11. Horse groom in India
13. Destroyed
17. A way to alter
24. Promotional materials
25. American state
26. Extinct flightless bird of New Zealand
27. "Modern Family" network
28. Last or greatest in an indefinitely large series

CLUES DOWN

29. Exercise system __-bo
35. Type of bulb
36. Opposite of beginning
37. Utilize
38. Type of student
40. Deficiency of moisture
41. Areas of the eye
42. Select
43. Sheets of floating ice
44. Priests who act as mediums
45. Roof of the mouth
47. Unnatural
48. Illuminated
49. There are three famous ones
52. Large, fast Australian birds
53. "Dracula" heroine Harker
54. Substitutes (abbr.)
55. Tax

CUSTOMER WORD SEARCH

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

WORDS

- AGENT
- ATTENTION
- BUSINESS
- CONSISTENCY
- CUSTOMER
- ESCALATION
- ETIQUETTE
- EXPERIENCE
- FOLLOW-UP
- IMPACT
- IMPROVE
- LOYALTY
- MANAGEMENT
- METRICS
- PERCEPTION
- PERFORMANCE
- PRIORITY
- QUALITY
- REPEAT
- RESOLUTION
- SATISFACTION
- SERVICE
- SHOPPING
- SUPPORT

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



Solve the code to discover words related to customers.
Each number corresponds to a letter.
(Hint: 6 = e)

- A. 25 20 21 9 26 4**
Clue: Gives financial support
- B. 9 6 21 20 22 8**
Clue: Sale of goods
- C. 25 18 9 5 11 20 24 6**
Clue: Buy something
- D. 5 8 22 6 4 21**
Clue: Person using services of another

North Florida's Premier
Mortgage Expert

Ryan Proffitt
Mortgage Broker

904.887.7926
rproffitt@future.loans
www.future.loans
315 11th Ave N Suite B
Jacksonville Beach FL
32250
NMLS# 22464

Community Marketplace Call to advertise (904) 886-4919

**Market your
business for
only \$60*
per month**

*12 ISSUE RATE

**THE RIGHT
CLEANERS, LLC**

House cleaning services
Have a free demo before
you hire us!
We provide great references
Licensed and insured
CALL OR TEXT NOW!
(904) 207-5674

Let them know you are open for business!

**Advertise in our MAY
ISSUE**
DEADLINE April 20th

Advertising is easy
and affordable!
I will walk you through
the process.

**Ponte Vedra
NewsLine**

Rebecca Thomson
Marketing & Sales
724-968-7602 cell
Rebecca@FloridaNewsline.com

Answers to puzzle on page 4

Did you match these slang expressions to their meanings?

1. clean sweep
2. clean out
3. clean hands
4. come clean
5. keep one's nose clean

A. to stay out of trouble
B. to win everything
C. innocent; has done nothing wrong
D. to take everything; empty
E. confess, tell the whole story

Busting Dust!

1. dust
2. dust bunnies
3. an item is "collecting dust"
4. the flies "bit the dust"
5. the lead runner left the others "in the dust"
6. I'm going to "dust off" my hobby box
7. when she works she "makes the dust fly"

Can You Clean Up These Messes?

**It's Time for...
Spring Cleaning**

Annimills LLC © 2020

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

ANNOUNCEMENTS

SPY NOVEL. Anti-terrorist Chris Hodge hunts the bad guys worldwide in this new thriller "Relevant" inspired by true events. Purchase at RelevantTheBook.com. Search on Amazon

AUTOMOBILES

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

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

DONATE YOUR CAR FOR BREAST CANCER! Help United Breast Foundation education, prevention & support programs. **FAST FREE PICKUP - 24 HR RESPONSE - TAX DEDUCTION** 1-844-513-9098 (m)

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

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

CARS/TRUCKS WANTED!!! All Makes/Models 2002-2019! Any Condition. Running or Not. Top \$\$\$ Paid! Free Towing! We're Nationwide! Call Now: 1-888-985-1806

BUSINESS OPPORTUNITIES

MAKE \$1,000 DAILY Returning Phone Calls! Find out how! Call Our 24/7 MESSAGE hotline: (518) 530-1204 Need More Information? Go to: <http://allcashmoney.com/> No Experience Needed.

