



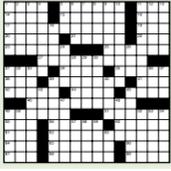
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Photo courtesy Christina Upchurch  
U.S. Rep. Burgess Owens with School Board member Beverly Slough and T.C. Wolfe, lobbyist for the Florida School Boards Association.

## SAHS Aerospace Academy welcomes special visitor

By Martie Thompson  
editor@floridanewsline.com

On March 23, U.S. Rep. Burgess Owens visited the Aerospace Academy at St. Augustine High School as the guest of St. Johns County School Board member Beverly Slough. Owens is a member of the U.S. House Committee on Education and Slough had previously met him in her capacity as chairman of the Federal Relations Network of the Florida School Boards Association.

“During a meeting that he attended, I discussed the St. Johns County School District’s academies. I knew he was

**SAHS Aerospace Academy** cont. on pg. 2

## Furever Homes: Keeping pets and owners together

By Tiffany Merlo Phelps  
mail@floridanewsline.com

Carolyn Smith wakes up every morning excited to go to the St. Augustine Humane Society because it is a place where she is able to give back to the community by helping animals and people alike.

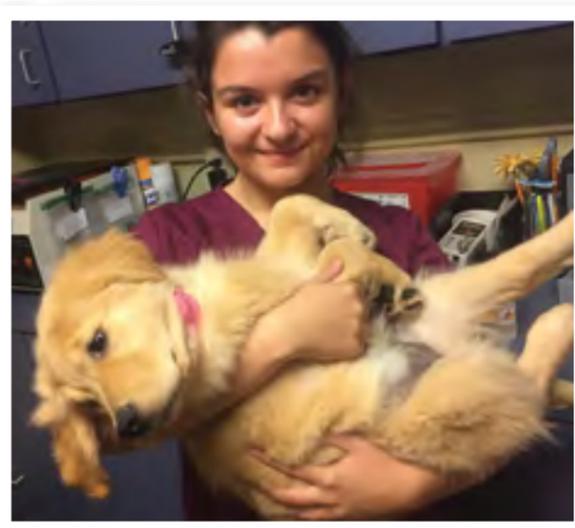
“This is not your typical humane society,” said Smith, executive director. “We are a resource center for pet owners to prevent the relinquishing of pets. We want to keep pets at home with their owners.”

To be clear, the St. Augustine Humane Society is not a shelter. In 2008, the non-profit had to rethink its purpose after St. Johns County built its own shelter facility. After a year of strategic planning by the board of directors, a new mission was created and the St. Augustine Humane Society reopened in 2009 as a resource center.

“We decided to be more proactive,” said Smith. “A lot of organizations are going towards this collective measure of keeping pets in homes.”

In order to do this, the St. Augustine Humane Society relies heavily on donations, volunteers, and grants, so that many services can be offered at a more affordable cost. These services include low-cost spay/neuter programs, lower cost veterinary and charity clinic services, financing plans, feral cat support, dog training, a pet food pantry (2,000 pounds of food given away each month) and a grooming salon.

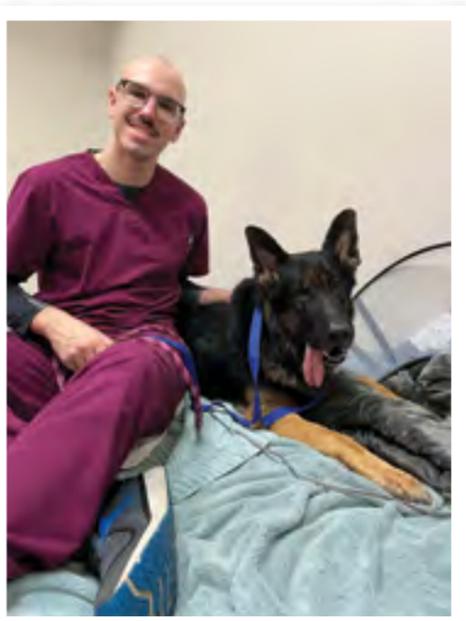
Everything is geared towards being a



Photos courtesy Hannah Shearer  
Kacie with a puppy.

wellness clinic, so that pets do not suffer and owners do not have to give them up because of financial hardships.

One example, said Smith, was a dog owner she heard about via social media who was going to give up a 12-year-old dog because the needed dental work was going to cost \$2,000. Smith said she reached out to the owner and provided



Kevin with dog in recovery.

ing to make,” said Smith, adding that grant writing specifically written to help older dogs is one way to assist.

Hannah Shearer, Donor Relations Officer at the St. Augustine Humane Society, writes the grants for the organization and loves the results that it produces.



Cats in recovery.

“I just love being a part of something bigger,” said Shearer.

Smith and Shearer are both inspired by the 20 volunteers they work alongside. The volunteers are trained to hold meaningful positions such as recovery and lab technicians. In addition, grants have enabled the Humane Society to hire two local candidates aged 18 – 25 for a year-long paid internship.

the dental work at the Humane Society for \$500, half of which the owner was able to pay.

“We want to prevent the heartbreaking decisions that some pet owners are hav-

“This is the fifth annual grant, formerly named the WorkStarter Grant, awarded to the St. Augustine Humane Society as part of a program to encourage recent high school graduates to learn a trade upon entering

**Keeping Pets** cont. on pg. 9

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**SAHS Aerospace Academy** cont. from pg. 2

interested in aerospace, so I highlighted that academy at St. Augustine High School,” Slough said. “He said that the next time he was in the area, he wanted to come and see it firsthand.”

During his visit in March, Owens met with the Aerospace Academy’s student ambassadors, as well as St. Johns County Superintendent of Schools Tim Forson, St. Augustine High School Principal Dr. DeArmas Graham and other school administration, Emily Harrison, (the district’s Career and Technical Education Director), and Slough.

“He was quite impressed with everything,” Slough said. “He even took a successful turn in the flight simulator. He was very interested to learn of the drone pilot certification that can be earned by our students.”

Slough said that the Academy of Law and Homeland Security is in the same building and so Owens toured that as well. He saw the 911 call simulator and the use of force simulator used by students in the academy.

As a follow up to his visit, Slough said plans are in the works to continue to educate his staff on how career education and choice offerings with the public school system are offered not only in St. Johns County, but also in Florida.

Owens grew up in Tallahassee; his father was a professor at Florida State University and his mother was a public school teacher. As such, Slough said he has an affinity for public schools.

During his visit, Owens, a former NFL player for the NY Jets and the Oakland Raiders, brought one of his Super Bowl rings for everyone to see and try on.

“He was so personable and equally at ease with adults and the students,” Slough said. “He made a fine impression — as did our programs.”

## Briefs

### First Coast Cultural Center seeks funding for Sound Connections® Music Therapy

First Coast Cultural Center and its Sound Connections® Music Therapy program for children with disabilities serves six public schools in St. Johns County including Cunningham Creek Elementary, Valley Ridge Academy, PVPV/Rawlings, Ocean Palms Elementary along with The Webster School and Osceola Elementary which are Title I schools.

