

# Mandarin NewsLine

OCTOBER 2018 Volume 12 Issue 12

A Florida NewsLine Publication



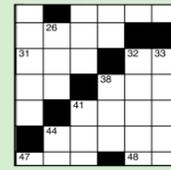
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## In the Pink aims to be one-stop shop for cancer patients

By Martie Thompson  
editor@floridanewslines.com

When Jeri Millard was diagnosed with breast cancer 17 years ago, she was frustrated because she had to go to many different places to get all the specialty items she needed. One day she said she



Photos courtesy Jeri Millard  
We won the battle...now let's paddle!

had to undress five times for five different doctors and she wondered why they couldn't all come to one place? This gave her the idea to open In the Pink, a 501 C 3 boutique serving men, women and children with all types of cancer.

"I kept a notebook for eight years," Millard said. "I jotted down ideas of what should be in the store, so cancer patients could just go to one place for everything at a time when they are so tired and scared."

In the Pink opened in 2009 and Millard said it is more than just a place for cancer patients to get stuff — it's also a place to get knowledge.

"Women come to the store sometimes with their husbands and they are scared. I can take them to our private sitting room and talk to them and try to make them feel more comfortable," Millard said.

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October is widely recognized as Breast Cancer Awareness Month and the American Cancer Society has scheduled its 5K Making Strides Against Breast Cancer walk in Jacksonville to correspond with this. This walk, to be held on Saturday, Oct. 13 beginning at TIAA Bank Field in Jacksonville, aims to not only raise awareness but also funds to save lives from breast cancer.

"This event raises money to fund innovative research, provide free information and support, and to help people reduce their breast cancer risk or find it early when it's most treatable," said Karen Babcock, senior community development manager with the American Cancer Society. "From the opening ceremony to the post-walk entertainment, the Making Strides event is a celebration of survivors and opportunity to remember loved-ones lost."

Event chair Stacy Hanson, one of the many volunteers who works tirelessly to bring this event to fruition, says her role is to manage the event's committee and vice chairs, motivate the teams, and be a leader for the Making Strides event by telling her personal story. Hanson has Stage IV, Metastatic Triple Negative Breast Cancer, as well as having the BRCA1 gene, the "horrible trifecta," according to her.

Last year was her first year involved with Making Strides as a walker and this year she is the event chair, a testament to her drive and perseverance. She believes the American Cancer Society is a great organization and that there are many benefits to having a local Making Strides event, to include bringing the community together for a good purpose where people can walk, at their own pace, in teams of friends, families and colleagues, in support of those who have breast cancer. Specifically this year, she said emphasis will be placed on awareness of Stage IV cancer.

"I believe we are on the precipice of a cure," Hanson said. "But it takes a lot of money. And early detection, while extremely important, gets a lot of attention and research dollars. I think Stage IV needs more attention. There is no change in the number of deaths from Stage IV breast cancer over the years."

She pointed out that there is no cure for Stage IV like the lesser stages. She said that with Stage IV, the best one can hope for is to be

## Making Strides in the fight against breast cancer

By Martie Thompson  
editor@floridanewslines.com

termed NED — No Evidence of Disease. For the past year and a half, Hanson has been in a lifesaving clinical trial and her tumor has decreased by 98 percent and continues to show regression, but she is not NED yet.



"I am fortunate that I have resources and access to care," Hanson said. "The American Cancer Society can help others with these things that I was fortunate to get on my own."

This sentiment is echoed by Jacksonville Sponsorship Chair and Southeast Region Event Chair, 23-year volunteer Cynthia Farah, herself a five-year survivor. She said she was aware of the American Cancer Society from her ca-



Photos courtesy Sight and Sound  
Approximately 10,000 people participated in last year's Making Strides walk, the largest American Cancer Society event in Jacksonville.

reer at St. Vincent's Medical Center and had walked in the Making Strides event prior to her diagnosis.

Farah said two of the key missions of the American Cancer Society are patient services, such as volunteers driving patients with no family or friends available to treatment ("Road to Recovery"), and research.

"The American Cancer Society really does what it says it will do," Farah said. "I didn't have to use all of their services, but it was good for me emotionally to know the ACS was there. You don't have to go through this alone, in absence of family. No one should have to face cancer alone."

Farah said she felt the most important messages are that early detection is key, don't give up hope, and do everything you can in the fight: volunteer, donate, and take care of yourself.

Hanson felt that it is important, especially this month, to "Think before you Pink."

"In some ways, I think breast cancer awareness has become very commercialized," Hanson said. "Pay attention

to what you are buying and what you are supporting. Also, we are all aware of breast cancer now... but what is next? Research and community health care are very important and these are the things I am advocating for."

Visit [www.makingstrideswalk.org](http://www.makingstrideswalk.org) for more information about the Making Strides Walk, including how to sign up or make a donation. Visit [www.cancer.org](http://www.cancer.org) for more information about the American Cancer Society.

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# take 5

## Festa Italiana to be held for 27th year

The Italian American Club of Jacksonville will host its annual Festa Italiana



Photo by MetroCreative

on Saturday, Oct. 6 from 11 a.m. – 7:30 p.m. and Sunday, Oct. 7 from 12 p.m. – 5:30 p.m. at its clubhouse at 2838 Westberry Road in Mandarin. The club, established in 1951, has hosted a fall Festa Italiana, celebrating all things Italian, every October for 27 years. This is a family event with music, children's activities, souvenirs and of course, authentic Italian food. Visit the Italian American Club website, [www.iacofjacksonville.com](http://www.iacofjacksonville.com), for more details.

## Ninth annual Mah Jongg tournament to be held

Temple Sisterhood will again be sponsoring Northeast Florida's only Mah

Jongg tournament on Sunday, Nov. 4 at The Temple, 8727 San. Jose Blvd. The tournament is open to anyone who plays with a National Mah Jongg League 2018 card for winning hands. (Those who play the Chinese version would find it very different and unable to play without one.) Registration will begin at 11 a.m., followed by lunch. Tournament will begin at 12:30 p.m. and consists of three rounds of four games. Prizes and awards will be presented at the conclusion along with numerous door prizes. The deadline for registration is Oct. 21; visit [www.thetemplejacksonville.org](http://www.thetemplejacksonville.org) or call (904) 733-7078.

## Boy Scout troop celebrates 40th

Boy Scout Troop 268 is celebrating its 40th year in 2018 and is planning a celebration to recognize the history of the troop that will join in with the Fall Court of Honor. All current and past Troop 268 scouts, leaders and parents are invited to attend and encouraged to spread the word to those who have been involved in the troop over the years. The anniversary celebration will be held on Saturday, Oct. 13 from 2 p.m. – 4 p.m. in the Fellowship Hall at Mandarin United Methodist Church. For more information, call (904) 268-5549.

## Fall Craft Festival to be held

United Methodist Women will host the 29th annual Fall Craft Festival at Mandarin United Methodist Church, 11270 San Jose Blvd. on Saturday, Oct. 6, 9 a.m. – 4 p.m. The event will include more than 100 craft booths, a bakery and a Country Store full of handmade items from jellies and Kick-in' Pickles to quilts and painted holiday decorations. The Children's Christmas Shop will be open for children to shop by themselves for gifts for family and Santa will visit from 12 p.m. – 2 p.m. All proceeds support mission projects. Visit [www.mumc.net](http://www.mumc.net) for more information.

## Mandarin Senior Center announces rummage sale

The Mandarin Senior Center will hold a huge rummage sale on Friday,

Oct. 12 and Saturday, Oct. 13 at the senior center, located at 3848 Hartley Road from 9 a.m. – 2 p.m. each day. Items for sale are donated by the senior members, their families and members of the community. Gift baskets will be offered as well as a hot dog lunch and refreshments for \$3. The event will be held inside the senior center and will be held rain or shine. Free parking is available. The event is sponsored by the Site Council and Advisory Board members.



Photo by MetroCreative

## JOIN US FOR AN OPEN HOUSE

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### 2018 OPEN HOUSE DATES

#### Ponte Vedra Beach Campus

Wed., Oct. 10, 9-11 a.m.  
Tue., Nov. 13, 6-8 p.m.  
Fri., Jan. 11, 9-11 a.m.

#### Whitehurst Campus

Wed., Nov. 7, 9-11 a.m.  
Tue., Nov. 27, 6-8 p.m.  
Tue., Jan. 15, 9-11 a.m.

#### Bartram Campus

Tue., Nov. 6, 9-11 a.m.  
Thu., Nov. 8, 6-8 p.m.  
Thu., Jan. 17, 9-11 a.m.

#### San Jose Campus

Fri., Oct. 5, 8 a.m.  
Fri., Nov. 2, 8 a.m.  
Fri., Dec. 7, 8 a.m.  
Fri., Jan. 18, 8 a.m.

## Explore a World of Opportunities

Bolles Life includes a superior curriculum and the greatest variety of high-quality educational offerings in Northeast Florida for grades Pre-K to 12. Extraordinary opportunities and grand discoveries await you in our vibrant, global community.

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for yourself how our high-caliber teachers engage students in exciting, active and challenging learning. Try Bolles Life for a day and you might not want to leave!

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San Jose 9-12

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OCTOBER  
*Special Section*  
national  
**breast cancer awareness month** PGS 13-15



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### MYSTERY PHOTO



Can you guess where this is? Submit your answer to [mail@FloridaNewsLine.com](mailto:mail@FloridaNewsLine.com).

Last month's Mystery Photo was the playground at Chuck Rogers Park. Our winner was Melissa Klipp. Congratulations!

# SENIOR *NewsLine*

## November Special Section

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

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Mandarin NewsLine Community Newspaper is a free monthly publication distributed via bulk mail to all addresses in Zip Codes 32223, 32258 and selected routes in 32257. Submission of articles and photographs are received by mail or email, although email to [editor@FloridaNewsLine.com](mailto:editor@FloridaNewsLine.com) is preferred. The writers' opinions do not necessarily reflect the opinion of Florida NewsLine. Advertising Rates are available by request. Florida NewsLine is not responsible for advertisement content or accuracy of information provided by its advertisers. Nor does Florida NewsLine endorse any of the products or services included in this publication. Florida NewsLine reserves the right to refuse advertisement or copy from any advertiser. All rights are reserved and no portion of this publication may be copied without the express written consent of the publisher. ©2018.

answers to puzzles on page 24

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Answers: A. braces B. wires C. elastic D. straighten



# around town

save  
the  
date!

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<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

**Nov. 3 - Bartram Park Car Show & Fall Festival**  
10 a.m. – 3 p.m.  
Bartram Office Park, 13241 Bartram Park Blvd.  
Hosted by Railing Chiropractic & Acupuncture

**Nov. 17 - 22nd Annual Fall Festival and Chili Cook-Off**  
11 a.m. – 3 p.m.  
RiverPlace Shopping Center  
Hosted by Mandarin Council of JAX Chamber

**October 1**  
**Southside Newcomers Club First Monday Coffee**  
10 a.m.  
Mimi's Cafe in St Johns Town Center  
sncmembership84@gmail.com

**October 2**  
**Shuffleboard**  
9:30 a.m. (repeating event on Tuesdays)  
Mandarin Park, next to tennis courts at park entrance  
Just show up unless it rains

**Honeybee Quilt Guild**  
6:30 p.m.  
Mandarin Presbyterian Church, 2501 Loretto Rd.  
www.honeybeequilters.org (Repeats first Tuesday of each month)

**October 3**  
**Playing HOOKie crochet, loom and knitters group**  
10 a.m. – 12 p.m.  
Whole Foods on San Jose Boulevard  
paulab2097@gmail.com (repeating event on Wednesdays)

**October 5**  
**AARP Safe Driving Class**  
8:15 a.m. – 4:15 p.m.  
Mandarin Senior Center, 3848 Hartley Road  
Register at (904) 262-7309. \$15 for AARP members, \$20 for non-members.