FINANCIAL

Attention all homeowners in jeopardy of Foreclosure? We can help stop your home from foreclosure. The Foreclosure Defense helpline can help save your home. The Call is absolutely free. 1-844-250-5850 (t)

Have \$10K In Debt? Credit Cards. Medical Bills. Personal Loans. Be Debt Free in 24-48 Months. Call NATIONAL DEBT RELIEF! Know Your Options. Get a FREE debt relief quote: Call 1-877-316-7129 (m)

Unable to work due to injury or illness? Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. Local Attorneys Nationwide. 1-855-399-1237! (Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL., TX/NM Bar. (m)

FOR SALE

KILL ROACHES/GUARANTEED! Buy Harris Roach Tablets. Odorless, Effective, Long Lasting. Available: Publix, Hardware Stores.

HEALTH & MEDICAL

DENTAL INSURANCE from Physicians Mutual Insurance Company. NOT just a discount plan, REAL coverage for [350] procedures. Call 1-833-424-6043 for details. www.dental50plus.com/cpf6118-0219 (m)

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

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting bat-

tery of Inogen One. Free information kit! Call 855-727-9628

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

SAVE ON YOUR NEXT PRESCRIPTION! World Health Link. Price Match Guarantee! Prescriptions Required. CIPA Certified. Over 1500 medications available. CALL Today For A Free Price Quote. 1-844-751-4067 Call Now! (m)

Stay in your home longer with an American Standard Walk-In Bath. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-877-583-3563 or visit www.walkintubquote.com/cpf (m)

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

GENERIC VIAGRA and CIALIS! 100 Pills \$99.00 FREE Shipping! 100% guaranteed. 24/7 CALL NOW! 888-889-5515

Arthritis, COPD, Joint Pain or Mobility Issues on the Stairs? ****STOP STRUGGLING**** Give Your Life A Lift! An Acorn Stairlift is a perfect solution! A BBB Rating. Call now for \$250 OFF your purchase. FREE DVD & brochure. 1-877-381-3207

MISCELLANEOUS

ATTENTION: Have you or a loved one used Juul or another e-cigarette vaping device & developed a serious health condition such as stroke, seizure, convulsions, lung damage, pulmonary issues including heart attacks? You may be entitled to compensation! Call now: 1-855-916-2015 (t)

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

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

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

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

Cross Country Moving, Long distance Moving Company, out of state move. \$799 Long Distance Movers. Get Free quote on your Long distance move 1-877-828-2789 (t)

DIRECTV - Switch and Save! \$39.99/month. Select All-Included Package. 155 Channels. 1000s of Shows/Movies On Demand. FREE Genie HD DVR Upgrade. Premium movie channels, FREE for 3 mos! Call 1-877-808-9508 (m)

DIRECTV Te Trae El Mejor Fútbol De México por Univision! Paquete 'Más ULTRA', Todo Incluido \$45.00/ mes, más impuestos. Incluye Más de 240 canales! Llame al número 877-430-6584. (m)

DISH Network. \$59.99 for 190 Channels! Blazing Fast Internet, \$19.99/mo. (where available.) Switch & Get a FREE \$100 Visa Gift Card. FREE Voice Remote. FREE HD DVR. FREE Streaming on ALL Devices. Call today! 1-855-895-7245 (m)

DISH TV \$59.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. 1-855-340-3064 (t)

Earthlink High Speed Internet. As Low As \$14.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-877-929-1176 (m)

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

GET A \$250 AT&T VISA? REWARD CARD WHEN YOU BUY A SMARTPHONE ON AT&T NEXT! Limited Time Offer. More For Your Thing. (*Req's well-qualified credit. Limits & restr's apply.) Call Now! 1-866-845-7080 or visit www.250reward.com/CPF (m)