According to Donna Guzzo, First Coast Cultural Center’s executive director and CEO, it is now imperative for funding and contributions to continue the Sound Connections® Music Therapy program. Some funding has gone away due to the pandemic, and donors re-focusing their giving to homelessness or food pantries.

Since 2006, program classrooms have been donated for students in preschool to fifth grade, to participate in music therapy; however, income to compensate therapists, supplies and training must be generated for continuation of services. For a reasonable fee, children and teens can work individually with a board-certified music therapist to maximize their potential through engaging music experiences. Clinic therapists provide a wide range of services including adapted piano, guitar, and ukulele lessons, among others for more than 400 children in Exceptional Student Education classrooms.

“We have reached out to several Foundations that have helped us in the past. We have reached out to the school

district to inquire about grants or other possibilities to facilitate the program since we are servicing as early as Head Start. We are waiting to hear back as deadlines are approaching on July 1 to have therapists funded and placed for the 2022 – 2023 school year,” said Guzzo. “Without additional funding, some changes will have to be made and the children will be impacted. An alternative is to hold the classes as an afterschool enrichment program for 90 minutes per class, only once a week, and have it be a self-funded program paid for by parents while hiring part time therapists for each semester. Only parents in the northwest part of St. Johns County and in Ponte Vedra Beach responded affirmatively.”

A wide variety of fundraisers are held each year to support Sound Connections® Music Therapy. At a recent membership drive, guests learned about music therapy and were encouraged to donate and be part of the positive program. Also, the nonprofit’s renowned Holiday Shoppes during the Christmas season and the upcoming third annual Beaches A Celebration of the Arts gala event on May 15 will help to benefit educational programs at First Coast Cultural Council.

Contact Donna Guzzo at [dguzzo@firstcoastculturalcenter.org](mailto:dguzzo@firstcoastculturalcenter.org) and (904) 280-0614, ext. 1201 for more information.

### Adopt-A-Manatee this Mother's Day

The perfect Mother’s Day gift shows Mom your appreciation without adding more to her already-full plate. Why not Adopt-A-Manatee from the Save

the Manatee Club? Mom will receive a personalized adoption certificate, photo, and biography of a real living manatee — but she won’t have to feed, house, or clean up after the new member of the family.

All manatees in the Adopt-A-Manatee program are living manatees studied by research teams in Florida and have known histories that are traced through female matriarchs. Manatees do not form permanent pair bonds like some animal species, and males assume no responsibility for raising calves. Mother manatees give birth to calves about once every two to five years, following a gestation period of about 12 months. Calves stay with and nurse from their mothers for up to two years, during which time she teaches them about migratory routes, warm water sources, and feeding grounds. Manatees rely on the knowledge they learn from their mothers for the rest of their lives.

Manatee adoptions start at \$25 and also include a one-year Save the Manatee Club membership that contains a newsletter with updates on adoptable manatees as well as other important manatee information. Funds from the Adopt-A-Manatee program directly support Save the Manatee Club in its mission to protect manatees and their habitat, including emergency rescue, rehabilitation and release efforts; and education and public awareness programs.

Visit [savethemanatee.org/adopt](http://savethemanatee.org/adopt) or call 1-800-432-JOIN (5646) for more information.

**Briefs** cont. on pg. 7

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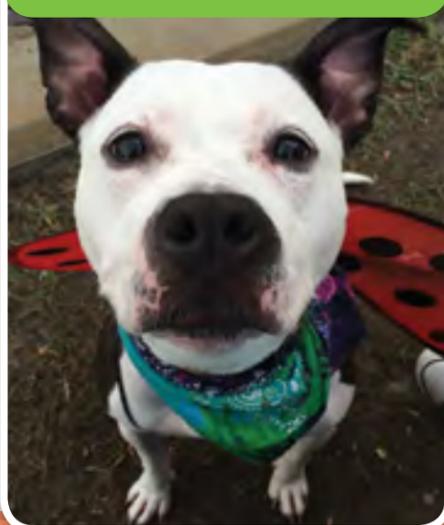
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## BFF Best Furry Friend of the month

### Meet Zoe!



**Breed:**

American Staffordshire Terrier

**Favorite Activity:**

Snuggling and sniffing the sunshine.

**Favorite Treat:**

Banana puddin'.

**Favorite Friend:**

She loves everyone. Everyone is her favorite friend. To her strangers are just friends that she hasn't met yet.

**How your BFF got her name:**

Zoe was named after Zoe from the sci-fi TV show "Firefly."

Do you have a cute pet? Send us your pet's picture and the answer to the five questions above before the 10th of the month. Also tell us you saw the BFF contest in St. Augustine NewsLine. Your pet could be our BFF of the month and appear in St. Augustine NewsLine! Email editor@floridanewsline.com to enter your pet.

Welcome to your new community newspaper!  
We hope you will find interesting and informative stories inside.

Let us know if you have any article ideas or if you'd like to advertise your business to our readers!

~ The Team at St. Augustine NewsLine

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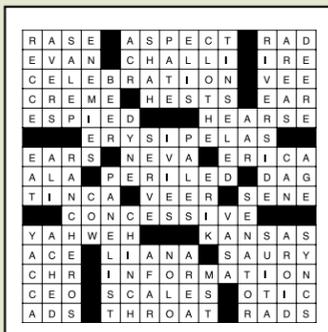
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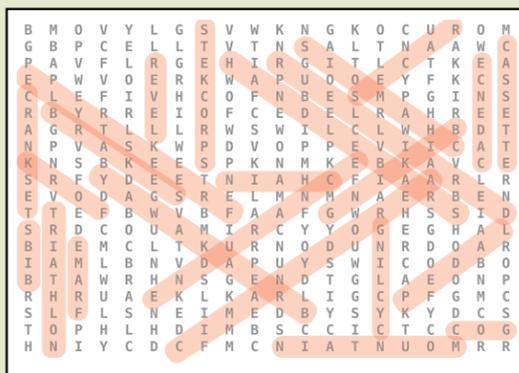
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# May

## Community Calendar What's Happening in St. Augustine

**7th:** The Northeast Florida Chapter of Sisters in Crime presents award-winning author and editor Nancy Quatrano at the Ponte Vedra Beach Branch Library, 101 Library Blvd. (FOL Room), at 10:30 a.m. on Saturday, May 7, 2022. Bring your coffee and bring a friend. The group welcomes misters and sisters to learn more about writing, promoting, and enjoying crime fiction. Visit [www.nefloridasistersin-crime.org](http://www.nefloridasistersin-crime.org) for more information.

**7th:** Family Fishing Clinic sponsored by St. Johns County Parks and Rec at Vaill Point Park, 630 Vaill Point Road in St. Augustine. The clinic will be held from 9 a.m. – 4 p.m. and is perfect for families looking to get into fishing. All gear and bait are provided. Participants will learn how to cast, tie knots, various bait options, and how to read and understand regulations. The cost is \$50. Visit <https://tinyurl.com/msvyftvt> to sign up.

