

Southside NewsLine

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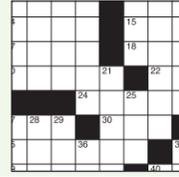
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Girls on the Run aims to change confidence drop in young girls

By NewsLine Staff
mail@floridanewsline.com



Photos courtesy Girls on the Run

Studies show that by adolescence, girls' confidence drops twice as much as boys'. Girls on the Run, a non-profit program, uses activity-based lessons for girls in third through fifth grade to change this. At the conclusion of the 10-week program, girls complete a celebratory 5k event, giving them a tangible sense of achievement as well as a framework for setting and achieving life goals.

Girls on the Run of Northeast Florida's registration for the 2018 spring season is open until Feb. 2 and late registration will be available if space allows.

"Girls on the Run places emphasis on independent thinking, the importance of making healthy choices, healthy group dynamics and problem solving. The curriculum stresses peer support and doing one's best and rejects defeating others or exerting power over others," said Executive Director Laura Lasko.

Girls on the Run of Northeast Florida has inspired girls locally for

Girls on the Run cont. on pg. 7

Indian community influences Southside

By Elaine Omann
mail@floridanewsline.com

People of the cultures of India have influenced and continue to influence the Southside area community — evident in businesses in the area, where families make their homes, attendance in schools, and involvement in community organizations. Contributions of people from India are impacting the workforce, schools, places of worship, and business



Jace, a young Jaguar supporter in team teal attends Mass at a church on Baymeadows. He also attends the school and a family friend facilitates a Lego group encouraging math and science for students. They will be sharing their culture at a multicultural event held in their church in April.

and professions. Members of the community are recognized in the medical field, computer industry, and businesses which are owned by extended families or individuals.

According to Angie Patel, a mother in the area who owns a business called New Image, the shared values maintained in Indian culture include hard work and support of family and community, with education as a priority. People take care of their cultural community, support others in maintaining a livelihood, and help those who are in need. She explained Indian people will borrow from their family, live together, and continue to work until they can own something themselves.

Patel said that education is most important in her culture and it is expected that children must do their homework, achieve high grades, and go on to school or college. Local Indian students have

been award winners in spelling contests, as well as honor roll recipients, and valedictorians. Some students are now taking a gap year, which she said is unusual from past graduates.

Indian people are fun loving and happy — and often competitive. Families regularly share the evening meal and like many other women, Patel prefers her cooking to that in a restaurant. Her husband also cooks and she jokes that it is one reason she married him.

Food is native to the area in India where they or their family had lived; numerous types of rice and spices are indigenous to specific areas. Various restaurants in the Southside area serve food representative of these different areas in India. For instance, Patel Brothers store on Baymeadows is a well-known business that provides food items for



Varieties of rice are used in specific food preparations.

both commercial and home use. The store provides customers with a wide selection of food products, equipment for preparation and serving as well as cultural artifacts. Large quantities and varieties of rice, spices, beans, lentils, tea, and numerous varieties of products are available to meet the diverse cooking needs of customers.

Languages depend on the region lived in India with Hindi being the largest. Religious practices are also diverse: Hindu, Muslim, and Christian are



Photos by Elaine Omann

Angie Patel owns a business called New Image

among the most recognized. Organizations such as the Indian Cultural Society or the Hindu Society are important for cultural interactions and the Hindu Temple off Greenland Drive provides a place for meditation and prayer.

Indian people tend to live where other Indian families live. In a neighborhood in Deerwood, seven Indian families live on the same street — yet each speaks a different Indian language, worships differently, and has different food preferences based on a particular region in India.

Indian families integrate into the neighborhoods, community, and city as they continue to honor their culture and influence Southside.

Visit <http://jaxics.org/> and <https://hsnef.org/> for more information.



Meditation and prayer at Hindu temple.

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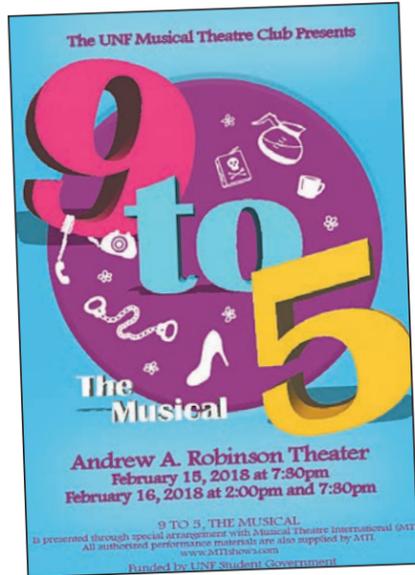
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take 5

UNF Musical Theatre Club to present 9 to 5

The student-run UNF Musical Theatre club production of “9 to 5 – The Musical” will have three performances in February in the Andrew A. Robinson Theater on campus. Showtimes are 7:30 p.m. on Thursday, Feb. 15 and 2 p.m. and 7:30 p.m. on Friday, Feb. 16. The story follows three women who struggle with sexist ideals in the workplace in the late 1970s. The show is open to the public and free to attend, although donations will be accepted.



change, want to make new friends, or want to participate in a wide variety of fun activities are invited to check out the Southside Newcomers Club. Groups and activities include Bridge, Bunco, Canasta, day trips, dining out, book groups, beading, movies, Mah Jong, lunching at various locations, and more. Coffee or breakfast is held at Mimi's Cafe in St. Johns Town Center on the first Monday of every month to learn more about Southside Newcomers Club and monthly luncheons are held at various country clubs with different programs each month. The February luncheon will be held at Deerwood Country Club featuring the club's annual Game Day. Membership dues are \$15 for the remainder of this year. Contact phorn94479@aol.com for more information.

Tax help available for seniors

The Southeast Regional Library will host an AARP TaxAide site on Wednesdays from Feb. 7 – April 11 from 12 p.m. – 4 p.m. The Jacksonville Public Library and the American Association of Retired Persons (AARP) Foundation partner each year to bring free tax preparation to the community. AARP Tax-Aide sites are serviced by IRS-certified volunteers that provide free tax counseling and preparation services to millions of low- and middle-income taxpayers, with special attention to those aged 60 and older. There is no

income or age limit for assistance at AARP TaxAide sites; however, AARP sites cannot assist rental property owners or small business owners. Arrive early and remember that special attention is given to those aged 60 and older.

