



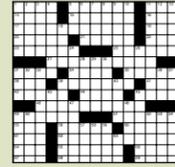
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Photo courtesy St. Johns County Clerk of Court
St. Johns County Clerk of Court and Comptroller
Brandon Patty.

Clerk of Court offers fraud noticing service at no charge

By NewsLine Staff
mail@floridanewline.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

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Freedom Crossing students celebrate mom

By Lauren O'Shell
mail@floridanewline.com

As Mother's Day nears, students at Freedom Crossing Academy (FCA) have been focused on giving back to local women and children's and family shelters.

Fourth grade students at FCA have teamed up with Two Men and a Truck to participate in a service-learning project called "Movers for Moms." The fourth graders created a supply collection plan and encouraged all students at the school to collect supplies during the month of April. Students will bring these donations to local women and children's shelters including Hubbard House, Betty Griffin Center and Quigley in St. Augustine and Jacksonville. Two Men And A Truck provided boxes, supplied tape and will transport the items to the shelters just in time for Mother's Day.

The week before the project kicked off, fourth grade students read books in class to connect other stories of service to their own efforts. Fourth grade student Ansley Jenkins said it all started with a book.

"We read 'Boxes for Katje' by Candace Fleming in class, which is about a girl from a small town in Holland who gets boxes from America with chocolate, soap and socks," Jenkins said. "This inspired us. We are doing the same thing at FCA and giving to women and children who need these supplies more than we do."

Kinley Jenkins, also a fourth-grade student at FCA, added, "Our school lined up boxes



Photos courtesy Lauren O'Shell

Ashley Anderson's kindergarten class helped to donate items for local shelters.

in common areas and we tried to inspire other FCA students to bring in supplies for the women and children at local shelters. We know it is making their life better. It made us feel good that we're helping people. Everyone feels good!"

Students at Freedom Crossing Academy became inspired by the project and even worked hard to grow the supply collection outside of the school. Cole Okerberg wrote a letter to his neighbors, made copies and delivered the letter with the service project's goal to local neighborhoods.

"I wanted to spread the idea to my neighborhood, so I made a letter and created a poster to make people want to give back to local shelters," Okerberg said.

"Movers for Moms allows the community a meaningful way to show support for survivors by supplying food and essential care items on or before Mother's Day. As a company that was founded by a mom and her children,



Cole Okerberg wrote a letter and created posters to spread the "Movers for Moms" goal among students and local neighbors.



Fourth graders, Ansley and Kinley Jenkins, fill boxes at Freedom Crossing Academy.

we believe strongly in the importance of moms everywhere and want to make sure Mother's Day is special for them," said Brenda Ruffing of Two Men And A Truck.

This student-led service-learning project collected more than 10 large boxes of necessities to deliver to local shelters. Freedom Crossing students continue to "Take Flight and Break Barriers."

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Clerk cont. from pg. 1
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 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/ to subscribe to this free service.

Briefs

Trout Creek Senior Center now open

The Trout Creek Senior Center reopened for just one day per week in January and as of March 1, is now open three days a week. The center, which is open Mondays, Wednesdays, and Fridays from 9 a.m. – 1 p.m., caters to active seniors.

A sampling of activities are Bingo, Bunco, card games, puzzles, crafts, exercise, live music, a book club and live music. Lunch is served each day.

The Trout Creek Senior Center is located at 6795 Collier Road in Orangedale. Call Anne Marie Forsythe at (904) 522-1611 for more information.

Mickler's Landing Beachfront Park to open in May

Mickler's Landing Beachfront Park will no longer be utilized as a staging site for the FEMA Dune Enhancement Project by mid-May. Full public use of the parking lot and beach access is anticipated to be reinstated by May 20, 2022.

St. Johns County's contractor, CHC, will continue to work on the FEMA Dune Enhancement Project with proposed completion by October 2022.

Beach visitors are encouraged to exercise caution near areas of construction. Visit <http://www.sjcf.us/coastalprojects/FEMAdunes.aspx> for more information on the project.

Bartram Trail Newcomers' and Women's Club announce May luncheon

The Bartram Trail Newcomers' and Women's Club will celebrate spring

with a garden party on Tuesday, May 10 at 11 a.m. at Club Continental, 2143 Astor Drive in Orange Park. Nestled on the banks of the St. Johns River, it was built in 1923 as the winter home of Caleb Johnson, heir to the Palmolive Soap Company.

The meeting will feature the May Installation Ceremony of new club officers as well as a luncheon. Attendees are asked to wear their prettiest florals as they wish success to the new officers.

Doors will open at 10:30 a.m. and the cost of the luncheon will be \$35. Make checks payable to BTNC and mail to Deborah Russell, 12376 Fireberry Ct., Jacksonville, FL 32258. Payment must be received no later than May 3, 2022, no exceptions. Be sure to indicate your entrée choice on the check memo line; visit www.facebook.com/BTNC1 for food choices and updated information.

The Bartram Trail Newcomers' and Women's Club meets the second Tuesday of every month from September to May for lunch. In addition to the monthly meetings, the club has a wide variety of interest groups. There are various game groups (Bridge, Continental Rummy, Pennies Canasta, Mexican Chicken Train dominoes, Bunko, Mah Jongg), golf, recipe exchange, monthly special events, book clubs, lunch and matinee, Lunch Divas, Ladies Night Out, a nature walk

Briefs cont. on pg. 19

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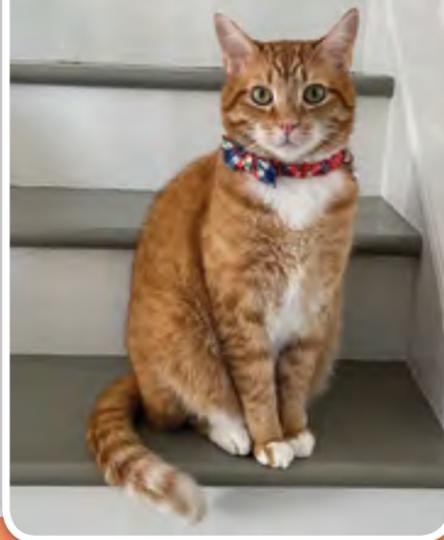
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BFF Best Furry Friend of the month

Meet Blaze Dorito!



Breed:

Domestic shorthair, orange tabby

Favorite activity:

chasing lizards

Favorite treat:

Temptations cat treats

Favorite friends:

Finley and Olive, his doggie friends, and Aven, his human friend

How your BFF got his name:

He likes Doritos and he's orange!

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 The CreekLine! Your pet could be our BFF of the month and appear in The CreekLine! Email editor@floridanewsline.com to enter your pet.

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Appears on pages 12 - 16

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MYSTERY PHOTO

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

Last month's Mystery Photo was the clubhouse/concession stand at Veterans Park. Our winner was Penny Porter. Congratulations!

CRYPTO FUN

Decode the code to reveal the answer!

Answers: A. trail B. cycle C. pedals D. exercise

Answers to our Puzzles
PG 18

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May

Community Calendar What's Happening in St. Johns

Playing HOOKie, a group for those who enjoy knitting, crocheting and looming (with all items donated to charity) meets every Wednesday from 10 a.m. – 12 p.m. at the outside eating area at Belgian Sweet House Bistro, 12276 San Jose Blvd. (next to Harbor Chase). Visit the group's Facebook page (Playing HOOKie) or email playinghookie31@gmail.com for more information.

3rd: Honeybee Quilters Guild will meet on Tuesday, May 3 at 6:30 p.m. at Mandarin Presbyterian Church in the Loft on the County Dock Road side of the church at 2501 Loretto Road. The meeting will feature the guild's annual Ugly Auction of member-provided sewing related items (not magazines). Wearing masks is optional. New members/guests welcome. Visit honeybeequilters.org for more information.