**9th:** The St. Johns County Civic Roundtable will meet on Monday, May 9 at 12 p.m. via Zoom. The meeting will feature guest speaker Vicky Oakes, St. Johns County's Supervisor of Elections. Email [info@sjcroundtable.org](mailto:info@sjcroundtable.org) to register for the meeting or visit [www.sjcroundtable.org](http://www.sjcroundtable.org) for more information about the St. Johns County Civic Roundtable.

**11th:** You Can be Junior Ranger event from 4 p.m. – 5 p.m. on May 11 at The Waterworks, next to the Main Library. (You can access The Waterworks building through both library entrances on US 1.) Join local Park Rangers from Castillo de San Marcos and Fort Matanzas National Monuments to learn about the Junior Ranger program, an activity based program conducted in almost all national parks. RSVP required; call the library at (904) 827-6940 for more information.

**14th:** The St. Augustine Community Chorus, under the direction of Michael Sanfilippo, will present "Emerging Light" at 7 p.m. at Ancient City Baptist Church, 27 Sevilla Street in St. Augustine. The concert will feature selections from Parts 2 and 3 of The Messiah. Visit [www.staugustine-communitychorus.org](http://www.staugustine-communitychorus.org) for tickets and information.

**14th:** Free community shredding event at Berkshire Hathaway HomeServices Florida Network Realty in SeaGrove Town Center, 112 SeaGrove Main Street, on Saturday, May 14 from 9 a.m. – 12 p.m. The company will also collect nonperishable food items and cash donations for Port in the Storm and St. Francis House in St. Johns County.

**25th:** Lunch and Learn: Reference Solutions, Your Small Business Development Tool will be held at the Main Library, 1960 N. Ponce DeLeon Blvd., from

11 a.m. – 1 p.m. Give your business a boost using Reference Solutions, a database that is free to access with your library card. Reference Solutions (formerly ReferenceUSA) is an online directory that includes more than 260 million business and residential information records. A pizza lunch will be provided courtesy of Reference Solutions. Reservations required; call the Main Library at (904) 827-6940.

**28th:** GTM Research Reserve will host its monthly Beach Cleanup on Saturday, May 28 from 9:30 a.m. – 11:30 a.m. No registration is required; meet at the Visitor Center, 505 Guana River Road in Ponte Vedra Beach where gloves and trash bags will be provided. Visit [gtmnerr.org](http://gtmnerr.org) for more information.

*Have an event you'd like included in our community calendar? Email the information to [editor@floridanewsline.com](mailto:editor@floridanewsline.com). Deadline is the 10th of the month for the next month's issue.*

Welcome to the new

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with St. Johns County School Board Member Patrick Canan, District 5

**Q: What can you tell us about the recent bids for the proposed construction of K-8 School NN in the northern part of the county [as of interview date of April 15]?**

**A:** I was disappointed when I heard the numbers. All three bids were significantly higher than the same school we built just a couple of years ago. I understand the supply and labor issues in the industry at this time, and I think that's what motivated the high bids: the contractors felt they had to bid higher because they couldn't be sure they would be able to get needed supplies and labor in time to avoid liquidated damages.

**Q: So what is the next step?**

**A:** We decided to hold off for a year to let the contractors be comfortable that they can get the needed supplies and labor in time, which we hope will result in a lower bid. We are now looking at a 2024 school opening rather than 2023. The re-bid is currently in progress so that we can give the contractor the most amount of time possible.

**Q: Can you comment on the apparent frustration of parents about the high population growth in St. Johns County?**

**A:** We have had a number of callers during our school board meetings' public comment period suggesting that the school board can control the county's growth. That's a misunderstanding of our role. We have no say in the growth of St. Johns County; people need to take their concerns to the Board of County Commissioners as they are the ones approving the projects. We are growing at about a school a year at this point. I always say that people think this city started in 1565, but I think it was 2005.

For instance, the northern part of the

county is growing so fast, we continually have to rezone. Parents are upset about having to move their children and it puts us in an impossible situation. When we have growth and build new schools, someone has to go to them.

**Q: Can the school board utilize impact fees to build new schools?**

**A:** Yes, we do receive impact fees and they do help, but they are not sufficient to build the number of schools we need. Very fortunately, a number of years ago, we went to the public and asked for an additional half cent sales tax, which voters approved. This not only provides funds to build new schools, but also leverages us to borrow to build more.

**Q: Do you have anything else to share with District 5?**

**A:** I'm often amazed at what I hear from Tallahassee. Charter schools are being pushed because they want to give parents "choice." But I say, look at St. Johns County and what we offer. I can't even keep up with all the academies we have; they keep kids interested and in school and then they graduate.

I'd like to share that it's important to take advantage of all our school district has to offer in this way of choice. Make note of registration dates for our academies and Programs of Choice.

Also, be sure to register your incoming kindergartener or new student as soon as possible so we can plan for staffing for next year. This can be done online at [www.stjohns.k12.fl.us/student/enrollment/](http://www.stjohns.k12.fl.us/student/enrollment/) or by visiting the student's assigned school website.

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

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



with St. Johns County Sheriff Rob Hardwick

**Q: April 10 – 16 was National Public Safety Telecommunicators Week. Can you spotlight these workers in the sheriff's office?**

**A:** We have approximately 60 staff members, including supervisors and managers in our Emergency Communications Center. Also known as 911 call dispatchers, in addition to serving the public, these men and women are the eyes and ears of the SJSO and watch over the men and women in our agency who wear the uniform.

The public safety telecommunicators provide services not just to the more than 292,000 residents of St. Johns County, but also to the 6 million or so visitors we have each year. For instance, Interstate 95 that runs through St. Johns County sees 100,000 cars per day and any 911 calls from there would be routed to our dispatchers in St. Johns County. These public safety telecommunicators cover the same territory as our deputies.

**Q: Can you describe more about the types and numbers of calls they receive?**

**A:** In 2021, we had 400,000 calls for service, of which 115,981 were 911 calls. At our Emergency Communications and Training Center building, which houses our call center, we are the official call takers for not only our agency, but also for St. Johns County Fire and Rescue, the St. Augustine Beach Police Department, the National Parks Service, and as of this year, the St. Augustine Police Department.