UNF offers wine tasting class

Wine Essentials – Understanding Simplicity, Complexity and Evaluations will be held on Monday, Feb. 26 from 6 p.m. – 8:30 p.m. at the Adam W. Herbert University Center CE Computer Lab. Attendees will learn what makes a good wine good, whether expensive or inexpensive, and how to order with ease at any restaurant. The instructor will present additional criteria for understanding wine and will present a list of basic adjectives used in the sensory evaluation of wine. Six wines will be tasted and the cost of the wine is included in the \$69 class fee. Visit <http://www.campusce.net/unf/course/course.aspx?C=896&pc=67&mc=&sc=#.WeisEWhSwDU> to register online.



Photo by MetroCreative

Quit smoking classes offered

Northeast Florida AHEC will offer a local opportunity for smoking cessation. There will be a six-week Quit Smoking class at Baptist Medical Center - South on Wednesdays, Feb. 7 – March 14, from 5:30 p.m. – 6:30 p.m. The class will provide free patches, lozenges, gum, a quit plan, workbook, water bottle and stress ball. Call Northeast Florida AHEC at (904) 482-0189 to register and learn about more classes near you.

Newcomers club seeks members

Women in the Greater Jacksonville area who have moved to the area, are long time residents, have had a lifestyle

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(Market: 32081, 32082)

Southside NewsLine
(Market: 32256, 32246)

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Hi everyone! My name is Ghost. I am a sweet boy. I am a calm cat who would enjoy a more relaxed home. I also enjoy being around other cats. I would love to meet you!

The Jacksonville Humane Society is open
12 p.m. – 7 p.m. on weekdays, and from 10 a.m. – 5 p.m. on the weekends.
Call (904) 725-8766 for more information.

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MYSTERY PHOTO



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

Last month's photo was of the Aloft Hotel in Tapestry Park. Our winner was Dante Glover.

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www.FloridaNewsLine.com

Editor
Martie Thompson
Editor@FloridaNewsLine.com

Creative Director
Julie Gerona
Graphics@FloridaNewsLine.com

Reporter
Angela Higginbotham
Angela@FloridaNewsLine.com

Bookkeeper
Emily Whitehead
Accounting@FloridaNewsLine.com

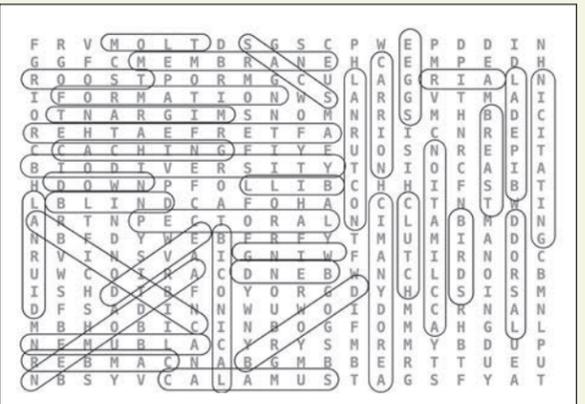
Social Media
SocialMedia@FloridaNewsLine.com

Advertising Sales
Linda Gay
Linda@FloridaNewsLine.com

Heather Seay
Heather@FloridaNewsLine.com

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answers to puzzles on page 10

Answers to Cryptogram:
A. wings B. beak C. flight D. soar

Answers to Puzzles

Feb.

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

around town

March 2 - 3 Mandarin Garden Club's annual \$1 Clothing Sale

9 a.m. - 2 p.m.
2892 Loretto Road
www.mandaringardenclub.org

March 3 Faithful Servant Missions Run with a Mission 5K, 10K and 1 mile fun run

8:30 a.m.
Nocatee Greenway
www.runsignup.com/runwithamission

March 8 G.R.I.T. WBO 2018 Signature Event, featuring keynote speaker Amy Pope Wells

11 a.m. - 4 p.m.
UNF University Center
www.wbonfl.org/signature-event

March 17 Vilano Bridge 5K and 10K

8 a.m.
North Shores Community Center, Vilano Beach
www.1stplacesports.com/races/vilanobridgerun

March 31 - April 1 50th annual Mandarin Art Festival

10 a.m. - 4 p.m.
Mandarin Community Club, 12447 Mandarin Road
www.mandarinartfestival.org

save the date!

2nd

Deerwood Rotary Club meeting
7:30 a.m. (Repeating event on Fridays)
Deerwood Country Club 10239 Golf Club Drive
Deerwoodrotary.org

3rd

Florida Sisters in Crime writers/readers group
10 a.m. - 1 p.m.
Southeast Regional Library, Room B, 10599
Deerwood Park Blvd.
https://floridasistersincrime.wordpress.com/

5th

Southside Newcomers Club First Monday Coffee
10 a.m.
Mimi's Cafe in St Johns Town Center
phorn94479@aol.com

6th

Honeybee Quilt Guild
6:30 p.m.
Mandarin Presbyterian Church, 11844 Mandarin Road
www.honeybeequilters.org (Repeats first Tuesday of each month)

7th

Southside Business Men's Club weekly lunch meeting
12 p.m. - 1:30 p.m.
San Jose Country Club
Registration required; www.southsidebusinessmensclub.com

Feb. 7 - March 14

Northeast Florida AHEC Quit Smoking Class
Wednesdays, 5:30 p.m. - 6:30 p.m.
Baptist Medical Center - South
Free; call (904) 482-0189 to register

8th

National Stuttering Association meeting
6 p.m. - 8 p.m.
Southeast Regional Library, Room D, 10599
Deerwood Park Blvd.
https://sites.google.com/site/jacksonvillensa/ or (904) 247-6892

American Legion Post 372 general assembly

6 p.m. meet and greet / 7 p.m. meeting
Mandarin/St. Johns Elks Lodge, 4280 Oldfield Crossing Drive
(904) 297-8344 or www.mandarinpost372.org

Southside Writers group

6 p.m. - 8 p.m.
Southeast Regional Library, Room F, 10599
Deerwood Park Blvd.
(904) 996-0325

10th

Toast of Jax Toastmasters meeting
7:30 a.m. - 9:15 a.m.
Baha'i Community Center of Jacksonville, 5034 Greenland Road
www.toastofjax.com (Repeating event on Saturdays)

12th

Sierra Club meeting
6:30 p.m. social / 7 p.m. meeting
Lakewood Presbyterian Church, 2001 University Blvd. W.
www.sierraclub.org/florida/northeast-florida

13th

South Council of Jax Chamber luncheon
11:30 a.m. networking / 12 p.m. lunch and program
DeerCreek Country Club, 7816 McLaurin Road N.
www.southcouncil.org
River City Writers group
6:30 p.m. - 9 p.m.
Southeast Regional Library, Room D, 10599

Deerwood Park Blvd.
(904) 996-0325

14th

Medtronic Leaders Toastmasters Club
12 p.m. - 1 p.m.
Nelson Auditorium, 6621 Charing St., 32216
cgsm13@yahoo.com

15th

Knitting Chicas
1 p.m. - 3:30 p.m.
Southeast Regional Library, Room F, 10599
Deerwood Park Blvd.
(904) 996-0325

UNF men's basketball vs. USC Upstate

7 p.m.
UNF Arena; \$15 adults

16th

Deerwood Toastmasters Club
12 p.m. - 1:30 p.m.
Southeast Regional Library, Room B, 10599
Deerwood Park Blvd.
Deerwoodtm.toastmastersclubs.org

19th

All Star Quilt Guild
9:45 a.m.
First Christian Church, 11924 San Jose Blvd.
www.orgsites.com/fl/allstartquiltguild or (904) 502-5254

21st

Business owner networking meeting
7:30 a.m. - 9 a.m.