5th: The Garden Club of Switzerland will meet at the Bartram Trail Library on May 5 from 10 a.m. – 12 p.m. This meeting's presentation will highlight beautiful butterflies in our area and how to attract and raise them. Visit www.switzerlandgc.org for more information.

5th: The Jacksonville Camera Club will meet on May 5 (World Travels Collect T2 Prints with Jeff Crass)

and May 19 (program TBA) from 7 p.m. – 9 p.m. at Shepherd of the Woods Southside, 7860 Southside Blvd. Visit jaxcameracub.com for more information.

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. 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.nefloridasistersincrime.org for more information.

9th: The Northwest St. Johns County United for Progress Club will celebrate its fifth birthday with a social/reception on Monday, May 9 at 6:30 p.m. Contact nwsjcp@gmail.com for more information if you'd like to attend.

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 to register for the meeting or visit www.sjcroundtable.org for more information about the St. Johns County Civic Roundtable.

10th: The Bartram Trail Newcomers' and Women's Club will hold its meeting and luncheon on Tuesday, May 10 at 11 a.m. at Club Continental, 2143 Astor Drive in Orange Park. Doors will open at 10:30 a.m. The event will be a garden party and will feature the May installation ceremony to welcome new officers of the club. The cost of the luncheon is \$35. Make checks payable to BTNC and mail to Deborah Russell, 12376 Fireberry Ct., Jacksonville, FL 32258. Payment must be received no later than May 3, 2022, no exceptions. Be sure to indicate entrée choice on the check memo line. Visit www.facebook.com/BTNC1 for food choices and updated information.

10th: The Garden Club of Switzerland will host an evening presentation on May 10 from 5 p.m. – 6:45 p.m. which will highlight beautiful butterflies in our area and how to attract and raise them. Florida friendly pollinator plants will be given away and attendees can learn about the club's activities. Visit www.switzerlandgc.org for more information.

16th: The All Star Quilters Guild will meet at 9:30 a.m. for socializing prior to the 10 a.m. meeting on Monday, May 16 at the First Christian Church, 11924 San Jose Blvd.

The program is "Tribute to Mothers," showing meaningful quilts by our moms and grandmas. Sew and Tell is always a feature. Guests are welcome. Visit www.allstarquilters.org for more information.

17th: The Newcomers of North St. Johns will host a meeting and luncheon on Tuesday, May 17 beginning at 11:15 a.m. at Marsh Landing Country Club, 25655 Marsh Landing Pkwy. in Ponte Vedra Beach. During lunch, pianist Carl Grant will entertain attendees with a medley of soft ballads and love songs. The cost for the luncheon and program is \$30 for members. All reservations must be received by May 6. Contact Sue Aird at sjaird@comcast.net to register. The Newcomers of North St. Johns offers a wide variety of activities, including smaller lunch groups, wine socials, golf, Mah Jongg, holiday parties, day trips and cultural events.

21st: Herbal Medicine from the Garden will be offered on May 21 at 10 a.m. Attendees will learn about traditionally used herbs to promote wellness and health as well as how to create their own tinctures, teas, and salves. Included are guides, plant identification, lecture and herbal snacks. Pre registration is required via phone or text: (386) 972-1891.

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

Q: What can you tell us about the recent bids for the proposed construction of K-8 School NN [as of interview date of April 14]?

A: We opened the bids the first week of April. We had three successful bidders but, very unfortunately, the lowest bid was \$56.2 million. This is an amount that we would spend to build a high school and just untenable for us to spend for this school. So, we rejected the bids and plan to reopen the bids soon for a later completion date: fall 2024. We think the short construction period, along with supply and labor shortages plus our requirement of liquidated damages if the school didn't open on time (in fall 2023) contributed to these high bids.

Q: Are you making any changes to the bid proposal, besides an extra year for completion?

A: We will also be pre-selecting some finishing items that we usually allow the new school's principal to select — things like flooring, colors, and paint. This way, as soon as the bid is awarded, the contractor will be able to order these items.

Also, it's not finalized yet, but we are likely going to bid at least two schools and maybe three at the same time to hopefully have some cost savings. Only the NN school's location has been identified at this time, but we will decide the other locations before the bid goes out.

Q: What will happen to the spot rezoning that had been approved for the Northwest to complement the addition of the new school?

A: We planned to do some rebalancing of student populations in addition to the rezoning for K-8 School NN at the

same time. We will still do some rebalancing. We need to reevaluate since the new school won't be opening in 2023 and new plans are being developed for discussion. We will need to advertise for the rezoning meetings on April 26 since that will be 30 days in advance of the meeting. We are hopeful to have the plans by then, but we will still take public comment until we actually vote at the school board meeting in late May.

Q: Do you have an update on the challenges by community members to some of the district's library books?

A: We will have a public hearing on May 24 at our offices in St. Augustine (40 Orange Street) to consider challenges to seven library books by members of the community. They have thus far challenged at the school level, the district media services level, and to the Superintendent. Now these challenges come to the School Board for a final decision. Each book will be independently considered. These are books that are available for student checkout at some of the school libraries in the district.

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

A: We continue to request the early registration of new students to the St. Johns County School District, especially kindergarteners. This can be accomplished online at www.stjohns.k12.fl.us/student/enrollment/ or by visiting the student's assigned school website. We need to start hiring teachers for next year and want to make sure that we have proper staffing.

Q: How can our readers contact you?

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



with St. Johns County 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 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

Q&A with Sheriff Hardwick cont. on pg. 20

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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 evere.

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.



Photo courtesy Scott LaRochelle

Nease seniors Isabella Rivera, Kaitlyn Boggs, Brodie Mongon, Daniel Mahoney and Emmelie Neff receive the third place overall trophy from rear Admiral Peter A. Garvin at the Navy National Academic, Athletic and Drill Championships in Pensacola.

Nease NJROTC captures third place at national championships

By NewsLine Staff
mail@floridanewsline.com

Competing against the top 27 NJROTC drill teams across the country, Nease placed third at the 2022 Navy National Academic, Athletic and Drill Championships in Pensacola on April 1 – 2. The Navy Nationals comprise a series of 10 events — personnel inspection, five drill, three athletic and one academic — where the cumulative scores are added to determine the overall national champion. Nease represented NJROTC Area-12, which covers the 60 NJROTC programs across Northern Florida and the state of Georgia, having won the Area-12 Drill Championship last month in Coffee County, Georgia.

Nease won first place in two events: the 16 x100 Relay and Unarmed Basic Drill. The team garnered eight additional trophies, including second place in Personnel Inspection, third place in Overall Athletics and Pushups; fourth place in Overall Drill, Unarmed Exhibition Drill and Situps; and fifth place in Armed Basic Drill and Academics. Five cadets earned indi-

vidual medals – Emmelie Neff finished second in Situps, Keegan Mapa – fifth in Situps, Emily Chang and Nicholas Gallego, 10th in female and male Pushups, and Ben Prohofsky, 10th in Academics.

“These young men and women have persevered since August practicing at 7:30 a.m.,” said senior naval science instructor Captain Scott LaRochelle. “Finishing third in the nation validated their commitment to excellence.”

Nease has qualified and competed at the Navy Nationals every year since 2015 with this year being the team’s best finish. Pace High School in Pensacola and Troy High School in Fullerton, California placed top two.

“I couldn’t be more proud of all of my teammates,” said Battalion Commander Kaitlyn Boggs, commander of the freshly minted #1 Unarmed Basic Drill team in the nation. “Coming out on top in this event knowing the talent from other programs in California, Virginia, Texas and Florida makes this trophy even more special.”

St. Johns volunteer uses skills to help other seniors

By NewsLine Staff
mail@floridanewsline.com

A long and successful career in healthcare left Susan Roth with a wealth of information and problem-solving skills when she retired in 2021. She found an outlet for her talents through a volunteer opportunity with Serving Health Insurance Needs of Elders, or SHINE.