Get Your Medical Marijuana Card. Stop in for a sample of CBD Bud. Stop taking dangerous pain and Anxiety Pills with Toxic side effects. 1-833-420-0421

HughesNet Satellite Internet - 25Mbps starting at \$49.99/mo! Get More Data FREE Off-Peak Data. FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-855-973-9254

Two great new offers from AT&T Wireless! Ask how to get the new iPhone 11 or Next Generation Samsung Galaxy S10e ON US with AT&T's Buy one, Give One offer. While supplies last! CALL 1-877-319-0413 (m)

Two great new offers from AT&T Wireless! Ask how to get the Next Generation Samsung Galaxy S10e FREE. FREE iPhone with AT&T's Buy one, Give One. While supplies last! CALL 1-866-845-7080 or www.free-phonesnow.com//CPF (m)

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

Earthlink High Speed Internet. As Low As \$14.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-520-7938

Applying for Social Security Disability or Appealing a Denied Claim? Call Bill Gordon & Assoc., Social Security Disability Attorneys, 1-855-498-6323! FREE Consultations. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.)]

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-877-626-2213

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 888-609-2189

DENTAL INSURANCE from Physicians Mutual Insurance Company. NOT just a discount plan, REAL coverage for [350] procedures. Call 1-877-308-2834 for details. www.dental50plus.com/cadnet 6118-0219

Two great new offers from AT&T Wireless! Ask how to get the Next Generation Samsung Galaxy S10e FREE. FREE iPhone with AT&T's Buy one, Give One. While supplies last! CALL 1-866-565-8452 or www.freephonesnow.com//cadnet

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

Stay in your home longer with an American Standard Walk-In Bath. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-855-481-3969 or visit www.walkintubquote.com/national

****STOP STRUGGLING ON THE STAIRS**** Give your life a lift with an ACORN STAIRLIFT! Call now for \$250 OFF your stairlift purchase and FREE DVD & brochure! 1-866-471-1334

HughesNet Satellite Internet - 25Mbps starting at \$49.99/mo! Get More Data FREE Off-Peak Data. FAST download speeds. WiFi built in! FREE Standard Installation for lease customers! Limited Time, Call 1-855-973-9254

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-402-0373

Cross country Moving, Long distance Moving Company, out of state move \$799 Long Distance Movers. Get Free quote on your Long distance move. 1-844-452-1706

Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-855-404-2366

DIRECTV - Switch and Save! \$39.99/month. Select All-Included Package. 155 Channels. 1000s of Shows/Movies On Demand. FREE Genie HD DVR Upgrade. Premium movie channels, FREE for 3 mos! Call 1-855-781-1565

DISH Network \$59.99 For 190 Channels! Add High Speed Internet for ONLY \$19.95/month. Call Today for \$100 Gift Card! Best Value & Technology. FREE Installation. Call 1-855-837-9146 (some restrictions apply)

SAVE YOUR HOME! Are you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowner's Relief Line now! FREE CONSULTATION 844-359-4330

DIRECTV - Switch and Save! \$39.99/month. Select All-Included Package. 155 Channels. 1000s of Shows/Movies On Demand. FREE Genie HD DVR Upgrade. Premium movie channels, FREE for 3 mos! Call 1-877-666-2821

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

Recently diagnosed with LUNG CANCER and 60+ years old? Call now! You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 844-791-6012 today. Free Consultation. No Risk.

VIAGRA & CIALIS! 60 pills for \$99. 100 pills for \$150. FREE shipping. Money back guaranteed! 1-866-863-0142.