**October 5 - 6**  
**Trash to Treasure sale**  
Friday, 8 a.m. – 2 p.m.; Saturday, 8 a.m. – 12 p.m.  
Mandarin Garden Club, 2892 Loretto Road  
(904) 268-1192

**October 6**  
**Bayard Fall Festival**  
10 a.m. – 5 p.m.  
Bayard Antique Village, 12561 Philips Hwy.  
www.bayardantiquevillages.net

**Mandarin Republican Club breakfast meeting**  
10 a.m.  
Golden Corral, 11470 San Jose Blvd.  
rmclean1@bellsouth.net  
**Mandarin Toastmasters meeting**  
10 a.m. – 12 p.m.  
South Mandarin Library, 12125 San Jose Blvd.  
Mandarintostmasters.org  
**Bingo Night at St. Joseph's**  
Doors open 6:45 p.m.; Games start 7:15 p.m.  
Cody Center, 4152 Loretto Road  
Open to the community; (904) 742-8777

**October 6 - 7**  
**Festa Italiana**  
11 a.m. – 7:30 p.m. and 12 p.m. – 5:30 p.m.  
Italian American Club, 2838 Westberry Road  
www.iacofjacksonville.com

**October 7**  
**Under the Oaks music jam**  
2 p.m. – 4 p.m., weather permitting  
Mandarin Museum, 11964 Mandarin Road  
www.mandarinmuseum.net

**October 9**  
**Daughters of American Revolution, Jacksonville Chapter**  
11 a.m.  
Blue Fish restaurant  
(904) 333-5222

**October 10**  
**Count Me In Quarter Auction**  
11 a.m. – 1 p.m.  
Ramada Inn, 3131 Hartley Road  
Presented by First Coast Jacksonville Women's Connection, affiliated with Stonecroft  
RSVP (916) 662-2263 or mihae.brown@gmail.com  
**Dementia Support for Caregivers**  
3:30 p.m.  
River Garden, 11401 Old St. Augustine Road  
Repeating event on the second Wednesday of each month

**October 11**  
**Mandarin Council networking luncheon**  
11:30 a.m. – 1 p.m.  
Bonefish Grill, 10950 San Jose Blvd.  
www.mandarinCouncil.org  
**Book Club/Friends of the South Mandarin Library meeting**  
1 p.m. / 2 p.m.  
South Mandarin Branch Library, 12125 San Jose  
(904) 288-6385  
**Magnolia Circle of the Mandarin Garden Club**  
10 a.m.  
Mandarin Garden Club, 2892 Loretto Road  
(904) 260-2764; mandaringardenclub.org  
**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

**October 13**  
**30 Years of Blooming in the Mandarin Demonstration Gardens**  
12 p.m. – 3 p.m.  
Mandarin Garden Club, 2892 Loretto Road  
(904) 268-1192  
**About Boating Safely class**  
7:30 a.m. – 5 p.m.  
Florida Tackle and Gun Club, 9010 San Jose Blvd.  
www.safeboatingjax.com  
**Second Saturday Arts and Farmers Market**  
9 a.m. – 1 p.m.  
First Christian Church, 11924 San Jose Blvd.  
**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)

**October 15**  
**All Star Quilt Guild**  
9:45 a.m.  
First Christian Church, 11924 San Jose Blvd.  
www.orgsites.com/fl/allstarquiltguild or  
(904) 502-5254

**October 16**  
**Dogwood Circle of the Mandarin Garden Club**  
10 a.m.  
Mandarin Garden Club, 2892 Loretto Road  
(904) 260-2764; mandaringardenclub.org

**October 17**  
**River City Women's Club lunch**  
10:30 a.m.  
Ramada Inn, 3130 Hartley Road  
RSVP: Florence, (904) 262-8719

**October 18 - 20**  
**Pop-Up book sale**  
Thursday, 1 p.m. – 8 p.m.; Friday and Saturday, 10 a.m. – 5 p.m.  
South Mandarin Branch Library, 12125 San Jose  
Sponsored by Friends of South Mandarin Library to benefit the Children's Department

**October 18**  
**Cherokee Rose Circle of the Mandarin Garden Club**  
10 a.m.  
Mandarin Garden Club, 2892 Loretto Road  
(904) 260-2764; mandaringardenclub.org

**October 20**  
**Alzheimer's Saturday Support Series for Caregivers: "Life. Celebrated Daily"**  
9 a.m. – 10:30 a.m.  
Almost Home Daybreak, 3604 Cardinal Point Dr.  
RSVP to Jamie, (904) 731-4002  
**Meet the Maple Leaf Divers**  
12 p.m. – 4 p.m.  
Mandarin Museum, 11964 Mandarin Road  
www.mandarinmuseum.net

**October 25**  
**Live Oak Circle of the Mandarin Garden Club**  
7 p.m.  
Mandarin Garden Club, 2892 Loretto Road  
(904) 260-2764; mandaringardenclub.org  
**Mandarin Council monthly breakfast**  
8 a.m. – 9:30 a.m.  
Bonefish Grill, 10950 San Jose Blvd.  
www.mandarinCouncil.org  
**Mandarin Women's Club featuring Rethreaded**  
Doors open 10:30 a.m.  
Ramada Inn Mandarin, 3030 Hartley Road  
RSVP by Oct. 18; mcshell@comcast.net or (904) 859-6299

**October 31**  
**5 Keys to Aging Like a Pro! featuring Rachel A. Weinstein, M.S. Ed., Baptist Health AgeWell Center**  
10 a.m. – 11:30 a.m.  
River Garden Cohen Auditorium  
RSVP (904) 288-7855

**Marinela M. Nemetz, D.D.S.**  
Board Certified Pediatric Dentist

**Robert J. Nemetz, D.D.S., M.S.**  
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Marinela M. Nemetz, D.D.S.



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with Jacksonville City Council Member  
Matt Schellenberg (District 6)

**Q: Do you have any updates on the proposed dog park behind the South Mandarin Library?**

A: At the Town Hall meeting we held last month, we learned that a nearby neighborhood had some concerns about the proposed location of the dog park and the potential for smells and noise. I listened to the constituents, and am now looking into another viable location option. It involves the city buying a piece of property in Mandarin that has become available in the last 30 days. We are doing due diligence now. It will slow down the project a bit, but it will be a better location and will be of great benefit to Mandarin. I will keep the readers abreast of the situation in the coming months.

**Q: What will then happen to the existing park behind the library?**

A: We need to decide as a community if this park needs to be a passive park. The Mandarin Rotary has done a great job keeping the park up, but I think we need to make it even more inviting.

**Q: Do you have any City of Jacksonville updates?**

A: As of Oct. 1, we are celebrating the 50th year of consolidation of the city. At the time of that voting, Mandarin had only 3,000 – 4,000 residents and

now we have close to 70,000. I think having government closer to the people is better and as a community, we should at least have this discussion. Are we getting our fair share of city dollars back to our community as pertains to quality of life? No business stays the same for 50 years and we should consider forming the City of Mandarin. With 70,000 residents now, Mandarin would be approximately the 45th largest city in Florida. It might cost another mill on property taxes, but that might be worth it to get things done more quickly in Mandarin.

**Q: Why do you think this is important?**

A: Mandarin has many challenges that maybe could be solved with closer government. We are competing with St. Johns County, just over the bridge, and are losing young families to that area who move there for the schools. We do have good schools in Mandarin, but we are lumped together with the Duval County school system in overall perception. I know of people who have lived in Mandarin who have moved to St. Johns County for the schools. Maybe a City of Mandarin could also help this.

**Q: Do you have any updates on trees being planted in Mandarin?**

A: The plans have not yet been finalized for the trees being planted on Manda-

rin Road, but we are not ready to plant anyway until the weather turns cooler. But I'm sure readers have noticed a good part of Mandarin Road is being resurfaced. This had been in the capital budget for awhile and they have finally gotten started. I know it is inconvenient, but I ask for everyone's patience as the road will be smooth sooner rather than later.

Plans are also being finalized for the landscaping of the medians on San Jose Boulevard south of Interstate 295. Recall that we have an agreement with the state to do the maintenance south of the interstate on this state road, but not north.

**Q: When will trees and landscaping be planted on Interstate 295?**

A: We are getting closer to the beautification date, but it won't be until the roadway project is complete. Unfortunately due to weather, it looks like this will take another nine months. They are about a year and a half behind schedule at this point, mostly due to the hurricanes.

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

A: Community members can email me at MattS@coj.net or call (904) 630-1388.

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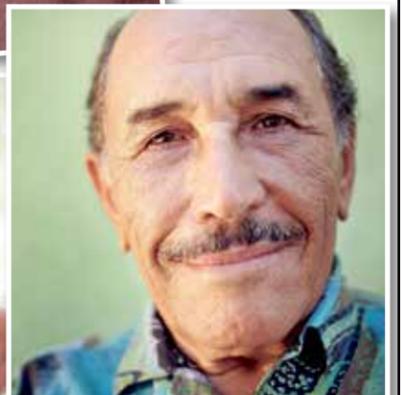


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**FYI Contact Numbers**

**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 6: Matt Schellenberg, matts@coj.net, (904) 630-1388  
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

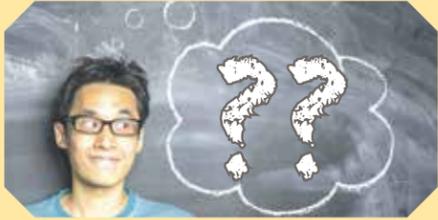
**State of Florida Elected Officials**

State House District 16: Representative Jason Fischer, (850) 717-5016  
State Senate District 4: Senator Aaron Bean, (904) 757-5039

**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





## Inquiring Minds want to know!

By Martie Thompson  
editor@floridanewsline.com

Are you puzzled about something going on in Mandarin or wondering about whatever happened on a topic from a previous issue? Email your question to us at [editor@floridanewsline.com](mailto:editor@floridanewsline.com) by the fifth of the month and we will do our best to track down the information for you.

While we will do our best to answer all the questions we receive, we may not be able to answer all questions received each month. Also, due to publication scheduling, the time it takes to research answers may vary.

Email your question to us at [editor@floridanewsline.com](mailto:editor@floridanewsline.com)

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with Jacksonville City Council Member  
Tommy Hazouri, At Large District 3

### Q: Can you shed any light on the latest rash of car burglaries in Mandarin?

A: This year, we have had a reported 17 guns stolen from unlocked cars in Mandarin and a reported 146 guns stolen from unlocked cars in Zone 2, Southside. Those guns are going straight to the hands of the bad guys. In Jacksonville, this year there have been 3,780 total cars reported broken into, but 2,162 of them had unlocked doors or showed no signs of forced entry.

### Q: What would you recommend?

A: I would recommend what the Jacksonville Sheriff's Office recommends, which is the 9 p.m. routine: make sure all guns and valuables are removed from your vehicle and lock your doors. If something is valuable to you, it's probably valuable to someone else. Let's keep guns out of the hands of criminals.

### Q: Do you have any public works department updates?

A: The Right of Way and Stormwater Management Department are currently milling and resurfacing Mandarin Road from Foxridge Trail to Orange Picker Road and from Orange Picker Road to Brady Road. Additionally, there will be further sidewalk construction by the city on Orange Picker Road beginning where the JTA sidewalk project left off.

Finally, on Scott Mill Road heading south, a right turn lane is under design at the intersection with Mandarin Road that will help alleviate confusion and wait time due to all those making a left on Mandarin Road.

### Q: What is the latest on the proposed dog park in Mandarin?

A: Mandarin will be getting a dog park. The only question now is location — will it be at the South Mandarin Library or a new piece of property in the vicinity of Brady Road and Albert's

Field? The city plans to straighten out Brady Road in this area and there is a possible positive unintended benefit of providing land for the dog park. Of course, the land at the South Mandarin Library is already owned by the city and the plans are drawn, so a dog park here would happen more quickly, but the other location might be more ideal. If readers have any questions about this, they can contact the Public Works Department at (904) 255-7900.

### Q: What city-wide updates can you share?

A: First, I'd like to say, "Congratulations, Jacksonville" on the 50th anniversary of consolidation on Oct. 1.

Secondly, on Oct. 1 the city's new budget will take effect. There is almost \$1.3 billion in the present budget. Some city-wide highlights are \$1 million for library maintenance and improvements and increased operating hours; \$12 million for road resurfacing; \$2.2 million for county-wide parks and recreation; and \$6 million for drainage. Additionally, in the area of safety, there will be 40 new police officers as well as new fire and police vehicles funded.

### Q: Do you have anything else you would like to share with our readers?

A: I'd like to emphasize hurricane preparedness. Even though we are about halfway through the hurricane season, it's important to stay prepared and don't let your guard down. Recall that the last two years, hurricanes have impacted our area in September and October. Keep the number of the Florida Division of Emergency Management, (850) 815-4000, handy to call if you need more information.

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

A: They can email me at [THazouri@coj.net](mailto:THazouri@coj.net) or call (904) 630-1396.



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with Duval School Board Member,  
District 7, Lori Hershey

**Q: Do you have any school district updates?**

A: I just returned from the Florida School Board Association session in Orlando, where we formulated our legislative platform for the 2018 – 2019 school year. At the top of the platform is school safety and mental health and the need for continued funding and sustainability for the programs required by the Marjory Stoneman Douglas High School Public Safety Act.



Photo courtesy Lori Hershey  
Mandarin Culinary Arts students who participated in the State of our Schools event.