Photo courtesy ElderSource
Volunteer Susan Roth.

“It’s a really good volunteer opportunity to be creative and work on problem solving skills while connecting with people and really helping them with challenges,” Roth said. “I really wanted to assist people after I retired. I had a lot to offer after my career, and I enjoy being able to help solve their problems, doing the research and assisting in getting the resources they need.”

Roth volunteers with ElderSource, a nonprofit Area Agency on Aging and Disability Resource Center that serves seniors and caregivers of Northeast Florida. Through SHINE — a Florida Department of Elder Affairs initiative — she provides other seniors and adults with disabilities free, unbiased counseling on Medicare and health insurance issues.

“SHINE helps seniors cut through the noise of Medicare,” Roth said. “They get bombarded with a lot of information in the mail, and it can be overwhelming. Being able to offer unbiased information really helps them. Most people who come are struggling with more than just

Medicare. I enjoy being able to help and connect them to resources they need even beyond SHINE.”

“People who volunteer are the true beneficiaries because they get the feeling of giving back and knowing they’re contributing to their community and helping someone,” Roth said. “As a volunteer, I feel like I’ve truly been able to help others, and I get this sense of accomplishment through my giving.”

ElderSource’s SHINE volunteers provide local senior free help with things like Medicare enrollment and coverage questions, plan comparisons, claims, billing issues, complaints and appeals and other related issues. The nonprofit is currently looking for more volunteers throughout its seven-county service area. If you have any questions regarding becoming a volunteer for SHINE or other programs the agency provides, send an email to volunteers@myeldersource.org or call ElderSource at (904) 391-6631.



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Photo courtesy Kevin Davenport

Creekside Robotics Team declared Rookie of the Year at first-ever competition

By NewsLine Staff
mail@floridanewline.com

From March 10 – 12, the Creekside Robotics Team 8775 competed in its first-ever robotics competition, which was sponsored by FIRST Robotics and held at the University of Central Florida.

The competition consisted of two main challenges, the first of which was to collect oversized tennis balls on the floor, and to shoot them into a goal eight feet above the ground. The second challenge was even more problematic — get the 125-pound robot to climb a series of bars up to eventual height of more than seven feet.

To overcome these intimidating challenges, the team of students, teachers and volunteers from the Engineering and Cybersecurity Academy worked tirelessly to get the robot up and running for the competition. This hard work was shown in their every match — and on the final day, when the dust had settled, the team received a final ranking of 25th out of the 56 teams, which was a higher placement than every rookie team on the field. What may be even more impressive is that they were able to rank higher than more than

half of the veteran teams on field, some of which had been competing for more than 20 years.

“This tremendous success was a testament to the two months of demanding work that the Creekside team put into the robot before the competition,” said Kevin Davenport, instructor in the Creekside Engineering Academy. “Students, teachers, and mentors alike spent long hours after school trying to get the robot up and running for the competition. These hours of CAD, manual labor, and ingenuity eventually paid off with a working robot and a trophy that is sure to stay in the Engineering Academy classroom for a long time.”

The team is seeking to raise funds and is accepting sponsorships for future competitions. The team is also seeking additional mentors and in-kind contributions of material and services. Sponsorship and contributions will be recognized both on the robot, team website, and on t-shirts and other promotional material.

Contact Kevin Davenport, Lead Mentor, at kevin.davenport@stjohns.k12.fl.us if you would like to sponsor these students.

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Photo courtesy Cara Smith

The Timberlin Creek Elementary Techno Titans placed second in the First LEGO League Challenge.

Techno Titans bring home hardware

By NewsLine Staff
mail@floridanewline.com

Timberlin Creek Elementary School’s Robotics team, the Techno Titans, placed second in the First LEGO League Challenge held on Saturday, March 25 at the link in Ponte Vedra. The competition consisted of eight teams from grades four through eight. Teams were judged on their robot game, innovation project, robot design, and core values.

The robot game consisted of 20 robot missions related to this year’s Cargo Connect LEGO Challenge. Students built and programmed their LEGO robot to complete as many missions as possible in two-and-a-half minutes. After three rounds, the highest score was taken and calculated into the scoring rubric.

Other points were earned for a research project presentation highlighting an innovative solution to improve cargo transportation methods. The Techno Titans developed an Amazon delivery bot that would be stored on the Amazon delivery truck and released into congested neighborhoods to deliver small

packages, thereby freeing the driver to deliver oversized packages. They created a prototype of the robot using the Spike Prime LEGO robot and then programmed it to follow directions given by the driver to drop packages on a specific route.

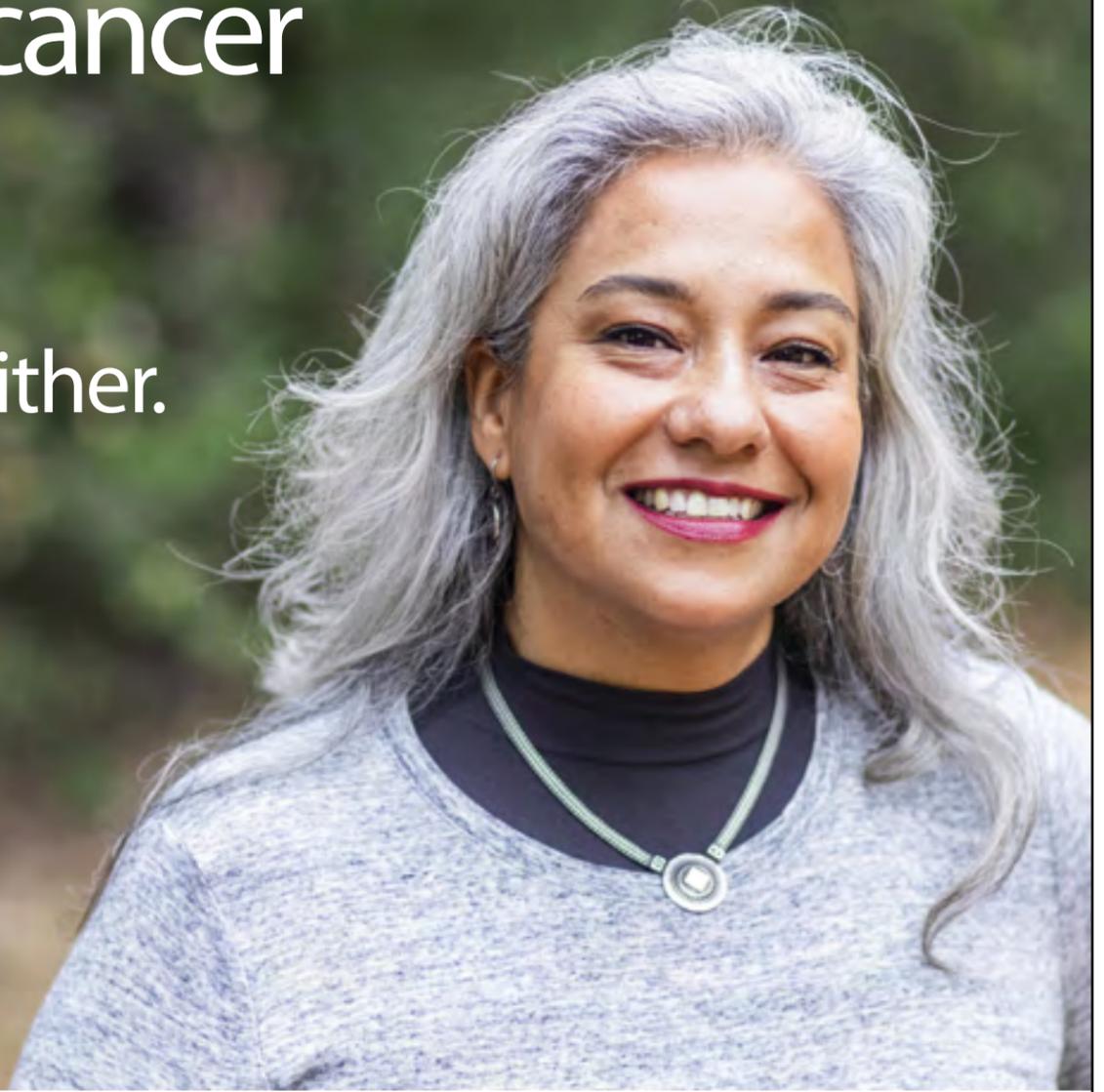
The students were also judged on how well they worked as a team based on the First LEGO League’s core values: Impact, inclusion, teamwork, discovery, innovation and of course, fun!