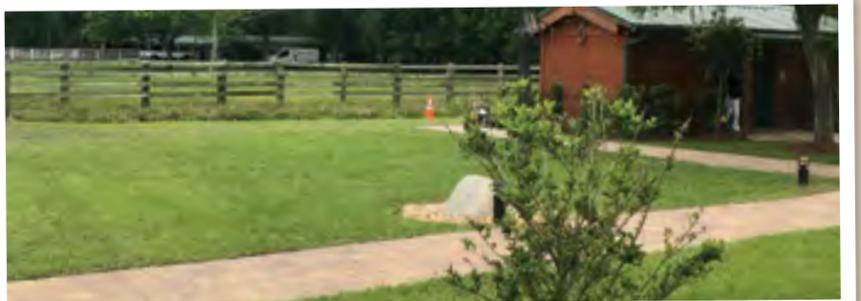
For SJSO, the men and women of the St. Johns County Telecommunications Center don't just monitor our deputies on the road. They also monitor our marine unit, the aviation unit, and the deputies that are in the 46 schools in the county. We can provide mutual aid to touching counties through our 911 calls and can patch calls through to

Q & A with Rob Hardwick cont. on pg. 6

St. Johns County Chamber members socialize



Erin Kelly and Kelly Farm Events hosted a joint St. Johns County Chamber Social on Thursday, April 14 at their beautiful venue located just west of St. Augustine. Networking, socializing and touring the facility were on the agenda and a great time was had by all. Ericha Gore, St. Johns County Chamber of Commerce events manager, was on hand to help attendees sign in.



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Q & A with State Attorney,  
7th Judicial Circuit, R.J. Larizza

**Q: Can you give some background on the latest initiative between your office and the sheriff's offices in your circuit (including St. Johns County) to address car break-ins by juveniles?**

**A:** Car break-ins or "car clicks" by juveniles have become a major problem in our area and the incidence of kids breaking in and stealing guns and money has been increasing. We are trying to get ahead of this situation.

Basically, what has been happening is that kids are targeting cars in our area because it is heavily populated and upper middle class. Some kids are local and sometimes they come from out of the area, often in stolen vehicles. By car clicking, they check the handles of cars to see if they are unlocked. They go from car to car and they are very fast and efficient. They often wear hats or clothing to disguise their features. They take guns and money that they find in the cars.

We are seeing very young kids, such as 13 and 14 year olds, doing this. Their mentality is often that the juvenile justice system will be lenient and that not much will happen to them if they

are caught since they are under 18. They are then using the guns they steal and sometimes selling them on social media sites.

**Q: What is the plan you have in place with the sheriff's offices?**

**A:** The four sheriffs and I agree that this has become a real problem and public safety issue and we need to take action. We are concentrating on three points:

1. In trying to find a way to deter the behavior, the best way is to aggressively prosecute these cases. Often, we are charging these juveniles as adults, if they are stealing and using guns.
2. We want to continue to build community awareness to this problem. It's important for community members to minimize availability. Keep your cars locked and don't leave guns in your cars.
3. We are working with schools and other community organizations to get the word out to kids about the seriousness of these crimes. If you steal and / or use a gun, the consequences will be severe.

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**Guest Column**

**New precinct lines and new polling locations to be announced soon**

By St. Johns County Supervisor of Elections Vicky Oakes

Staff at the Elections Office have completed the project of redrawing precinct lines due to the redistricting process. The next step, as required by law, is for the Supervisor of Elections to request that the new precinct lines be approved by the Board of County Commissioners. I'm scheduled to appear before the Commission during the May 3 regular board meeting to request that approval. Once the board votes to approve our new precinct lines, they will be effective immediately and we will release the new precinct maps to the media, on our website, and on social media.

New precinct lines will also drive the need to update the list of 2022 polling places. We hope to have those confirmed by May 3 so we can release them along with the new precinct lines. In addition, we anticipate mailing new voter information cards to all registered voters in early June; however, a court decision regarding Florida's congressional districts must be made before the database of new districts can be completed and the mailing of voter information cards can occur. Additionally, the voter lookup tool on our website will not be updated with new districts, precincts, and polling places until congressional districts are finalized.

We will notify voters when the new voter information cards are going in the mail and the new information is available on our website for viewing. Updated voter information cards will reflect the new districts, precincts, and election day polling places. All voters are advised to review their new voter information cards carefully as many precincts and election day polling places have changed. It's also very important to keep your address up-to-date with the Elections Office. Voter information cards are sent as "return

service requested," which means if you move and have your mail forwarded, your card will not be sent to your new address — it will be returned to the Elections Office. Returned voter information cards with associated forwarding addresses provided by USPS are processed in this manner:

- Address change within St. Johns County: Your address is updated and a new voter information card is sent to your new address.
- Address changes within the State of Florida: Your voter registration record and new address are sent to the county elections office for your new residence. Your record will be updated and you will receive a voter information card from the Elections Office in your new county notifying you of your district, precinct, and polling place.
- Address changes outside the State of Florida: Your voter record will be updated with the out-of-state address as your mailing address. You will be sent a list maintenance notice following the election requesting your record be updated which you can use to cancel your Florida Voter registration or provide the correct information.
- Notice returned as undeliverable with no address provided: Voter is sent a list maintenance card following the election which the voter can use to cancel or provide correct information.

Any first class mail returned to the Elections Office as undeliverable by the Post Office will result in the cancellation of any preexisting vote-by-mail ballot request. You must reapply if you wish to continue voting by mail.

Readers can contact me at the office by calling (904) 823-2238 or emailing me at voakes@votesjc.gov. Our website also has a wealth of information and a signup form for our newsletter at votesjc.gov.

**Q & A with Rob Hardwick** cont. from pg. 5

their public safety telecommunicators and work the call together if necessary. They also monitor the live feed from our helicopters, drones, and the traffic cameras throughout St. Johns County in addition to monitoring official weather notices.

St. Johns County is divided into five regions in our Emergency Communications Center. The North Region includes calls from the Duval County line to the World Golf Village/Palencia area; Central includes south of World Golf Village to the City of St. Augustine and West Augustine; and South is from the city to the Flagler County line. The other two regions are St. Augustine City/St. Augustine Beach/the National Park Service Police and finally the National Crime Information Center/Florida Crime Information Center. This final channel is for monitoring warrants, vehicle tags and be on the lookout calls, usually for other jurisdic-

tions. Our men and women of the St. Johns County Telecommunications Center are responsible for many things! We call them "Heroes in Headsets."

**Q: Do you have positions available?**

**A:** We are currently hiring public safety telecommunicators and if anyone is interested, they can find out all the specific requirements at www.sjso.org. Starting pay is approximately \$41,000, but it is my intention to increase that soon to \$45,000. The job does involve shift work. Other requirements are patience, attention to detail, the ability to multitask, and a true commitment to serve our community and provide first class customer service.

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

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

# Life

travel • pantry raiders • gardening  
fishing • entertainment • puzzles

## Get to Know ...

By Martie Thompson  
editor@floridanewsline.com

### Jennifer Michaux

Jennifer Michaux has always been a trailblazer, but when she was named the first female police chief of the St. Augustine Police Department, she topped her own list of accomplishments. Born and raised in a suburb of Chicago, she joined the U.S. Navy at age 19 after a year in college in which she couldn't decide what field to study. The Marines were originally appealing to her, but they only offered her a desk job. The Navy offered a position of air crew, which fit in better with her background as a collegiate swimmer. She spent seven years in the Navy, during which she met her husband, Richard, a Marine. They were stationed at NAS JAX and decided to stay in the area after they were honorably discharged from the military. She then became a police officer and has spent her entire 27 year career with the St. Augustine Police Department. She and her husband live in St. Augustine and have a 21-year-old son who plays football for Wofford College in Spartanburg, S.C.

