

Southside NewsLine

MARCH 2018 Volume 6 Issue 1

A Florida NewsLine Publication



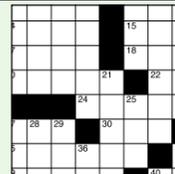
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Community store opens in Point Meadows

By Elaine Omann
mail@floridanewsline.com



Photos courtesy Elaine Omann

The Scott family and Cooper enjoyed a recent breakfast on the patio in the sunshine.

Maple Street Biscuit Company opened its doors to the community on the Southside in January. Becoming part of the community life is one of the main values in establishing and positioning a Maple Street Biscuit Company store. This new location is centrally located 9.2 miles from others at Julington Creek, Murray Hill, San Marco, and Jacksonville Beach.

Community Leader Scott Morrow had experience in each of these stores before opening the Point Meadows location as its store manager. His prior work experiences include mortgage and banking in corporate structures and he wanted a different kind of opportunity where he could make a difference. Maple Street Biscuit Company, with its emphasis on comfort food, gracious service, clean stores and sustainable business, fit the bill.

The story behind the store philosophy belongs to two men, co-found-

Community store cont. on pg. 7

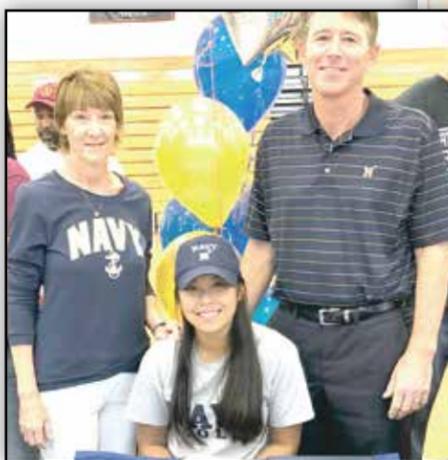
Atlantic Coast student appointed to United States Naval Academy

By Angela Higginbotham
angela@floridanewsline.com

Atlantic Coast High School senior Amelia Root was recently accepted into the prestigious United States Naval Academy in Annapolis, Md. Root's impressive leadership skills and academic excellence have brought her to this accomplishment.

The United States Naval Academy is a rigorous four year college that prepares young women and men to become professional officers of competence, character, and compassion in the United States Navy and Marine Corps. Naval Academy students are midshipmen on active duty in the United States Navy. Graduates are recognized as an immediate ensign (junior commissioned officer rank) in the Navy or second lieutenants in the Marine Corps and serve for at least five

years. Root enjoys math and solving real world problems. She plans to major in Operations Research.



Amelia Root with her parents on signing day.



Photo courtesy Atlantic Coast High School

Amelia Root receiving her appointment certificate from Congressman John Rutherford.

Born in China and adopted at 10 months old, Root was raised in Jacksonville. Her parents, Rick and Kelly Root, and two sisters are supportive and proud of her accomplishments. An accom-

Atlantic Coast student cont. on pg. 2

The University of North Florida's Center for Advancement of Women in Engineering celebrates International Women's Week with the fourth annual Women Leaders in STEM Conference, featuring keynote speaker Nicole Stott, a NASA astronaut and artist, at 9 a.m. Tuesday, March 6, at the Adam W. Herbert University Center, Building 43.

Stott will be sharing her incredible experiences in space, inspiring women and sharing the importance of STEAM (Science, Technology, Engineering, Art and Math) and the inclusion of women in the field. Following the lecture, there will be a panel discus-



Photo courtesy University of North Florida
Astronaut Nicole Stott

NASA Astronaut *Nicole Stott* discusses space experiences at UNF

By NewsLine Staff
mail@floridanewsline.com

sion of prominent engineering leaders at 10:15 a.m. and a networking event at 11:15 a.m. Panelists will share their experiences and how they have earned respect as women in a male-dominated discipline.

A NASA veteran, Stott's experience includes two spaceflights and 104 days spent living and working in space on both the Space Shuttle and the International Space Station. She first joined NASA at the Kennedy Space Center in 1988 as an operations engineer in the Orbiter Processing Facility and later joined the Johnson Space Center team as a member of the NASA

Aircraft Operations

Division, where she served as a flight simulation engineer flying on the Shuttle Training Aircraft and helping train astronaut pilots to land the Space Shuttle.

In 2009, Stott launched on her first spaceflight to the International Space Station with the crew of Discovery STS128 and participated in the first spacewalk of that mission. While she was still living on the ISS during her first spaceflight, she was assigned to her second spaceflight, which became the final flight of the Space Shuttle Discovery.

A heavily decorated astronaut and engineer, Stott is the recipient of NASA Space Flight, Distinguished Service and Exceptional Achievement Medals; the Russian Medal of Merit for

NASA Astronaut cont. on pg. 8

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take 5

Heart of Jacksonville African Violet Society celebrates 25 years with show and sale

In honor of the club's Silver Anniversary, the Heart of Jacksonville African Violet Society will present "Cheers for 25 Years" on March 23 - 24, 2018. This juried show will be judged by the standards of the African Violet Society of America and will showcase prized specimens in all classes: standard, semi-miniature, miniature and trailers. Full grown and starter plants will be available for sale as well as leaves and many supplies needed to keep plants healthy. Each day will also feature two free seminars. The show will be held at San Jose Church of Christ, 6233 San Jose Blvd. in the Family Life Center Fellowship Hall from 12 p.m. - 4 p.m. on Saturday and 10 a.m. - 4 p.m. on Sunday. Parking and admission are free. Visit www.jacksonvilleviolets.org for more information.

Southside Newcomers to view spring fashion show

The Southside Newcomers Club will feature a Spring Fashion Show at its March luncheon and a demonstration of container gardening by a representative of Trad's Garden Center at the April luncheon. The club's monthly luncheons are held at various country clubs. Women in Jacksonville are invited to join members of the club and other prospective members for coffee or breakfast at Mimi's Cafe in St. Johns Town Center on the first Monday of each month to learn more about Southside Newcomers Club. Membership in the club is \$15 for the remainder of the year (until June 1), which allows participation in all club activities, including bridge, Bunco, Canasta, day trips, din-

ing out, book groups, beading, movies, Mah Jongg and lunching at various locations. Contact phorn94479@aol.com for more information.