This group of fourth and fifth graders met every week after school to learn to code their robot and to design and develop their innovation project. The students developed coding skills, interpersonal skills, and communication skills, while exploring and problem solving real world issues. Their hard work earned them a second place trophy and a successful season.

The Techno Titans are: Aadhav Sathish, Anaya Desai, Buck Stratton, Callen Orians, Elizabeth Courtney, Emrie Stone, Henry Edwards, James Michie, Kevin Hoherz, Tinley Crews and Coaches Cara Smith and Monica Zerry.

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QuiltFestJax announces judge and call for entries

By Sondie Frus
mail@floridanewslines.com

Quiltfest Inc. of Jacksonville, known as QuiltFestJax, is back. After a two-year hiatus due to COVID, the annual quilt show will be held Sept. 15 – 17, 2022 at the Prime Osborn Convention Center. This showcase will feature 400 to 450 quilts on exhibit plus numerous special exhibits, vendors, and activities.



Photo courtesy Sondie Frus
First place, Large Pieced Quilts, at 2019 QuiltfestJax.

Maribeth Schmit will be the judge for QuiltFestJax 2022. She is an accomplished fiber artist, quilting instructor, author and NQA Certified Quilt Judge. Visit wiqiltjudge.com/about/ to learn more about her.

Applications to enter quilts are available beginning April 1 through July 25. With 10 categories available for entry, from large pieced quilts to miniatures, from art quilts to traditional hand quilted treasures, the judge will select the top three quilts in each category as well as best of show and special prizes

for the best hand quilted, movable machine quilted and stationery machine quilted entries. More than \$8,000 in prize money will be awarded so each quilter strives to present their very best work for display and judging.

QuiltFestJax is an open judged show, with a history of high quality submissions. Visit www.quiltfestjax.com for important information and entry forms.



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The Adult Day Program at River Garden offers a purposeful, safe environment for seniors who require extra support. Each day features a variety of activities designed to engage clients' physical, social, occupational and intellectual needs. It also provides a worry-free time during the week for caregivers to work, relax or tend to their own needs.



For more information or to schedule a tour, call (904) 288.7858 or visit RiverGarden.org



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St. Johns County Chamber members socialize



Photos courtesy Rebecca Thomson

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.



ST. JOHNS Business Monthly

Business Briefs

Virtual Care offerings expanded

Telescope Health and Flagler Health+ have announced a partnership that virtually connects patients to emergency and family physicians for on-demand telehealth visits. The partnership demonstrates the organizations' shared commitment to providing quality, convenient, accessible healthcare to Northeast Florida residents.

As part of the partnership, Telescope Health will use emergency and family care physicians to treat patients with non-emergent conditions virtually using the Flagler Health+ Anywhere platform. The partnership also includes a dedicated team of care coordinators who are available to connect patients to a primary care physician or specialist, arrange follow-up appointments, locate in-person care, and check individuals into a nearby emergency room if/when needed.

Flagler Health+ Walk-in Clinics are open inside select Publix Super Market locations during pharmacy hours and feature devices that patients and doctors can use to enhance their virtual visit. Smart devices like blood pressure cuffs, dermatoscopes, thermometers, and high-definition cameras can help physicians make a more accurate diagnosis when needed. Patients have the added convenience of picking up their prescriptions at the Publix pharmacy within minutes of their visit.

Virtual on-demand care is available for patients two years old and older who are

experiencing ailments such as cold symptoms, allergies, sinus problems, earaches, pink eye and more. Kiosks are located inside Publix locations at Nocatee Town Center, Moultrie Square, Bartram Market, Beach Village, Cobblestone Village, Mission Trace and the Shoppes at Beachwalk clinic is opening soon. As part of the Flagler Health+ community schools partnership, walk-in virtual care is also available inside The Webster School and South Woods Elementary School. Telehealth visits are also available on-demand on the Flagler Health+ Anywhere App.

New mobile clinic for speech and hearing therapy

Jacksonville Speech & Hearing Center (JSHC), a local nonprofit devoted to providing high quality professional and compassionate care to all individuals with hearing, speech and/or language disorders in our community, launched its Mobile Clinic Initiative on March 22. The Mobile Clinic, dubbed the Communication Station, will allow the Jacksonville Speech & Hearing Center to offer services to those unable to access care in the clinic. Made possible by funding through a grant from the Jessie Ball duPont Fund, a 15 passenger sprinter van was modified into a mobile speech and hearing center that will allow clinicians to provide communication health services at preschools, assisted living facilities, and other venues outside of their clinical offices.

"In the past year we have seen an increased

demand for speech and hearing therapy. The JSHC Communication Station will help us address this growing need by removing the transportation barrier that so often keeps members of our community from the healthcare services they so desperately need," explains Michael Howland, president and CEO for Jacksonville Speech & Hearing Center.

The mobile clinic also will support Jacksonville Speech & Hearing Center efforts in treating Jacksonville's preschool populations. Much of the center's speech and language work surrounds early intervention, ensuring that children can start kindergarten on the same communication level as their peers and ensuring that equitable intervention opportunities are provided for all preschoolers, regardless of a child's socioeconomic background. Through community outreach initiatives, Speech-Language Pathologists perform screenings, evaluations, and therapies to children in preschools and daycares throughout Jacksonville at no cost to their families.

Michael Howland, president and CEO of Jacksonville Speech & Hearing Center; Mari Kuraishi, president of the Jessie Ball duPont Fund; and Kirk Brennan, Jacksonville Speech & Hearing Center board chair.

New appointments reflect diversity of skill, knowledge and backgrounds

Baptist Health has announced new officers

and members to the boards of directors for the health system, Baptist Medical Center Nassau and Wolfson Children's Hospital, adding a diverse range of skills, knowledge and experience.

"As the only locally governed, faith-based, not-for-profit health care system in Northeast Florida, we value the diversity of skill, knowledge, talent and backgrounds that our volunteer board members bring to our organization," said Michael A. Mayo, DHA, FACHE, president and CEO of Baptist Health. "As members of the communities we serve, they volunteer their time and expertise to help us improve access to high-quality care and ensure we are prepared to meet future health needs in the region."

The newly appointed board members and officers will serve three-year terms.

- Baptist Health: Joe Louis Barrow Jr. and Deborah Pass Durham were announced as the new chair and vice chair, respectively, of the Baptist Health board of directors on March 24, 2022. Michael Diaz and Kyle Etzkorn, MD, FACP, CPI have been named to the system board of directors.
- Baptist Medical Center Nassau: Karen Hackett and Jodi H. Henson have been named as the new chair and vice chair.
- Wolfson Children's Hospital: Nelrae Pasha Ali and Kevin Boone have been named to the board.

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Keep kids engaged through summer vacation

By NewsLine Staff
mail@floridanewsline.com

"Summer Slide" is a term parents may hear at the end of the school year. No, it doesn't have anything to do with playground activities. Rather, "summer slide" refers to knowledge gained during the

school year that may be lost over the duration of summer break.

The National Summer Learning Association says many students lose about two months of grade-level equivalency in math computation skills over the summer. Students tend to score lower on standardized

tests after summer vacation than they do when the same tests are taken at the onset of summer.