Also, we held our first State of the Schools address with Dr. Diana Greene on Sept. 7 at the Prime Osborn Convention Center. It was well attended and it gave us the opportunity to share with the community where the schools are and where we are headed. Dr. Greene asked attendees to be a part of Team Duval and support public education in Duval County. All of the food for the event was prepared by the school district's culinary arts students, including some from Mandarin High School. They represented District 7 well.

**Q: What's coming up for the school board?**

A: The board is going to have a board retreat on Oct. 5. This will be the first opportunity for a focused session to work on communication and goals since hiring Dr. Greene.

**Q: How did your recent Community Meeting for District 7 go?**

A: The community meeting was held on Sept. 20 at Mandarin Oaks Elemen-

tary. Michael Edwards, Director School Police, spoke about school safety and led a discussion regarding safety videos. Assistant Superintendent of Operations Don Nelson also spoke on school safety regarding facilities. Executive Director Jim Culbert spoke about Information Technology and unveiled a new app the district will be rolling out in the near future. The next Community Meeting will be held after the first of the year.

**Q: Do you have anything else to share?**

A: Last month I recommended that parents review the Constitutional Amendments that will be on the ballot in November. Significantly, Amendment 8 has been taken off the ballot. I think this is a win for people who value local control of education.

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

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



Photo courtesy Kathy Dolge

## Newcomers visit Beaches Museum

Ten ladies from the Southside Newcomers toured the Beaches Museum in Jacksonville Beach on Tuesday, Aug. 21. Pictured are Marie Griffin, Faith Owens, Anita Rhodes, Dana Curish, Jody Patrick, Pat Harth, Paula Horning (President), and Barbara Binghi. Not pictured are Laraine Baines, trip coordinator and Kathy Dolge, photographer.

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**Briefs**

**Historic buildings open for tours**

On Saturday, Oct. 6, the 1875 farmhouse, 1876 barn and Losco Winery are open from 10 a.m. – 2 p.m. in Walter Jones Historical Park, located at 11964 Mandarin Road.

At the same location, the Mandarin Museum and St. Joseph's Mission Schoolhouse for African-American Children will be open as always from 9 a.m. – 4 p.m.

Finally, the historic Mandarin Store and Post Office at 12471 Mandarin Road will be open from 10 a.m. – 2 p.m.

Visit [www.mandarinmuseum.org](http://www.mandarinmuseum.org) to learn more about Mandarin's history.

**International Archaeology Day to be observed**

On International Archaeology Day, Saturday, Oct. 20, the Archaeological Institute of America — Jacksonville Society and the Beaches Museum and History Park are presenting a free public archaeology fair and lecture at the museum, located at 381 Beach Blvd. in Jacksonville Beach. The fair is from 10 a.m. to 2 p.m., and the lecture begins at 12 p.m. in the historic 1887 chapel. The park will offer displays and demonstrations relating to archaeology.

There will also be activities for children, including a simulated archaeology dig, pottery and rope making, and roof thatching. Archaeologist Dr. Keith Ashley from the University of North Florida will provide identification of local artifacts. Other organizations related to archaeology, such as CARS, Master Gardeners, MOSH, LAMP and FPAN will have displays as well.

Dr. Kenneth E. Sassaman, professor at the University of Florida, will present a lecture titled "Sea-Level Rise Among the Ancients: Results of the First Decade of the Lower Suwannee Archaeological Survey" about the ancient Florida inhabitants' responses to sea level rise.

International Archaeology Day is a worldwide event sponsored by the national Archaeological Institute of America, the largest and oldest archaeological organization in the country. It was celebrated by 450 different organizations last year.

**New physician for optical practice**

Clay Eye Physicians & Surgeons has announced that Brandon Powell, O.D. has officially joined the practice. Dr. Powell graduated from the University of Central Florida with his bachelor of science degree and Nova-Southeastern University College of Optometry for his doctor of optometry degree.

Dr. Powell is interested in comprehensive primary eye care. He has special interests in ocular disease, cornea and contact lens service, pediatrics and specialty lens fitting.

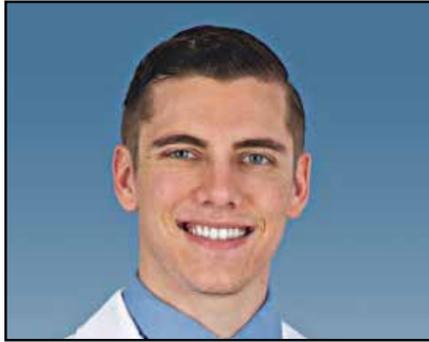


Photo courtesy Clay Eye Physicians & Surgeons  
Dr. Brandon Powell

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*Clay Eye Physicians & Surgeons was established in 1977 and is now a 12 physician group with offices in Orange Park, Fleming Island, Mandarin and Riverside. Visit [www.clayeye.com](http://www.clayeye.com) for more information.*

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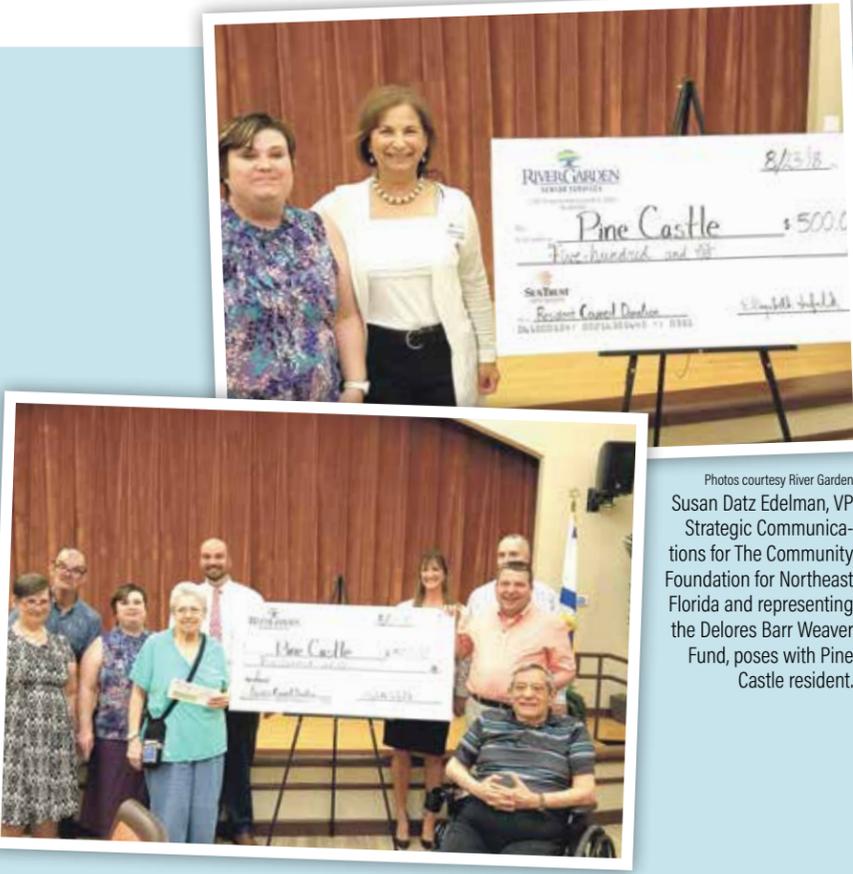
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Photos courtesy River Garden Susan Datz Edelman, VP Strategic Communications for The Community Foundation for Northeast Florida and representing the Delores Barr Weaver Fund, poses with Pine Castle resident.

River Garden Resident Council leaders present \$500 to Pine Castle residents and leaders. The Delores Barr Weaver Fund will match this donation.

**Retirement community residents present check to Pine Castle**

On Aug. 23, the River Garden Resident Council, led by Betty Infeld, presented a \$500 check to Pine Castle, a Jacksonville-based organization serving adults with intellectual and other differences. Pine Castle will also receive a matching donation from the Delores Barr Weaver Fund. The funds will be used to make improvements to the Pine Castle campus.

This is the largest donation ever given by the Resident Council, which raises its funds through bake sales, ceramics sales and other small fundraisers. All programs at Pine Castle support a single goal: empowering adults to learn, work and connect. For more information about River Garden services or volunteer programs, visit [rivergarden.org](http://rivergarden.org) or contact Kari Bell at (904) 260-1818.

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# Financial advisor takes part in Alzheimer's awareness relay walk

By Martie Thompson  
editor@floridanewsline.com

Chance Owen and Mitch Wright, of the financial services firm Edward Jones, recently took part in a historic event — a transcontinental walk across America to fight Alzheimer's disease. Edward Jones launched the Walk Across America, a one-time, 16-week relay-style walk across 12 states, to raise awareness about the impact of Alzheimer's disease. The oldest city on each coast served as the trailheads for Walk Across America, leaving from San Diego on July 9 and from St. Augustine on Aug. 27. In teams of approximately eight, more than 1,000 Edward Jones financial advisors and branch office administrators will complete the 3,100-mile journey relay-style. Each team will carry a hand-carved walking stick, named Gus, harvested from the farm of Ted Jones, son of the firm's founder, Edward Jones Sr.



Mitch Wright with Gus the walking stick.

According to Owen, Gus the walking stick nearly suffered a catastrophe on the very first day of the walk from St. Augustine. It happened on Wright's day to walk, which was Aug. 27: while going over the Vilano Bridge, Gus the walking stick fell into the mud below — but thankfully was recovered and went on to be handed off as planned to the next walker.

Owen said his day to walk, Aug. 31, was hot and dusty. He and his team walked from Callahan northward on US Highway 301 to Hilliard. Owen estimated he walked 12 miles of the 20 total miles for the day.

"I liked the rural setting of my turn to walk," Owen said. "It was peaceful and nice listening to the birds."

Owen said the walkers were grateful for the team members who drove ahead

in an RV and stopped every few miles to allow the walkers to catch up and then enjoy a bit of respite.

"Alzheimer's isn't something that is going to be cured tomorrow, but we try to keep it at the forefront of people's minds," Owen said. "For nearly a century, Edward Jones has been in the business of building relationships and investors' wealth. Alzheimer's disease destroys both."

The cross-country walk will culminate in St. Louis on Oct. 28 as the final team crosses the stage at Enterprise Center during this year's annual Walk to End Alzheimer's fundraising event,



Photos courtesy Chance Owen  
Chance Owen with Gus, the walking stick, during his portion of the relay-style Walk Across America.

chaired by John Beuerlein, the Edward Jones principal who leads the firm's Older Adult Council.

"This four-month Walk Across America is one more way to increase awareness of Alzheimer's and the resources available to deal with it," said Beuerlein.



## Trash To Treasure Sale

October 5th-8:00 am to 2:00pm  
October 6th-8:00 am to 12:00pm

*Mandarin Garden Club*  
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# ¡Celebremos! Hispanic heritage, fall festival and book sale

By Olga Bayer  
mail@floridanewsline.com

**Cultural Treat:** Let's celebrate! National Hispanic Heritage Month runs through mid-October, and your Mandarin Branch Library comes alive Oct. 13 at 1:30 p.m. with Viva Panama-USA. Enjoy a lively performance by Panamanian dancers as they carry on the preservation of traditions and folklore from Panama through music, education, poetry, stories and tipico folklore dances. It's a Saturday event, so bring the entire family for a real treat!

**Novel Chat:** Join the book club — and the conversation — at South Mandarin Library Oct. 3 from 5:30 p.m. – 6:30

p.m. as “The Book of Unknown Americans” by author Cristina Henriquez is analyzed. The acclaimed novel about a family that moved from Mexico to the United States was the New York Times Notable Book of 2014, one of Amazon's 10 Best Books of the Year, The Daily Beast's 2014 Novel of the Year, and an NPR Great Read.

**Fall Festival:** It's the bewitching season when leaves turn gold, pumpkins dot neighborhood porches, and kids figure out what to be for Halloween. Pull your costume together early this year and dress up for South Mandarin Library's

Fall Festival on Oct. 20 from 2 p.m. – 3 p.m. A costume parade is only part of the fun, so scare up family, friends and neighbors for pumpkin carving and painting, games, fall-themed crafts and more.

**Help Me Grow, Play and Learn:** Parents with babies and toddlers can interact and learn together using rhymes, songs, movement activities, and books in a new storytime program on Tuesdays, 10:15 a.m. – 11:30 a.m., at South Mandarin Branch Library. The program comprises a short lap-sit storytime for children from birth to walking with adult caregivers at 10:15 a.m.; a sensory experience for babies, toddlers, and their caregivers to promote sensory and social play at 10:35 a.m.; and a short storytime for children walking to 36 months with an adult caregiver at 11 a.m.