Salem Centre, 7235 Bonneval Road
Call Virginia, (904) 386-3993

21st

UNF Jazz Combo Concert, director Lynne Arriale
7:30 p.m.
Fine Arts Center, Building 45, Room 1200
https://webapps.unf.edu/eticket/jazzfebruary
River City Women's Club luncheon Bunco charity fundraiser
10:30 a.m.
Ramada Inn Mandarin, 3130 Hartley Road
RSVP to Florence, (904) 262-8719

24th

Project SOS - Boys and Girls Club Grand Anchor Gala
6 p.m. - 10 p.m.
Ponte Vedra Inn & Club, black tie/masks optional
www.bgcfn.org/events/

27th

South Council February Night of Networking
5:30 p.m. - 8:30 p.m.
Terra Gaucha Brazilian Steakhouse, 4483 Southside Blvd.
www.southcouncil.org
Italian Language and Culture meetup group
6 p.m. - 8:30 p.m.
Southeast Regional Library, Room B, 10599
Deerwood Park Blvd.
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with Duval School Board Member,
District 7, Lori Hershey

Q: Can you give us an update on the search for a new superintendent?

A: We released the Request for Proposals (RFP) for a search firm on Jan. 4 and the board expects to select the firm to conduct the superintendent search on Jan. 31. The current timeline is to have a new superintendent in place in July, so we are on schedule. Next month, we will have a schedule of meeting for input from stakeholders to announce, after we have identified the search firm. Recall that we began this process with four meetings prior to the holidays where we received public input regarding the superintendent search.

Q: Do you have any news to report on the school choice applications and deadline?

A: The School Choice applications, which may be submitted online, are due Feb. 28. Applications can be found on FOCUS. Applications submitted online will receive email confirmation. Those without access to a computer may come to the board office for access and assistance. I'd like to remind everyone that next year, Wolfson High School will be a dedicated college prep magnet like Stanton and Paxson. The school will offer International Baccalaureate (IB) and advanced studies and will be accepting applications for ninth graders. Also, I'd like to encourage people who are considering a residential move within the district and who are content with their current school, to investigate if this

move will result in a rezoning. I'd also like to encourage people to visit their neighborhood middle and high school in addition to the magnet choices so they can make informed decisions.

Q: Do you have any update on the Twin Lakes Academy Elementary school zone issue?

A: At the joint School Board/ City Council meeting that was held prior to the holidays, Chris LeDew, City Traffic Engineer, stated he has been out to Twin Lakes Academy Elementary to evaluate traffic concerns and school safety. A sign recommending a reduction in speed (10 mph below posted speed) as well as new pavement markings in front of Twin Lakes Academy Elementary will be installed by mid February. This is not the same as a school safety zone sign, which was the goal of the Twin Lakes Academy Elementary SAC, but I think it is a step in the right direction and hopefully a precursor to an official school zone. There continues to be growth in the neighborhood and I think a school zone is necessary. I have not given up and will continue to advocate for a school zone for Twin Lakes Academy Elementary.

Q: How can our readers contact you?

A: They can email me at HersheyL@duvalschools.org or call me at (904) 316-3609.

Hispanic wax figures come to life at local school

By NewsLine Staff
mail@floridanewsline.com

Jacksonville Country Day School (JCDS) students can communicate thoughtfully and effectively in more than one language, as was demonstrated at the recent sixth grade Hispanic Living Wax Museum. Sixth grade students dressed as famous Hispanic people they had researched and recited speeches in Spanish and in character to visitors to their station. Many of the students have been studying Spanish for more than six years.

During the presentations, each student stood still until his or her "button" was pushed. Then, poised students gave a one-minute memorized speech in Spanish, and in character, before returning to their "wax" stance.

From the painter El Greco to singer Bruno Mars, from Supreme Court Justice Sonia Sotomayor to soccer star Javier Hernandez, from author Gabriel Garcia Marquez to artist Frida Kahlo, sixth graders brought these figures to life and showcased their Spanish language skills.

The project involved conducting research, reading biographies, writing an informative speech, creating a display, working on a costume, and presenting in Spanish. The students, dressed



Photo courtesy Jacksonville Country Day School

A sixth grade JCDS student portrays the author Gabriel Garcia Marquez at the Hispanic Living Wax Museum, held on Jan. 10.

in mustaches and hats to enhance their costumes, brought props and memorized their speeches flawlessly.

"Parents and visiting students learned so much as the sixth graders shared their knowledge in Spanish with flair and confidence. I hope that this was a fun and meaningful experience for the students. I am amazed at their dedication and effort put forth in this project," said Spanish Specialist Iliana Leonard.

FYI Contact Numbers

Duval County Local Government (coj.net)

Sheriff's Office: Sheriff Mike Williams, (904) 630-2120
Patrol Zone 3: Assistant Chief J.G. Short, (904) 828-5463
Property Appraiser: Jerry Holland, jholland@coj.net; (904) 630-2011
Supervisor of Elections: Mike Hogan, mhogan@coj.net; (904) 630-1414
Tax Collector: Michael Corrigan, taxcollector@coj.net; (904) 630-1916
Clerk of Court: Ronnie Fussell, (904) 255-2000

Jacksonville City Council

District 11: Danny Becton, dbecton@coj.net, (904) 630-1383
At Large, District 3: Tommy Hazouri, thazouri@coj.net, (904) 630-1396

Duval County School Board (www.duvalschools.org)

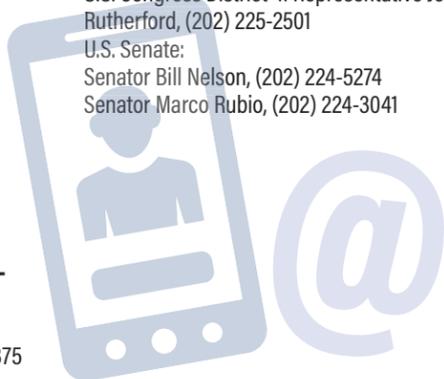
District 7: Lori Hershey, hershey1@duvalschools.org, (904) 390-2375

State of Florida Elected Officials

State House District 12: Representative Clay Yarborough, (904) 723-5300
State House District 16: Representative Jason Fischer, (850) 717-5016
State Senate District 4: Senator Aaron Bean, (904) 346-5039

Federal Elected Officials

U.S. Congress District 4: Representative John Rutherford, (202) 225-2501
U.S. Senate:
Senator Bill Nelson, (202) 224-5274
Senator Marco Rubio, (202) 224-3041



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University of North Florida named a 2018 "Best College Value"

By NewsLine Staff
mail@floridanewslines.com

The University of North Florida (UNF) has been named to Kiplinger's Personal Finance "300 Best College Values of 2018" list. The rankings highlight public schools, private universities and private liberal arts colleges that combine remarkable academic quality with exemplifying affordability.