Minds left to sit idle can haunt children when it's time to return to the classroom. But parents who engage kids throughout the summer and reinforce educationally sound activities can prevent summer slide.

ing can expand children's minds and help them build and maintain their vocabulary.

• Ask teachers for work packets. Students can stay on top of their studies by doing some light schoolwork throughout the summer. This can reinforce lessons kids have already learned and keep their minds sharp.

• Purchase a journal. Encourage kids to write about their summer adventures in a journal. Chances are their teachers will ask about summer vacations and may require an essay when students return to school.

• Make vacations educational. Visit a locale kids have studied in class and explore its culture and traditions.

• Offer plenty of reading materials. Read-

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Photo courtesy MetroCreative

Help prevent "summer slide" by visiting a locale kids have studied in class and explore its culture.

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Photo courtesy Kristi Longmore
JCE Odyssey of the Mind members Logan Regar, Landon Ho, Carter Longmire, Cameron Regar, Tanner Workman, and Jack Andreoli.

JCE Odyssey of the Mind team advances to world competition

By Kristi Longmore
mail@floridanewsline.com

The Julington Creek Elementary team for Odyssey of the Mind has made it to Worlds — the highest level of competition and the first team from the school to do so. The team will be advancing to the Odyssey of the Mind World Finals in Ames, Iowa at the end of May, following its first place win at the Manatee Regional Competition and placing second at the Florida Odyssey of the Mind State Competition in Orlando.

Odyssey of the Mind is an international competition that teaches students how to use their natural creativity to solve a unique open-ended problem. Odyssey of the Mind emphasizes teamwork, creativity, budgeting, time management, public speaking, and more.

Odyssey of the Mind at Julington Creek Elementary is open to fourth and fifth grade participants, and is a creative, academic, and team-building competition that solves both long term and spontaneous problems. For its long term problem,

the JCE Team built two vehicles utilizing different propulsion systems that completed a series of four tasks to reveal clues to figure out the mystery behind the "room" they had to "escape." The script, vehicles, set, props, and all materials and ideas for the program were generated by the team members, who cleverly wove together the idea to be in a dream learning how to save the turtles. Their set utilized materials that are harmful to turtles and items that can be recycled and even earned a regional prize, "Style for Miles," which is awarded to only one team from all divisions in the Manatee Regional Competition.

The team is seeking corporate sponsors and personal donors to offset the cost of travel and competition costs. Contact Kristi Longmire at JCEOMteam@gmail.com or visit the team's fundraising site at <http://spot.fund/J5KDIO> for more information.

Visit www.odysseyofthemind.com for more information about Odyssey of the Mind.

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Safety in and around the pool

By NewsLine Staff
mail@floridanewslines.com

Beating the heat in a pool is one of the most popular warm-weather activities. Swimming attracts people of all ages because of its various benefits. In addition to being an enjoyable recreational activity, swimming also is a low-impact way to exercise. Having a backyard pool makes swimming and outdoor fun that much easier.

Although exact numbers are difficult to come by, various sources indicate there are approximately 4.5 million residential swimming pools across the United States.

Pools can be enjoyable places to gather and make for the focal points of yards, but they require careful use so fun is not overshadowed by tragedy. Unfortunately, young children have the highest risk of pool injury or drowning, with more than 200 youngsters drowning in swimming pools each year. The American Red Cross and National Swimming Pool Foundation® have partnered to educate home pool users. The following guidelines are important when adults and children are enjoying the pool.

- Create barriers. Preventing accidental drowning means removing easy access to pools. Pools should be surrounded by secure fencing with an automatically latching gate. Fences should not be accessible by climbing. Extra precautions like installing a safety cover on inground pools and removing or securing ladders when the pool is not in use can help as well.
- Establish rules. Each pool owner should establish their own set of rules for the pool. These can include "no running around the pool," "no diving in a shallow pool" and "no riding toys at poolside." Pool owners can customize

rules as they pertain to safety issues in their yards.

- Maintain constant supervision. People of any age can drown. That is why it's always safest for swimmers to swim with a buddy or with someone watching. The American Academy of Pediatrics says an adult should be in the water and within arm's reach when infants and toddlers are swimming. This is known as "touch supervision." For older children, an adult should be paying constant attention and remain free from distractions, like talking on the phone, socializing, tending to household chores, or drinking alcohol.
- Use approved flotation devices. Individuals who do not know how to swim should rely on a Coast Guard-approved flotation device. Water wings and general pool floats are not adequate, especially in situations that requires someone to be saved.
- Take swimming lessons. Knowing how to swim will not entirely remove the risk of drowning, but it certainly can reduce it. Many swim programs teach water survival skills as well as general swimming techniques.

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Photo courtesy MetroCreative

Pools require careful use so fun is not overshadowed by tragedy.



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Enhance staycations with themed fun days

By NewsLine Staff
mail@floridanewline.com

Staycations are an option for budget-conscious vacationers or people who simply do not want to travel too far from home due to mobility issues or other restrictions. Enhancing staycations with entertaining themes can improve the fun factor. While any themed day can be inspired by an active imagination, these ideas can get the creativity flowing.

- **Superhero day:** Embrace your favorite superhero by dressing up in his or her colors, donning a superhero T-shirt or watching an action-packed superhero movie.

- **Pajama day:** This is a fun theme for rainy days when Mother Nature keeps you indoors. Stay in your pajamas all day and enjoy a cozy, lazy day.

- **Alma mater day:** Parents and children can pull out their trusted college T-shirts, sweatshirts or other school attire.

Bake up some tasty treats in school colors and then find some old photos or look for highlights of your alma mater's sports teams online.

- **Throwback day:** Take a step back in time by playing games or engaging in activities from your youth. Teach youngsters about the toys you enjoyed or watch movies from the era in which you grew up.

- **Crazy hair day:** Embrace bed head, plug in the curling iron, double down on hair gel or pomade, or put those wacky coiffures into full effect.

- **Cultural day:** Tap into your personal heritage by researching your family tree and then preparing a meal that coordinates with your heritage.

- **Arts and crafts day:** Get crafty by tackling a creative project that the family will enjoy. Or engage in individual projects before comparing the final results collectively.

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Competitive cheer and dance at Nease High School

By Laurel Madson
mail@floridanewslines.com

At every Nease High School home football game you see the Nease Cheerleaders and Pantherettes on the track performing — but did you know both teams start over the summer practicing for their competition season?

This year, Nease Cheer competed in the following competitions: Infinity Winter Classic: (second place), UCA Regionals: (fifth place), Stingray Showdown: (first place), FHSAA Regionals (fifth place), FHSAA states: (fourth place), UCA Nationals (17th place).

“This competition season was very special with having seven seniors on mat with us,” said Nease Cheerleading Head Coach Bailey Reed. “We were able to continue improving our routine throughout the year because of all their hard work. We



Photo courtesy Laurel Madson
Nease cheerleading.

also had new coaches and the girls were very receptive to the change and made this year incredible. I couldn't have asked for a better year!”

Nease Pantherettes competed in Varsity Jazz and Varsity Gameday in the following competitions: NDA Citrus Regional, Dance Team Union Regional, and NDA Nationals in Orlando

Pantherette Head Coach Amy Case said, “This was a great competition season as we saw improvement for our scores in both categories not only at each competition as the year progressed, but also compared to last year. The past two years

had seasons disrupted due to COVID, so this was a great first year back with a full competition schedule. It was also our first time competing with the Dance Team Union organization so I'm really proud of the sixth place finish there.”

Both Nease Cheerleading and Panther-

ettes will have youth camps over the summer to fundraise for their competition seasons. Cheer Cub Camp is July 20 – 22. Visit the Nease Cheerleading Cub Camp page on Facebook for more information. Pantherette Mini Camp is June 27 – 29. Visit NeaseDance.com for more information.



