

# Mandarin NewsLine

November 2021 Volume 15 Issue 13

A Florida NewsLine Publication

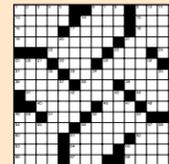


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Photo courtesy Sandy Arpen  
Board President Sandy Arpen celebrating the first sign of walls.

## Mandarin Museum expansion update

By Sandy Arpen  
mail@floridanewsline.com

The Mandarin Museum & Historical Society is winding up a five-year effort to expand and renovate the Mandarin Museum building at Walter Jones Historical Park. After years of fundraising and receiving generous private donations as well as a facilities matching grant from the Department of State, Division of Arts and Culture, the building of the structures actually began this summer. Despite delays related to the

Mandarin Museum cont. on pg. 2

## Mandarin area schools name Teachers of the Year



Photo courtesy Sara Bravo  
Mandarin High School Teacher of the Year Dawn Holcomb with last year's honoree, Jim Schmitt.

By Martie Thompson  
mail@floridanewsline.com

In October, individual public schools across Duval County named their Teachers of the Year. Principals nominated these outstanding educators for the district's top teaching honor of 2022 VyStar Duval County Teacher of the Year. The school winners will go on to be considered as semi-finalists and finalists for the county's top teaching honor and they will be invited to apply for the Jacksonville Public Education Fund's Teacher Leadership Initiative, a professional learning community that connects teacher

leaders with best practices in equity and school quality, to drive measurable improvements in their schools.

In Mandarin, the following educators were nominated by their principals for their school's Teacher of the Year honor:

Mandarin High School: Dawn Holcomb, Lead ESE teacher

Mandarin Middle School: Lindsay Schaeffer, Gifted teacher for sixth, seventh and eighth grades

Bartram Springs Elementary School: Jennifer Rogers, Fourth grade teacher

Crown Point Elementary School: Amanda Hildenbrand, First grade teacher

Greenland Pines Elementary School: Miranda Murdock, Kindergarten teacher

Loretto Elementary School: Samantha Fox, Autism Spectrum Disorder CSS teacher

Mandarin Oaks Elementary School: Candice Lilly, Kindergarten teacher

Sara Bravo, principal of Mandarin High School (home of last year's Duval County Teacher of the Year, Jim Schmitt) had this

to say about this year's nominee: "I am thrilled and proud to know that Dawn Holcomb was voted upon by her peers to be the '21 - '22 Mandarin High School Teacher of the Year. As our ESE Lead Teacher, Ms. Holcomb serves a very special population of students. As a parent of a student with learning differences and a principal who has a special place in her heart for ESE students and teachers, it is deeply encouraging to know that our

Teachers of Year cont. on pg. 17



Photo courtesy Mary Eyster  
Crown Point Elementary School Teacher of the Year Amanda Hildenbrand.

## Mandarin gets in the autumn spirit

For the third year in a row, the historical mile along Mandarin Road has been decorated for the fall season. A project of the Mandarin Community Club led by board member Brett Nolan, seasonal decorations will be in place through November for the enjoyment of the community. Pictured are the Mandarin Community Club, the Mandarin Cemetery, and the Walter Jones post office and General Store.



Photos courtesy Lynn Cuda

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**Briefs**



Photo courtesy Mandarin Women's Club  
Approximately 100 members attended the club's September luncheon at the Ramada Inn.

**Mandarin Women's Club welcomes Jay Fund Foundation speaker**

Due to Thanksgiving, the Mandarin Women's Club's November luncheon will be on the third Thursday of the month, Nov. 18, at the Ramada Inn, 3030 Hartley Road. The guest speaker will be Keli Coughlin Joyce, CEO of the Tom Coughlin Jay Fund Foundation. She will speak about her father's foundation and how it has helped more than 5,000 families.

Doors open at 10:30 a.m. and reservations for the luncheon are required.

The luncheon cost is \$18 and must be received by Thursday, Nov. 11. Call Susie at (904) 262-8981 or email [spm104@aol.com](mailto:spm104@aol.com) to make reservations and obtain payment instructions. Visit [www.mandarinwomensclub.com](http://www.mandarinwomensclub.com) for more information on events and membership forms.

**Mandarin Community Club to collect holiday greetings for military**

The Mandarin Community Club will collect holiday card greetings for servicemen and women again this year. Distribution will be through the Holiday Mail for Heroes program sponsored by the American Red Cross. The entire community is invited to join the Mandarin Community Club in this endeavor.