Language of Orchids show and sale scheduled

The Jacksonville Orchid Society Show and Sale will be held on Saturday, March 17 from 10 a.m. - 6 p.m. and Sunday, March 18, from 10 a.m. - 4 p.m. at The Garden Club of Jacksonville, 1005 Riverside Ave. The event, entitled "The Language of Orchids," will feature thousands of beautiful, exotic orchids on display. Visit jaxorchidsociety.org for more information.

River City Women to learn about cybersecurity

The River City Women's Club will meet on March 21 at 10:30 a.m. at the Mandarin Ramada Inn, 3130 Hartley Road, for lunch and a program. Following lunch, Julia Shartzter will give a talk on how to protect oneself on the internet and phone in the 21st century. The club meeting will feature the election of officers for the new club year and members will select their choices for charities to receive donations. The cost of lunch is \$17; call (904) 262-8719 for reservations.

Internationally known young pianists to give concert to benefit missionary program in Ecuador

Taggart Squared, a sister-brother classical piano duo consisting of siblings

Emma and Jacob Taggart of Minneapolis, Minn., will present a concert on March 10 at Assumption Catholic Church, 2403 Atlantic Blvd., to benefit a missionary program in Ecuador sponsored by the non-profit organization Help the Helpless. The concert will support the missions that the Servant Sisters of the Home of the Mother have in Ecuador, specifically the construction of a center aimed at covering the spiritual, social, educational, and health needs of the population of Chone, Ecuador. The concert is open to the public at no charge. A good will offering will be taken at the end of the concert. Doors open at 5 p.m. and the concert starts at 5:30 p.m.



Photo courtesy Taggart Squared
Emma and Jacob Taggart, known as Taggart Squared.

Emma, 15, and Jacob, 11, who study with Juilliard graduate, Dr. Reid Smith, recently won first place in the United States International Duo Competition. Visit www.taggartpiano.com for more information about Taggart Squared.

Atlantic Coast student cont. from pg. 1

pished athlete, Root will be following in her older sister's footsteps and joining the golf team at the Academy.

"My dad taught us how to play golf at a young age. When I was in sixth grade, I found a friend who also played. I enjoy playing the game competitively now and it's part of the reason that I became even more interested in the Naval Academy," Root said.

The process of acceptance into the Naval Academy is a long and tedious one with essays, paperwork, test scores and a congressional nomination is required.

"If anything, I'm nervous about the physical side of the Academy. I don't like people yelling at me, but I'm so excited for the opportunity and I'm looking forward to being there with my sister. When I went to visit, it just felt like the place that I should be," Root said.

She will begin studies at the Naval Academy on June 28, 2018, just a short time after graduating from Atlantic Coast High School.

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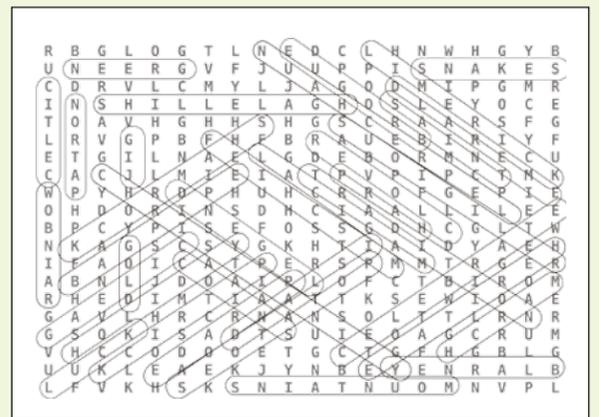
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answers to puzzles on page 10

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Answers: A. freezer B. frost C. cold D. flavor

Answers to our Puzzles

Mar.

S	M	T	W	T	F	S
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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	29	30	31

around town

save the date!

April 14 About Boating Safely course
8 a.m. – 4:30 p.m.
Palm Valley Community Center, 148 Canal Blvd.
RSVP to U.S. Coast Guard Auxiliary Flotilla 14-4, (904) 955-7077

April 21 Duck Race — Making a Splash for Autism
9:30 a.m. gate opens/race at 10:30 a.m.
Adventure Landing, 1944 Beach Blvd.
<https://jaxduckrace.org>

April 21 McGala 2018 to benefit Ronald McDonald House
6 p.m.
www.RMHCJacksonville.org/events/mcgala

April 21 14th annual Katie Ride, benefiting the Katie Caples Foundation's organ donor education and awareness raising programs
7:45 a.m.
Atlantic Recreation Center, Fernandina Beach
<https://katiecaplesfoundation.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=535>

April 30 Katelyn's Champions for St. Jude Golf Classic
10:30 a.m.
St. Johns Golf and Country Club
www.stjude.org/get-involved/find-an-event/dinners-and-galas/katelyns-champions.html

March 1 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

March 7 Southside Business Men's Club weekly lunch meeting
12 p.m. – 1:30 p.m.
San Jose Country Club
Registration required; www.southsidebusinessmensclub.com

March 2 Deerwood Rotary Club meeting
7:30 a.m. (Repeating event on Fridays)
Deerwood Country Club 10239 Golf Club Drive
Deerwoodrotary.org

March 8 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

March 3 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/>

March 10 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)

March 5 Southside Newcomers Club First Monday Coffee
10 a.m.
Mimi's Cafe in St Johns Town Center
phorn94479@aol.com

March 12 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

March 6 UNF men's baseball vs. Jacksonville
6:05 p.m.
Harmon Baseball Stadium
Honeybee Quilt Guild
6:30 p.m.
Mandarin Presbyterian Church, 11844 Mandarin Rd.
www.honeybeequilters.org (Repeats first Tuesday of each month)

March 13 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

March 14 Medtronic Leaders Toastmasters Club
12 p.m. – 1 p.m.
Nelson Auditorium, 6621 Charing St., 32216
cgsml3@yahoo.com
Autobiography Writers group
10 a.m. – 12 p.m.
Southeast Regional Library, Room E, 10599 Deerwood Park Blvd.
(904) 996-0325