**Q: How did you decide to become a police officer?**

**A:** After I left the Navy, I had a friend who was going to the police academy. I've always been adventurous, and I liked that police officers get to drive fast and shoot guns — plus I like people. When I found out that the job offered good pay and benefits, I knew I had found my next career. I graduated from the St. Johns River State College Criminal Justice Academy and applied locally for positions. I took my first job as a road patrol officer with the St. Augustine Police Department in 1995. I was assigned to Lincolntonville and I really liked getting to know the community members. I found that the traffic division was really my niche since it of-



Photo courtesy Monarch Studios  
St. Augustine Police Chief Jennifer Michaux.

ferred me the opportunity to make a difference serving the community.

**Q: What positions have you held at the St. Augustine Police Department?**

**A:** I have held many over the years. Early on, I rode a motorcycle in the traffic division and then-Chief Shoar instituted a new rank, corporal, for our agency. At the time, females in law enforcement were still very much a minority, but I was up for one of the seven new corporal positions. I was sure I would get the Community Resource Division position since I was in traffic, but they gave me, the only female, the desk job — Administrative Corporal! As it turned out, it was probably the most valuable step I made in my career because I was able to learn about recordkeeping and budgets.

I went back and forth between being out on the road (what I call “true policing”) and internal affairs a few times. I took night classes in the Flagler College Public Administration program so that I could advance with the agency. I was

promoted to Commander of Operations in 2017 and then Chief in 2021. I'm the first female chief, but probably not the last. Presently our agency is 23 percent female compared to a national average of about 13 percent.

**Q: What is your favorite part of your job?**

**A:** When I was on patrol, my favorite part was interacting with the community. Police officers are the first people everyone sees. They make the immediate decisions and represent the agency. Now, as Chief, my favorite part has changed. I like making our agency the best work environment for our officers, because if they enjoy their job, they will project that out to the community. I want them to have what they need to succeed and I enjoy watching them grow.

**Q: What are your goals for the St. Augustine Police Department?**

**A:** I'd like to get back to the police department really being a part of the community like it was when I first started. Certainly the town has grown, so we are using social media like Facebook to reach out. I want to make sure our officers are at every event we can and be very visible. Whenever I attend an event, I try to bring a different officer with me each time so everyone gets the experience.

**Q: What do you like to do in your free time?**

**A:** I love to travel, particularly to watch my son play football. I grew up in the snow, so I'm not keen to travel to cold places; I like anything with the ocean and outdoor activities. I also like running, which is why I'm getting knee surgery soon.

*Interested in being featured? Email editor@floridanewsline.com*

Briefs cont. from pg. 2

**St. Augustine Amphitheatre to reinstate Reusable Amp Cup Program**

In an effort to eliminate single-use plastic cups and uphold sustainability initiatives within the live entertainment industry, The St. Augustine Amphitheatre will reinstate its Reusable Amp Cup Program beginning with Billy Strings' three-night run from Friday, April 29 to Sunday, May 1, 2022. The St. Augustine Amphitheatre's Green Hands Initiative first established a reusable cup program exactly three years ago in April of 2019.

The Reusable Amp Cup Program will drastically reduce the amount of single-use plastic by utilizing a high quality, reusable, BPA-free, #5 plastic cup. Considering patrons order an average of two drinks per show, and that a sold-out show at the venue welcomes 4,700 people, The St. Augustine Amphitheatre was distributing around 9,000 single-use plastic cups in a single night. With the Reusable Amp Cup Program, patrons will be handed an Amp Cup when they order their first beverage at concessions — no deposit required. Should they return for a refill, patrons will receive \$1 off their next purchase. At the end of the event, patrons will return their reusable Amp Cup to a designated bin so they can be properly washed, sanitized, and restocked.

Prior to implementing any type of reusable cup program, the venue collected an average of 16 bags of trash after each show, which is approximately a dumpster and a half of trash and plastics. After implementing the reusable cup initiative from April 2019 through February 2020, The St. Augustine Amphitheatre hosted 59 ticketed concert events and eliminated more than 350,000 single-use plastic cups from being served — ultimately reducing waste disposal to four bags per show. This 75 percent decrease in waste eliminated a six cubic yard-sized dumpster per large event.

“The results are instant and gratifying,” said Gabriel Pellicer, general manager of The St. Augustine Amphitheatre and Ponte Vedra Concert Hall. “We're really excited to relaunch the reusable cup program... the numbers show it really makes a difference with reducing unnecessary waste.”



## VISIT THE OVICO GALLERY

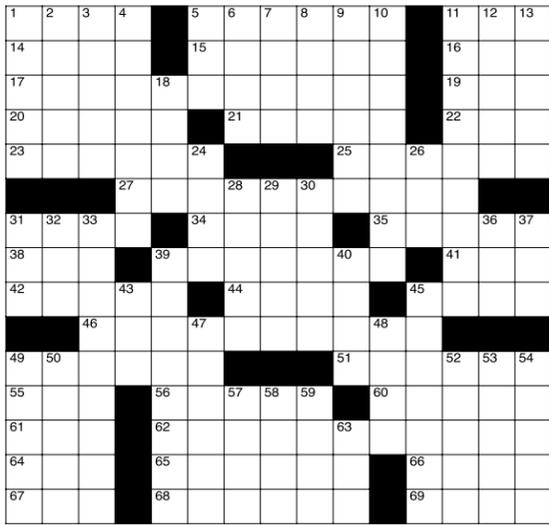
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# Puzzles

Answers on page 3  
Provided by MetroCreative



### CLUES ACROSS

1. English river
5. Particular part of something
11. Cool!
14. Welsh for John
15. Given name meaning "great spirit"
16. Wrath
17. Social occasion
19. Mechanical belt
20. \_\_\_ de la \_\_\_
21. Commands
22. Body part
23. Caught sight of
25. Funeral car
27. Skin infection
31. Sometimes they "burn"
34. Russian river
35. Famed soap opera character Kane
38. Pie \_\_\_ mode
39. Endangered

41. Socially inept person
42. Romanian river
44. Swerve
45. Monetary unit of Samoa
46. A type of approach to please
49. Form of Hebrew name for God
51. "Carry On My Wayward Son" rockers
55. A team's best pitcher
56. A woody climbing plant
60. Long, edible marine fish
61. Human rights group in Africa (abbr.)
62. Data
64. Corporate bigwig
65. Climbs
66. Relating to the ear
67. Commercials
68. You need it to eat
69. Political extremists