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

SAVE BIG on HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 855-993-0514! (M-F 8am-8pm Central)

DISH Network \$59.99 For 190 Channels! Add High Speed Internet for ONLY \$19.95/month. Call Today for \$100 Gift Card! Best Value & Technology. FREE Installation. Call 1-855-837-9146 (some restrictions apply)

ARE YOU BEHIND \$10k OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 855-828-0617

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

ATTENTION: OXYGEN USERS! The NEW Inogen One G5, 1-6 flow settings. Designed for 24

hour oxygen use. Compact and Lightweight. Get a Free Info kit today: 866-954-2694

Donate your car, truck or van. Help veterans find jobs or start a business. Call Patriotic Hearts Foundation. Fast, FREE pick-up. Max tax-deduction. Operators are standing by! Call 1-844-982-2392

Become a published author! Publications sold at all major secular & specialty Christian bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-877-484-4025

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

DENTAL INSURANCE from Physicians Mutual Insurance Company. NOT just a discount plan, REAL coverage for [350] procedures. Call 1-866-694-6148 for details. www.dental50plus.com/southern 6118-0219

ATTENTION SENIORS 62+! Get a REVERSE MORTGAGE LOAN to access tax free cash & no monthly mortgage payments as long as you live in the home. Retire with more Cash! Call 888-704-0782

SATELLITE TV

\$59.99/month Directv Special. 155+ Channels, HBO for 12 months and 3 months of Premium Movie Channels! Whole Home GENIE HD DVR! Call Now! 877-221-8427

DISH TV - Over 190 Channels Now ONLY \$59.99/mo! 2yr price guarantee, FREE Installation! Save HUNDREDS over Cable and DIRECTV. Add Internet as low as \$14.95/mo! 1-855-977-7405

SERVICES/MISCELLANEOUS

COMPUTER ISSUES? Free Diagnosis by Geeks On Site! Virus Removal, Data Recovery! 24/7 Emergency Service, In-home repair/On-line solutions. \$20 OFF. 1-855-993-4172 (t)

DIVORCE, WILLS, Evictions Starting at \$65. 1-Signature Divorce or Missing Spouse Divorce! Serving All Florida Since 1992. Free Info! 1-800-973-6698 (Place Under Professional Services or Miscellaneous Business Services)

Need Help with Family Law? Can't Afford a \$5000 Retainer? <https://www.family-courtirect.com/?network=1> Low Cost Legal Services - Pay As You Go - As low as \$750-\$1500 - Get Legal Help Now! Call 1-844-415-4092 Mon-Fri 7am to 4pm PST (t)

WANTED TO BUY

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

CASH FOR CARS! We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! **NEWER MODELS too!** Call 1-866-508-8362.

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

ADVERTISE TO 10 Million Homes across the USA! Place your ad in over 140 community newspapers, with circulation totaling over 10 million homes. Contact Independent Free Papers of America IFPA at danielleburnett-1pa@live.com or visit our website cadnetads.com for more information

LOCAL JOB MARKETPLACE!

Florida NewsLine's Job Finder

Job Finder listing are complimentary for our valued advertisers!

Hiring Experienced Math Tutors (ALG - Calculus) at the Tutoring Club of St Johns. Great pay! Great environment! Located in Julington Creek & off CR 210. Hours M-TH 3pm - 8pm & Sat Mornings. 904-571-9580 to apply.

Support your community businesses!

To our readers: Remember all the local small businesses that you've asked for years to donate and sponsor your organizations, sports clubs and school events? Right now, they're in need of your support.

Return the favor.

We need YOU to be our Neighborhood Reporter!

Send in your articles and article ideas!

Email editor@floridanewslines.com

Dental Insurance

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

- ✓ Cleanings
- ✓ X-rays
- ✓ Fillings
- ✓ Crowns
- ✓ Dentures

1-877-308-2834

Call now to get this FREE Information Kit!

dental50plus.com/cadnet

Product not available in all states. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-888-799-4433 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN). 6154-0120

FREE! Savings include an American Standard Right Height Toilet FREE! (\$500 Value)

American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE \$1,500

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!

877-381-3271

Or visit: www.walkintubinfo.com/network

Satellite Internet That is Unlimited With No Hard Data Limits!