A collection box designed for this purpose will be placed at the front door of the Mandarin Community Club building, 12447 Mandarin Road, from Nov. 1 – 12. Those wishing to participate can also bring their cards to the annual Wreath Laying Ceremony on Nov. 7 at the Billard Commemorative Park.

Note these few guidelines per the American Red Cross:

- Both commercial and homemade cards are welcome.
- Cards not in envelopes are preferred. If you feel you want to use an envelope, do not seal it or write on the envelope itself.
- Please no glitter or confetti in cards.
- Please respect our servicemen and women by keeping messages positive and uplifting.
- Please do not sign your last name or use your address.
- Please do not select or make cards with religious images or messages.

See the "News and events" section at [mandarincommunityclub.org](http://mandarincommunityclub.org) or call (904) 268-1622 for more information.

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**Mandarin Museum** cont. from pg. 1

pandemic, permits and rainy weather, R.G. White Construction has been working diligently to build the new exhibit hall and expand the archive room. A completely new air conditioning system is also being installed for the entire building.

The original hope was to have this project completed by Dec. 4 for Winter Celebration. That was an optimistic goal — and Winter Celebration has been canceled for 2021.

The revised goal is to have a Grand Reopening event in late Spring 2022; however, it will be worth the wait, as the newly built and completely revised museum will include: a new and dedicated exhibit hall for the "Maple Leaf" story (National Historic Landmark Civil War shipwreck); a brand new "Untold Stories of Black Mandarin" exhibit; a refreshed Harriet Beecher Stowe area; a dedicated space related to the steamships that frequented Mandarin's docks; a new Mandarin Timeline; and smaller exhibits that include the River, the Timuquans, early settlement, the Seminole Wars, Pvt. Marion Losco, historic homes, schools, churches and businesses, 20th century happenings, and a display titled "What happened to rural Mandarin." Even the bathrooms in the museum will be beautified with event posters from the past.

Behind the scenes, we are very grateful to be doubling the size of the Susan

Ford Archive Room. This room contains the museum's vast collection of photographs, documents, paintings, pottery and other objects that have been donated to the museum over the years. When the building was built in 2004, the collection was quite small in comparison to today. Now we have four volunteers on an archive team who manage all of it, and they will finally have a room to work in and the ability to store everything in a better way.



Photo courtesy Sandy Arpen  
The brand new Maple Leaf exhibit room under construction in October.

We ask everyone to be patient. This is a huge undertaking for an organization that is essentially managed by volunteers. Everyone has been working so hard to bring this new Mandarin Museum to life and it will be a special gift to the entire community. We look forward to a celebration of completion and reopening. Stay tuned.

*Sandy Arpen is a volunteer with the Mandarin Museum & Historical Society. Visit [www.mandarinmuseum.net](http://www.mandarinmuseum.net) for more information about Mandarin's history and Mandarin Museum & Historical Society information.*



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# BFF Best Furry Friend of the month

## Meet Teddy!



**Breed:**  
Yorkshire terrier with something else (we are not exactly sure the other part of him is).

**Favorite Activity:**  
Running around the house with his green squeaky toy in his mouth.

**Favorite Treat:**  
Unknown.

**Favorite Friend:**  
Dusty the dog and favorite human is Mya.

**How did your BFF get his name:**  
Because he looks like a teddy bear.

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

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## MYSTERY PHOTO

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

Last month's Mystery Photo was Sugar Bear Antiques Mall.  
Our winner was Natalie Davis. Congratulations!

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Determine the code to reveal the answer!

Answers: A. autumn B. leaves C. pumpkin D. brisk

Answers to our Puzzles

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# November

## What's Going On in Mandarin? A modified calendar of events

### Community Calendar

**Shuffleboard** is played on Tuesdays at 1:30 p.m. as of Nov. 2 at Mandarin Park. The courts are at the park entrance next to the tennis courts. Try to get there a few minutes early for court assignments. Beginners are welcome. Just show up (a few minutes before playing time), unless it rains.

**The Rotary Club of Northeast Florida Duval Dinner Team** meets every Tuesday evening at 6 p.m. in the private room at The Athenian Owl Restaurant, located at 9551 Baymeadows Road. There is always an interesting speaker as listed on our webpage: [neflrotary-duvaldinnerteam.com](http://neflrotary-duvaldinnerteam.com). Each person pays for their own meal and guests are welcome.