### CLUES DOWN

1. Reconnaissance (Brit. military)
2. Asserts to be the case
3. Starchy food made of dried orchid tubers
4. Foes
5. Rheumatoid arthritis score
6. Ruler of Iran
7. The top of the head
8. Lilly and Manning are two
9. Purchase attire for
10. Glittering with gold or silver
11. The bank of a body of water
12. Regions
13. Makes tractors
18. Adult beverage
24. Force unit
26. Swiss river
28. Cater to
29. Woody climbing plants
30. Seems less impressive
31. Consume
32. Boxing's GOAT
33. Southwestern farmers
36. Beverage holder
37. A way to deteriorate
39. Judge
40. Norse explorer \_\_\_ the Red
43. Farm resident
45. One who helps to govern
47. Plant-eating ground bug
48. History Finnish county
49. Conifer native to Jamaica
50. Longed
52. Small Japanese city
53. Arum family plant
54. Puts together in time
57. From a distance
58. \_\_\_ contendere: no contest plea
59. Region
63. Mountain Standard Time

## CYCLING FUN WORD SEARCH

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

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

### WORDS

- AERODYNAMIC
- BIBS
- BIKING
- BRAKES
- BREAKAWAY
- CADENCE
- CASSETTE
- CHAIN
- CHAMOIS
- COG
- CRANKSET
- CYCLING
- DERAILLEUR
- ENDURANCE
- FORK
- FRAME
- FREESTYLE
- HANDLEBARS
- LEVER
- MOUNTAIN
- PEDAL
- RACES
- SPROCKETS
- TRIATHLON



Solve the code to discover words related to cycling.  
Each number corresponds to a letter.  
(Hint: 17 = E)

- A. 15 9 26 20 8  
Clue: Beaten path
- B. 11 1 11 8 17  
Clue: Ride a bike
- C. 2 17 18 26 8 6  
Clue: Power a bicycle
- D. 17 3 17 9 11 20 6 17  
Clue: Fitness activity

# Clerk of Court offers fraud noticing service at no charge

By NewsLine Staff  
mail@floridanewsline.com

While traveling a few months back, St. Johns County businessman Jim Browning's attention was captured by a radio ad promoting property fraud protection. As a business owner with multiple properties, he called the advertiser for more information, learning that the paid commercial identity protection service would monitor his records and alert him of any potentially fraudulent activity.

"I have five or six properties, and it was about \$1,500 a year to list them with a service," said Browning, owner of The Browning Agency, a full-service insurance brokerage and consulting firm in Ponte Vedra.

Interested in saving money while still protecting his properties, Browning sought out St. Johns County Clerk of Courts and Comptroller Brandon J. Patty for information about the Clerk's free service to alert property owners to any unusual activity in their official records filed with the county.

Motivated by the conversation with Browning, Patty launched a year-long public



Photo courtesy St. Johns County Clerk of Court  
St. Johns County Clerk of Court and Comptroller Brandon Patty.

awareness campaign in March to urge St. Johns County property owners to register for the free noticing service, which alerts a subscriber via email any time an official record document is recorded in their name with the Clerk's office. The campaign's goal is to sign up 10,000 residents for free property fraud notifications this year.

Like commercial alert systems, the Clerk's free noticing service does not prevent a fraudulent action from occurring. It does, however, provide a free early warning system for subscribers, giving them a tool

to become aware of activity that may have otherwise gone undetected.

"Property and mortgage fraud is one of the nation's fastest growing white-collar crimes," said Patty. "To combat this, identity protection companies charge monthly or annual fees to monitor your official records — for instance, your deed — but you can do it yourself for free. Simply subscribe to receive email alerts when an official record document is recorded in your name with the Clerk's office."

Property fraud is when someone illegally uses your property for financial gain, such as creating a fraudulent document that will deed your home to them, and then they record that document in the county's Official Records.

When receiving an email alert from the Clerk's office, a subscriber knows to take prompt action if the recording activity is determined to be fraudulent. The alert email provides a subscriber with an Official Records (OR) book and page number to view the document in public records. The book and page number are the document numbers on the email alert.

"With the Clerk of Court's free property fraud notifications, you don't pay a monthly charge and you have an automatic email trigger if recording activity occurs," Browning said.

Where paid alert systems tout coverage up to a million dollars for lawyers and experts, the Clerk of Court and Comptroller's free subscription service is a do-it-yourself option in which the subscriber would contact local law enforcement to investigate potentially criminal activity and/or contact a civil litigator to seek damages and to correct the fraudulent record in the county's Official Records. A court order would likely be necessary to correct the record in the county's Official Record books.

"Remember, you don't have to pay for alerts that are free through our service," Patty said. "If there's fraudulent recording activity on your property record, immediately contact law enforcement."

Visit the Clerk's website at [stjohnsclerk.com/recording-activity/](http://stjohnsclerk.com/recording-activity/) to subscribe to this free service.

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**Pantry Raiders**  
 Add flavor to your next fiesta

By NewsLine Staff  
 mail@floridanewsline.com

Is shrimp on the menu tonight? Maybe it should be. Coming in at just around seven calories per medium-size shrimp, this crustacean is low in calories and high in lean protein and is one of only a few dishes that provides the beneficial antioxidants selenium and astaxanthin, according to The American Shrimp Company. The majority of North American shrimp is harvested from the Gulf of Mexico, ensuring fresh catches for the U.S. and Canada. Around 244 million pounds of shrimp are produced each year.

An abundance of shrimp means the opportunities for delicious meals are endless. For something with a lot of flavor and crowd appeal, try this recipe for a "Shrimp Quesadilla" courtesy of Eastern Fish Company. Plump shrimp are nestled between tortillas and seasoned with familiar Latin flavors, ideal for a fast meal any time.

**Shrimp Quesadilla**  
 Serves 6

- 2 tbsp. vegetable oil
- 1 onion, sliced
- 1 red bell pepper, sliced
- 1 tsp. salt
- 1 tsp. ground cumin
- 1 tsp. chili powder

- 1 lb. uncooked medium shrimp, peeled and deveined
- 1 jalapeño pepper, seeded and minced (optional)
- 1 lime, juiced
- 1 tsp. vegetable oil, or as needed
- 6 large flour tortillas
- 3 cups shredded Mexican cheese blend

1. Heat 2 tablespoons vegetable oil in a large skillet over medium-high heat. Cook and stir onion and red bell pepper in the hot oil, stirring frequently, until onion is translucent, and peppers are soft, around 6 to 8 minutes.
2. Stir salt, cumin and chili powder into onion and bell peppers.
3. Stir shrimp into mix and cook until shrimp are opaque and no longer pink in the center, 3 to 5 minutes.
4. Remove skillet from heat; stir jalapeño pepper and lime juice into shrimp mixture.
5. Heat a skillet over medium heat and brush with about 1 teaspoon vegetable oil.
6. Place a tortilla in the hot oil. Spoon about 1/6 shrimp filling and 1/2 cup Mexican cheese blend on one side of tortilla. Fold tortilla in half.
7. Cook until bottom of tortilla is lightly browned, about 5 minutes; flip and cook other side until lightly browned. Repeat with remaining tortillas and filling.



Photo courtesy MetroCreative  
 Shrimp Quesadillas

**Keeping Pets** cont. from pg. 1

the local workforce," said Smith.