March 19 All Star Quilt Guild
9:45 a.m.
First Christian Church, 11924 San Jose Blvd.
www.orgsites.com/fl/allstartquiltguild or (904) 502-5254

March 15 Knitting Chicas
1 p.m. – 3:30 p.m.
Southeast Regional Library, Room F, 10599 Deerwood Park Blvd.
(904) 996-0325

March 21 River City Women's Club luncheon featuring Julia Shartzler
10:30 a.m.
Ramada Inn Mandarin, 3130 Hartley Road
RSVP to Florence, (904) 262-8719

March 16 Deerwood Toastmasters Club
11:30 a.m. – 1:30 p.m.
Southeast Regional Library, Room B, 10599 Deerwood Park Blvd.
Deerwoodtm.toastmastersclubs.org

March 27 Italian Language and Culture meetup group
6 p.m. – 8:30 p.m.
Southeast Regional Library, Room B, 10599 Deerwood Park Blvd.
(904) 996-0325

March 17 - 18 Jacksonville Orchid Society show and sale
10 a.m. – 6 p.m. Saturday; 10 a.m. – 4 p.m. Sunday
The Garden Club of Jacksonville, 1005 Riverside Drive
Jaxorchidsociety.org

March 31 - April 1
50th annual Mandarin Art Festival
10 a.m. – 4 p.m.
Mandarin Community Club, 12447 Mandarin Road
www.mandarinartfestival.org

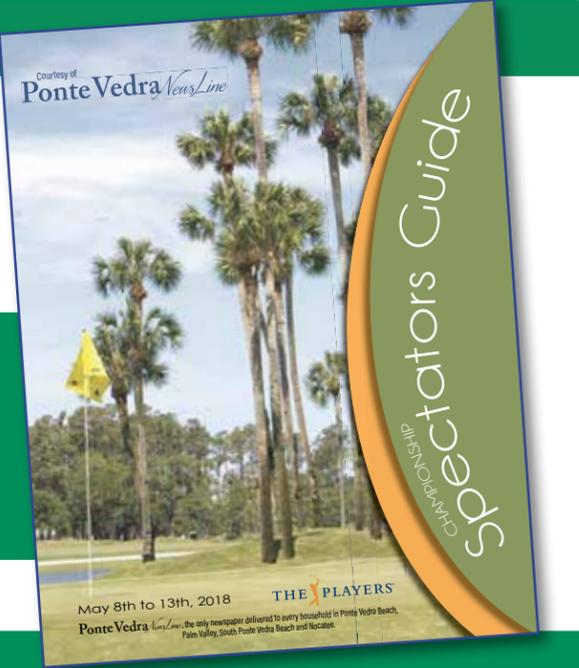
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with Duval School Board Member,
District 7, Lori Hershey

Q: Do you have any updates on the search for the new superintendent of schools?

A: The school board selected Hazard Young Attea Associates to head the superintendent search. There are a total of 10 community input meetings scheduled across the district, including a meeting at Wolfson High School on March 5 at 6 p.m. All residents are invited to attend. The board intends to have a new superintendent in place by July.

Q: What is the latest on the potential implementation of a school zone in front of Twin Lakes Academy Elementary?

A: I am pleased to announce that two signs calling for a reduced speed have been erected near the entrance to the



Photo courtesy Lori Hershey

New sign at Twin Lakes Academy Elementary



New pavement markings at Twin Lakes Academy Elementary

school and pavement markings along the road from the exit of the car loop have also been completed. These should help with student safety.

Q: Do you have any similar updates for student transportation safety in Mandarin?

A: Yes. I alerted Superintendent Patricia Willis about safety concerns at the bus stop located at Hartley and Hampton roads in Mandarin. She directed Leslee Russell, Director of Transportation to investigate and a transportation coordinator was placed at the bus stop in late January to observe. The motor vehicle traffic was extremely heavy that morning, and based on this a bus stop was added at Hampton Road and Whalers Way for students living on the north side of Hartley Road — which means students no longer have to cross Hartley Road to catch the bus. The new bus stop took effect on Jan. 31.

Q: It is legislative session and almost election season. Is there anything you would like parents to be aware of in this area?

A: I would like to encourage the public to pay attention to the revisions being proposed by the Constitutional Revision Committee. These revisions will be on the upcoming ballot and have the potential to limit our representative government in the state of Florida and reduce local control on many issues.

Q: Do you have any other District 7 updates?

A: I would like to congratulate Atlantic Coast art students Justin Luong, Trinity Roebuck, Roxanne Olesen, Jonathan Weiss, and Victoria Ross, who won the Wyland Foundation Mural Challenge. Their mural will be featured at Adventure Landing.

Q: How can our readers contact you?

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

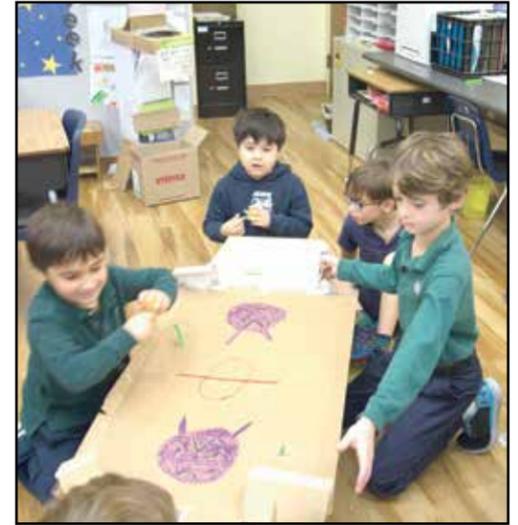
Third graders lead by design

By NewsLine Staff
mail@floridanewsline.com

Third grade students at Jacksonville Country Day School recently made arcade games incorporating simple machines and using recycled materials such as cardboard. They had been studying simple machines in science class. Each arcade game included at least five simple machines, such as a lever or pulley.

The arcade games included a marble launch, a baseball slingshot, a basketball game, and air hockey. For this project, the students exercised collaboration, teamwork, and critical thinking.