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

**The Italian American Club of Jacksonville** announces a club social on Nov. 1 at 1 p.m., the Board of Directors meeting on Nov. 3 at 6:30 p.m., a general membership meeting on Nov. 14 at 1 p.m., and the ever-popular Spaghetti to Go on Nov. 19 from 5 p.m. – 7 p.m. All activities are at the club building, 2838

Westberry Road. Visit [www.iacofjacksonville.com](http://www.iacofjacksonville.com) or call (904) 586-2700 for more information.

**The Honeybee Quilters Guild** will meet on Tuesday, Nov. 2 at 6:30 p.m. at Mandarin Presbyterian Church in the loft on the County Dock Road side of the church at 2501 Loretto Road. Colleen will be teaching about edge to edge machine embroidery. Masks are optional. New members/guests welcome. Visit [honeybeequilters.org](http://honeybeequilters.org) for more information.

**The Jacksonville Camera Club** will meet on Nov. 3 and Nov. 17. On Nov. 3, Bronwyn Horvath, an accomplished photographer, will present "12 Tips for Better Travel Photography." On Nov. 17, the results for images entered in the club's final digital contest for 2021 will be presented. Visit [jax.jaxcameraclub.com](http://jax.jaxcameraclub.com) for more information and meeting location updates.

**The Friends of South Mandarin Library will have a book sale** at the South Mandarin Library, Nov. 4, 5, and 6, featuring a variety of books, CDs and DVDs, all priced at \$2. All the sales will benefit educational and children's programs.

**The Mandarin Garden Club will host its 12th annual Craft Fair** on Nov. 6 from 9 a.m. – 4 p.m. at the club, located at 2892 Loretto Road. The Masons will have barbecue available and the cafe will

sell baked goods. Many plants as well as all types of crafts (Nativity sets, bird houses and gourds, handmade wood items, framed photography, floral items, candles, soaps, homemade sewing items, original art, wine, sterling silver and beaded jewelry, blankets, scarves, home décor, stepping stones, metal décor, painted trays, candy, greeting cards) will be for sale. The Craft Fair is free and open to the public; CDC guidelines will be followed.

**Jacksonville Chapter DAR** will meet on Tuesday, Nov. 9 at 11 a.m. at Blue Fish Restaurant for lunch. The cost is \$24 and the speaker will be CDR (Ret.) Deorah Geanuleas, "Eight Women On the Wall." Prospective members are welcome. RSVP via email to [Darjacksonvillechapter@gmail.com](mailto:Darjacksonvillechapter@gmail.com) or (904) 333-5222. Zoom is available.

**The All Star Quilters Guild** will meet at 10 a.m. on Monday, Nov. 15 at the First Christian Church, 11924 San Jose Blvd. The program is "What's New or Repurposed." Guests are welcome, but masks are required. Christmas quilt raffle tickets are available for \$1 each. Visit [www.allstarquilters.org](http://www.allstarquilters.org) for more information.

**The Mandarin Women's Club** will welcome The Jay Fund Foundation on Nov. 18 at the Ramada Inn Mandarin. Doors open at 10:30 a.m. Reservations are due by Nov. 11; email [spm104@aol.com](mailto:spm104@aol.com) or (904) 262-8981.



Photo courtesy Lynn Cuda

## Annual Wreath Laying Ceremony scheduled

The Mandarin Community Club will hold its annual Wreath Laying Ceremony in honor of Veterans Day on Sunday, Nov. 7 at 1 p.m. in the Billard Commemorative Park adjacent to the club building, 12447 Mandarin Road. This event is open to the public and the community is invited to attend. Limited seating will be available. Visit [mandarincommunityclub.org](http://mandarincommunityclub.org) for more information.

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with Jacksonville City Council Member Michael Boylan, District 6

**Q: Can you shed any light on the decision to not pick up recyclables curbside?**

**A:** This was a decision of the city's administration — to suspend recycling pickups to allow Waste Pro to allocate all its trucks to address the yard waste issue. We continue to have delays in yard waste pick up, but I think things are improving. This is not a permanent solution and I expect the suspension of recycling pick up to be six months or less.

**Q: How can residents continue to recycle items during this time?**

**A:** There are 14 different sites where residents can bring their recyclables for drop off at no cost. The closest one for Mandarin residents is Palmetto Leaves Regional Park, 5760 Greenland Road. Hours for recycling drop off are Monday through Saturday from sunrise to sunset. Visit [www.coj.net/welcome/docs/recycling-faq-s-version-2.aspx](http://www.coj.net/welcome/docs/recycling-faq-s-version-2.aspx) for more details on how to drop off recyclables.