**Book Sale:** Need books for your home library? The Friends of the South Mandarin Library are hosting a big three-day book sale. Buy gently used books and DVDs for affordable prices while supporting the library. Shop the book sale Oct. 18 from 1 p.m. – 8 p.m. and Oct. 19 – 20 from 10 a.m. – 5 p.m. at the South Mandarin Branch Library.

**Chair Yoga:** If doing traditional yoga on the floor is too challenging, try chair yoga at the Mandarin Branch Library. A certified yoga instructor will guide you

through modified poses such as cat-cow stretches, chair pigeon, chair warrior and more — all in a chair. Chair yoga is great for anyone — it improves muscle tone, reduces stress, and enhances sleep. Classes will be held Oct. 4 and 11 at 2 p.m., and continue in November and December.

**Mandarin History:** Learn the remarkable and interesting history of your Mandarin neighborhood as the experts of the Mandarin Historical Society present “Won't You Be My Neighbor?” at the Mandarin Library Oct. 18 at 5:30 p.m. The program complements “Jacksonville: A Tale of My City,” a photography exhibit that runs through Oct. 21 at the Main Library.

**Jax Makes:** Don't miss Jax Makes at the Main Library, Oct. 13, 10 a.m. – 2 p.m., with more than 80 local makers under one roof. Browse and shop for handcrafted items, with everything from art to woodworking; attend a home brew workshop; and see DIY demos by Eco Relics.

Visit [jaxpubliclibrary.org](http://jaxpubliclibrary.org) for more information about events at Mandarin and South Mandarin branch libraries or call the Mandarin Branch Library at (904) 262-5201 or the South Mandarin Branch Library at (904) 288-6385.

*Olga Bayer is with Jacksonville Public Library.*



Photo courtesy Jacksonville Public Library  
Children have fun painting pumpkins at South Mandarin Branch Library.

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# national breast cancer awareness month

## Pink Briefs

### 20th annual Pink Ribbon Golf Tournament scheduled

The Cimarrone Ladies Golf Association is hosting its 20th annual Pink Ribbon Golf Tournament on Saturday Oct. 20 at Cimarrone Golf Club. All proceeds benefit Baptist Health Foundation, Cimarrone Endowment.

Last year the event raised \$15,417. Baptist will match 100 percent of monies raised and it will stay local going to Baptist Medical Center South. There are several ways you can help: donation of a gift card/gift certificate, merchandise or services to be used in the charity raffle and silent auction or as a hole sponsor. Gold sponsors pay \$500, which includes paid entry for four players; Silver sponsors pay \$300, which includes paid entry for two players; and Bronze sponsors pay \$100. All hole sponsors get signage on the course.

Registration begins at 6:45 a.m. and then the golf tournament will be a four-person scramble with a shotgun start at 8 a.m., followed by lunch and prize raffle/silent auction. The entry fee is \$85 for non-members and \$65 for members. There will be a Breakfast Buffet for \$5 plus tax from 6:30 a.m. – 8:30 a.m. Anyone can purchase raffle tickets or bid on silent auction items and you do not need to be present to win.

For registration, hole sponsorship or donation information, visit <http://clga.info> and then click on the Pink Ribbon download menu or contact Brenda Bailey at [Brenda.bailey55@comcast.net](mailto:Brenda.bailey55@comcast.net) or (904) 287-0723.

### Bingo tournament to benefit The Donna Foundation

Bingo for Breast Cancer will be held on Sunday, Oct. 21 from 2 p.m. – 5 p.m. at Shearwater Kayak Club within the Shearwater community. The event is sponsored by Danielle Wright, Coldwell Banker Realty, Shearwater, Hope Floats and Helping Hands of St. Johns County and all proceeds will benefit The Donna Foundation.

The event will include refreshments,

door prizes and raffles and of course, Bingo. The cost to play is \$20 for 20 games.

Contact Jackie Valyou at [jacqphil@aol.com](mailto:jacqphil@aol.com) for more information.

### Pink Ribbon Symposium promotes nutrition and healthy lifestyles

Now in its 11th year, the Pink Ribbon Symposium, a free breast cancer education, health and wellness conference, will be held on Saturday, Oct. 6 from 8 a.m. – 1 p.m. at the Thrasher-Horne Conference Center in Orange Park. Exhibits open at 8 a.m. and the program begins at 9 a.m. The event is free and open to the public.



Photo courtesy American Cancer Society  
2018 Real Men Wear Pink with chair Charlene Shirk

This year's theme is "Nutrition and Healthy Lifestyles" and the special featured guests include:

- Aaron Gottlieb, owner, Native Sun Natural Food Market, who will present "The Native Sun Story." He will discuss how Native Sun began and its commitment to quality organic food and healthy lifestyles.
- Heather Borders, MBS, RD, LD/N and Jill Ligon RN, LD/N of Kailo Nutrition, who will present "Nutri-

tious Choices." It's a journey to provide confidence, know how, and the ability to make sustainable and meaningful lifestyle choices that contribute to making healthy happen.

- Area physicians and experts will also present medical breakout sessions on updates on breast cancer and leading healthy lifestyles, which will include: How Molecular Profiling Affects Treatment Decisions; Heart Health and Cardiac Risks; Protecting Your Hearing; Oh, Those Varicose Veins; Family History and Genetics; and Coping with Stress and Anxiety. Participants may ask medical questions during the Q&A at the end of each session. Plus, more than 60 exhibitors will display a variety of insightful products and services on health, wellness, medical services, and

Visit [www.PinkRibbonSymposium.org](http://www.PinkRibbonSymposium.org) for more information.

### Men from across community raise awareness and funds in the fight to end breast cancer

Several CEOs, chefs, attorneys, business owners and a crooner from a popular Jacksonville swing band are among the gentlemen taking part in the third annual Real Men Wear Pink campaign, which features 34 prominent and influential area men taking a stand against breast cancer by supporting the American Cancer Society Making Strides Against Breast Cancer of Jacksonville. Throughout the months of August through October, Real Men Wear Pink participants will use their creativity, determination and energy to encourage the women in their lives and the community to act in the fight against breast cancer.

Local media member Charlene Shirk returns as Real Men Wear Pink chair, joined by attorney John Phillips, who was the top fundraiser for the 2017 Real Men Wear Pink. Phillips set an individual Jacksonville fundraising record of \$20,324, helping last year's Real Men Wear Pink group raise a total of \$86,000. This year the goal is \$90,000.

"In addition to raising awareness about breast cancer, these men will be raising critical dollars to help the American Cancer Society attack cancer from every angle and save more lives from breast cancer," said Stacy Hanson, the American Cancer Society Making Strides Against Breast Cancer Event Chair and Chief Client Officer, CoventBridge. "Funds raised help us save lives from breast cancer through early detection and prevention, innovative breast cancer research, and patient support. No one should have to face a breast cancer diagnosis alone."

According to the American Cancer Society Cancer, this year an estimated 266,000 women in the United States will be diagnosed with breast cancer and an estimated 40,920 will die from the disease. Breast cancer is the most common cancer diagnosed in women (including skin cancer) and the second only to lung cancer as a cause of cancer death in women.

Each Real Men Wear Pink candidate is charged with a fundraising challenge of a minimum of \$2,500 and will compete to be the top fundraiser among the other candidates by the end of the campaign.

Visit [http://main.acevents.org/site/TR?pg=entry&fr\\_id=90421](http://main.acevents.org/site/TR?pg=entry&fr_id=90421) for a listing of the 2018 Real Men Wear Pink or to make a donation. The Real Men will be recognized at the Making Strides Against Breast Cancer walk on Saturday, Oct. 13 at 8 a.m.

## BREAST CANCER SIGNS AND SYMPTOMS

Breast cancer symptoms vary widely – from lumps to swelling to skin changes – and many breast cancers have no obvious symptoms at all.

**It's important to have anything unusual checked by your doctor.**

According to the American Cancer Society, any of the following unusual changes in the breast can be a symptom of breast cancer:

- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast pain
- Nipple pain or the nipple turning inward
- Redness, scaliness, or thickening of the nipple or breast skin
- A nipple discharge other than breast milk
- A lump in the underarm area

[www.breastcancer.org](http://www.breastcancer.org)

## Yes, men can get breast cancer

Breast cancer is less common in men, since they have less breast tissue than women, but it's still possible for guys to get it. The risk of a man developing breast cancer still exists; men make up less than one percent of breast cancer cases.

**Signs and symptoms of male breast cancer can include:**

- A painless lump or thickening in breast tissue
- Changes to the skin covering the breast, such as dimpling, puckering, redness or scaling
- Changes to the nipple, such as redness or scaling, or a nipple that begins to turn inward
- Discharge from the nipple

**Source: MayoClinic.org**

# national breast cancer awareness month



In the Pink cont. from pg. 1

She said that sometimes seeing and touching items such as prosthetics and mastectomy bras and knowing what is available can make people less fearful.

“We show them that they can look normal again, and this can be very reassuring,” Millard said.

In the Pink, which accepts most major types of insurance, stocks wigs, post-surgical garments, hats, scarves, and radiation skin care among other things. Millard said that men recovering from cancer often get compression garments and everyone can use the radiation skin creams. A new item that has enjoyed good word of mouth is an all natural product that chemo patients can apply to their eyebrows and eyelashes to keep them from falling out.

Millard believes that everyone should be afforded the same dignity when going through cancer treatment and that is

where the 501 C 3 status of In the Pink comes in. She is proud that 100 percent



Mammoglamms stroking in Jacksonville

of every dollar that is donated via fundraisers and sponsorships goes directly to In the Pink’s mission of helping cancer patients in need. Patients with no insurance or who are Medicaid-eligible receive needed items free of charge. Meanwhile, all of the store’s overhead is paid by insurance reimbursements and shop sales of items such as scarves, which are not covered by insurance.

Millard, along with husband Marty, is also known for bringing dragon boating to Jacksonville. She was looking for something she could do to continue exercising and one of her In the Pink clients suggested she check out dragon boating. In 2011, Millard raised



Yoga for Survivors is held at In the Pink weekly.



The original In the Pink boutique, 522 N. 3rd St.

the breast cancer survivor team known as the Mammoglamms.

In the Pink has expanded its services to include another location, on Hendricks Avenue in San Marco, to complement the original location on N. 3rd Street in Jacksonville Beach. Free yoga for cancer patients is held on Wednesday mornings at the Jacksonville Beach location.

Visit [www.jaxinthepink.com](http://www.jaxinthepink.com) for more information about In the Pink or to make a donation.

enough money to purchase two dragon boats and the Jacksonville Dragon Boat Club was formed. Today, the club has a workout facility and about 80 members of all ages. There are a number of teams, both recreational and competitive, made up of men, women, youth, mixed, and

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*Oct*

**Breast Cancer awareness events**

**September 29**

Hope Floats Block Party  
12 p.m. – 6 p.m.  
Taps Bar and Grill, 2220 County Road 210W, St. Johns  
[www.thedonnafoundation.org](http://www.thedonnafoundation.org)

**October 2**

SenioRITAS kick off party  
5:30 p.m. – 7 p.m.  
Pusser's Restaurant  
[www.the-rita-foundation.org/senioritas](http://www.the-rita-foundation.org/senioritas)

**October 4**

Pink Ribbon Golf Classic  
Ponte Vedra Inn and Club  
[www.pinkribbonjax.org](http://www.pinkribbonjax.org)

**October 5 - 6**

Third annual Netti Kayak Challenge  
Catch, photo and release redfish, trout, flounder  
\$50 registration includes dinner and t-shirt  
Benefits In the Pink  
[www.nettikayakchallenge.com](http://www.nettikayakchallenge.com)

**October 6**

Pink Ribbon Symposium  
8 a.m. – 1 p.m.  
Thrasher-Horne Conference Center, 283 College Drive, Orange Park  
[www.pinkribbonsymposium.org](http://www.pinkribbonsymposium.org)

**October 6**

Cancer Wellness for Women presented by The Pink Ladies and Ackerman Cancer Center  
8:30 a.m. – 1 p.m.  
First Baptist Church, 1600 S. 8th St., Amelia Island  
RSVP: (904) 277-2700

**October 8**

Tacos for TaTas  
5:30 p.m. – 8:30 p.m.  
TacoLu, 1712 Beach Blvd., Jacksonville Beach  
[www.thedonnafoundation.org](http://www.thedonnafoundation.org)

**October 8 - 10**

David Yurman Trunk Show  
Pink Ribbon Golf Classic  
Underwood's Jewelers

**October 11**

Pink Ribbon Golf Classic Cocktail Party and silent auction

6 p.m. – 9 p.m.  
Marsh Landing private residence  
\$100 per person; [www.pinkribbonjax.com](http://www.pinkribbonjax.com)