The University of North Florida earned spots on the magazine's list of 100 best values in public colleges for in-state and out-of-state students. This is the seventh consecutive year the university has been recognized by Kiplinger for its public college value.

"We take great pride in being recognized by some very elite organizations for our efforts," said UNF President John Delaney. "With top-notch academic programs and amazing out-of-classroom experiences, all at an affordable cost, UNF provides an exceptional value that's hard to beat."

This latest recognition comes on the heels of UNF receiving several other

national designations, including 2018 "Best in the Southeast" by Princeton Review, 2018 "Best Regional" University by U.S. News & World Report, 2018 "Best Colleges" by College Factual and the 2017 Higher Education Excellence in Diversity Award from Insight into Diversity magazine, to name a few.

This is the seventh consecutive year the university has been recognized by Kiplinger for its public college value.

The editors at Kiplinger's Personal Finance start with data from nearly 1,200 public and private four-year schools, provided by Peterson's. The list is then narrowed to the top schools based on measures of academic quality, including SAT or ACT scores, admission and retention rates, student-faculty ratios and four-year graduation rates. The editors then rank the schools using cost and financial aid measures. Academic quality carries more weight than costs.

The complete rankings are now available online at kiplinger.com/links/colleges and also appear in print in the February 2018 issue of Kiplinger's Personal Finance.

So much to love at Southeast Regional Library

By Kaylee Burke
mail@floridanewslines.com

February is more than hearts and flowers — it's also the time to get a jump-start on your taxes, enjoy an author talk, and honor Black History Month. With tax season in full swing, Southeast Regional Library can take some of the load off. Throughout February, March and mid-April, the library will offer Tax Preparation workshops by AARP Foundation Tax-Aide. Trained volunteers will provide free tax counseling and preparation services to low and middle income taxpayers, with special attention to those ages 60 and older. There is no income or age limit for assistance; however, AARP sites cannot assist rental property owners or small business owners. Workshops will be held every Wednesday from 12 p.m. – 4 p.m. starting Feb. 7 and running through April 11.



Photo courtesy Jacksonville Public Libraries
Fingertips create the perfect lights. Children and parents enjoy festive holiday art during Art for Early Literacy at Southeast Regional Library.

and art. The program begins with a story and songs that promote language development, vocabulary building and comprehension. Story themes are further explored through art using different tools and techniques to express creativity. Art for Early Literacy will be held every Friday morning this month from 11 a.m. – 12 p.m.

Join author Gracie Chandler for an evening of reading and conversation as part of the library's Black History Month Author Talk series featuring local African-American authors. On Feb.

15 from 7 p.m. – 8:45 p.m., Chandler will discuss her historical fiction novel, "Free to Be," which tells the story of a field hand and medicine woman named Crecie living off the islands of South Carolina during the Civil War. "Free to Be," a 2015 Florida Book Award Silver Medal Winner, tells how Crecie and her family navigate being faced with freedom and letting go of traditions of the only life they've ever known.

Great Decisions, America's largest discussion program on world affairs, is back at Southeast Regional Library. Discussions focus on critical issues going on in the world. On Feb. 8 from 7 p.m. – 8:30 p.m., Allen Lynch will concentrate on Russia's Foreign Policy and questions such as why do Russian citizens support Vladimir Putin, and how should the United States respond to Putin's foreign policy ambitions? On Feb. 22 from 7 p.m. – 8:30 p.m., David Lampton will facilitate the discussion on China and America: The New Geopolitical Equation. Everyone is welcome to join the conversation.

Kaylee Burke is with the Jacksonville Public Libraries.

In celebration of Black History Month, the Buffalo Soldiers Historical Society will give a presentation about the history of the Buffalo Soldiers. African-Americans have served during every U.S. conflict and this program, held on Feb. 24 from 3 p.m. – 4 p.m., will discuss their important roles and valuable contributions.

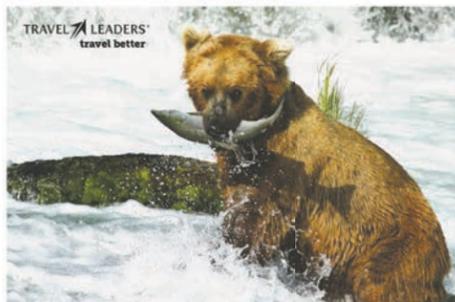
Children aged five – 12 will love AR-Trageous, an art program that delves into the powerful friendship between Martin Luther King Jr. and Mahalia Jackson. It will be held Feb. 6 from 4 p.m. – 5 p.m. Students will create their own bracelet to share with a family member or friend as a token of their friendship. As for the younger children from birth to five years old, Art for Early Literacy is an interactive program that ties together early literary skills



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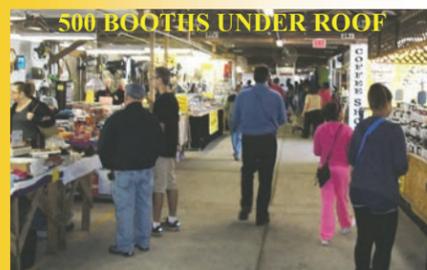
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Get to Know . . .

By Angela Higginbotham
angela@floridanewslines.com

Felicia Johnson

Born and raised in Jacksonville, Felicia Johnson is proud to call the Southside home. As a young mother, Johnson was forced to leave high school and pursue her General Equivalency Diploma (GED). Knowing that continuing her education would lead her on a path out of poverty and into success for herself and her children, she worked tirelessly to continue school, eventually earning her bachelor and master's degrees in education. She is currently working on her doctorate degree.

Johnson has served as the Neighborhood Network Coordinator with the Jacksonville Housing Authority for the past 29 years. She spends her day with students much like her younger self, working to complete their GED and pursuing goals that will better their future. Johnson is passionate about helping students feel loved, safe and understood.