Once the projects were completed, the third graders invited their buddies in Pre-K 4 to play the arcade games.



Photos courtesy Michael Porter

Third grade and Pre-K 4 students at Jacksonville Country Day School enjoy playing arcade games made from recycled materials together.



Third grade students explain an arcade game they made to Pre-K 4 students.

“It was fun to show our buddies how it works because we made it and my buddy likes it,” third grade student Nishi said.

The third grade students showed their young buddies how to play the arcade games and then played with them. The lesson also taught the students that entertainment doesn't have to be digital and they can use their own imagination and creativity. By interacting with their younger buddies, the third graders also learn to lead by example.

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, hershey@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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Community comes together for Jax Book Fest and Women's History Month

By Kaylee Burke
mail@floridanewsline.com

Calling all writers, educators, and book lovers of all ages! The Jacksonville Public Library will host the second annual Jax Book Fest at the Main Library downtown on Saturday, March 3, from 10 a.m. – 3 p.m. The event, which had more than 3,000 people in attendance last year, will include New York Times best-selling authors Nicola Yoon, Kimberla Lawson Roby and Brenda Jackson.



Photo courtesy Jacksonville Public Libraries

With activities, author workshops, and books for all ages, Jax Book Fest is an event the whole family will enjoy.

At Jax Book Fest, you can meet and mingle with more than 100 local and best-selling authors, attend author talks and presentations, and purchase your favorite authors' books. San Marco Books and More will set up shop in the library to sell books, souvenirs and more. This event is free and open to the public. Visit jaxbookfest.org for a full schedule and more information.

From making strides in science and technology to advocating for equality and the right to education, women continue to make their mark on the world. During Women's History Month, Southeast Regional Library celebrates the achievements of women with interesting programs — for men, women, boys and girls.

Cook-a-Book on March 5 at 4 p.m. will spotlight Malala Yousafza, a young Pakistani woman and activist for female education who holds the distinction of being the youngest Nobel Prize winner. Children aged five – 12 will learn about Malala's life, making a Pakistani dish, and taking part in a related art project as a group. Every student will find inspiration in Malala's story of bravery and perseverance and in her heartfelt belief that education should be for everyone.

On March 13 from 7 p.m. – 8:30 p.m., all ages are welcome to attend "Women in Science," a program that will fea-

ture a panel of local leading women in science and technology fields. The panel will include Amy Franqui, senior director of advanced analytics at Florida Blue; Dr. Tracy Packiam Alloway, psychologist and author of *The Working Memory Advantage*; Cicely Pontifelt, biological science technician at the Timucuan Ecological and Historic

Preserve; Donna Gentry, vice president of projects for Sally Industries Corporation; and moderator Emily Floore, education director for St. Johns River-keeper. A

question and answer session will follow the discussion.

Jacksonville Public Library's March Author Talk Series will feature local female writers, including Jacksonville's own Stacey Horan, an award-winning author of young adult novels. On March 15 from 7 p.m. – 8 p.m., Horan will discuss her writing process as well as her work, which includes a young adult paranormal thriller *Sycamore Lane*.

In the Great Decisions series, Susan Moeller will discuss Media and Foreign Policy on March 8 from 7 p.m. – 8:30 p.m. The focus is on the explosion of social media, and how state and non-state actors must figure out a way to navigate this complex and rapidly evolving media landscape.

Great Decisions' Turkey: A Partner in Service will be held on March 22 from 7 p.m. – 8:30. Facilitator Ömer Taşpina will lead a discussion about Turkey, the most institutionally Westernized Muslim country in the world, how it has become a major challenge for the Trump administration, and more.

Find information about additional upcoming events for Southeast Branch Library at jaxpubliclibrary.org/events or call (904) 996-0325.

Photos courtesy Dogtopia

Doggie daycare facility celebrates grand opening

Dogtopia of Jacksonville had its Grand Opening event on Saturday, Feb. 3. Owner Jay Hooper and his staff welcomed pet parents and furry friends to the new Dogtopia daycare, boarding, and spa facility, located in The Avenues area. Attendees enjoyed food and music, facility tours, frozen dog treats, dog nail painting and a Puppy Bowl football event in the outdoor play area. There were also numerous prize drawings, including a grand prize of one year of free dog daycare, won by the Marrow family for their dog Jessie.

Jacksonville Armada FC opens store at St. Johns Town Center

Photos courtesy Jacksonville Armada FC

Jacksonville Armada FC owner Robert Palmer, CEO of Robert Palmer Companies and owner of the Jacksonville Armada FC; Nathan Walter, Club President and General Manager; and other dignitaries celebrated the grand opening of the team's new retail store in the St. Johns Town Center with a ribbon cutting on Friday, Feb. 16.

Facts & Wisdom from Denise Demico *Realtor

- ▶ "When getting ready to list your home it is BEST to price it at the correct market value"
- ▶ "De-clutter & De-Personalize your home before listing"
- ▶ "An overpriced home will sit on the market for more than 5 months with little or no showings"
- ▶ "Price is about the combination of Square footage, the location, upgrades, lot characteristics, location & floor plan"
- ▶ When pricing your home look at the expired listings in the last 6 months to determine WHY they did not sell"
- ▶ Do not fire your agent if your home did not sell and list with another and then drop the price. Price it right the first time to save yourself & your agent the frustration. We have history reports to see how long & how many times your home has been listed

Market Snap Shot in ZIP CODE 32256
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Get to Know . . .

By Martie Thompson
editor@floridanewslines.com

Chad Cushnir

Chad Cushnir has been the TV production instructor at Atlantic Coast High School for the past two school years and he is well qualified — previously he was a sports multimedia journalist at First Coast News. In this position, which he started after graduating from Florida State University with a degree in Communications and Sports Management, he worked both behind the camera as well as in front of it as a reporter and anchor.

Although he was born in New Jersey, Cushnir moved to Jacksonville when he was five years old. He grew up in Mandarin and attended Loretto Elementary School, where his wife, Erin, now teaches first grade. He graduated from Middleburg High School despite living in Duval County because his father worked at the school and he accompanied his dad to work.