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Get to Know ...

By Tiffany Merlo Phelps
mail@floridanewsl.com

Lourdes Norman-McKay

It was a 1970s Fisher-Price medical kit toy that first spurred the interest of a young Lourdes Norman-McKay in the medical science field. In addition, the Julington Creek resident, now Dr. Lourdes Norman-McKay, had parents who encouraged her curiosity and empowered her to think and propose her own ideas. "I developed a strong science identity," said Norman-McKay, a Florida State College at Jacksonville (FSCJ) professor. That sense of identity and the desire to succeed in science now fuels Norman-McKay's goal to not only attract more girls and young women into the field, but to give them the precise tools to keep pushing forward. "Girls and young women need to see themselves represented in the field," said Norman-McKay, who has made it her mission to promote STEM (Science, Technology, Engineering and Mathematics) education for underrepresented groups by securing federal funding and working on program development. Her efforts have not gone unnoticed. Norman-McKay's peers and students recognized her with the Outstanding Faculty award, something Norman-McKay finds both valuable and rewarding. "The lives we get to touch really make the experience so humbling. The butterfly effect is so powerful," said Norman-McKay, who has two daughters with her husband Andrew McKay (a Creekside High School reading teacher). "I take outreach to my community very seriously."

McKay-Norman earned her B.S. in microbiology and cell science from the University of Florida and her Ph.D in biochemistry and molecular biology from the Pennsylvania State University College of Medicine. Her postdoctoral specialization

in microbiology and immunology (also at the Pennsylvania State University College of Medicine) was funded through a competitive fellowship award from the National Institutes of Health and focused on studying the role of viruses in cancer.

Q: What is your goal as a FSCJ professor?

A: The way I see it is that I work for the largest poverty prevention non-profit agency. My job is to make students employable by giving them a rigorous education to help them reach their goals. FSCJ developed the first bachelor's degree in biomedicine sciences in this region. FSCJ is a key point of entry to get into healthcare in some way for the underrepresented.

Q: What do you think is the biggest obstacle to underrepresented populations when it comes to pursuing a career in science?

A: When we don't see others like us in a certain field and then we encounter a challenge, we give up. We give ourselves permission to give up. Instead, we need to normalize struggle. Just because you struggle at something does not mean you are not good at it. You often hear someone say "I am not a math person" or "I am not a science person." This draws a very clear line of delineation — you are or are not one of these things. We assume a lack of a STEM identity. It is simply a skill that you develop. In order to get good at your craft,



Photo courtesy Lourdes Norman-McKay
Lourdes Norman-McKay.

tion, empower women and youth in STEM and build STEM capacity in central Asia. It was the intersection of science and diplomacy at an international level. It was an excellent opportunity to bring STEM to these regions that don't have access. It was such a unique experience. I learned a lot about myself, and it made me wonder how else to help in that sector. My mother was a foreign diplomat, so I am very aware of how important these interactions are and how this enables us to make the world better.

Q: You are a professor, scientist, author, and Jefferson Science Fellow (a prestigious award granted to only a handful of tenured faculty at U.S. institutions of higher education). What is next for you?

A: In the fall, I will be taking a one-year sabbatical that I was granted so that I can accept and pursue my appointment as a Jefferson Science Fellow. Note, the granting of my sabbatical is an honor, but the fellowship is the larger and far more competitive recognition. The Jefferson Science Fellowship is a means for providing the U.S. government access to additional high-level science and technology expertise. Pending the granting of my security clearance, I will be posted as a Special Assistant to the Office of the Secretary, Office of Global AIDS Coordinator (S/GAC), U.S. Department of State.

Q: When you are not fully immersed in education and medical science, how do you spend your time?

A: I love home improvement projects and making it a family project. I also enjoy reading, cooking, traveling and taking Jazzercise. And I am a certified scuba diver.

you have to practice, mold and develop that craft.

Q: You have traveled quite a bit in your job. Could you share a highlight?

A: I was a speaker for the U.S. Department of State's International Information Programs. As a part of this program, I traveled to Tajikistan and Uzbekistan to meet with students, faculty, government officials, community leaders, U.S. diplomats and other stakeholders to bolster STEM educa-

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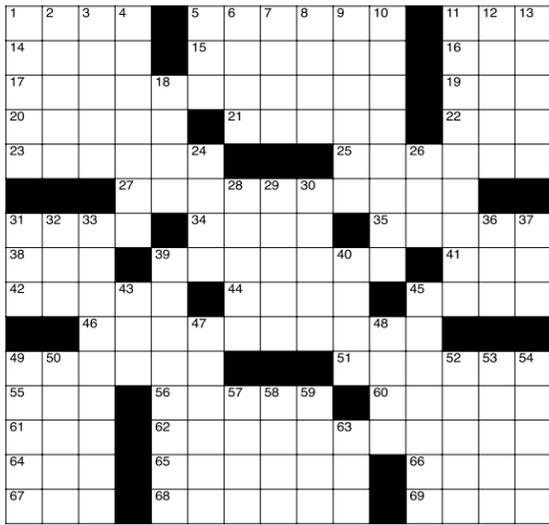
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Puzzles

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
 P A V F L R G E H I R G I T L C T K E A
 E 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 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

Did you know? May Day

By NewsLine Staff
mail@floridanewline.com

May Day has a long and storied history. May Day was initially designated to welcome the change in season, notably spring in the Northern Hemisphere. Druids and ancient Gaelic people would have festivals to celebrate the return of life and fertility to the world.

One popular May Day tradition involved the maypole, which can be traced back to Medieval times. May Day festivities involved dancing around the maypole, which was adorned with colorful ribbons and streamers. Some historians surmise that these ritualistic dances were also courtship dances and fertility rituals.

In the 19th century, May Day celebrations evolved from one celebrating spring to a commemoration of labor rights in the United States. The Federation of Organized Trades and Labor Unions wanted to end the poor working conditions and long hours workers faced and held a convention in Chicago, where they proposed an eight-hour workday.

Although implemented on May 1, 1886, May Day as a labor movement never fully took root as a holiday in the United States, and was later surpassed by Labor Day, which is celebrated in September; however, May Day is still celebrated in 66 other countries.



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Briefs cont. from pg. 2
group and community projects.

Send an email to First Vice President Donna Holland at bartramnc@gmail.com for more club information or visit www.facebook.com/BTNC1 to see pictures of meetings and download a membership form.

Newcomers of North St. Johns to host May luncheon

Newcomers of North Saint Johns will host its May luncheon on Tuesday, May 17 beginning at 11:15 a.m. at Marsh Landing Country Club, 25655 Marsh Landing Pkwy. in Ponte Vedra Beach. Doors will open at 11:15 a.m. During lunch, accomplished pianist Carl Grant will entertain members with a medley of soft ballads and love songs. The luncheon event will also include the installation of the club's Board of Directors for 2022 - 23.

The luncheon includes entrée choices of pot roast, vegetable lasagna or shrimp scampi with pasta. All entrées come with a house salad, warm rolls and butter and chef's choice sides. Beverages include Iced tea, coffee and water. Dessert is chef's choice and a cash bar is also available. The cost for the luncheon and program is \$30 for members with a guest price of \$35. All reservations must be received by May 6, 2022.

Contact Judy Belluso at nbkqi42@gmail.com if you are interested in a registration form for the luncheon.

Newcomers of North Saint Johns offers a wide variety of activities including smaller lunch groups, wine socials, golf, Mah Jongg, holiday parties, day trips and cultural events.

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 and (904) 280-0614, ext. 1201 for more information.

Hospital contributes medical supplies to Ukraine relief efforts

Baptist Health contributed 200 pallets of medical supplies worth more than \$500,000 to Ukraine relief efforts organized by the Living Stream Church, multiple Jacksonville Rotary Clubs, Rotary International District 6970, and Global Outreach Charter Academy.