"I want them to know that I was like them. Our scars do not determine our destiny and although we can't change the past, we can change our future," she said.

Johnson has four children and is the proud grandmother of 18 grandchildren. In earlier years, she often sacrificed her own needs to insure that her children were fed and well educated; today, Johnson continues to use her life and her struggles to inspire her family and others to stay on the right path.

1. What do you enjoy most about living on the Southside?

The St. Johns Town Center. I love that the bookstore is close and I enjoy the restaurants.

2. What do you feel is your greatest accomplishment?

Finishing my education. I wouldn't be where I am without my education. I've been promoted four times and I've written two fiction books, both of which would not have happened had I not been determined to stay in school. I just want to be a great example of what you can be if you study and work hard. I want the kids I teach to know that they can be anything they want to be. After they complete their GED, I connect with partners to help get them employed and also on the right path to college or trade school, if that's what they desire.

3. What inspired you to start writing fiction books and do you plan to write more in the future?

My friend wrote a book and she inspired me to start writing. I wrote my first one within three months and I just love creating things. I love that I can make up a character and take a story in any direction my imagination leads. I do hope to write more in the future, possibly non-fiction. I'd like to write about depression. There have been days when I couldn't get up out of bed. No one is exempt from depression and it's

important to come clean and tell your story, so that people understand that they aren't alone.

4. What do you enjoy doing in your spare time?

Working on my doctorate. I also enjoy photography, traveling, spending time with friends, meeting new people and reading. Reading is one of the most important things in life.

5. What is something many people may not know about you?

I'm a history buff. I enjoy learning about what my ancestors sacrificed so that I can live the dream they fought so hard for. It's a gift to live where we live and do the things we get to do. I'm humbled and very grateful.



Photo courtesy Felicia Johnson
Felicia Johnson

Girls on the Run cont. from pg. 1

26 seasons and has impacted the lives of 16,500 girls. This season, Girls on the Run will be offered at locations throughout Baker, Clay, Duval, Flagler, Nassau, Putnam and St. Johns counties. Most teams will meet two times a week for 75 – 90 minutes after school, with the exception of a handful of Saturday sites that meet once a week in the morning. The season will culminate in a 5k event on April 28 at the University of North Florida that brings together family, friends and community members to celebrate the girls' growth throughout the season.

Program registration is now open through Feb. 2; late registration will be available if there is space open on that team until that team meets for the second time. Visit www.getrnetf.org for more information about the program, site locations and registration.



Photos courtesy Girls on the Run



Get to Know . . .

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

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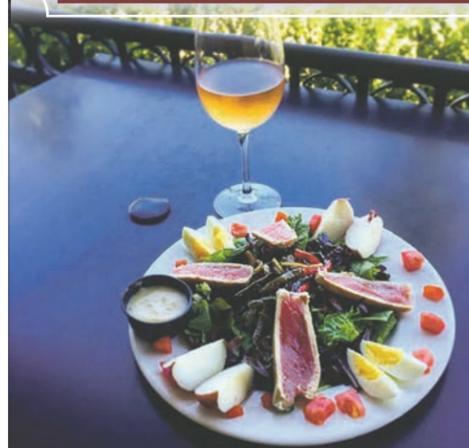
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Golf Tips from T Shot Ranch

Is the "Swing" the "Thing?"

By Janie C. Farina
mail@floridanewsline.com

"It Don't Mean a Thing, if You Ain't Got That Swing" – Music by Duke Ellington

How really important is having a "model" golf swing in playing the game of golf? If you've been watching Tiger Woods's comeback from back injuries, the commentators are all raving about his improved golf swing. Not many golfers on this planet have the immense swing speed that Tiger delivers. "8.9 on the Richter Scale," for certain ... Tiger collapses the ball!

So why wasn't Tiger's swing a good enough "thing" to win the recent tournament? (Rickie Fowler ruled the day.)

Consider the components of game of golf employed during a normal round:

- Teeing off
- Fairway shots
- Pitching
- Chipping
- Sand shots
- Uneven lies, hitting out of the rough and over water, various trouble shots
- Putting/reading the greens
- Club selection
- Rules and etiquette
- Mental strategy for competitive golf

Quite the list, and I haven't even talked about the swing yet.

While Tiger was making his debut, the player I have been coaching for 15 years was competing in a career defining tournament called Q School.

Does she have the perfect swing? Well, this girl smacks it longer than most men, but still experienced a severe meltdown due to nerves the first two days. Luckily, she followed up blasting two rounds of 67 consecutively.

So how does someone blow up for two days, then shoot two days of the best

rounds of her career with the same swing all four days? The answer is simple — the swing is the instrument we play, set to the many notes, or conditions, that we compose to form the music of playing the game of golf.

I see people hitting golf balls on the range, day in and day out, searching for the perfect swing. When these same players play a game of golf, off the range, often their expectations get the better of them, and they are disappointed in their performance.

Just as my student cried out to me after those first two disastrous rounds: "My swing felt so good and I practiced harder than ever! Why did I bomb?"

My answer is simple: Having great swing is no guarantee for a great round. More importantly, expectation is signing up for disappointment, when what we really need out there is the discipline to focus on the conditions at hand.

To play the game of golf we would set to music, it's not only about the instrument of our swing, it's a symphony of the swinging motion, properly fitted equipment, educating ourselves with the various techniques and strategies required during a round, and above all, conducting ourselves to have appreciation for the fortunate outcomes, and evaluate" and rewrite the unfortunate notes for the next time (i.e., focus!)

So for the player out there who has trouble carrying a tuned swing, remember, it's not always about that "Thing," the "Swing."

Janie C. Farina is a 26-year LPGA teaching and club professional in Duval and St. Johns County. Email her at hitthedirt2@gmail.com with comments or questions for future articles.

Gardening

Winter in Florida

By Lesley Arrandale
mail@floridanewsline.com

After a mild start to the season, 2018 has brought us the coldest winter snap since 1989, including flurries of snow just a few miles west and north of Duval County. While our climate is not tropical, many of the plants that grace our landscapes are from more southerly areas and will have really suffered unless well protected.

It may be tempting to tidy up after freezing temperatures have done their worst, but to save plants' potentially still living root systems as well as top growth, leave the major clean up till spring when new growth will show exactly how much of a plant is still alive. This article describes how we may best protect our plants and since the winter is still young it could prove useful: <https://tinyurl.com/y9qbqpcq>

Gardening is potentially fraught with difficulties, and it may sometimes feel like a battle to stay ahead of adverse weather, insect pests, and diseases in our own yards and gardens. Unfortunately there are wider problems that need national or even international cooperation. For example, there is currently an emerging problem in Europe, namely a bacterial disease called *Xylella fastidiosa*. This has been active in parts of the U.S. and Brazil for years, although not yet in Florida, and affects some ornamental plants as well as olive trees and grapes.