**Q: What is the work being done on the wooden pedestrian bridge on Pine Acres Road?**

**A:** Maintenance is being performed on this pedestrian bridge to replace the wooden planking, clean and repaint the handrailing, and adjust the approach sidewalks to correct the lip alignments. Construction is anticipated to be completed in November 2021.

**Q: What is the latest information on the Julington Creek Road bridge rehabilitation?**

**A:** Currently, design of repairs to both bridge approach slabs and repair of the sunken approach pavement and sidewalks is in progress. Plans are anticipated to be 100 percent complete in fall of 2021. Following that, advertisement for construction will take place in winter of 2021 and project completion is antici-

pated in fall 2022.

**Q: Will there be a sidewalk on Loretto Road between Mandarin Road and County Dock Road?**

**A:** There is a project underway to add a sidewalk in this location. Survey work is complete and final design is underway.

**Q: Do you have an update on the old Famous Amos site on San Jose Boulevard?**

**A:** The building was sold and was painted yellow — and then it was never in operation. Now it is painted white, but it will still operate as a medical cannabis facility, just under different ownership.

**Q: Can you give any insight into your decision to resign from the Safer Together committee?**

**A:** The focus on this series of workshops was supposed to be on the relationship between the Jacksonville Sheriff's Office (JSO) and the community it serves. What happened was the project was commandeered by a group with its own agenda, and it drove a wedge between JSO and my colleagues — so much so that moving forward, even with a civilian policy review board, was very unlikely. Unfortunately, what's lost in all this is the hard work we put into this process over the last year. I'm disappointed, but I'm sure this isn't the last time we will be looking to improve this situation.

**[Editor's Note:** We published an error in the date of the upcoming special election for the City Council At Large Group 3 seat. The Special Unitary First Election will be held Dec. 7, 2021. The Special Unitary General Election will be held Feb. 22, 2022. We are sorry for any inconvenience.]

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

**A:** Community members can email me at [MBoylan@coj.net](mailto:MBoylan@coj.net) or call (904) 255-5206.



with Duval County School Board Member Lori Hershey, District 7



Photo courtesy Lori Hershey

Volunteers organized, bagged and distributed food items at the Farm Share event at Twin Lakes Academy Elementary.

**Q: Can you give an update on the pool construction at Atlantic Coast High School?**

**A:** The design phase is set to begin in Fall 2021, with construction scheduled to start in Fall 2022.

**Q: What is the district doing to improve air quality at Mandarin area schools?**

**A:** Work is being done to the air filtration systems of schools throughout District 7. The timeline for these improvements, which include the replacement of current MERV-8 (Minimum Efficiency Reporting Value) with new MERV-13 level filters is: In October, installation is scheduled for Bartram Springs Elementary, Greenland Pines Elementary, Twin Lakes Academy Elementary, Mandarin Oaks Elementary, Mandarin Middle, and Twin Lakes Academy Middle. In November, installation is scheduled for Loretto Elementary, Crown Point Elementary, Mandarin High and Atlantic Coast High.

**Q: Do you have any news about the new principal at Atlantic Coast High School?**

**A:** The former principal accepted a position with the district office in professional development, so Atlantic Coast High School has a new principal, Michael George. He is from New Orleans and is excited to be at Atlantic Coast. On Oct. 12, we hosted an opportunity for parents

to meet the new principal and learn more about him. I'd like to thank all the parents who attended.

**Q: What can you tell us about the traffic situation at Mandarin High School [as of interview date of Oct. 14]?**

**A:** I am well aware of the traffic problems at Mandarin High School that have been ongoing since the start of the school year. I appreciate everyone who has reached out. I have been working with Council Member Boylan and the city and with our school police who have been working with the Jacksonville Sheriff's Office. Traffic studies have been done and I am awaiting the report. We are all working together to remedy this situation.

**Q: Do you have anything else to share with District 7?**

**A:** On Oct. 16, Twin Lakes Academy Elementary School hosted a Farm Share event. We had more than 50 volunteers show up to help, many of them students from Twin Lakes Academy Elementary's Green Team, Twin Lakes Academy Middle School and Atlantic Coast High School, as well as parents and community members. We were able to help 400 families.