- ✓ 25 Mbps Download Speed
25Mbps download and 3Mbps upload!
- ✓ No Hard Data Limits*
- ✓ Wi-Fi Built-In
Connect your wireless devices at home
- ✓ Call For Special Offers In Your Area
Pricing varies by region

CALL TODAY - LIMITED SPECIAL OFFERS IN YOUR AREA!

1-855-942-3256

HughesNet is a registered trademark of Hughes Network Systems, LLC, an EchoStar Company. *If you exceed your monthly plan data, you will experience reduced data speeds until the start of your next billing period. Reduced speeds will typically be in the range of 1-3 Mbps and may cause Web sites to load more slowly or affect the performance of certain activities, such as video streaming or large downloads/uploads.

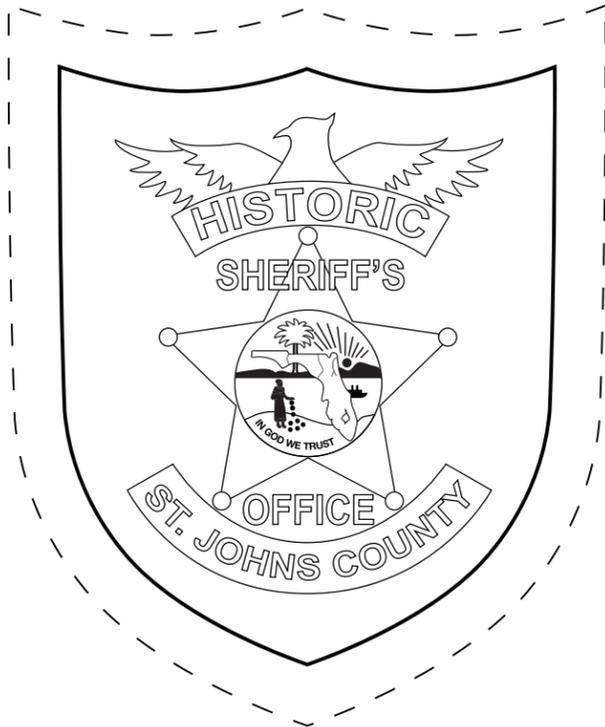
Only the Highest quality CBD products from AceWellness!

We guarantee highest quality, most competitive pricing on CBD products — Softgels, Oils, Skin Care, Vape Pens & More!

Discount Code: **PRINT20**
1-855-681-3113

Junior Deputies, reporting for duty!

Want to join the ranks? Color the star and patch provided by the St. Johns County Sheriff's Office, cut them out, and tape them on! Then, if you would like, take a photo and email it to jljohnson@sjsos.org to be added to the SJSO's Junior Deputy album on Facebook.



Improve crossword-solving skills

By NewsLine Staff
mail@floridanewslines.com

Crossword puzzles are an integral component of newspapers. In addition to their entertainment quality, crossword puzzles can help improve cognition and brain health in individuals of all ages.

The first known crossword puzzle to be published was created by a British journalist named Arthur Wynne, who is often credited as the inventor of crosswords. The first puzzle appeared in the New York World on Dec. 21, 1913. The original crossword was diamond-shaped and did not feature the familiar black squares.

Throughout the 1920s, crossword puzzles became a standard offering in many newspapers. During this period, puzzle shapes evolved to the more familiar form, and certain puzzle standards were established. Puzzles now appearing in most North American newspapers and magazines feature solid areas of white squares. Each letter is usually part of both an "across" word and a "down" word, and usually each answer must contain at least three letters. In these puzzles, shaded squares are typically limited to about one-sixth of the total.

It is estimated that around 50 million people in America routinely partake in crossword puzzles. Each year, one best-of-the-best is crowned in the American Crossword Puzzle Tournament.

Here are some tips that can help improve your crossword-puzzling skills:

- Practice. A lot. Practice makes perfect, even with crossword puzzles. Start with simple puzzles and work up to the more difficult ones.