With the county growing exponentially, Smith said there is a great need for more veterinarians and for more veterinary technicians. The internships help train more people to eventually go out and then work at other clinics in need, she said.

The grooming salon on site also provides a training program for those interested in being pet groomers, said Smith.

"The Society Pet Spa offers the pet groomer the most extensive training environment locally. After a year under the Humane Society's tutelage, each intern is well-prepared to find solid employment in the private sector," said Smith.

Currently, the St. Augustine Humane Society is preparing for kitten season which peaks at this time of the year. They offer a program for feral cats known as "Trap (humanely), Neuter, Vaccinate and Return" with low-cost surgery packages.

"The idea is to cut down on the number of kittens being born in the wild... We really want to tame them and turn them into house cats to reduce the feral cat population," said Smith.

To learn more about the St. Augustine Humane Society, Smith and Shearer invite the community to attend the May 18 "West King Wednesdays" where the organization will be the featured non-profit at Bog Brewing Company. West King Wednesdays is a community event that takes place the third Wednesday of each month in the West King district of

downtown St. Augustine.

"At our table, people will learn about our mission and make donations if they are able," said Shearer. "We will be at the event between the hours of noon and 8 p.m., and we will set up our famous prize wheel, where players "spin to win" good things donated to use by our vendors and supporters."

Lastly, on June 1, the St. Augustine Humane Society will announce the theme and launch the contest for the 2023 Pin Up Paws Calendar. Last year's calendar, which featured local pets whose pictures won the most votes, raised close



Photo courtesy Hannah Shearer  
 St. Augustine Humane Society's surgery suite.

to \$25,000. For every \$1 raised, the pet receives one vote with the winning pet receiving the coveted cover spot. The 12 pets with the highest number of votes will be second place winners and featured in the monthly shots. Pet owners need only snap an adorable shot of their pet and include a fun description with the submission.

[Author's note: The St. Augustine Humane Society is located at 1665 Old Moultrie Road, and the hours of operation are Monday - Friday from 9 a.m. - 4 p.m. Smith said dog and cat food donations are always needed for the pet food pantry as well as monetary donations.]

## School Briefs

### Ketterlinus Elementary School

#### Students learn to code



Photo courtesy Donna Ott

Ketterlinus students learned how to write code for robots.

Ketterlinus first and second graders participated in an In-School Field Study called "Kids Can Code." A local vendor brought in robots that the kids had to code to do certain tasks. There were five

different stations with different kinds of robots at each station. They used trial and error to learn how to correctly code the robots to do what was asked.

### Sebastian Middle School

#### Local artist leads workshop

On Feb. 22, Sebastian Middle School art students welcomed Erin Kendrick to the campus. Kendrick is an award-



Photo courtesy Brian Wilson

The cast of Gamble Rogers Middle School's production of "The Music Man"

winning artist and art educator from Jacksonville whose work has been shown at the Cummer Museum and the Nelson Mandela Museum in Africa. She is currently the artist in residence at the Flagler College Crisp-Ellert Museum. Her work focuses on the experience of Black Girlhood and she led students through making a work of art about how we say hello. The project will be displayed as a collaborative piece in her show at the Crisp-Ellert Museum in November.

#### Audiences delighted with "Music Man"

The cast and crew of "Music Man" did a wonderful job entertaining the audience with their talent during the production of the play the first weekend of April. Their hard work really paid off.

### The Webster School

#### New "Zen Den" offers respite

At Webster, the UCF-Certified Community Partnership School (CPS) wanted to create a safe place for teachers and staff.

This is when our Wellness Coordinator for CPS, Brigid Barrett, came up with what was recently referred to as her brainchild, the Zen Den. It's a place where teachers and staff come to relax and connect with themselves — whether they are trying to combat the physical effects of their mental health or trying to find a quiet moment of peace. The Zen Den is filled with papasan chairs, a massage chair, and yoga mats for some breathing exercises, as well as a Keurig and K-cups, bottled water in the mini-fridge, a Himalayan Salt Lamp and to complete the experience, a diffuser with essential oils. All of the items came from private donors.

Here's what people are saying about their visit to the Zen Den:

"This place is Ah-mazing." "Chair is definitely the best part." "Thanks for the much-needed coffee." "Use this place every day to relax. Honestly, the silence works." "9 wks to go! This place helps a lot!" "I'm back! Yay!" And lastly, most recently, from VPK Paraprofessional, T. Wilder, "...almost every day, during my lunch break I get to relax in an extremely comfortable adult-size chair. If my back is hurting from working with the little ones, I sit in the massage chair and get a little massage and I stretch out." The Zen Den is located just outside The Webster School next to our Flagler Health+ telehealth kiosk, another service provided by CPS at Webster. This kiosk is open to the public.



Photo courtesy Alejandra Irizarry  
The Zen Den

#### Sebastian stages "The Witch's Princess"



Photos courtesy Trish Conrad

Sebastian Middle School's production of "The Witch's Princess" by Don Zolidis premiered March 31. This was the school's first full production in a decade.

The talented cast of 39, led by theatre instructor Ralin Trosclair, along with Sebastian's art department, created props, designed costumes, makeup, and scenery. The show had a single performance with a turnout of more than 200 guests and was positively reviewed by those in attendance.

Sebastian's theater program serves more than 120 children between classes and the after-school program.

### Gamble Rogers Middle School

#### Two students selected for virtual STEM camp

Jacklyn Le Gall and Autumn Edwards have been selected to participate in the American Association of University Women Tech Trek Camp. They will be two of the 62 girls statewide in attendance for the one-week virtual STEM camp. Campers will have a choice of core classes in Engineering/Architecture, Neuroscience, Computer Science, Robotics and Marine Biology, participate in a variety of workshops and field trips, share video projects with other campers, and interact with professional women in STEM fields. The camp is free to the girls except for a small registration fee. The cost of the camp is paid for by AAUW Florida branches, corporate and other contributions.

# POINT OF SALE

MARKETING AND PROMOTING TOBACCO PRODUCTS IN RETAIL ENVIRONMENTS

## WHAT IS POINT OF SALE?

PRIME PRODUCT AND ADVERTISING LOCATION

The "power wall" is the area of tobacco products displayed behind the counter of convenience stores and gas stations. They draw attention to these products and can prompt impulse purchases.

HIGH CONCENTRATION OF TOBACCO ADVERTISEMENTS INDOORS AND OUTDOORS

Youth are more likely than adults to be influenced by promotions.

One study showed that youth exposed to a "power wall" were more susceptible to future cigarette smoking compared to those exposed to a tobacco display hidden by an opaque wall.

PRODUCT DISCOUNTS

Pricing strategies that make tobacco products cheaper lead to increased youth initiation, experimentation and regular smoking.

## WHY DOES IT MATTER?

80% of retailer outlets feature tobacco product advertising inside.

More than two-thirds of teenagers visit a convenience store at least once a week.

Studies show that schools with a higher number of nearby tobacco retailers have higher smoking rates.