**October 13**

Making Strides of Jacksonville  
7 a.m. registration / 9 a.m. walk  
TIAA Bank Field - East Club Plaza  
[www.makingstrideswalk.org](http://www.makingstrideswalk.org)

**October 17**

SenioRITAS Auction Party  
6 p.m.  
Sawgrass Country Club  
[www.the-rita-foundation.org/senioritas](http://www.the-rita-foundation.org/senioritas)

**October 19, 20, 21**

SenioRITAS Tennis Tournament  
Sawgrass Country Club  
[www.the-rita-foundation.org/senioritas](http://www.the-rita-foundation.org/senioritas)

**October 20**

20th annual Pink Ribbon Golf Tournament hosted by Cimarrone Ladies Golf Association to benefit Baptist Health Foundation  
8 a.m. shotgun start  
Cimarrone Golf Club  
Registration, hole sponsorship or donations:  
[www.clga.info](http://www.clga.info)

**October 21**

Bingo for Breast Cancer to benefit The Donna Foundation  
2 p.m. – 5 p.m.  
Kayak Club, Shearwater  
Sponsored by Danielle Wright, Coldwell Banker Realty; Shearwater; Hope Floats; and Helping Hands of St. Johns County

**Pink Ribbon Symposium**  
Sat., Oct 6, 2018 • 8am – 1pm

Speakers:  
**Aaron Gottlieb**, Native Sun Natural Food Markets • **Heather Borders & Jill Ligon**, Kailo Nutrition

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- For** equal rights and equity for all Floridians
- For** a healthy, sustainable environment for future generations and to boost Florida tourism
- For** keeping Florida's beaches accessible and open to the public

- Voted against** the Marjory Stoneman Douglas School Safety Act
- Diverted** nearly \$1 billion away from traditional public education with the law he sponsored
- Sponsored the Stand Your Ground Law** that places the burden of proof on the victim
- Opposed** Jacksonville's Human Rights Ordinance
- Supports fracking** in the State of Florida
- Voted to block** local governments from allowing continued public use of beaches

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NFC Singers is an intermediate/advanced singing ensemble open to students from 5th grade to 12th grade. Rehearsal times: Thursday - 4:30pm - 6pm.

October 11th will be the official start to the choir season. Interested participants should email Jeremy McKinnies at maestromckinnies@gmail.com.

**BALLROOM DANCE** - We are launching BALLROOM DANCE! Ready to unleash your inner Fred Astaire or Ginger Rogers? The Conservatory is excited to partner with the North Florida Dance Association as their instructors now offer Ballroom Dance classes!

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## Get to Know . . .

By Martie Thompson  
editor@floridanewsline.com

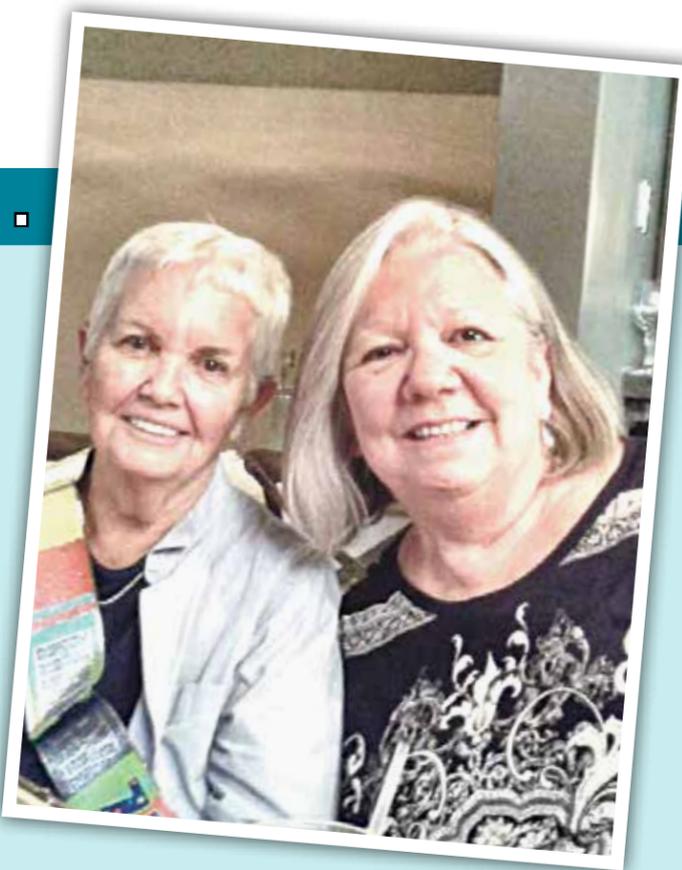


Photo courtesy Marty Millard  
Martha Sweet (left) with Jeri Millard, who introduced her to dragon boating.

## Martha Sweet

Florida native Martha Sweet said her life was changed six years ago when she, a recent breast cancer survivor, happened upon a booth at a concert at the University of North Florida promoting dragon boats. She had no idea what dragon boating was, but said she embarked on one of the greatest adventures of her life when she signed up.

Sweet was born in Tampa and raised in Lake Wales, which is where she met her husband, Howard. They were working with youth groups at their respective churches and after they met, she did what she always said she didn't want to do: marry a preacher. Howard went on to seminary in Louisville and she graduated from Georgetown with a degree in psychology and sociology. They moved around a lot due to Howard's career as a pastor and along the way, welcomed twins (a girl and a boy) in Louisville and a son in Tennessee. The family ultimately moved to Jacksonville in 1971 when Howard became director of the Child Guidance Center. Howard passed away 16 years ago and today, Martha Sweet lives with her cat and a bird and enjoys visits from her 10 grandchildren.

### 1) How did you come to choose Mandarin as your place to live in 1971?

We were living in a rental in Avondale when we first moved to Jacksonville. The Buckman Bridge had just opened, so we were on a Sunday drive. We got off the bridge, took a turn and then another turn and then there was our house. I still live in the house. I have

wonderful neighbors.

### 2) How did you adopt your cat?

I was not a cat person, but she kept coming to my back porch looking for food and I fed her. So I guess she adopted me. I named her Ditch because that's where she came from. I guess I am a cat person now.

### 3) What can you tell us about your breast cancer diagnosis?

I went to Mayo for my regular mammogram six years ago and they found a spot. They did the biopsy right then and there and told me I had breast cancer. So I had a double mastectomy, but no chemo or radiation. Then I went on with my life.

### 4) After you found out about dragon boating at the booth at UNF, what happened next?

Dragon boating was just coming to Jacksonville at the time. My first practice was a battle of wills ... am I too old? Will I fit in? I did about 20 paddles that first day and was gasping for breath. I clacked paddles with the paddlers on both sides of me and was certain I wouldn't be invited back. But everyone was so supportive and encouraging and I did go back. I found my life after breast cancer with dragon boating. My life has changed because something negative brought me something positive.

### 5) How has your life been impacted by dragon boating?

The dragon boaters are a loving and supportive and encouraging family to me. I'm more confident. I believe in myself because my team believes in me. One year ago, I was diagnosed with gastric cancer and had to have my stomach removed. I'm in remission. I rang the bell at Mayo! I haven't been able to paddle lately, but my Mammoglam dragon boat friends have let me ride in the boat and some of us are planning a trip together. I believe that I will go back to paddling and this is my goal, because when paddling we all stroke together and move across the water. We hope to win a medal, but the most important thing is to finish the race and know that we gave it everything we have. That's what I'm going to do.

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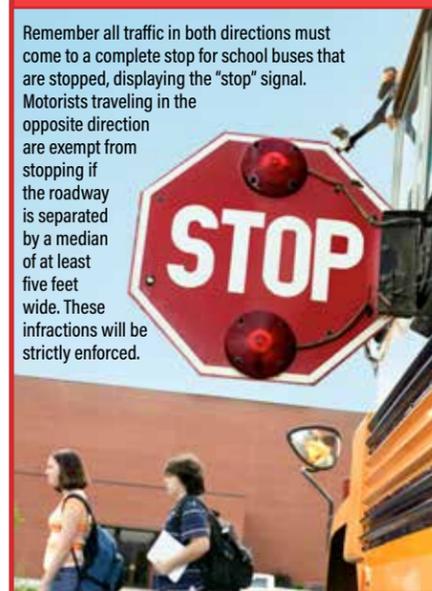
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**School Briefs**



Photo courtesy River City Science Academy Mandarin  
Danielle Hellyer

River City Science Academy Mandarin teacher Danielle Hellyer was selected via committee as the school's Teacher of the Year. Her math classes received the highest ranking in Duval County and Florida with 99 percent achievement.

Hellyer will represent River City Science Academy Mandarin at the Duval Teacher of the Year by Jacksonville Public Education Fund with Florida Blue sponsorship competition.

**River City Science Academy Mandarin announces Teacher of the Year**

**Crown Point announces Teacher of the Year**

Kindergarten teacher Kim Hickox is the 2018 Crown Point Elementary School Teacher of the Year. Hickox graduated from University of Florida in 1988 with a bachelor's degree in Elementary Education and a specialization in Early Childhood. She started her teaching

career at Morse Avenue Elementary in 1989, but was surplused in 1990 to Crown Point. Except for the four years that she took off to raise her two children, Hickox has been at Crown Point teaching kindergarten. She has been on many committees over the years, Safety Patrol Sponsor, and is currently working with Mandarin United Methodist Church through the school's faith-based partnership.

Hickox said, "I wanted to become a teacher because my mom retired as a teacher after 35 years, and when I was in high school I used to enjoy going to her classroom and helping her with her bulletin boards. Also, I just love being with the kids!"

Kellan, a student in Hickox's class said that he really likes school because when he grows up he wants to be a DJ.

He said, "I like Mrs. Hickox! She is nice and she gives me prizes out of the treasure box for saying nice things, like thank you!"

He also said that he can count to 29, but Hickox is going to help him learn how to count to 100.

Hickox will now prepare to represent Crown Point at the Duval County Teacher of the Year competition.

**Mandarin High School Marching Band takes the field for new season**

Marching off into another season, the Mandarin High School Marching Band takes on their new show: "The Seasons." The band welcomes in a classic take on Vivaldi's "The Four Seasons,"



Photo courtesy Julia Winston  
The Mandarin High School Marching Band performs at halftime.

which illustrates hot summer days and cool winter nights. The band has been practicing all summer to bring audiences a marching show that will wow crowds — even the person sitting in the back of the stands. The community is invited to see the band perform at Mandarin High School's Friday night football games.

**BRAG ABOUT YOUR SCHOOL OR STUDENTS!**

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Photo courtesy Mary Eyles  
Kim Hickox and a few of her students.

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## Five tips to kick off the school year right

By NewsLine Staff  
mail@floridanewslines.com

“School is back in full swing, and now is the time to set habits that will last through the year,” said Janet Gonzalez, Center Director of the Huntington Learning Center.

Gonzalez, a 25-year education veteran, offers these five tips to help make the most out of the upcoming school year.

**Set the proper mindset:** View this year as a new opportunity. If your child had any school issues or problems last year, encourage them to think of this new school year as a chance to start anew. Remind your child of the best parts of the previous school year — a friendship, a favorite activity discovered or a goal achieved. An optimistic outlook can go a long way.

**Stay ahead of the grade:** Don't wait to address problems. If academics were a problem last year, it's unlikely that the problem went away. Weak skills may still exist and should be addressed. Any change in your child's demeanor or problems arising with certain subjects, investigate immediately. By report card time your child may have fallen far behind, so arrange a time to speak to the teacher

immediately if you have concerns or see your child struggling with homework.

**Establish open communication:** Good communication and parental involvement are key to student success. So, if you weren't as involved last year as you would have liked, make it a priority now. And remember that being involved isn't as complicated as it sounds. Talk with your child about school. Stay in touch with their teacher. Keep apprised of what your student is learning and do your part to make homework and studying a priority

**Get organized:** This goes for you and your child. Set up a homework area. Prepare an organizational system for paperwork that comes home and teach your child to use this system. If your family works best on a schedule, sit down with your child to discuss a nightly routine that you can all stick to.

**Set goals:** Sit down as a family and have your child set three to five goals and discuss how they will achieve them. Revisit these goals on a weekly basis and discuss progress and what support may be needed.

## Science students take part in Jaguars Honor Row Program



Photo courtesy River City Science Academy Mandarin

River City Science Academy Mandarin recently participated in the Honor Row Program sponsored by the Jaguars Foundation. Students wore Honor Row tee shirts with “Alert Now, Alive Tomorrow” messages on their backs and enjoyed watching the Jacksonville Jaguars beat the New England Patriots on Sept. 16. All students in the Honor Rows were recognized during the beginning of the game's second quarter on the stadium's giant scoreboard. River City Science Academy Mandarin students who completed their STEM presentations and had good behavior and academic standing were eligible to attend the game. The school focuses on STEM education and holds an annual STEM and Health Expo. This year's expo will be on Feb. 9, 2019.