Florida has a proactive approach to dealing with cases of invasive pests and diseases. In the case of sudden oak death, action by the state successfully isolated nursery specimens carrying the pathogen *Phytophthora ramorum* which causes the disease. It's hard to imagine the south without its majestic oaks. Unfortunately, another more successful invader, the red-bay ambrosia beetle has wreaked havoc in our coastal areas, where it has caused the fungus on which it feeds to outright kill many of the native redbay trees (*Persea borborea*) and swampbay (*P. palustris*), and it is threatening the economically important commercial avocado (*P. americana*) grown in south Florida.

This may sound like a call to arm yourselves with a battery of chemicals, but please don't. Take regular care of your plants, and scout for insects and diseases. If you find a problem that is difficult to remedy, the Extension Service can help. Master Gardeners have the resources to help you determine what's wrong, and if there's a potentially serious problem they can take the next steps to help ensure the insect or disease doesn't spread.

Either photograph your problem plant material or insect and email the Extension Office, at duvalcountymastergardener@gmail.com. Photographs should be high quality, and show clearly the plant or insect. Describe how the problem began and progressed. Or visit the office at 1010 N. McDuff Ave. from 9 a.m. – 12 p.m. or 12:30 p.m. – 3:30 p.m. where you can discuss the situation with a master gardener. You can also telephone to ask for advice on (904) 255-7450, but a picture or specimen would be easier to diagnose. Plant material should be double bagged, and insects should be sealed in a clear container in a little rubbing alcohol to preserve them.

Check out the January/February issue of A New Leaf: <https://tinyurl.com/ydxlcj6x>. There are plenty of pointers for keeping the garden in tip top shape: the regular sections on "What to Plant" and "What to Do" are invaluable.

On Feb. 24, the Extension Service will host the annual program "A Day of Gardening." It is always very popular, so register early. You'll find details in A New Leaf.

Lesley Arrandale is a Master Gardener with the Duval County Cooperative Extension Service/City of Jacksonville Agriculture Department, which is a partnership between the United State Department of Agriculture (USDA), the University of Florida Institute of Food and Agricultural Sciences (UF/IFAS) and the City of Jacksonville.

Flu-fighting tips to keep you and others healthy

By NewsLine Staff
mail@floridanewsline.com

Sniffles, sore throat, fever, and aches and pains may accompany a number of illnesses — but during the wintertime, such symptoms are typically indicative of influenza.

Throughout much of North America, flu season peaks between December

and February. But flu season can occur anywhere from October to March, advises the U.S. Centers for Disease Control and Prevention (CDC). The flu is contagious and can sideline people for extended periods of time. The CDC says

Flu-fighting cont. on pg. 9



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Flu-fighting from pg. 8

that each year one in five Americans gets the flu.

Taking steps to fend off the flu can help men and women and the people they routinely come in contact with.

Foods:

Food can be used to fend off the flu. Common foods that many people already have in their pantries can be powerful flu-fighters. Garlic, for example, contains compounds that have

direct antiviral effects and may help destroy the flu before it affects the body. Raw garlic is best. In addition to garlic, citrus fruits, ginger, yogurt, and dark leafy greens can boost immunity and fight the flu, according to Mother Nature's Network. The "British Journal of Nutrition" notes that dark chocolate supports T-helper cells, which increase the immune system's ability to defend against infection. A study published in the "American Journal of Therapeutics" showed that carnosine, a compound



Photo courtesy Metrocreative

Flu season peaks between December and February, but can last through March.

found in chicken soup, can help strengthen the body's immune system and help fight off the flu in its early stages.

Flu shot and medications:

Annual flu shots administered in advance of flu season can help protect people and their families from getting the flu. The U.S. Food and Drug Administration says that, in select situations, antiviral medications — which are usually prescribed to treat the flu and lessen symptoms — can reduce the chance of illness in people

exposed to influenza. Many over-the-counter medicines can alleviate symptoms of the flu, but cannot fend it off.

Stop germ proliferation:

Germs can be spread easily between persons through direct contact and indirect contact with surfaces sick individuals have touched. Doctors recommend staying home for at least 24 hours after a flu-induced fever has dissipated. Well individuals should avoid contact with sick people.

Frequent hand-washing with soap and water can stop germs from spreading. When soap and water is not available, alcohol-based hand sanitizers can help. People also should avoid touching their eyes, noses and mouths after being in public places or around someone who is ill.

Rest and restore:

Those who feel symptoms coming on should begin drinking more liquids to keep the respiratory system hydrated and make mucus less viscous. Remember to get adequate sleep, as a tired body cannot effectively fight the flu virus.

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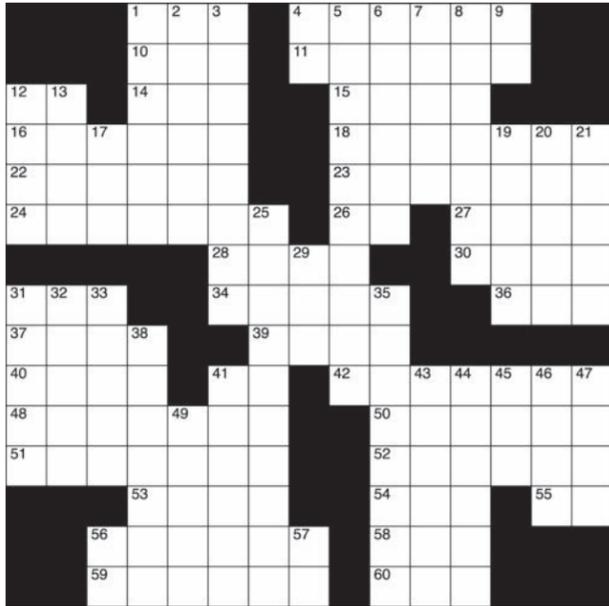
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Puzzles

Answers on page 2

Puzzles courtesy MetroCreative



CLUES ACROSS

- 1. Plural of be
- 4. Dress
- 10. Nothing
- 11. Relating to apes
- 12. They protect and serve
- 14. Swindle
- 15. Show's partner
- 16. Lift
- 18. Raise up
- 22. Do something to an excessive degree
- 23. Occupies
- 24. Power-driven aircraft
- 26. Indicates position
- 27. Matchstick games
- 28. This and ___
- 30. No longer here
- 31. Health insurance
- 34. Spore-producing receptacle