Global Outreach Charter Academy was founded by Ukrainian immigrants in 2009, with a mission to expose Jacksonville students to various languages and cultures. Living Stream Church's congregation is primarily composed of Ukrainian nationals who immigrated to the United States seeking religious asylum two decades ago after the fall of the USSR.

The medical supplies will be sent to Ukraine and distributed to medical facilities treating Ukrainian citizens fleeing war zones.

"We have all watched with sadness the pain and suffering of Ukrainian people over the past weeks. Baptist Health is honored to help the medical teams who are working tirelessly to treat their patients under very trying circumstances.

Our prayers are with them," said Michael A. Mayo, DHA, FACHE, president and CEO, Baptist Health.

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 or call 1-800-432-JOIN (5646) for more information.



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PopHistory

By Scott A. Grant
mail@floridanewslines.com

By Scott Grant
mail@floridanewslines.com

On June 17, 2017, Congressman Ron DeSantis stood at home plate in Nationals Stadium with a bat in his hands. He was hitting fourth for the Republicans in the annual Congressional baseball game. Congress has been playing these games, pitting the Democrats vs. the Republicans, off and on since 1909.

The day before, a crazed gunman had opened fire on the Republican team's practice at Eugene Sampson Park in Arlington, Virginia. The shooter fired 60 rounds, wounding five before being shot to death by police. House Whip Steve Scalise was in critical condition. The terror of the day before hung heavy in the air that night.

DeSantis faced down pitcher Cedric Richmond, a Democrat from Louisiana making his sixth straight start in the game. The future governor swung at the first pitch and laced an opposite field line drive to right center. As the ball came off his bat and he trotted toward first base, DeSantis must have smiled and pictured himself drinking a cold RC Cola.

Back in 1991, DeSantis' little league coaches rewarded opposite field hits like the one the Congressman had just executed with an RC Cola. They must have been pretty good coaches. They took Dunedin National all the way to the Little League World Series in Williamsport, New York. At the time, Ron DeSantis was one of the best 12-year-old baseball players in the state.

Back then, everyone called him "D." Sometimes opponents heckled him for

What would you do for a cold RC Cola?

having an initial as a name. In a critical game against Seminole for the state title, DeSantis responded to the taunts of "why don't you have a real name" with a two-run homer. DeSantis got two more hits in that game and struck out five in three innings of pitching.

In the Southern Regional tournament, the future Governor got four hits against a team from Mississippi and a win on the mound against a team from Marietta, Georgia. A final win against Lake Charles, Louisiana, advanced the team to the Little League World Series, the dream of every 12-year-old baseball player in the world.

In Williamsport, the players wrote the letters W.W.T. on the brims of their baseball caps. It stood for "We Want Taiwan." At that time Taiwan was the perennial favorite to win the tournament. Unfortunately, the team from Dunedin suffered two heart-breaking losses and were eliminated. Their only win was a drubbing of Saudi Arabia. DeSantis struck out 11 and homered in that game.

Dunedin National is still one of the best Little League teams to come out of the Sunshine State. Four players from that team were drafted into the pros. Ron DeSantis might have been able to sign a professional contract as well. Instead, he went to Yale where he was captain of the baseball team. And then to Harvard, and then to the Navy, and then to Afghanistan, and Congress — and you know the rest.

Scott A. Grant is a local Pop Historian and author. By day he is president of Standfast Asset Management.

Q&A with Sheriff Rob cont. from pg. 5

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 jurisdictions. 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.sjsjso.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@sjsjso.org or call me at (904) 824-8304. Also, our website, www.sjsjso.org has a wealth of resources, from alarm registration to Crime Stoppers to our Neighbors app.

Happy  MOTHER'S DAY!

Fishing

Capt. David's Fishing Report

By Capt. David Lifka
mail@floridanewslines.com

With summertime approaching and school almost out, planning summertime activities for the kids and family will soon be coming up. Activities out of the house and in the great outdoors is quite often an enjoyable experience, and for those involved, can lead to a lifetime of enjoyment. Camping, kayaking, boating, swimming, golf, tennis, and even surfing, are all opportunities to get one or some of the family out of the house and into our wonderful Florida weather.

Fishing too provides many opportunities to get one, some, or all of the family out of the house and into the weather. Fishing can be a solo act or combined with other activities. When fishing there are many different ways to do it and still have fun for everyone involved.

You can fish at the beach, lake, pond, river, or whatever body of water you happen to be nearby. You can fish while visiting a state park, camping, or out on a picnic. You can fish from a boat or a

kayak, or lakeside or in the surf. You can take a pole with some bread to a neighborhood pond or plan a family vacation and charter a boat. Fishing overall is just an easy way to include so many different ways to be outside and enjoy the outdoors.

With summer fast approaching, planning outdoor summertime activities is a must. Whether sneaking a fishing trip in with another planned activity, or planning an all-out fishing excursion, the family time spent fishing could last a lifetime.

Fishing Report: Yoyo fishing lately as fish have been reacting to up and down temps. This will be ending very quickly with the bite turning up in all our area fishing locations. Remember — no shrimping (not even for bait) until the first of June.

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

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Nutrition Check

By Kristen Hicks-Roof PhD, RDN and
Caroline Jury BS
mail@floridanewslines.com

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

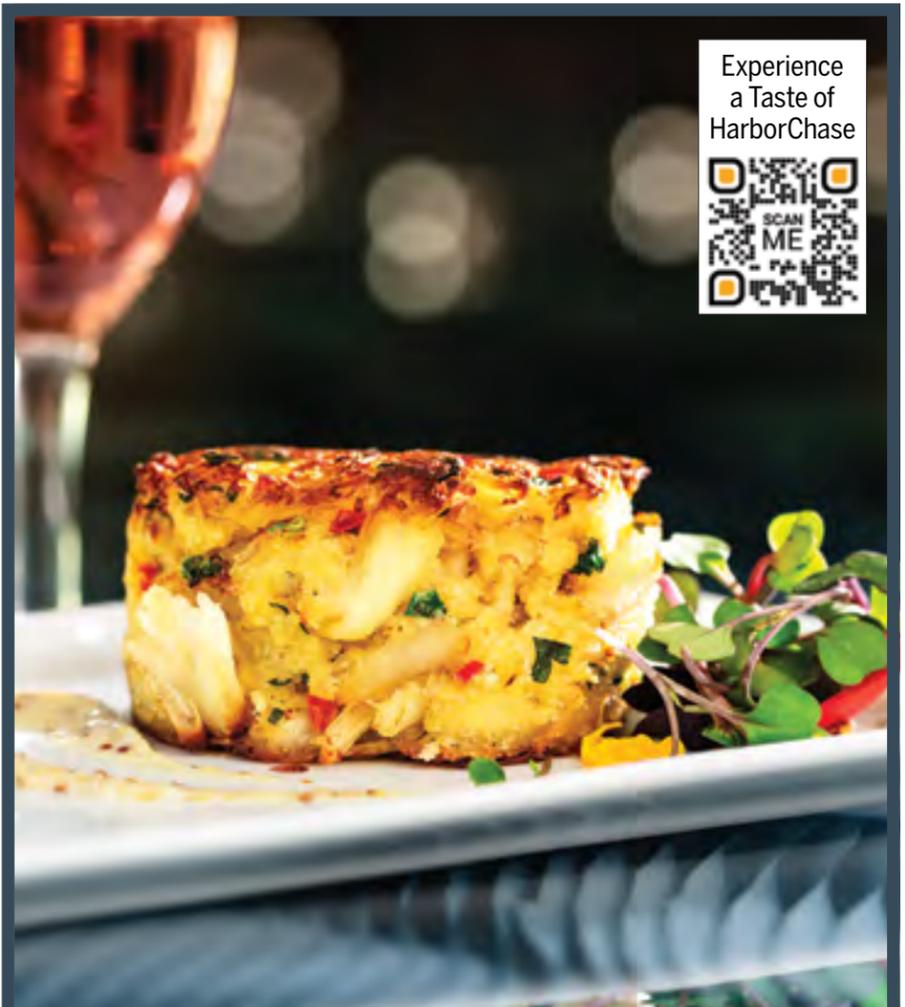
- Achievable: Ask yourself, is this manageable for you to replace your snack once a week with this healthier alternative?
- Realistic: Can you stick with this challenge for the measurable time period?
- Time-based: Try this for the next two weeks, so that's a healthy snack on Wednesday for two weeks. 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>

Kristen Hicks-Roof PhD, RDN, LDN, CLC, FAND is an assistant professor in the Department of Nutrition and Dietetics, Brooks College of Health, University of North Florida.