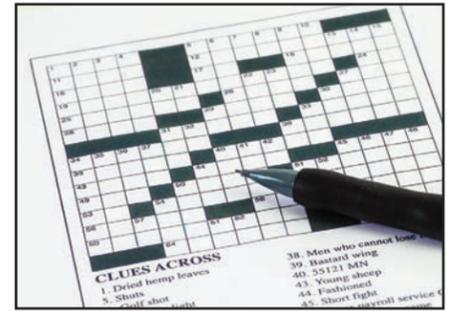


Photo courtesy MetroCreative

Crossword puzzles are a newspaper staple. Practice is one of the key strategies to improving completion rates on these word games.

- Divide and conquer. Divide the puzzle into smaller sections and complete each cluster before moving on. It's easier than completing all of the across or down clues.
- Watch "Jeopardy." Puzzles used to be comprised largely of definitions, but they now incorporate just about every subject. Improving general knowledge and perhaps watching trivia shows can help with puzzle completion.
- Learn repeat offenders. Over time you may recognize certain words appear in puzzle after puzzle. You'll soon be able to match the clues to these repeat words.
- Familiarize yourself with multiple word meanings. Remember to think like a puzzle creator, who is probably trying to stump you. The word "flower" may not imply the blooming plant. It may represent something that "flows."
- Take a break. Taking a few moments to step away from the puzzle before returning to it can clear the mind and make answers more apparent.

Thank You Jacksonville for voting us the **best Home Organizer** for 3 years in a row!

featuring

garage ■ closet ■ pantry ■ laundry room

Garage Floor Coatings

"Tailored Living took care of everything, they are the garage makeover experts!"
 - Kathy, Jacksonville

Your space. Defined.

"My new closet is so beautiful. Tim's design solved all of my storage issues!"
 - Stacy, Ponte Vedra

- PremierNX industrial grade floor coating outperforms and outlasts traditional epoxy floors.
- All work performed by our employees, no sub contractors!
- Locally owned and operated.
- Your project will be customized for your individual needs.
- Call for a FREE in home consultation with our nationally recognized designer.

If you're overwhelmed and not sure where to begin with your project, give us a call and we will take care of everything!

(904) 645-0885
TailoredLiving.com

Save **\$500**
 on your next garage or closet project

Must mention ad. Not valid with any other offer. Expires 4/30/20.

Travel

Discover Abingdon, Virginia and the Crooked Road

By Debi Lander mail@floridanewslines.com

“Virginia is for Lovers” ranks as one of the most successful tourism campaigns of all time. The Old Dominion, however, entices more than romantics, from its seashores to its mountains, for its colonial and Civil War sites, its presidential mansions, and aerospace museums, not to mention many popular culinary and musical festivals.

Visiting Southwest Virginia last year, I discovered a small city with a fascinating history, architectural gems, and yet very modern activities. Abingdon kept me hopping over three days — not long enough to see and do it all.

Abingdon’s best known for the Barter Theater, Virginia’s State Theater. The professional residential repertoire company, one of the few in the U.S., presents multiple stages, letting visitors see more than one performance over the weekend. The Barter began in the Great Depression, taking vegetables locals couldn’t sell in exchange for laughs. Milk, eggs, and livestock turned ham to Hamlet (vice versa for the equally struggling cast). It’s cash or credit cards today, but folks still leave in fine spirits.

After a Barter performance, walk across the street to stay at, or at least visit, the Martha Washington Inn and Spa. The historic hotel, originally built as a residence for a large family, became a school and in 1935, a hotel. Renovated and updated, it maintains a colonial atmosphere and fine antiques blended with modern amenities. You’ll want to spend time at

the Martha, not just sleep there. The parlor begs with an afternoon tea setting and the library calls others to curl up and read. The manicured grounds make for a relaxing stroll.

Where do you eat? Join those who’ve been doing so since 1779 at The Tavern. One of the oldest surviving restaurants, it also served as a Civil War hospital. If you are into ghosts ask the owner to give you a peek in the attic. The initials carved into the wall are real, but are

the ghosts? Abingdon’s Haint Mistress offers ghost tours of the city and claims there are many scattered about town.