- 36. Monetary unit
- 37. Sweet potatoes
- 39. Tropical Asian plant
- 40. Guilty or not guilty
- 41. Carbon dioxide
- 42. Able to arouse intense feeling
- 48. Earl's jurisdiction
- 50. Omitted
- 51. Heartbeat
- 52. Albania capital
- 53. Fashion accessory
- 54. Interaction value analysis
- 55. Symbol of exclusive ownership
- 56. More promising
- 58. ___ student, learns healing

- 59. Nonresident doctor
- 60. Midway between east and southeast

CLUES DOWN

- 1. Enrages
- 2. Capital of Saudi Arabia
- 3. Uses in an unfair way
- 4. Cesium
- 5. Written works
- 6. Breakfast item
- 7. Found in showers
- 8. A way of fractioning
- 9. Unit of measurement
- 12. Sailboat
- 13. Indian goddess
- 17. For each
- 19. Farewell
- 20. Ethnic group of Sierra Leone

- 21. German industrial city
- 25. Measures intensity of light
- 29. Small, faint constellation
- 31. Promotes enthusiastically
- 32. Malaysian inhabitant
- 33. Ancient units of measurement
- 35. An unspecified period
- 38. Frame house with up to three stories
- 41. Lassie is one
- 43. Martinis have them
- 44. Rant
- 45. Famed journalist Tarbell
- 46. Opening
- 47. Round Dutch cheese
- 49. Archaic form of do
- 56. Once more
- 57. Registered nurse

CRYPTO FUN
Determine the code to reveal the answer!

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

A. 1 17 8 9 21
Clue: Feathered limbs

B. 14 25 18 2
Clue: On bird's face

C. 11 23 17 9 3 10
Clue: Process of flying

D. 21 24 18 6
Clue: Coast in air

ORNITHOLOGY WORD SEARCH

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

WORDS

- ABDOMEN
- ABIOTIC
- ACCLIMATION
- AERODYNAMIC
- AFTERFEATHER
- AIR
- ALBUMEN
- BEND
- BICONICAL
- BILL
- BIODIVERSITY
- BIPEDAL
- BIRDS
- BLIND
- BREAST
- BROOD
- CACHING
- CALAMUS
- CAMBER
- CARRION
- CLUTCH
- DIURNAL
- DIVE
- DORSAL
- DOWN
- EGGS
- FORMATION
- MEMBRANE
- MIGRANT
- MOLT
- NICITATING
- NOCTURNAL
- PECTORAL
- ROOST
- SACS
- WING

Nutrition Check: Showing love with good health

By Kristen Hicks-Roof Ph.D., RDN, LDN and Paige Chaffin
mail@floridanewslines.com

As you walk the grocery aisles this month, you will find an abundance of sugary, heart-shaped sweets intended to show your close ones how much you love and admire them. It is time to change this unhealthy trend and shower our loved ones with good health!

Our article last month highlighted the importance of setting SMART (Specific, Measurable, Attainable, Realistic and Timely) goals as a New Year's resolution. With only a month into the new year, this is a crucial time to continue striving towards achieving our goals to develop a habit. If you or your loved ones had (or plans to) set health goals, it would be better for them to be supported instead of thrown off with a basket of chocolates or a cookie bouquet. Aside from food, how can you show your love to promote health with them?

First and foremost, it is imperative to change the mindset that good health must consist of only salads, whole grains, and daily exercise. Although that may be the optimal goal, keep in mind the goal that was set, and showering them with love to help attain that goal. Some potential ideas may include:

Joining them for the week in completing that goal together: grocery shopping together, walk together or organize together

Buying them a gift that helps them progress in accomplishing their goal: a pedometer, new cutting boards or a shopping list/organizer

Skipping the chocolates/flowers and adding something fresh: fresh herbs in a pot, a new fruit or vegetable to try or make something homemade

Dinner and be active: add in a neighborhood walk, play a game together or go for a bike ride around the park

Even though those marshmallow-filled chocolate hearts look appetizing, one day full of those treats is not worth the potential of your loved one losing sight of their goals. This year show your affection and devotion by showing your loved one you care about their health and well-being!

Kristen Hicks-Roof PhD, RD, LD is an Assistant Professor, Department of Nutrition and Dietetics at the Brooks College of Health, University of North Florida.

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Travel

Waterfall Wonderland in Croatia

By Debi Lander
mail@floridanewsline.com

My love of photography often takes me to places off the grid. One such detour in Croatia took me to Plitvice Lakes National Park (PLEET-veet-seh), renowned for its breathtaking lakes. The park lies about two hours from Zagreb or the coast. I hopped a train to Zagreb, the capital, arranging a pick up the next morning for a day trip to the National Park.

One of Croatia's most popular tourist attractions, Plitvice achieved UNESCO World Heritage status in 1979. The lakes draw visitors, but make up only one percent of the park's beech and fir forest. Twelve upper lakes lie on dolomite surfaces and four lower lakes on limestone known as karst. A series of cascading waterfalls separated by natural travertine dams connect the lakes. The karst makes the lakes glisten in hues of Jacksonville Jaguar teal, brilliant emerald, and azure blue.

The tour guide escorted my small group through the park entrance, explaining the trails and transportation system. We were then free to hike at our own pace, take a boat and bus ride, and return to the

meeting spot five hours later. This plan allowed each person to go at their desired speed, stopping wherever the view compelled them.

I started down a paved trail with my travel buddy, Judy. We'd barely gone 20 feet when we discovered a magnificent overlook showcasing the aptly named Big Waterfall, 250 feet high. Its depth reminded me of the Grand Canyon, but here a turquoise lake anchored the dramatic drop. The gorge walls released water in lacy fairyland tendrils. I'd been expecting stunning waterfalls, but this view made me feel like I was floating through a dream. I stared in awe, enjoying a Zen moment.

Eventually we trotted off, as countless more waterfalls waited. Descending a zigzag course, at times steep, we came upon boardwalks hovering just above the water. The walkways provide an intimate connection to the surroundings.

They have no handrails so you must watch your step. For the unsteady the extreme shallowness of the lake is comforting.

Proceeding onward, more unusual land formations and hun-

dreds — no, thousands — of miniature falls emerged. Finally, a restaurant and outdoor picnic area beckoned. We gobbled down lunch, then boarded

the park's silent, pollution-free electric boat to cross the park's biggest lake.



Photos courtesy Debi Lander
Waterfalls in Plitvice Lakes National Park

After what I'd seen, Lake Kozjak didn't impress, but I enjoyed the restful ride.