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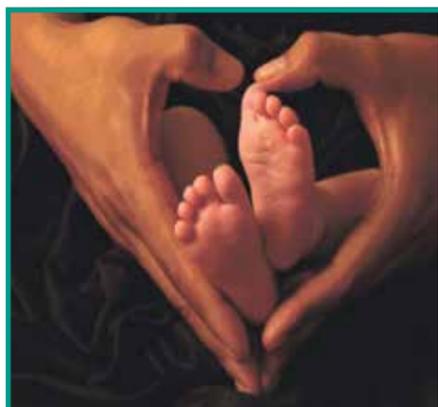


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# The Pantry Raiders

Simple vegetarian dish packed with flavor

By NewsLine Staff  
mail@floridanewline.com

Vegetarian dishes are often loaded with flavor, which might come as a surprise to those who do not adhere to vegetarian diets. In fact, many dishes that originated in India, a country known for its flavorful, spicy cuisine, are vegetarian dishes that are popular the world over, among vegetarians and meat-eaters alike.

For those who want to try something simple, flavorful and vegetarian, the following recipe for "Lentils with Spinach" from Monisha Bharadwaj's "India's Vegetarian Cooking" (Kyle Books) checks all the boxes and will no doubt surprise those who feel the most flavorful dishes are those with meat.

## Lentils with Spinach

(Serves 4)

- ¾ cup yellow lentils (toor dal), washed
- 3 large handfuls spinach, chopped
- 2 tbsp. sunflower oil, divided
- 1 tsp. coriander seeds
- 3 dried red chiles
- ¼ cup freshly grated coconut
- 1 tsp tamarind concentrate, diluted in ¼ cup water
- ½ tsp. turmeric
- Salt, to taste
- 1 medium onion, sliced

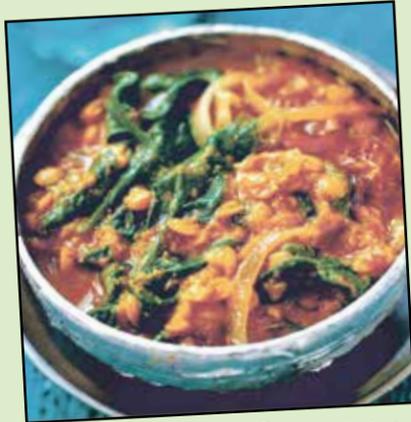


Photo courtesy MetroCreative  
Lentils with Spinach

1. Put the lentils and 1 ½ cups of hot water into a saucepan and bring to a boil. Reduce the heat and simmer until the lentils are mushy, about 35 minutes.
2. In the meantime, place the spinach in a pot along with a little hot water and heat it for a couple of minutes. Add it to the lentils.
3. In a separate pan, heat half the oil and fry the coriander seeds until they turn dark, then add the chiles and coconut. Reduce the heat and stir for a couple of minutes. Remove from the heat, let it cool slightly, then tip it into a blender along with the tamarind and a few tablespoons of water and blend until you get a fine paste.
4. Add this to the lentils, along with the turmeric and the salt.
5. Heat the remaining oil in a small saucepan and fry the onions until golden, then add them to the lentils. Reheat thoroughly and serve hot with rice.

# Golf tips from T Shot Ranch Is golf a contact sport?

By Janie C. Farina  
mail@floridanewline.com

*"My swing is so bad, I look like a caveman killing his lunch."* — Tommy Armour

Do you "look like a caveman killing his lunch" when playing golf?

Are you "killing the ball" when you play, or is your golf game killing you?

Grip, trap, hit, penalty, stroke, hazard, out of bounds, unplayable lie, interference, hook, slice, push, pull, block, bogey, divot, bunker, smother, block, fat, thin, top, torque, smash... It's no wonder, with golf lingo the way it is, seeing students ball hit for the first time resembles a mugging instead of a swinging.

So, how do we deliver that sweet smack that sends the ball sailing down the fairway while we get to a balanced finish position that you could frame in a picture?

So many golfers, instead, look like they are doing the "Mashed Potato" before the ball screeches dead right/left while the onlookers run for cover. To illustrate this point, at work we have a golf ball peppered steel pillar three feet to the right of the hitting area that resembles the dimples on a golf ball from top to bottom.

"Golf combat" can be destructive to our bodies, our equipment, and to our self-esteem on the golf course/driving range.

Here is some necessary ammunition to incorporate into your golf arsenal that will soften the blow of bad ball contact:

1. Having a proper hold on the club minimizes golf ball shrapnel and insures that the clubface is contacting the ball in the correct fashion.
2. An athletic posture/stance will facilitate balance, rhythm, and a correct swing plane through the ball to keep it on path. Muhammad Ali danced around his opponents, but knocked them flat with a well-timed blow.
3. Slashing at the ball may feel powerful, but tempo and rhythm deliver a better smash.
4. Aim like a target shooter — allow for eye dominance, and set up looking with both eyes focused on the target while placing your feet. Trust what looks right from behind the ball, and not believing the deceptive picture your side view delivers to your brain.
5. Salute with the club to the target at the finish of your swing; a well balanced finish with face, chest, and tummy is critical to getting your target mission accomplished, vs. dangling the club, spinning and falling away after the swing like a right hook has plowed you over.

Golf doesn't have to feel like a contact sport with the aid of a good instructor, proper equipment, and a peaceful mindset that will facilitate killing the ball, not your golf swing!

Keep the flow and let it go!

Janie C. Farina is an LPGA teaching professional of 27 years and can be reached at [hitthedirt2@gmail.com](mailto:hitthedirt2@gmail.com) for questions, comments, and to arrange instruction locally.

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# Faith-Worship-Praise Section

## Faith News

**Oct. 12 – 14:** Philip R. Cousin African Methodist Episcopal Church, 2601 Orange Picker Road, will celebrate 132 years of “Letting our light shine in faith, in evangelism, in fellowship, and in justice.” The anniversary celebration kicks off on Friday, Oct. 12 with a 6:30 p.m. praise and worship service that will feature a guest speaker Reverend Roderick Stevenson, Associate Minister of Allen Temple AME Church in Tampa. On Saturday, Oct. 13, join church members in a time of community ser-

vice, worship, and fellowship at the San Jose Health and Rehabilitation Center. The anniversary celebration culminates at the church on Sunday, Oct. 14 with 11 a.m. and 4 p.m. worship services. Reverend Dr. David Green, pastor of St. Stephens AME Church in Jacksonville will be the afternoon speaker. The community is invited to all events. Call (904) 262-3083 or email [prcame@bellsouth.net](mailto:prcame@bellsouth.net) for more information.

**Oct. 14:** Mandarin Presbyterian Church, 2501 Loretto Road, will host

Pumpkin Jam '18 from 2:30 p.m. – 5 p.m. Kids of all ages will enjoy hay rides, face painting, cotton candy, popcorn, snow cones, cookie decorating and carnival games. Bounce houses, carnival games and Trick or Trunk are among the activities. Admission is free and open to the public; attendees are invited to dress up for the event. Bring a non-perishable food item for donation to Mandarin Presbyterian's community food bank. Visit [www.mandarinpres.com/pumpkinjam](http://www.mandarinpres.com/pumpkinjam) for more information.

**Oct. 14 – 30:** Shepherd of the Woods Lutheran Church and School will hold its annual Pumpkin Patch, Monday – Thursday from 3 p.m. – 7 p.m.; Saturdays, 10 a.m. – 7 p.m. and Sundays, 11 a.m. – 7 p.m. at 6595 Columbia Park Court in Jacksonville. There will be a wide selection of pumpkins and gourds available for purchase, as well as outdoor photo opportunities. All proceeds benefit local and international mission efforts. Visit [www.sotwjax.com](http://www.sotwjax.com) for more information.

## Respite program provides much needed break

By Megan Stewart  
[mail@floridanewline.com](mailto:mail@floridanewline.com)

On the third Saturday of every month, from 1 p.m. – 4 p.m., something special happens on the Mandarin Road campus of Mandarin Presbyterian Church. Adults and kids alike gather together for dancing, running, playing, laughing, exploring, creating, relaxing and therapy dog visits. Although this may sound like a typical youth event, it is so much more. This is Buddy Break.

Buddy Break provides free respite care for families with special needs children, as well as their siblings. All children who attend Buddy Break are paired with an individual, background-checked and trained volunteer (Buddy) and the parents/caregivers are given a much needed break. During Buddy Break, all kids and their Buddies have the opportunity to participate in a variety of activities including singing, dancing, playing music, sensory play, arts and crafts, puzzles, games, building blocks, playground, basketball, interacting with therapy dogs and imaginative play.

Since Buddy Break started at Mandarin Presbyterian Church in October 2017, word quickly spread and the ministry has been



Photos courtesy Megan Stewart  
Children enjoy Buddy Break at Mandarin Presbyterian Church.

steadily growing — there are now upwards of 30 kids who attend each month.

As the ministry continues to grow, the group is continuously looking to increase its volunteer base as well in order to serve more families. No experience is necessary for volunteers, only an open and loving heart.

Interested volunteers are required to attend a one time, two-hour training; trainings are held during each Buddy Break, from 1:30 p.m. – 3:30 p.m. While volunteers are welcome to attend as many Buddy Breaks as possible, volunteers are not required to attend each month.

Contact Megan Stewart at [buddy-break@mandarinpres.com](mailto:buddy-break@mandarinpres.com) if you are interested in learning more about the Buddy Break program or would like to be a volunteer. Visit them on Facebook and Instagram at MPC Buddy Break.

## Pumpkins with a Purpose

Shepherd of the Woods Lutheran Church & School's

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Admission is **free** and you're encouraged to dress up for this event. Please consider bringing a non-perishable or canned food item for donation to MPC's community food bank the Daily Bread Food Pantry.

[mandarinpres.com/pumpkinjam](http://mandarinpres.com/pumpkinjam) • 680.9944

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## August Yard of the Month announced

The Mandarin Garden Club has selected Donna and Roger Jordan's yard as Yard of the Month for August for its beautiful colorful bed of blooms. Rocks from Pennsylvania with other decorative garden art have been carefully placed with beautiful abundance of beautiful flowers planted in each bed. The Jordans have been working together for two and a half years to create a garden of fond memories, beautiful flowers and tireless efforts. When driving by the Jordans' you cannot help but stop and notice the colorful blooms located on the side and front of the home. The couple has devoted as much beauty and time in the back as in the front yard. This August Yard of the Month was nominated by Pat Sams, Dogwood Circle member of the Mandarin Garden Club.



Photo courtesy Betty Waldrep

# Gardening

## The autumn garden

By Master Gardener Lesley Arrandale  
mail@floridanewsline.com

Although the Atlantic hurricane season was remarkably quiet for the continental U.S. up until the end of August, early September saw an abrupt change. As of Sept. 5, tropical storm Gordon is now moving well inland after wreaking havoc along the Gulf coast, and Hurricane Florence has strengthened to category 3; we need to pay attention ([www.nhc.noaa.gov/gtwo.php](http://www.nhc.noaa.gov/gtwo.php)).

If you are interested more generally in the weather in our state — temperatures, rainfall amounts, storm impacts — check out this website: <https://tinyurl.com/y7jznm5d>.

The latest issue of A New Leaf newsletter is available here: <https://tinyurl.com/yc7kqfxr>. As always, there are plenty of inspiring ideas and tips about what to do in the garden this month.

If you have been dealing with a bounty of produce and realize you would have found it useful to know how to preserve it, there are two canning classes in October. On Oct. 13, learn how to preserve apple wedges in cinnamon hot syrup, and on Oct. 27, you can make Chicken in a Can-Homemade Noodles. Pre-registration and pre-payment is required. Each class is \$20 per person. Call Jeannie at (904) 255-7450 to register. With the holiday season approaching, homemade preserves make a thoughtful gift.

The upcoming class on Microgreens and Wildflowers on Oct. 10 (cost \$10, call Sarah at (904) 255-7450 to register) will likely be the last class led by Terry DelValle, our Horticultural Agent of 35 years. She is to retire in November, and I know that anybody involved, however loosely, with the Extension Service, will miss her for both her depth of knowledge and her unfailingly helpful approach to us, the public. Thank you, Terry.

Our fellow creatures are preparing for the cooler weather, and some of our birds are fattening up for the grueling task of migration. As the weather cools, suet will be a welcome, high calorie treat for residents and migrants alike, and it won't be long before our win-

ter visitors begin to arrive, needing a restorative meal.