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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.

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Gardening

New beginnings
By Master Gardener Volunteer Lesley Arrandale
mail@floridanewslines.com

As always, the weather can be confounding. I'm writing in the first week of April, waiting for some promised rain. Heavy rain. Although much of the south has suffered from some truly horrific storms, here the rain gauge has registered just marginally above a half-inch this week — a mixed blessing.

In common with other gardeners, I've been eagerly watching plants put on new growth. Surprisingly our young Shumard oak has had some flowers, and I could see some visiting bees. I have also been looking for new plants, hoping to find some early bloomers for our insects. It feels like a primeval urge, triggered by the arrival of spring.

Gardeners don't often sit back and smell the roses, but potter (or putter!) around, checking on this and that, observing the changes that happen daily. Because a garden is never static; it is never finished. There will always be something to pay attention to, whether it's a fascinating insect, avian visitors, newly unfurled flowers to marvel at or a pesky weed.

Traditional front yard landscaping, I must confess, is not what I consider gardening. There are often expanses of lawn, maybe with uniform borders along the drive and some neat and tidily clipped foundation plantings. This is a pattern seen all over Jacksonville. To maintain appearances there is the almost incessant sound of yard maintenance machines and the regular appearance of chemical companies. But surely attitudes are shifting? When we hear about the "insect apocalypse" threatening to damage our food supply, the disappearance of millions of songbirds, unhealthy levels of chemicals in some water supplies, and the algal blooms in our precious rivers — I could go on — perhaps we are beginning to understand that we need to treat our land more gently?

The University of Florida has great information, as always, which can help us tread more lightly on the land, especially if you have a lawn. To begin, know that good cultural practices can go a very long way in helping avoid insect, weed, and disease problems in turf. Don't over water, don't over fertilize, don't mow too

low, and your grass can grow stronger and more resilient. Here's how: <https://tinyurl.com/4nw3cxf9>.

Now that you know how to tackle that lawn, consider how much of it you really need. Reducing its size would be even more Florida-Friendly. Perhaps a bed of flowers in a sunny spot would look pretty. Pollinating bees and butterflies would love a carefully selected grouping of flowers and small shrubs. Locate a bed within reach of a spigot to make it easy to establish new plants, and position it to make the most of the view from your front windows.

If preparing a new garden bed is physically challenging, the no-dig method may appeal: <https://tinyurl.com/2p9fed6r>. It's achieved by smothering the turf with layers of wet cardboard or newspaper, followed by consecutive layers of compost, brown carbon- and then green nitrogen-containing material. It's topped off with a layer of mulch. Ideally wait until the materials in the new bed have decomposed, which takes a few months; however, once the bed has settled, it is possible to begin installing small plants in the top layers, adding some extra compost to help them along, while the decomposition process is ongoing. And for flower beds, you don't need to make the bed very deep. Nine to 12 inches should be adequate. Once the decomposition process has finished, Florida-Friendly and appropriate (right plant right place) native plants should survive well in what is then amended native soil and will benefit from a light top-dressing of compost a couple of times a year.

If you're growing tomatoes — and many people do — check out <https://tinyurl.com/2p9fznsf>. It's worth understanding how to minimize the use of chemicals in our home gardens.

"The Neighborhood Gardener" is a monthly newsletter which I often recommend. To go deeper, check out the webinar series at: <https://tinyurl.com/mph4x6jf>. They are available live, or online for viewing at your convenience, and there is some great content. Enjoy!

Garden of Excellence for May

By Dianne Battle, Garden Club of Switzerland
mail@floridanewslines.com

The Garden Club of Switzerland recognizes Mark and Eunice Ferris of 1405 Satsuma Road for their excellent yardscaping. Their love of palms is reflected in the variety of species they've planted, including pygmy date palms, Bismark, queen, and pindo, and has earned our Garden Excellence Award for the month of May.

If you would like to nominate a noteworthy yard, or are interested in being a part of the Garden Club of Switzerland, visit www.switzerlandgc.org.



Photo courtesy Dianne Battle
Mark Ferris in his yard.

Travel

Majestic Morocco

By Debi Lander
mail@floridanewline.com

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 hawking 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.

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



Photos courtesy Debi Lander
Moroccan doors.



Blue City.

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 to read more of local travel writer Debi Lander's stories and travel tips.



Sahara Desert camel ride.



"The staff are wonderful and there are lots of activities. It feels like I am at a resort — the pool is beautiful and big. I am happy I'm here and it's perfect for me."

- Dorothy



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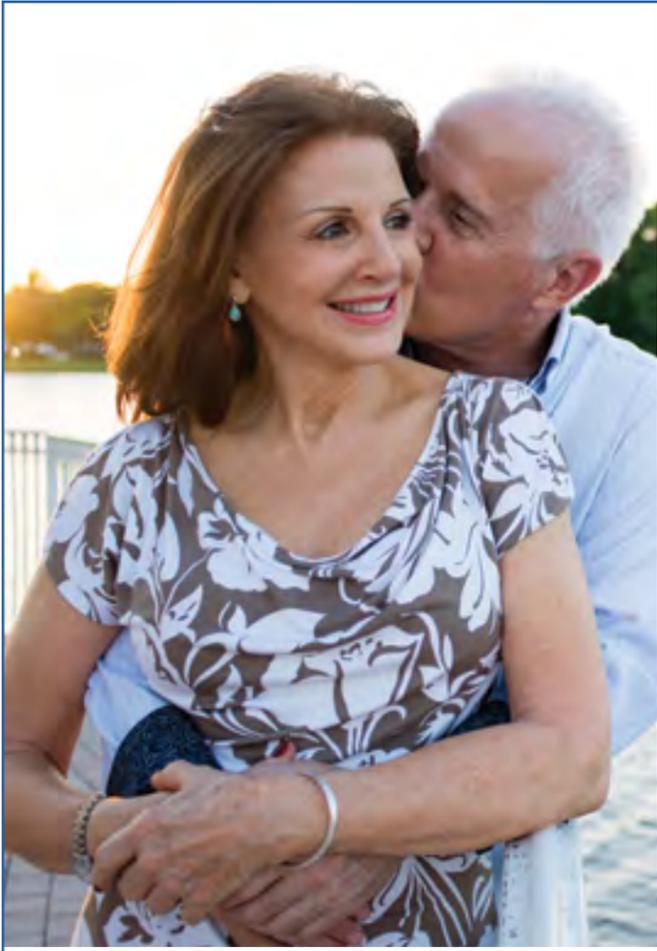
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Patients in your community need donors like you. Please give blood!

Visit LifeSouth's Julington Creek donor center.

445 SR 13 Suite 25

Tuesday – Friday: 10 a.m. – 6 p.m.

Saturday: 10 a.m. – 4 p.m.

All donors receive a **\$20 e-gift card!**

LifeSouth is the sole blood supplier for:

Baptist Health • HCA Florida Memorial Hospital
HCA Florida Orange Park Hospital • UF Health
Wolfson Children's Hospital

LIFESOUTH
Community Blood Centers