**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) 390-2375.

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Photo courtesy Margo Crafton

Dignitaries cut the ribbon at the Mandarin Senior Center's Grand Re-Opening: Tomeraine Pierre, Site Coordinator; Dick Kravitz, Former City Council Member 1987-1995; Michael Boylan, City Council Member District 6; Luci McCracken, Site Council Chairperson; and Gloria Crawford, Chief of Senior Services.

## Mandarin Senior Center holds grand re-opening ceremony

By NewsLine Staff  
mail@floridanewline.com

On Wednesday, Oct. 13, the Mandarin Senior Center celebrated its grand re-opening with a ribbon cutting ceremony, speakers, and refreshments.

Former City Council Member Dick Kravitz, who represented the district when the center first opened in 1990, City Council Member Michael Boylan, who now represents the district, and Gloria Crawford, the Chief of Senior Services all spoke about how fortunate the Mandarin community is to have such a center and how it continues to enrich the lives of many.

The Mandarin Senior Center on Hartley Road is open Monday through Friday from 8 a.m. – 5 p.m. and offers activities in the newly remodeled and expanded building. All activities and services are



Attendees of the grand re-opening enter the Mandarin Senior Center.

free. A cold breakfast is available at 9 a.m. on Tuesdays, Wednesdays, and Thursdays, and a warm lunch is offered daily at noon. Seniors can participate in a variety of activities including chair volleyball, chair yoga, bingo, exercise classes, square dancing, knitting, ceramics, and wii sports. Plans for November include a member's only Thanksgiving lunch on Thursday, Nov. 11 at 12 p.m. with a \$2 per person charge and a 31st Anniversary Celebration on Thursday, Nov. 18 at 11 a.m. For more information on all activities and events, contact the Mandarin Senior Center at (904) 255-6750.

## Medicare Open Enrollment is here

By John Risler  
mail@floridanewline.com

It's check-up time. Before a long road trip, do you check the tire pressure, belts and hoses, coolant? Before leaving the dock, do you assure sufficient life vests, fishing tackle, bait is on board? How about a trip to the beach — towel, cooler, sunblock?

Now is the time to check your Medicare health coverage. The Medicare Open Enrollment Period for Medicare beneficiaries, also known as OEP, began on Oct. 15 and continues through Dec. 7. The sooner you start your review of coverage the better. This allows time for comparison, evaluation, counseling, and changing.

Begin by getting out your insurance cards. This includes your Medicare card, Supplemental Insurance card, Medicare Advantage Plan insurance card, and perhaps your Medicaid card. Next get out your drug plan card, if you have one, and a list of your current medications. Finally dig out your Medicare Summary Notices (MSNs) or Explanation of Benefits (EOBs) that have arrived in the past several months.

With this information in hand you can better understand what went well during the year, where you had difficulties, and if you wish you had made a different plan selection decision last fall.

You will also want to confirm that your current favorite primary provider and specialist will be accepting the same plans in 2021. Is your pharmacy still the preferred one for your plan? Are your drugs all

covered by your plan? This may require changing plans or providers.

Further, you should determine if your financial situation has changed. Are your current plans still within your budget? Do you need to reduce your costs? Do you qualify for, and need to apply for, premium assistance with Medicare Part B or Part D?

These are just some of the questions that comprise a thorough Medicare coverage check-up. Now is the time to start!

Confused? Overwhelmed? Unsure? There is help available as close as your computer or telephone. Medicare.gov is a user-friendly website with a convenient Plan Finder Tool that can guide you through the options available.

You can also call the ElderSource Program, SHINE ("Serving the Health Insurance Needs of Elders") Program. This program offers free, independent and unbiased counseling with the goal of helping people find the best information possible to make important healthcare decisions.

SHINE volunteers are not insurance brokers, but rather specifically trained guides to help enrollees understand the possible changes they can make to their Medicare plans. This year, older adults may need additional guidance on coverage options because of the impacts of the COVID-19.

An ElderSource SHINE volunteer may be reached by calling (888) 242-4464.

*John Risler is an ElderSource SHINE volunteer.*

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# The basics of long-term care insurance

By NewsLine Staff  
mail@floridanewline.com

Many older adults get some peace of mind by taking steps to finance long-term care should they become incapable of living independently.

LT Care Consumer, a health care advisory

company, says 70 percent of people over age 65 will require some type of care at some point in their lives. According to the 2017 Cost of Care study by Genworth Financial, the average annual cost for a private room at a nursing home is \$97,455. Such costs illustrate why long-term care

insurance can be a wise investment.