Hummingbirds and pollinators alike are seeking out nectar-rich fall-blooming flowers like firespike (*Odontonema cuspidatum* or *O. strictum*), Mexican sage (*Salvia leucanthum*), goldenrods (*Solidago* spp.), asters (*Aster* or *Symphyotrichum* spp.), ironweed (*Vernonia* spp.), dotted horsemint (*Monarda punctata*, a prolific self-seeder), wild ageratum (*Conoclinium coelestinum*, which is an incredible insect magnet, but can spread aggressively if the roots aren't kept in bounds), pineapple sage (*Salvia elegans*), and blazing star (*Liatris* spp.). Do your homework to determine which species suit your location, and plan to add those to your garden. Early fall is a good time to plant hardy perennials, but hold off on planting tender species until the spring.

Flowers that bloom in the fall make great decorations for Halloween. Look for autumn shades of chrysanthemums ("mums"), and other orange, red or yellow blooms and berries. If you're aiming for a really spooky look, try draping Spanish moss around your decorations. For indoor use, freeze the moss for 24 hours in plastic bags to kill off any insects.

As you plant your cool season vegetable garden, make sure to scout regularly for insects and caterpillars. Cut worms make short work of small transplants and the problem can be avoided by using a protective barrier like a short section of kitchen paper tube around each plant. There is nothing quite as disheartening as finding your lovely new transplants completely destroyed.

Mary Puckett, the Urban Garden Assistant who has been so crucial to training master gardeners in the subtleties of vegetable gardening, and for the assistance she and her helpers have given to community gardens around Jacksonville and the beaches area, is also retiring. We wish her well, and I for one thank her for her contributions to A New Leaf, including her latest article "A successful garden takes planning." How true that is!

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# Mandarin Garden Club celebrates 30 Years of Blooms

By NewsLine Staff  
mail@floridanewslines.com

On Oct. 13 from 12 p.m. – 3 p.m., Mandarin Garden Club in partnership with Duval County Extension UF/IFAS will hold a celebration of 30 years of the Demonstration Garden at Mandarin Garden Club. The community is invited to join in this celebration which will be held on the two plus acres of the club at 2892 Loretto Road.

Guided tours of the Demonstration Garden will start at 12:30 p.m. and 2:30 p.m. Master Gardeners

and gardening specialists will be available to discuss and answer questions about the plants and various beds.

The Northeast Florida Bonsai Association and the Jacksonville Herb Society will be on site. They will provide experts to give information and displays of their specialties of gardening. These two clubs hold their monthly meetings at Mandarin Garden Club.

Master Gardener Vic Goner will present a demonstration on Tool Sharpening and care of gardening equipment at 1:30 p.m.

The Men's Garden Club of Jacksonville will be at the event to discuss their Aloe Vera Project, which brings much

needed relief to radiation treatment patients in the community. Mandarin Garden Club plays an important part of this effort by maintaining its supply of Aloe Vera plants.



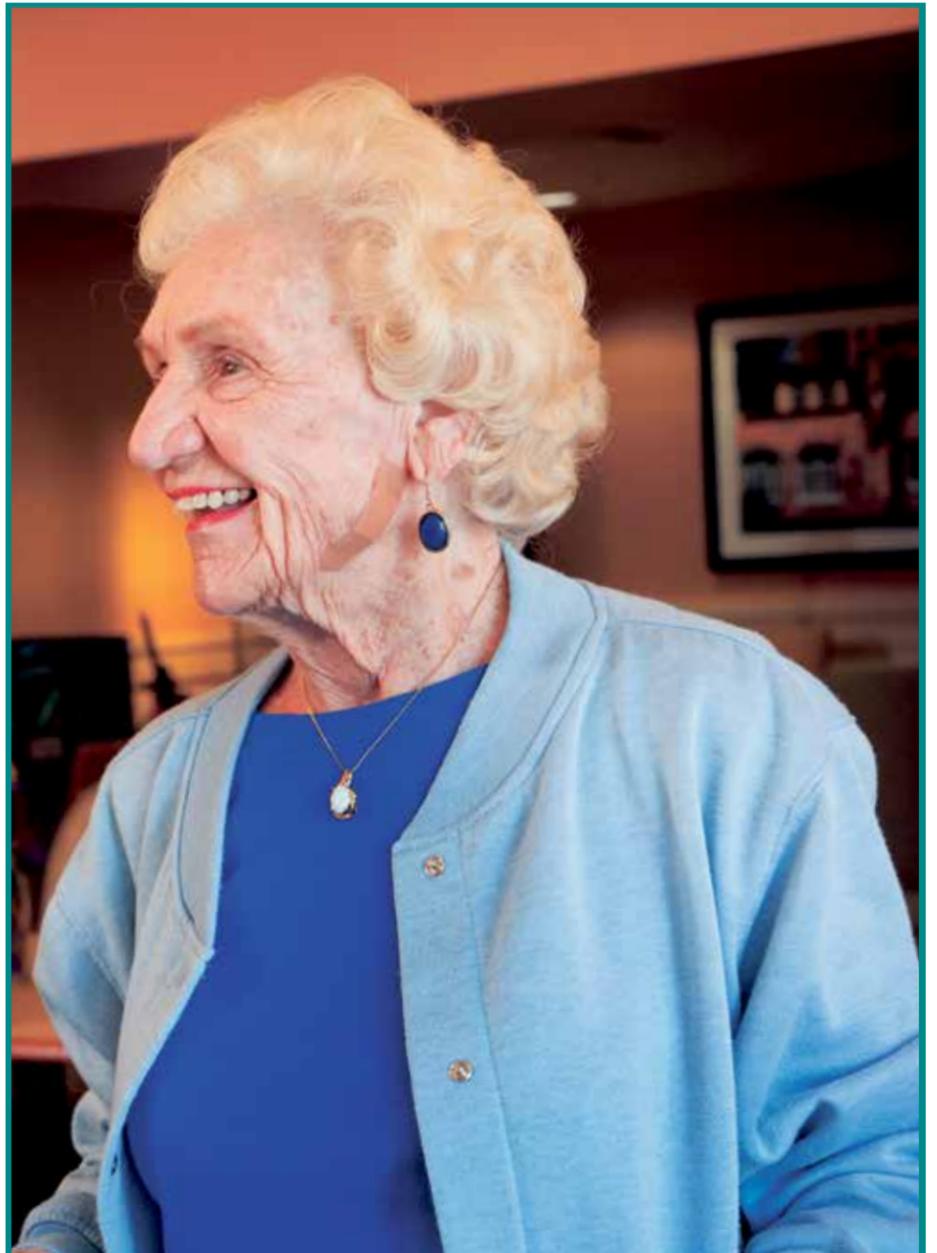
Photos courtesy Dave Alberts  
The Mandarin Garden Club is celebrating 30 Years of Blooms.

UF/IFAS Florida Yards and Neighborhoods Program will be at the celebration. They will offer a display of informational brochures, and experts to discuss gardening in Duval County.

The Demonstration Garden allows the club to practice and fulfill the Garden Club's mission "to cultivate appreciation for and knowledge of horticulture, and an awareness of and involvement in the preservation of the natural beauty of the Mandarin Community."

Free parking will be next door at the Masonic Lodge lot.

Another special event happens at the club on Oct. 5 and Oct. 6: the annual Trash to Treasure Sale will be from 8 a.m. – 2 p.m. on Friday and 8 a.m. – 12 p.m. on Saturday. The club will be filled with all kinds of items that can turn into your treasures. The Garden Café will be open with baked goods for sale.



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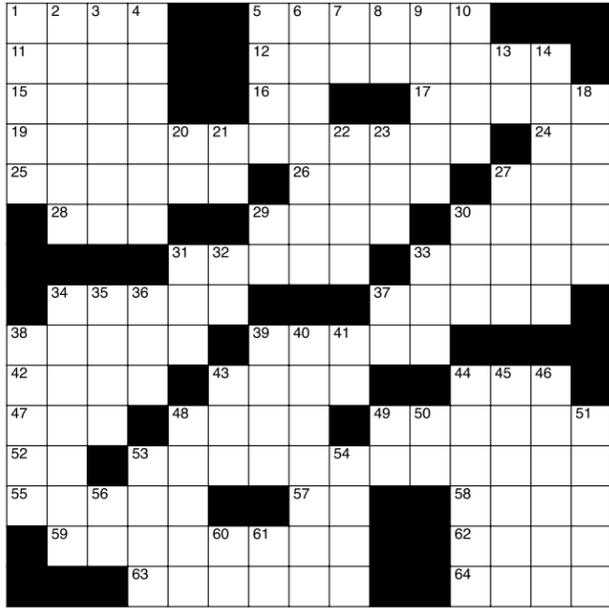
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# Puzzles

Answers to puzzles on page 3  
Provided by MetroCreative



**CLUES ACROSS**

- 1. Plural of ascus
- 5. Repents
- 11. British School
- 12. Adhesive to catch birds
- 15. Male children
- 16. Oil company
- 17. Intestinal
- 19. Money slogan
- 24. 2nd tone
- 25. In actual truth
- 26. Belgian-French River
- 27. Rural Free Delivery
- 28. Midway between S and SE
- 29. Texas armadillo
- 30. 2nd largest Hawaiian island
- 31. Pile up
- 33. Changes liquid to vapor
- 34. Yemen capital
- 37. Byways
- 38. V-shaped cut

- 39. Painting on dry plaster
- 42. Daminozide
- 43. Papa's partner
- 44. \_\_\_-fi: fiction/movie genre
- 47. 1st Soviet space station
- 48. Latvian capital
- 49. Come into view
- 52. Blue Hen school
- 53. Maine water company
- 55. Picture & word puzzle
- 57. Atomic #18
- 58. Xiamen dialect
- 59. Being overzealous
- 62. One who did it (slang)
- 63. Night breathing noises
- 64. A minute amount (Scott)

- 4. The inner sole of a shoe
- 5. A French abbot
- 6. Moves stealthily
- 7. An alternative
- 8. 39th state
- 9. Lotus sports car model
- 10. River fill
- 13. Of I
- 14. Many noises
- 18. Ghana monetary units
- 20. Actor Hughley
- 21. The Cowboy State
- 22. Jest at
- 23. America
- 27. Surprise attack
- 29. Daddy
- 30. Extinct flightless bird of New Zealand
- 31. Express pleasure
- 32. Cellist Yo-Yo
- 33. Bronx cheer
- 34. A more firm substance

- 35. Essential oil obtained from flowers
- 36. Company that rings receipts
- 37. Largest church in Christianity
- 38. Capital of Wallonia
- 39. Heroic tale
- 40. Send forth
- 41. The Golden State
- 43. 1/1000 of an inch
- 44. Angel of the 1st order
- 45. Ukrainian peninsula
- 46. Disregard
- 48. Colophony
- 49. Spanish be
- 50. Military policeman
- 51. Cleopatra's country
- 53. Br. drinking establishments
- 54. Removes moisture
- 56. Liberal Arts degree
- 60. Execute or perform
- 61. Atomic #77

**CLUES DOWN**

- 1. Race of Norse gods
- 2. Large pebbles
- 3. Latin line dances



Solve the code to discover words related to orthodontic health. Each number corresponds to a letter. (Hint: 10 = e)

**A. 24 22 3 12 10 7**  
Clue: Metal devices

**B. 23 15 22 10 7**  
Clue: Filament

**C. 10 5 3 7 9 15 12**  
Clue: Stretchy

**D. 7 9 22 3 15 11 17 9 10 8**  
Clue: Align

## STRAIGHT TEETH WORD SEARCH

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

**WORDS**

- ADJUSTMENT
- ALIGNED
- APPLIANCE
- APPOINTMENT
- ARCHWIRE
- BAND
- BITE
- BONDING
- BRACES
- BRACKET
- BUCCAL
- CEMENT
- CHAIN
- CONSULTATION
- CROOKED
- DECALCIFICATION
- ELASTICS
- EXPANDER
- EXTRACTION
- FORSUS
- IMPACTED
- IMPRESSIONS
- MALOCCLUSION
- MOUTHGUARD
- ORTHODONTIST
- OVERBITE
- PALATE
- PANORAMIC
- PHOTOGRAPHS
- PREMOLAR
- RETAINER
- SEPARATORS
- SORENESS
- TEETH
- WAX
- XRAY

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

# Fishing

## Capt. David's Fishing Report

By Captain David Lifka  
mail@floridanewsline.com

In recent years, over the summer months and into early fall, we have been fortunate enough to experience some of the best fishing and shrimping anyone could remember. Shrimp were filling cast nets with counts of more than 100 per throw. Limits of slot sized reds were being caught just about anywhere in the river where you decided to soak a live shrimp. Flounder, black drum, and yellowmouth trout were right there at your favorite croaker hole with tarpon and dolphin rolling as far south as Green Cove Springs. Yes, fishing was good.