The Cushnirs have been married for nine years and are parents to three children between the ages of 10 months and kindergarten.

1. Who or what inspired you to become a sportscaster?

I've always been a sports fan. Even as a little kid, I always loved getting to know the players on my favorite teams, which are the Florida State Seminoles and then the Jaguars. My Uncle Carl used to give me im-

promptu trivia quizzes, so I would say he greatly helped me increase my sports knowledge. Also, I was a fan of the local television sportscasters growing up, especially Dan Hicken, who I ended up working for.

2) Who or what inspired you to become a teacher at Atlantic Coast?

My father was a long time guidance counselor, so he definitely inspired me, along with my wife who is a teacher. Also, Mark Robert, a former multimedia journalist at First Coast News. I actually took his job when he moved on to become a media production teacher at the high school level. He's now at Fleming Island High School. At my previous job with the television station, I would see students at games with their cameras covering the action. I tried to keep up with who the media teachers at the various schools were and their programs. I had my eye on Atlantic Coast High School ever since it opened. I was fortunate that former head football coach Kevin Sullivan, whom I knew from my previous job, was kind enough to call me and let me know when this position opened up so I could try to set up an interview.

3) What is your favorite part of being a teacher?

Definitely interacting with the students.

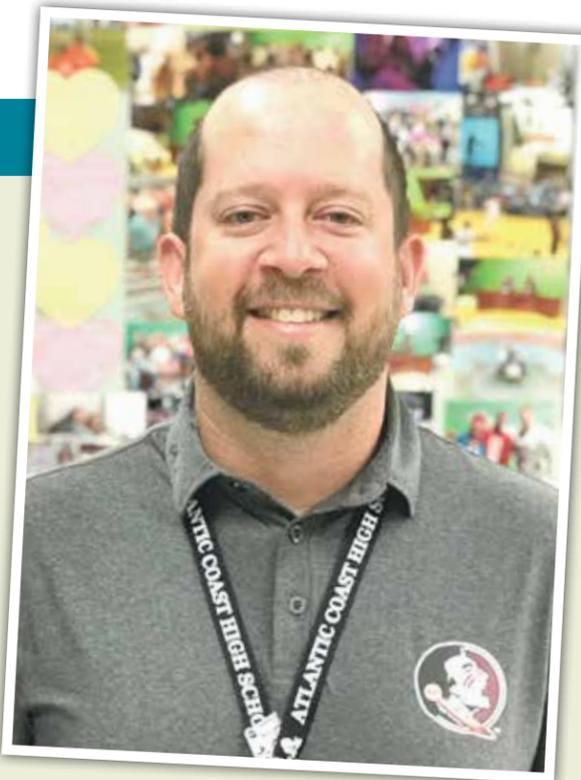


Photo courtesy Chad Cushnir
Chad Cushnir

I like to get to know them ... where they work, what sports they play, which college they want to attend. I like to keep up with the students even after they graduate and I like to try to give advice if needed and help steer them in the right direction.

4) What is the most challenging part of your job?

Keeping the students interested and engaged every day. Teenagers have good days and bad days every day. I try to keep them involved and learning each day.

5) If you could be a Superhero, which one would it be and why?

I'd say Batman, because when Gotham City needed him, they shined the light and he saved the day. I like the idea of being called up to help when needed.

Get to Know . . .

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

Community store cont. from pg. 1

ers Scott Moore and Gus Evans, who wanted to share their vision of a place to build community. It included their faith-based ideals as a means of thankfulness for success through hard work, goals, and values. Maple Street Biscuit Company is not opened on Sunday to provide family time for employees.

The Point Meadows store space was once a church and after being empty for a long period, the transformation was made to a clean, wood and metal design. A large patio to provide outdoor seating with planters and umbrellas is inviting and Morrow said the patio has been full when the weather permits. Tables and seating are grouped to encourage groups of people to engage in conversations.

The Maple Street Biscuit Company experience is more than the biscuits made fresh daily; it is about hospitality and being a neighbor. Organizations from the neighborhood have begun holding meetings in the common areas.

The coffee is locally roasted and brewed in the store; various beans and cups are available for sale on site. Maple produced at a 100-year-old farm and generational industry in Ohio is the supplier for the signature flavor, while cups are labeled Point Meadows to emphasize the neighborhood.

The menu reflects the use of quality products made in-house. The biscuits, sausage and gravy, veggie sausage, apple butter, honey butter, and all side dishes are made fresh daily. The menu is the same at each store and new menu items may be tried, but must be selected for use in all stores to be added to the menu.

Visit <https://maplestreetbiscuits.com/about/> for more information.

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Nutrition Check: Heart Healthy Eating Tips

By: Kristen Hicks-Roof Ph.D., RDN, LDN and Paige Chaffin

Did you know that Heart Disease is the number one cause of death in the United States? (AHA, 2018) Have you ever heard the phrase “You are what you eat?” Well it is true! Making SMART dietary and lifestyle choices can be the best defenses against heart disease. Below are some simple dietary tips that provide important health benefits.

► Consume More Whole Grains

- Whole grains are a great source of fiber. Dietary fiber can help improve blood cholesterol levels and lower your risk of heart disease.
- Fiber helps you feel full so you will be content with less food!
- When looking for whole grains at the store, look for the word “whole grain” at the beginning of the ingredient list.
- Examples of whole grains: brown rice, quinoa, wild rice, oats, bulgur, whole-wheat bread/pasta and popcorn.

► Select Healthy Cooking Oils

- Replacing the less-healthy fats (saturated and trans-fat) with a healthier fats (monounsaturated and polyunsaturated fat) is much better for your heart.

- Any fat that is solid at room temperature contains more saturated fats, such as butter, margarine, lard and coconut oil.

- Examples of healthier fats: olive oil, corn oil, safflower oil and canola oil.

► Add in Fruits and Vegetables

- Fruits and vegetables are high in many nutrients such as potassium, magnesium and fiber which can help lower your blood pressure.
- Keep it colorful; include fruits and vegetables from each color of the rainbow.
- Examples of nutrient rich choices: spinach, tomatoes, kiwi, sweet potatoes, okra, artichoke, berries, pears and so many more.