Long-term care, or LTC, encompasses services and support that assist individuals with the activities of daily living, which include bathing, eating, dressing, toileting, and more. In addition, LTC may support needs such as caring for pets, household chores, medicine management, and meal preparation. LTC may be provided by specialized assisted living facilities or by in-home care workers.

The resource Long Term Care Primer advises that individuals typically must fund their own long-term care. Many facilities are not subsidized by government assistance programs under Medicare in the United States. Medicaid may step in for certain individuals who are of limited means, but that assistance may be exclusive to those living in skilled nursing facilities. That means the bulk of paying for long-term care rests on the individual.

Long-term care insurance can pay for care to treat chronic health conditions and meet personal needs over an extended period of time. This is known as custodial care. Individuals who have habits or health

issues that could result in the need for LTC in the future should look into LTC insurance. LTC insurance also can be a sound investment for individuals who cannot afford extended nursing care out-of-pocket.

The Ohio Department of Insurance notes that policies may vary, but they typically include a deductible or elimination period, which is a time when the policy holder is liable for payment before the insurance begins. Policies typically include a daily benefit as well. This is the maximum amount the insurance company will pay toward each day in the nursing facility; the policy holder may be responsible for the difference. Policies also include a benefit period, or the length of time the policy will pay the daily benefit, which can be a few years or a lifetime.

Individuals also have other options in regard to securing long-term care. Care.com says comprehensive LTC policies, combination policies and riders to current life insurance policies may help augment long-term care needs. Because LTC

Long-term care insurance cont. on pg. 10



*“If I were still in my house I would not be doing half of what I’m doing here. And I’ve never had so many friends in my life.”*

— Resident Mary M. (with her dog, Jade)

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 **Caregiver Support**

Are you caregiver feeling stressed? Call for information about a special program to prevent caregiver burnout.

 **Caring Connections Telephone Reassurance Program**

If you’re feeling lonely, sign up to receive friendly telephone calls from a volunteer. If you are looking to volunteer to make a difference in the life of a senior, here’s your opportunity!

 **Get Help with Medicare Questions**

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## Senior living facility receives grant

By NewsLine Staff  
mail@floridanewsline.com

River Garden received a first time grant from the Grace H. Osborn Endowment at The Community Foundation for Northeast Florida. The \$10,000 grant was awarded to assist with the reopening of the Adult Day Program (ADP) and specifically address challenges precipitated by COVID-19 isolation.

River Garden has served the community successfully through its innovative outpatient Adult Day Program for almost 30 years. The program enables seniors to live at home longer by providing activities, meals and supportive personal care services for individuals with dementia and other chronic illnesses. ADP was closed from March 2020 until it reopened on July 19, 2021.

The plans to reinvigorate the program involve a focused and holistic approach to activity programming, evaluating all current activities against the six dimensions of Het-

ler's Model of Wellness (physical, spiritual, social, emotional, occupational and intellectual), as well as considering the functional capacity of the participant. Funding from the grant will enhance the Frisch Family Pavilion and wander walk area with more outdoor



Photo courtesy River Garden  
River Garden has served the community successfully through its innovative outpatient Adult Day Program for almost 30 years.

seating and shade, purchase equipment to upgrade interaction with more hands-on activities, and provide extra educational opportunities for staff through the Teepa Snow Positive Approach to Care Organization.

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

**Long-term care insurance** cont. from pg. 8 insurance — and paying for health care in general — can be quite confusing, people are urged to speak to professionals about their options and whether LTC insurance is necessary. A 2014 study by the Center for Retirement Research at Boston College estimated that only 20 to 30 percent of people would benefit from a policy. Researchers concluded that, while many people do need long-term care, they may not need it for an extended period of time

and may be able to cover their care with their own savings. Furthermore, the cost for policies may be \$2,000 a year, which is a concern for some people.

Individuals who purchase LTC insurance should know that medical underwriting for policies can be extensive. Coverage may be denied for current or past health conditions. Most people find that the best age at which to buy LTC insurance is in one's mid-50s. Healthy individuals may be eligible for discounts on LTC premiums.



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# How to confront the potential onset of memory loss

By NewsLine Staff  
mail@floridanewslines.com

No two individuals are the same, but many men and women encounter similar changes as they approach their golden years. As adults get closer to retirement, their eyeglass prescriptions may need to get a little stronger and their workouts may need to be a little less intense as their bodies adjust to the physical challenges of aging.