Not far from the Tavern lies a scenic rails to trails path, the Virginia Creeper Trail, great for biking, hiking, walking or horseback riding. You can rent a cycle and ride over to the Abingdon Vineyards to quench your thirst. Don’t miss the small Visitor Center next to the train. Inside you’ll find some O. Winston Link’s black and white photographs; he’s considered the Ansel Adams of train photography. Hear stories about the lengthy endeavors he took to set up a shot- before the days of strobe lights and digital cameras.

For a real treat, drive over to the Southwestern Cultural Heritage Center for a free bluegrass concert. But hang on to your wallet — this place will make you want to redecorate your house. From bedroom sets, to tables, chairs, clocks and quilts, beautiful artisan crafts



Martha Washington Inn set for tea



SW Virginia Cultural Center



Virginia Creeper Trail



Photos courtesy Debi Lander Barter Theater

are displayed. I challenge you to leave without buying at least a small gift for someone. The variety and quality are outstanding, and there’s also local Virginia specialties like smoked hams, peanuts, jams, pickles and wine. I honestly have never been to a visitor center as spectacular as this one.

Abingdon and the SW Cultural Center sit on The Crooked Road, a 300-mile trail dedicated to musical heritage within the state. Nearby Bristol offers the Birthplace of Country Music Museum. You can also visit the Carter Family Fold for programs of Old Time and bluegrass music on weekends.

I bet you’ll fall in love with Abingdon, Virginia. (<http://visitabingdonvirginia.com>)

Visit www.bylandersea.com to read more of local travel writer Debi Lander’s stories and travel tips.

At Nemours, we focus on kids.

From vision tests to eye surgery, you and your child can depend on Nemours eye experts for comprehensive care close to home. Our team of pediatric experts includes ophthalmology and optometry doctors who offer exceptional expertise and state-of-the-art procedures right here in Northeast Florida.

Call (904) 697-3600 or visit Nemours.org to make an appointment or learn more.

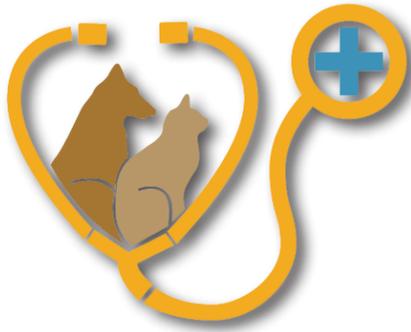


John Erickson, OD, Nemours pediatric eye expert

© 2020, The Nemours Foundation. Nemours is a registered trademark of The Nemours Foundation. J4943 (3/20)

Nemours Children’s Specialty Care, Jacksonville South
14785 Old St. Augustine Road, Suite 200
Jacksonville, FL 32258

Nemours Children’s Specialty Care



FOREVER VETS Animal Hospital

**\$5.00 OFF
Heartworm Tests**



The American Heartworm Society recommends pets be tested at least **ONCE A YEAR**

Valid April 1st-31st



FREE EXAM

Complete Physical Exam Included
(\$38.95 Value)

New Clients Only. Must present coupon.
Not valid with other offers. Expires 5/15/20

WALK-INS WELCOME • EXTENDED HOURS

OPEN
7 DAYS
A WEEK

WWW.FOREVERVETS.COM

VICAR'S VL LANDING

SURROUNDED BY ACRES OF WOODS, LAKES

and happiness.

You won't find a more perfect place to retire to in Florida than Vicar's Landing. Located in the heart of Ponte Vedra Beach within the gated community of Sawgrass Players Club, the campus is surrounded by wooded walking paths, lakes, shopping, restaurants and the world-famous TPC golf course. With all this and so much more available to our Members, it's not hard to figure out why they feel happy being at Vicar's Landing. To take a tour or to learn more, call or click today. [904.285.6000](tel:904.285.6000) | VicarsLanding.com



VICAR'S
LANDING



THE RETIREMENT RESORT AT TPC SAWGRASS