Do not feel overwhelmed if some of these foods mentioned are not already in your diet.

Rather, start to incorporate some of the suggestions for better heart health. New routines do not occur overnight, so don't give up! It is important that when you make healthy dietary and lifestyle changes, you do them one-step at a time.

Gardening

Spring is in the air

By Lesley Arrandale
mail@floridanewslines.com

As January came to a close, the weather was fairly seasonal, but we had two really cold spells. With luck and some protection many of your plants will have survived — even if their tops are looking bedraggled — so don't give up on them and don't prune them before they begin to flush out in spring. Clean up dead foliage of bulbs and ginger if you like, but leave any material that comes from below ground or from the neck of bulbs; we need to prevent water getting down into those bulbs and rhizomes, which would promote rot.

Now, in early February, I am thinking about a summer garden. (Unfortunately Hurricane Irma foiled my chances of a cool season garden, as we had no water for several months.) I'm looking forward to establishing some transplants in our raised beds and using my drip system again. As always, I'll refer to the Florida Vegetable Gardening Guide (<http://edis.ifas.ufl.edu/vh021>), and our county newsletter A New Leaf (<http://sfyl.ifas.ufl.edu/media/sfylifasufledu/duval/horticulture/homownerhort-pdfx27s/January---February-2018.pdf>). Seed catalogs are a good source of information about new varieties, but take care to make sure they are suited to our region.

Since the last week in January, I've been seeing flocks of robins around town, and have had intriguing glimpses of winter visitors — those hard to identify pretty little warblers in particular. And I'm pretty sure my yard had a visit from either an immature or a female Baltimore oriole. In among the robins there may be some elegant cedar waxwings. Both species like fruit, and the (unfortunately rather weedy) Carolina cherry laurel is a favorite, as well as the loquat or Japanese plum. Loquat fruits are tasty for both humans and birds, but once a flock of cedar waxwings finds them there will be precious few left. One of the more recognizable warblers is the yellow-rumped warbler, an insect eater. They also love suet, and it's an ideal time to set this out when insects aren't so readily available. You may continue feeding commercial suet throughout the year, which is rendered and bacteria free, but in our climate it doesn't hold up well. It will attract woodpeckers, wrens, brown thrashers, and cardinals, to name just a few.

Looking around town, camellias, specifically *Camellia japonica* varieties, have come into their own, their blooms brightening up the somewhat somber evergreen shrubs. The early winter blooming types are *Camellia sasanqua*, and their flowers are equally beautiful. Ideally new plants should be installed November to February, but with care camellias can be established in late spring. For details on culture and varieties, see <http://edis.ifas.ufl.edu/ep002>. It won't be long before our azaleas make a showing. The newer “Encore” varieties bloom in flushes throughout the year, although not always profusely, and are well

worth considering. See <http://edis.ifas.ufl.edu/mg019> for culture and care, and brief descriptions of our native azaleas. Most native species, like the Florida flame azalea (*Rhododendron austrinum*) are deciduous, and those with fragrant flowers make a particularly delightful contribution to the spring garden.

Redbuds (*Cercis canadensis*) have begun blooming, and the maples too, which are both good food sources for bees. The winter flowering tea olive (*Osmanthus fragrans*) is another potential food source, but

I love it for the perfume alone. One grows near the corner of my house, and I intend to find something equally as scented for other areas of my yard. Possible contenders include the old fashioned banana shrub, Michelia (or Magnolia) figo, wild olive or devilwood, *Osmanthus americanus*, and sweetshrub, *Calycanthus floridus* (apparently “Michael Lindsey” is wonderfully fragrant and has beautiful, shiny leaves, see <http://edis.ifas.ufl.edu/fp095>). Scented perennials include butterfly ginger, dianthus, phlox, and moonflowers (*Datura spp.*). Yesterday-today-and-tomorrow (*Brunfelsia grandiflora*) is a deciduous shrub to about six to eight feet. It is easy to grow and has attractive mid-green foliage, but the pretty lavender-fading-to-white flowers are powerfully scented, and, to me, it can be overpowering.

Our average last frost date is around March 20, but that can depend on your own microclimate. Stay watchful, read the next March/April edition of A New Leaf (<http://sfyl.ifas.ufl.edu/duval/newleaf-newsletter/>) for those timely tips and information on upcoming Extension programs, and have a happy spring.

NASA Astronaut cont. from pg. 1

Space; Florida Aviation Hall of Fame Inductee; and distinguished excellence awards from her alma maters Embry Riddle Aeronautical University and the University of Central Florida.

Stott retired from her 27-year career with NASA in 2015 and has embarked on her next adventure as an artist. She combines her spaceflight experience and artwork to inspire creative thinking about solutions to our planetary challenges to raise awareness of the surprising interplay between science and art as well as to promote the work being done every day in space to improve life here on Earth.

The lecture is free; however, visit www.unf.edu/lectures/ for registration and a required e-ticket. For more information about this event, call (904) 620-1390.



Photo by MetroCreative

The Pantry Raiders

Potato bread for Patty's Day

By NewsLine Staff
mail@floridanewslines.com

St. Patrick's Day might be more widely associated with pints of Guinness than Irish cuisine, but that does not mean revelers cannot indulge in some tasty food this March 17. Those with a day of celebration ahead may want to start their day off with this recipe for Irish Potato Bread from Linda Collister's “Quick Breads” (Ryland, Peters & Small). The bread can be served alongside a pile of bacon and just-cooked eggs to make for a delicious, hearty breakfast.

Irish Potato Bread

(Makes 8/Serves 4)

- 1 ¾ cups smooth mashed potatoes (1 very large cooked potato or 2 medium)
- ¾ cup self-rising flour
- ¼ teaspoon powdered mustard
- ½ teaspoon sea salt
- Several grinds of black pepper
- 1 tbsp. snipped chives or 2 tbsp. chopped parsley
- 1 extra-large egg, beaten
- Butter for frying



Photo courtesy MetroCreative
Irish Potato Bread

Mix the mashed potatoes with the flour, mustard, salt, pepper, and herbs. Do this with a wooden spoon, not a food processor (otherwise, you'll get a gluey mess). Work in the beaten egg to make a firm dough. If it is very soft and sticky, work in a little more flour.