Many changes associated with aging don't affect seniors' ability to live independently; however, one common concern for older adults is the potential decline of their cognitive health, which can compromise their ability to get through their daily lives without some form of assistance.

According to the National Institute on Aging, many older adults worry about memory loss as they age. The Alzheimer's Association notes that voicing concerns about memory loss can make those worries seem more real. That fear may compel some aging men and women to write off memory

loss as a minor side effect of getting older. And in many instances, memory loss is not severe and not indicative of the onset of dementia or Alzheimer's disease. However, the Alzheimer's Association notes how important it is for aging men and women to seek support if they are concerned about their memory or any changes in the way they're thinking or behaving. Doctors can be invaluable resources for aging men and women, offering tips on how to confront memory loss and recommending strategies that can improve cognitive function.

The Alzheimer's Association recommends aging adults take a three-pronged approach to memory loss the moment they notice any changes in their memory or behaviors.

## 1. Assess the situation.

Start making a list of any changes you notice each day. Changes could be related to memory, thought patterns or behaviors. Note anything that feels abnormal or is causing you concern.

A good assessment also will involve careful consideration of any and all potential factors that may be behind your concerns. Is something other than aging going on? Family stress or a recently diagnosed medical condition can lead to the same issues many people associate with dementia or Alzheimer's.

The Alzheimer's Association lists 10 warning signs for Alzheimer's at [www.alz.org/10signs](http://www.alz.org/10signs). Familiarize yourself with these signs to see how they line up with how you're feeling.

Take note of anyone who has shared concerns about your memory loss, thought patterns or behaviors. It's not always easy to hear loved ones express such concerns, but they should not be ignored.

## 2. Have a conversation.

The Alzheimer's Association notes that many people find it helpful to discuss their concerns with a loved one rather than going it alone. Don't delay

such conversations, but try to figure out how you will approach them in advance.

After discussing your concerns with a trusted loved one, ask this person to accompany you when you discuss these concerns with your doctor. Having a loved one accompany you when visiting the doctor can calm your nerves, and this person can serve as a backup who can ask the doctor any questions or share any concerns you may forget to ask or bring up.

If a loved one says your concerns sound like normal aging but you still want to seek more support, don't hesitate to contact another friend or family member.

## 3. Reach out for help.

The Alzheimer's Association is a reliable source of information that can be accessed online at [www.alz.org](http://www.alz.org) and over the phone at 800.272.3900. Individuals also can find local resources by visiting [www.alz.org/CRF](http://www.alz.org/CRF).

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## Nutrition Check

## Lifestyle approaches to managing diabetes

By Kristen Hicks-Roof PhD, RDN, LDN, CLC, FAND and Caroline Jury BS  
[mail@floridanewsline.com](mailto:mail@floridanewsline.com)

November is Diabetes Awareness Month, so this article lists strategies to prevent and manage your diabetes. According to the American Diabetes Association, about 11.8 percent of the adult population in Florida, approximately two million Floridians, have been diagnosed with diabetes. About 546,000 people don't even know that they have diabetes, which puts them at greater health risk. Diabetes can have major negative long-term impacts including heart disease and kidney disease, if not appropriately managed.

Managing diabetes can be challenging; sometimes, you may feel overwhelmed. Having diabetes means that you need to check your blood sugar levels often, make healthy choices, be physically active, remember to take your medicine, and make other good decisions about your health several times a day. I also recommend working with a Registered Dietitian Nutritionist or joining a Diabetes Prevention Program; you can ask your family physician for referrals to both.

Here are Five Care Strategies to help manage diabetes

1. Small changes
  - Drink plenty of water; try swapping a sugary beverage (tea, soda) for water
  - Eat healthy snacks in between meals like a piece of fruit, handful of nuts, or a cheese stick to prevent hypoglycemia (low blood sugar)

2. Eat healthily
  - Consult with a Registered Dietitian Nutritionist and use MyPlate as a guide for your meals. Variety and type of carbohydrates matter, so learning portion sizes and carbohydrate quality are key to success.
3. Keep moving
  - Work your way up to walking for at least 30 minutes a day to help manage your blood sugar
  - Exercise maximizes your own body's insulin. Consult with your primary care provider before participating in any exercise activities.
4. Monitor blood sugar. Blood glucose changes throughout the day; what you eat, how your hormones react, and your activity level affect it.
  - Most healthcare providers suggest you test four times a day: before breakfast and two hours after each meal.
  - Use a logbook to record the results of each blood glucose reading.
  - If needed, take your medication.
5. Take time to breathe. Take time to relax and unwind at the end of a busy day or anytime you feel overwhelmed.
  - Deeply and slowly inhale and exhale.
  - Repeat the process about four times.