Tobacco companies target lower-income, minority communities with point-of-sale marketing.

## TOBACCO COMPANIES SPEND BILLIONS EACH YEAR ON PROMOTIONS AND ADVERTISEMENTS

THE TOBACCO INDUSTRY SPENT

\$7.84 BILLION

on cigarette marketing and promotion in 2020.

THE TOBACCO INDUSTRY SPENT

\$567.3 MILLION

on smokeless tobacco marketing and promotion in 2020.

YOU CAN GET INVOLVED!

CONTACT MARYANN@CIVICOM.COM FOR MORE INFORMATION.

# Travel

## Majestic Morocco

By Debi Lander  
mail@floridanewsline.com



Photos courtesy Debi Lander  
Blue City.

Most envision the Sahara Desert as an endless expanse of sand dunes. That's how I imagined Morocco, a country on the northwestern edge of Africa. But, to my surprise, I found rolling hills similar to Tuscany, beach towns full of surfers, jagged snow-topped mountains, and modern cities with skyscrapers. I passed date palms growing in oases, many miles of olive groves, ancient mudbrick casbahs (forts), Roman ruins (a World Heritage site), goats in Argan trees, and a town painted blue.

I arrived in Casablanca, the business capital, and insisted on visiting Rick's Café (from the movie "Casablanca"). Another surprise: the classic film was not shot in Morocco. Still, Rick's bar and restaurant live on, piano player and all. The other not to be missed site is the Hassan II Mosque, the largest and most ornate in the country and the only one open to non-Muslims.

Many professional artisans live and work in Fes, Morocco's oldest city. Their fine ceramic ware, copper and tin pieces, loom-woven textiles, hand-made rugs, and leather goods become treasures. Watch them work in their studios and factories. Fortunately, springs of mint are supplied on entry to the odorous tannery where vast pots of acid soak animal hides. The narrow single file passageways in the immense old walled city boggle pedestrian movement, as does the occasional mule and cart.

Marrakech looms as both a modern and ancient city. You'll find hundreds of souks (shops) within its walls with vendors hacking their wares. I'd like to think the trinkets were made in Morocco, but that's not always the case. Buy the refined artisan products in Fes. In Marrakech, busy, crowded alleys eventually spill out onto the famous plaza. Exotic Jemaa el-Fna comes alive at night with street performers, dancing lights, and endless outdoor restaurants.

I found the Sahara Desert I expected in remote Merzouga. Travelers come to ride camels through the picturesque apricot-colored dunes. The soft sand feels like powder, but makes walking tiresome. Sit and watch the sunset, then let your camel transport you to an overnight tent camp. I stayed at one I'd rank five stars, a glamping experience with exquisite beds and linens, full bathrooms, and an atmospheric dining room. I could have stayed another night, but my itinerary called for me to move on.



Moroccan doors.

Chefchaouen, or the Blue (on blue) City, is like no other. Houses, walls, walkways, and stairs are painted in dreamy hues of azure blue and sometimes white. Meander through the inviting warren of winding pathways clinging to a steep hill. It's easy to lose your breath and your way. Fortunately, plenty of shop owners and residents help you with directions.

Essaouira rests at the edge of the Atlantic, an essential port that attracts surfers and stand-up paddleboarders. Argan trees grow in the area, and you might see an Argan tree full of goats. The oil is used to produce creams and lotions.

Foodies adore spicy Moroccan cuisine. Tagine cooking (meat, vegetables, and spices slow-cooked in a ceramic bowl covered by a traditional dome-shaped lid) is the most popular. Couscous typically accompanies the dish. Cookies are served with sweet mint tea before dinner, and the meal ends with a bowl of fresh fruit.

Many riads, former large townhomes found in the old cities, were converted to boutique hotels. The exteriors have no windows, but you'll find plenty on the interior facing lush central courtyards. Riads are adorned in the Moroccan style of doorways and arches with intricate plasterwork looking like delicate lace.

I found Morocco majestic.

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

## Nutrition Check

By Kristen Hicks-Roof PhD, RDN and  
Caroline Jury BS  
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## The SMART way to manage your high blood pressure

Since May is Hypertension Awareness Month, we hope this column will give you some insights in helping to manage your blood pressure. Nearly half of the American adult population have hypertension (blood pressure over 130/80, and only about 25 percent have it under control. (CDC) In 2019, high blood pressure was the No. 1 cause of death for 500,000 people in the United States alone.

Have you been diagnosed with high blood pressure? Now what? Dealing with a new diet regimen could be daunting, especially if you are encouraged to make lifestyle changes. What if I told you there's a SMART way to achieve your goal towards a healthy lifestyle?

SMART is an acronym:

- S: Specific — your goals need to be specific
  - M: Measurable — you need to have a way to measure how you'll achieve your goal
  - A: Achievable — make goals attainable, not too easy but challenging.
  - R: Realistic — each person is different; your goal needs to be reasonable for you.
  - T: Time-based — set a time to achieve it.
- Now let's put it into practice.
- Specific: Replacing chips with a less salty snack (e.g., vegetable sticks, unsalted nuts, fruit, low-sodium option)
  - Measurable: Dedicate a day of the week

to do it; for instance, every Wednesday

- Achievable: Ask yourself, is this manageable for you to replace your snack once a week with this healthier alternative?
- Realistic: Can you stick with this challenge for the measurable time period?
- Time-based: Try this for the next two weeks, so that's a healthy snack on Wednesday for two weeks. Then on the third week, add another day of the week to dedicate a healthy snack. By the end of four weeks ... that's a month, you're having a healthy snack two times a week.

Remember that by incorporating SMART, you can be closer to managing high blood pressure one step at a time. I would like to share one of my favorite quotes:

"When changes are too drastic, they may be overwhelming. Small lifestyle changes are easier to achieve and maintain. They are more likely to become habits and lead you to success." Dr. Lina Dajani

If you have additional questions or need personalized medical nutrition, don't hesitate to contact a Registered Dietitian. Find one here: <https://www.eatright.org/find-a-nutrition-expert>

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## Betty Griffin Center

Healing for now. Hope for tomorrow.

The mission of Betty Griffin Center is to work to end domestic violence and sexual abuse. Our focus is to offer protection and quality services to victims and their children through our programs and services.



Safe, Secure Shelter  
24 Hour Crisis Helpline  
Rape Care Unit  
Sexual Assault Recovery Services  
Court Advocacy / Legal Assistance  
Confidential Counseling  
Support Groups / Peace Club  
Community / Professional Education  
Thrift Stores

\*All Betty Griffin Center Services are free and available for women, men and children.

### Thrift Shoppe Locations

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is an environmental education  
nonprofit. Our volunteers work in  
the community to spread education  
& awareness about the waste that we  
produce & how it impacts our health  
& the health of the planet.



## **WHAT CAN YOU DO TO HELP?**

- **Donate TIME or MONEY**
- **ACT on your beliefs**
- **Use LESS plastic**
- **Rethink your HABITS!**
- **THINK REUSABLE**

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