Turn out the dough onto a floured work surface, flour your hands, then knead the dough once or twice to make a smooth ball. Divide the dough into eight equal portions and shape each one into a small cake, about 2 ½ inches across.

When ready to cook, heat a little butter in a large heavy skillet, preferably nonstick, and cook the breads over medium heat for about 7 minutes on each side, until they turn good golden brown and are slightly puffed. Serve immediately.

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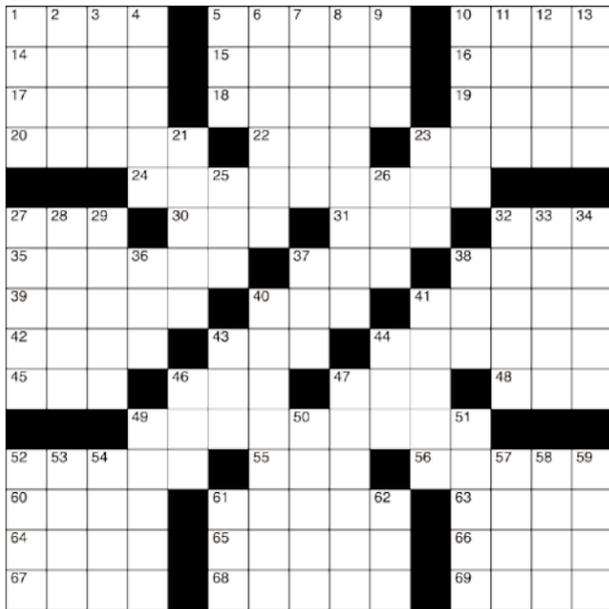
Reach thousands of customers!

Southside NewsLine

Puzzles

Answers on page 2

Puzzles courtesy MetroCreative



CLUES ACROSS

1. "ER" actress Leslie
5. Hebrew name for Babylon
10. Newts
14. Leaf angle
15. Dravidian language
16. Ridge on nematodes
17. Monetary unit
18. Determined the tare
19. Unfreeze
20. Merits
22. World's oldest broadcasting organization
23. Vacation spot
24. December 25
27. Ottoman military command
30. Resin-like substance secreted by insects
31. A.C. Comics female supervillain
32. Insect linked to honey
35. Opinion
37. In the middle of
38. Basketballer Yao
39. Remove lid
40. Pressure wound therapy
41. Fabric
42. Witnessed
43. Defunct European economic organization
44. "Hotel California" rockers
45. When you expect to arrive
46. "Sleepless in Seattle" actress Ryan
47. Danish airline
48. Insecticide
49. Scientific instrument
52. Type of seal
55. Israeli city ___ Aviv
56. Cavalry sword
60. Ottoman title
61. Gurus
63. Cold wind
64. Predatory reptile (abbr.)
65. New Jersey is one
66. Divulge a secret
67. Finely chopped mixture
68. Actress Zellweger
69. Romanian city

CLUES DOWN

1. "Dark Knight" actor
2. S. African plants
3. Castle in County Offaly, Ireland
4. White (French)
5. Morsel
6. Semitic language
7. Areas outside cities
8. Crackling
9. Cub
10. Landmark house in Los Angeles
11. Red Hot Chili Peppers bassist
12. Mineral
13. Late night host Myers
21. Pull along
23. Not good
25. British Air Aces
26. Upset
27. Maltreatment
28. Nocturnal, cat-like animal
29. Hollyhocks
32. Shelter
33. Finished
34. Discharge
36. "X-Men" actor McKellen
37. Beloved dish ___ and cheese
38. Holds coffee
40. Languish
41. Quenches
43. Electric fish
44. Consume
46. Type of school
47. Erase
49. Educate
50. "Transformers" actress Fox
51. Spiritual leader
52. Every one
53. Site of the Taj Mahal
54. Welsh village
57. Weapon
58. Geological times
59. S. Asian crops
61. Soviet Socialist Republic
62. Witness

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to frozen foods. Each number corresponds to a letter. (Hint: 3 = r)

A. 16 3 23 23 12 23 3
Clue: Chilly place

B. 16 3 26 21 1
Clue: Ice crystals

C. 25 26 11 7
Clue: Frigid

D. 16 11 10 9 26 3
Clue: Taste

EMERALD ISLE WORD SEARCH

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

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

WORDS

BAGPIPE
BLARNEY
BROGUE
CELEBRATE
CELTIC
CHRISTIANITY
CLOVER
COINS
EMERALD
GAELIC
GOLD
GREEN
HARP
HERITAGE
HOLIDAY
ISLAND
JIG
LEGEND
LEPRECHAUN
LIMERICK
LUCK
MAGICAL
MARCH
MISCHIEF
MOUNTAINS
PARADE
PATRICK
PATRON
POTATOES
RAINBOW
RELIGIOUS
SAINT
SHAMROCK
SHILLELAGH
SNAKES
TRADITION

Travel

A visit to the 9/11 Memorials and Museum

By Debi Lander
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Visiting the September 11 Museum in New York City is worth the mental and emotional preparation required to relive the horrific events of that day. The visit offers compelling stories of the nearly 3,000 who died and those whose heroism saved others.



Photos courtesy Debi Lander
Survivors Staircase

towers or the waterfalls recalling the whole country's tears?

Visitors enter the museum through a ground-level glass building with security screening. An original steel beam from the once-sky-scraping Towers dominates the descent to today's underground architectural wonder. Robert De Niro narrates an informative audio tour, with guided group tours and an app also available.

The museum's three exhibition sections tell stories of the days before, of, and after 9/11.

A memorial area commemorates the lives of the perished. The floor-to-ceiling photos, one for each victim, lining a large room make the experience deeply personal. The faces alone compel, typing in a name at a console brings heart-wrenching information from the victim's family. The center of this space holds a smaller room lined with benches. A transparent glass floor shows the original ground beneath. This haunting room remains dark, adding to the impact of hearing each victim's name read aloud and projected onto the wall.