The landing spot presented a bonanza of gurgling and gushing fountains. They reminded of the scene in the movie "Fantasia" where the water never stops.

Judy and I chose to hike the longer trail, but didn't realize just how lengthy it was. I must admit Plitvice could use better signage. We ended up walking seemingly endless miles, some on dirt trails, others on planking. As the afternoon wore on, we began to wear down. Still, we heard a waterfall rounding every corner, and catching sight of it, we'd sigh, "Oh my, how gorgeous." Thrilling

though it is, this park produces scenic overload. Exhausted, but delighted we finally climbed up to the bus station and rode to the trailhead. We still had to hike back to the entrance.

To spend a day in an area of concentrated beauty, to breathe, and listen to nature is an intoxicating joy. Compared with the majesty of Yellowstone, Yosemite, and Niagara Falls, Plitvice is otherworldly. Is it worth a trip to Croatia? Absolutely. One of the best gifts I have ever given myself.

If you go: The park gets overcrowded in the summer. I went in April, which seemed ideal — not too hot or cold.

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



The Pantry Raiders

Enjoy a low-calorie Valentine's treat:



Decadent treats have become a staple of Valentine's Day — but not all Valentine's celebrants want to indulge in high-calorie treats with their significant others. For those who want the decadence without all those extra calories, try the following low-calorie recipe for "Rockin' Red Velvet Trifle" from Lisa Lillian's "Hungry Girl 200 Under 200: Just Desserts" (St. Martin's Press).

Rockin' Red Velvet Trifle

(Makes 8 servings)

- 1 packet hot cocoa mix with 20 to 25 calories
- 2 tbsp. mini semi-sweet chocolate chips
- ½ cup moist-style devil's food cake mix
- ½ cup moist-style yellow cake mix
- ¼ cup fat-free liquid egg substitute
- ½ tsp. red food coloring
- Dash of salt
- 4 ounces fat-free cream cheese
- 2 tbsp. Jell-O Sugar-Free Fat-Free Vanilla Instant pudding mix
- 2 tbsp. Splenda No Calorie Sweetener (granulated)
- ¼ teaspoon vanilla extract
- 1 8-ounce container Cool Whip (thawed)
- 4 cups chopped strawberries

Preheat oven to 350 F. Spray an 8-inch by 8-inch baking pan with nonstick spray. Place the cocoa mix and 1 tablespoon chocolate chips in a glass. Add ¼ cup very hot water, and stir until mostly dissolved. Add 1/3 cup cold water.

In a large bowl, combine the cake mixes, egg substitute, food coloring, and salt. Add cocoa mixture and whisk until smooth. Pour batter into the baking pan, and sprinkle with remaining 1 tablespoon chocolate chips.

Bake until a toothpick inserted into the center comes out mostly clean, 26 to 28 minutes. Let cool completely, about 30 minutes in the pan and 30 minutes out of the pan on a cooling rack.

Meanwhile, in a medium bowl, stir cream cheese until smooth. In another medium bowl, combine pudding mix with Splenda. Add vanilla extract and 1/4 cup cold water, and vigorously stir until mostly smooth and slightly thickened. Add cream cheese and 1 cup Cool Whip, and stir until uniform. Cover and refrigerate.

Cut cake into 1-inch cubes. In a large glass bowl or trifle dish, evenly layer half of the cubed cake. Spread all of the pudding mixture over the cake layer. Evenly top with half of the strawberries. Continue layering with remaining cubed cake, Cool Whip and strawberries.



Photo courtesy MetroCreative
Rockin' Red Velvet Trifle

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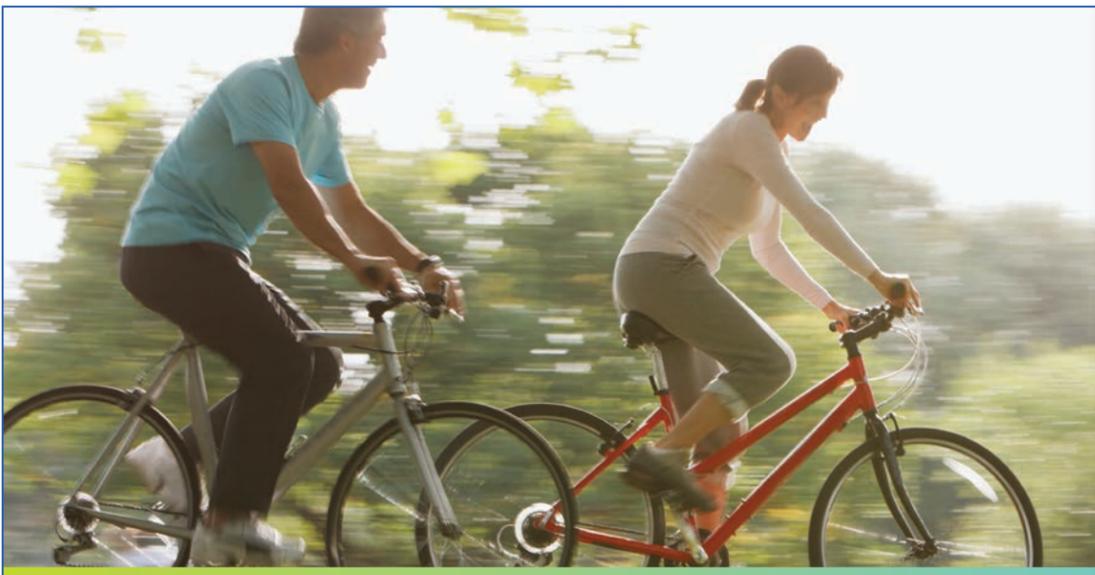
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If you have any of these symptoms, you could be making your hip or knee worse by waiting:

- 1 Unable to maintain an active lifestyle
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- 3 Catching, popping or locking
- 4 Difficulty putting on shoes and socks
- 5 Swelling

Hip or knee pain? 5 symptoms you shouldn't ignore

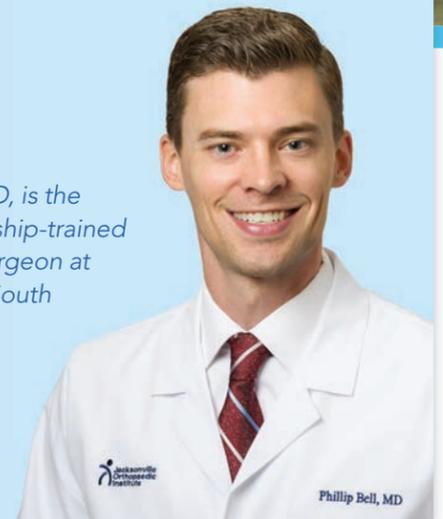
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