Now we come to the summer and fall of 2018. What a difference this year has been to recent years and actually recent decades. In the past, we have always had to deal with some type of weather related interruption to our summer and fall fishing season. This would usually be the result of rainy spell of a couple of weeks or so, or possibly the passing of some kind of tropical disturbance. Usually a week or two following the weather inconvenience, fishing would come back with a vengeance, and everyone would be happy — but not this year.

Because of the exceptional amounts of above average rainfall throughout much of the entire St. Johns River, for the first time that many can remember, fishing has only gotten worse instead of better as the summer and fall progressed. This does not exclude all fishing on the river, as freshwater fishing has remained somewhat decent.

But what it does include is any type of annual shrimp run, and the showing of the variety of saltwater species that invade our normally brackish waters.

On the bright side, the freshwater catfish bite has been strong. Dead shrimp, bottom fished anywhere from Green



Photo courtesy Chris Joyner  
This month's Catch of the Month photo is of Chris Joyner of Fruit Cove, who caught black drum in early August on the Intracoastal Waterway using dead shrimp and fiddler crabs as bait.

Cove Springs to San Marco should result in some pretty good results. The bream bite should be strong and abundant all the way out of the creeks and into the river, especially on the end of docks. Even large-mouths are making

their presence known in these same areas. Don't be afraid to work the docks.

Areas closer to the ocean should be affected less and should produce some

good fall fishing. St. Augustine, Palm Valley, Beach Boulevard, Ft. Caroline, and Mayport areas of the St. Johns and Intracoastal Waterway should all be hot spots right up to late November. The annual migration of bait fish traveling south should also produce some very good surf fishing for the rest of the fall months.

Fishing Report: Freshwater fishing should be at a premium. Fall bass, bream, and catfish should be readily available in just about any freshwater location. Migrating bluefish should be in good numbers in the surf. Cut fish or finger mullet with a short wire leader should help you land limit catches.

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

Email your Catch of the Month photo to [catchofthemonthpictures@gmail.com](mailto:catchofthemonthpictures@gmail.com). Be sure to include the name of the person(s) in the photo, the name of the person who took the photo, the type of fish and date and location of the catch. We will select a photo each month for publication.



# Travel

## Asheville for the Holidays: Gingerbread Competition and Biltmore's Grandeur.

By Debi Lander  
mail@floridanewsline.com

Visions of sugarplums danced in my head as I drove to the Omni Grove Park Inn in Asheville, N.C. I made the trip last December to the historic Blue Ridge resort to view the winning entries in the National Gingerbread House Competition. My trail of crumbs led me to displays stopping me dead in my tracks — wide-eyed and childlike. Much more than elaborate houses and cutesy cakes, these creations were architectural masterpieces and stunning works of art. This contest takes gingerbread to the highest level of culinary art.

This “best-of-the-best” competition features three categories: children, teens, and adults. All entries must be 100 percent edible, nothing artificial, but need not be houses. Seventy-five percent must be gingerbread, leaving 25 percent for candy, icing and other edible additions.

Contestants submit their creation upon admission — meaning assembly beforehand. An Omni triage unit provides plenty of royal icing for last-minute fixes.

A highly regarded judging panel evaluates each entry based on overall appearance, originality/creativity, difficulty, precision and consistency of theme. The 2017 panel featured world-

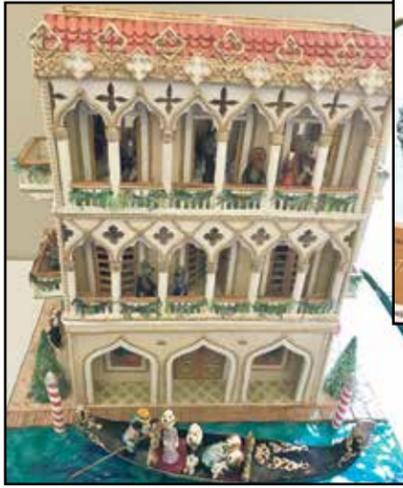
renowned pastry chefs and artists, including the founder of the International Sugar Art Collection, a curator of The Metropolitan Museum of Art, and the author of “Making Great Gingerbread Houses.”

Bragging rights seem the most sought-after award, but dividing \$25,000 in cash and prizes puts icing on the ego cakes.

A visit to the Inn itself is another sweet treat, an overnight stay even better. The 513-room resort recalls a grand old National Park lodge, decorated for the holidays with some of the most glorious greenery, trees and lights anywhere. The Great Gingerbread House lures adults and kids alike to the welcoming Great Hall — a Hansel and Gretel 10 ½-foot gingerbread replica of the Inn. Children can buy hot cocoa while adults cozy up to the lobby bar.

Wine glass in hand, I browsed the floors of gingerbread art for hours, delighting in the children’s entries, relishing the creativity of the teens’ designs (my favorite, The Wall from Game of Thrones), and swooning over breathtaking projects from adult winners.

Billie Mochow, a multi-year winner, said, “Coming up with my idea is one of the hardest parts.”



Venetian palace gingerbread



Photos courtesy Debi Lander  
Swan and sleigh gingerbread

day taking in Biltmore’s gardens, winery and Antler Hill Village. Splurge and spend the night in the Biltmore’s lodging.

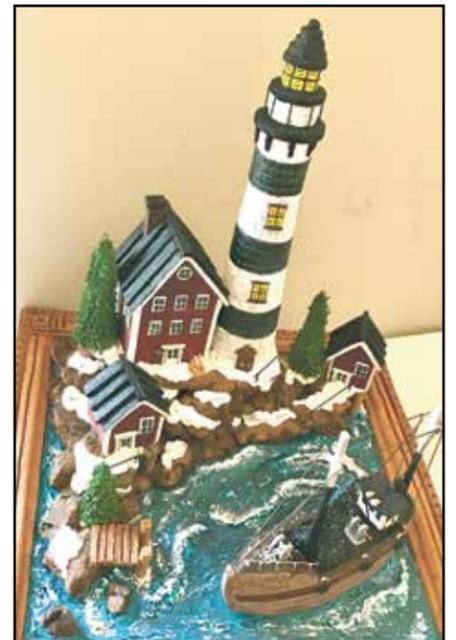
But, run, run as fast as you can to make the necessary reservations. The Gingerbread display is open to the public Sundays after 3 p.m. and throughout the day Monday through Thursday, Nov. 25 – Jan. 5. Asheville is well worth the eight-hour drive from Jacksonville.

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

She contemplates possibilities from January through May, beginning her tedious artwork in the summer. Her elegant swan pulling a sleigh over a glassy lake was stunning.

The overall winning entry, by Ann Bailey of Cary, N.C., showcased a collection of books topped by sculpted figures from Dickens’ “A Christmas Carol.” These tiny, yet detailed gingerbread men (of sorts) would have made Michelangelo jealous. The three-dimensional assemblage brought audible gasps from onlookers.

Beyond gingerbread edifices, the Biltmore, America’s largest and perhaps grandest home, remains a must-see in Asheville. Always an eyeful, the Châteauesque-style mansion, built for George Vanderbilt in 1895, dresses itself to the hilt during the holidays — as it did in Vanderbilt’s time. The Banquet Hall’s 35-foot Fraser fir is the centerpiece of the floral fantasy. Thirty thousand twinkling lights and hundreds of candles reflect in thousands of ornaments; miles of garland accent every corner. Outside, 300 hand-lit luminaries adorn the front lawn, drawing attention to a 55-foot Norway spruce draped with more than 45,000 lights. Tickets aren’t cheap, so plan to spend the entire



Lighthouse gingerbread

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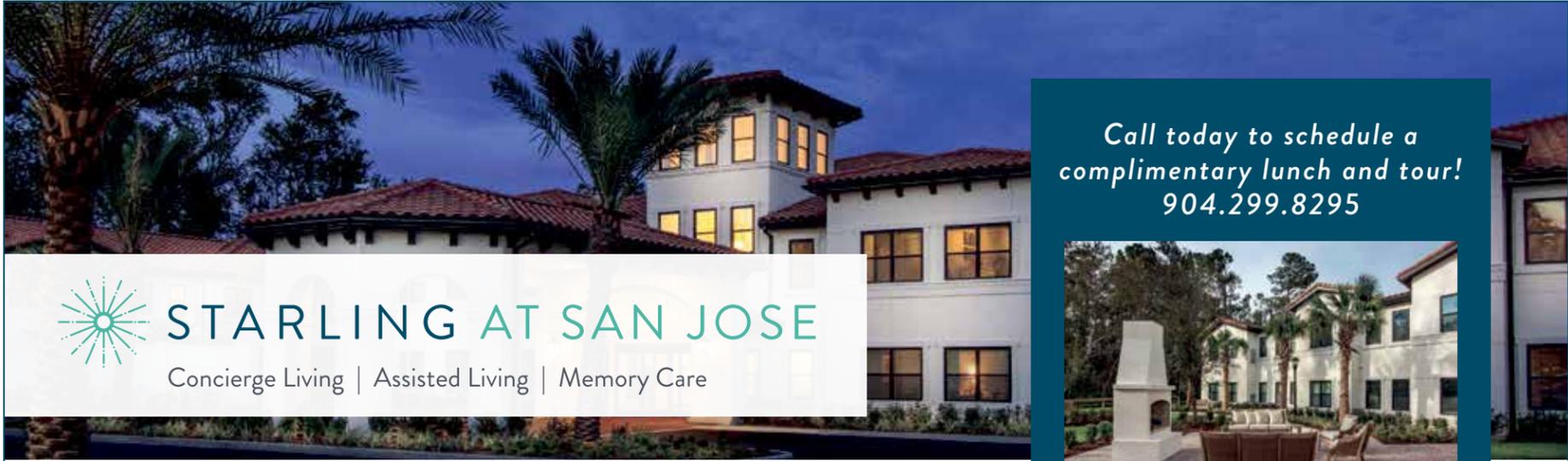
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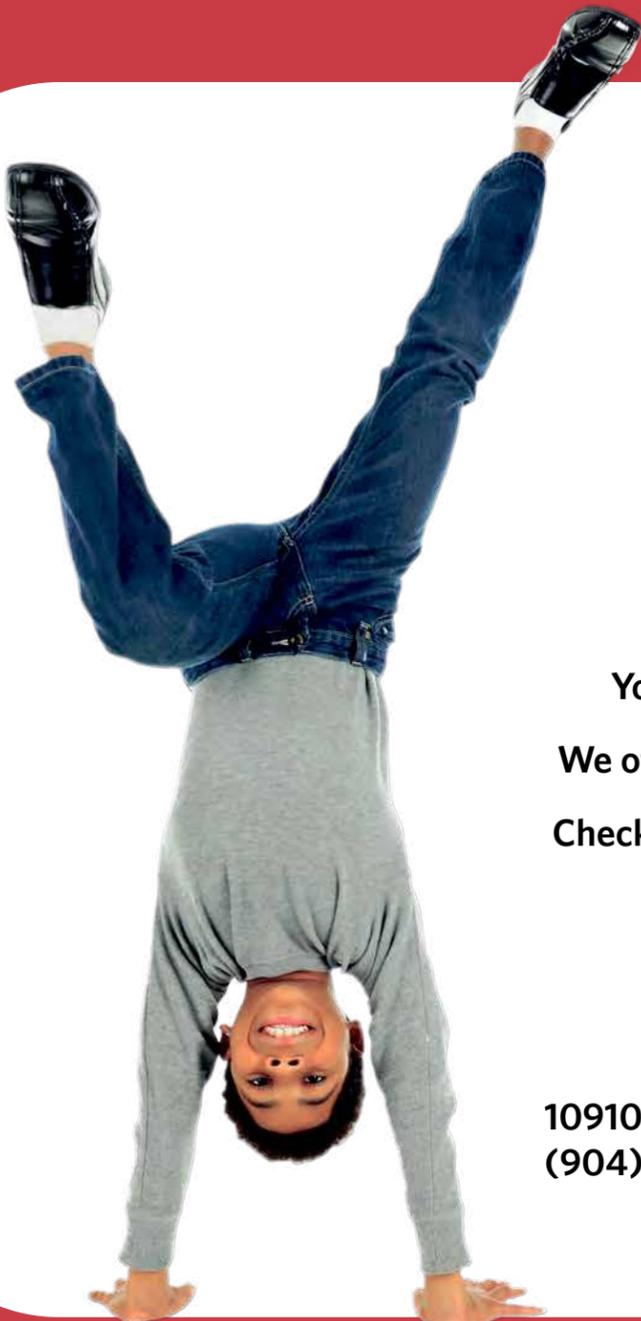
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