The National September 11 Memorials and Museum honors victims of terror attacks at the World Trade Center and Pentagon, the plane crash near Shanksville, Pa., and the February 1993 World Trade Center bombing that killed six.

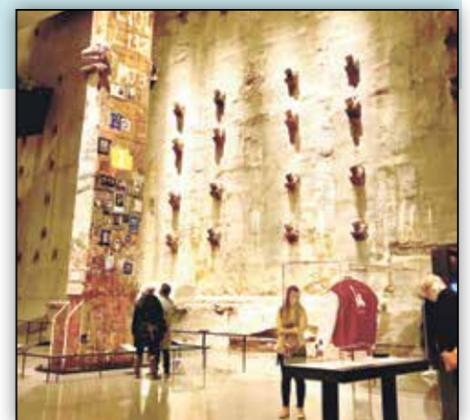
The approach brings you past twin reflecting pools called "Reflecting Absence." Spanning nearly an acre each, they feature North America's largest manmade waterfalls. The borders of the pools mark the Towers' footprints, and each victim's name is engraved on the border. Cascading water drops from street level, vanishing down holes in the center — no bottom visible. The effect overwhelms. Is it the absence of the

A theater offers a multi-screen film experience, aptly titled "Rebirth at Ground Zero." Time-lapse footage follows the transformation and renewal of the World Trade Center site. The painful beginning pictures flag-draped coffins being removed from Ground Zero rubble as workers stand by with quiet reverence. The following transition, showing steadily advancing work on the new structures, evoke the indomitable will of a great city, and the ultimate triumph of a whole nation's spirit over the catastrophe.

Leaving this area brings one past "Survivor's Staircase," placed in the museum at their request. This concrete stairway once sat outside, offering a lifesaver for thousands exiting before the collapse.

Another room offers an extended 9/11 timeline. A well-placed warning outside tells visitors of the poignant, graphic videos and rescued mementos inside. Disturbing but profoundly connecting, live footage and answering-machine messages speak the pain of friends and family on and after from that terrible day. The many barely recognizable dust-covered fragments of office items, artwork, and personal possessions offer a shroud over what ended for so many that day.

An area not open to visitors holds the unidentifiable remains of 9/11 dead —



Slurry Wall and the Last Column, which was the last one removed from Ground Zero and was signed by many of the workers.

making it the only graveyard many have for lost loved-ones.

The museum shop, a must at historic sites, seemed out of place here. Books about the event appealed, but sweat-shirts?

The 9/11 Museum generates controversy, but large numbers of visitors show how strong the need for those who watched shocked and mesmerized as those towers fell on national TV is to connect with the place and in some way, the victims, and the heroes.

If you go: The cost for adults is \$24, but a CityPASS package saves money when touring other sites in NYC. The audio guide was an additional \$7.

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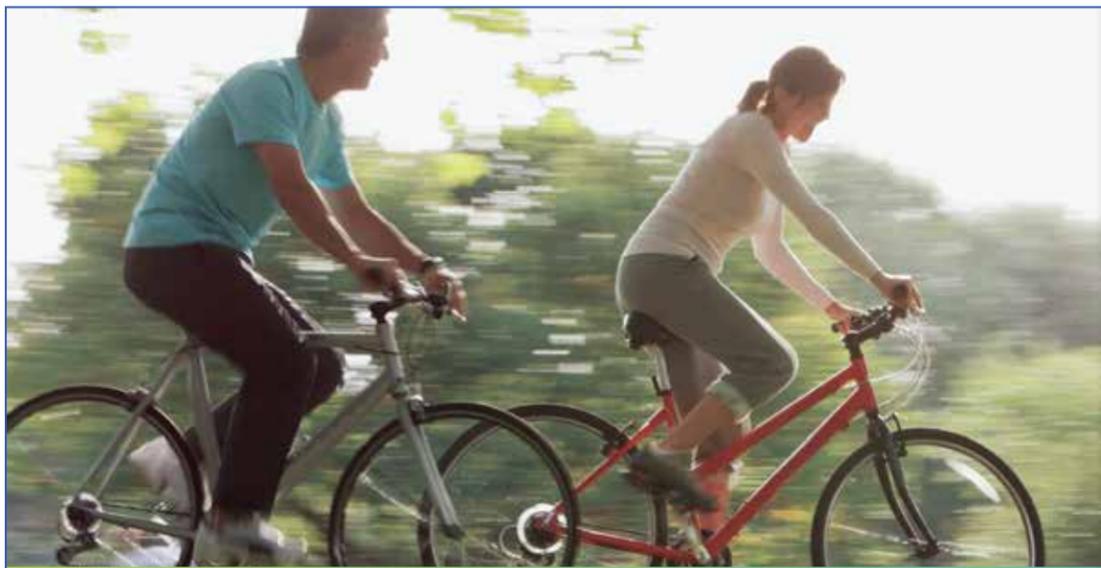
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If you have any of these symptoms, you could be making your hip or knee worse by waiting:

- 1 Unable to maintain an active lifestyle
- 2 Pain that gets worse at night and interferes with sleep
- 3 Catching, popping or locking
- 4 Difficulty putting on shoes and socks
- 5 Swelling

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

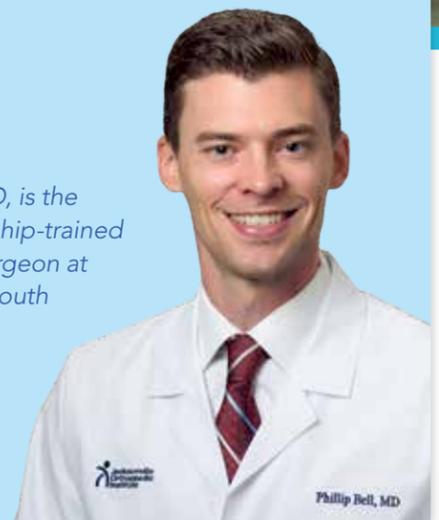
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