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

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## Get to Know ...

By Martie Thompson  
editor@floridanewslines.com

### Sandy Mitten

Sandy Mitten considers herself just an “ordinary person” ... but she has certainly done extraordinary things. Originally from Milwaukee, Wis., she joined the Navy right after graduating from high school in 1959, at a time when there weren't many women signing up. She was assigned to the legal department while awaiting entrance into radio school, but in the meantime got married and then pregnant. Her Navy career ended just 18 months after it began, as she was honorably discharged with the reason of “pregnancy,” due to the standard at the time. She never made it to radio school. Fast forward about 14 years later, and she had three children and two ex-husbands. She joined the Coast Guard Reserve and then retired as a Chief Petty Officer in 2001. In between, she was called up with her unit, the first reserve unit in the history of the United States Coast Guard to be activated, to be part of Operation Desert Storm. She was the first Coast Guard woman to serve overseas in a combat role — at age 49. Her poignant letter from Saudi Arabia to her mother was featured in a book by Andrew Carroll entitled “War Letters” and she was further honored this past summer to receive the Woman of Valor pin, given to just 10 women, and the Military Women's Living Legend Award. She has nine grandchildren and is “head flocker” for her five tropical birds and “Grandma” to her cat, Lola Folana.

#### Q: Why did you join the Coast Guard Reserve?

A: It was 1974 and I had just moved back to Milwaukee as a single mother with my young children. I got a factory job with



Photo courtesy Carron Lucero  
Sandy Mitten

Briggs and Stratton, but I was looking ahead to retirement so I decided to join the Naval Reserve. The recruiter I talked to told me that I would require too many waivers — age, young children, and too long of a break since my service — so he recommended I try the Coast Guard Reserve.

#### Q: What were some of your duties with the Coast Guard Reserve?

A: I worked in the marine safety office first and in 1980 when the Coast Guard formed the Rapid Deployment Force, I became part of that. There were 87 of us, six were women and I was the leading female. I was a gunner's mate and we trained as if we were going to war with all the other branches of service, thinking we would never go to war — but we did. The Coast Guard has been involved in every United States war since the beginning.

I was called up for training in September 1990, thinking I'd be home in time for my oldest son's wedding at the end of the month. Five days into training we were activated and I found myself in Saudi Arabia by the time of the wedding. My family videoed the wedding and reception

and sent it to me and told me, “Throw your boots on a table and enjoy the wedding.”

I was part of the Port Security Unit 303 and was a gunner for a .50 caliber machine gun on a 22 foot patrol boat in the Persian Gulf. At age 49, I was a grandmother and earned the nickname “Gulf War Granny.” My tour was for six months and then I came home and continued serving in the Reserves for another 10 years.

#### Q: How did you come to live in Mandarin?

A: I moved here in 2010 to be close to my children and grandchildren. My home in Mandarin was the 21st home I looked at when I was house hunting. I like that it is not in a homeowners association, it is ranch style, and it doesn't have a swimming pool. I have an associate's degree in ornamental horticulture and I enjoy landscaping. My neighbors are very friendly and I'm glad I live here.

#### Q: How did you find out about being awarded the Military Women's Living Legend Award?

A: It was a complete surprise to me. I was in Washington DC to receive the Woman of Valor pin. I had donated one of my uniforms to the Military Women's Memorial and while I was there, they took pictures of me in front of my displayed uniform. That's when I was told I was also being awarded the Living Legend Award.

I've had so many blessings and opportunities and I remain in awe.

#### Q: What do you like to do in your spare time?

A: I'm retired, but I'm busy. I maintain my own home and yard. I'm a member of the River City Dance Club and a very active member of Mandarin Lutheran Church. I'm at the church volunteering three or four times a week.

## JEA offers rebates for off peak electric vehicle charging — and new location for making payments

By NewsLine Staff  
mail@floridanewslines.com

JEA is launching a new program to support Jacksonville residents who opt to drive electric vehicles. Starting Oct. 1, JEA is providing an incentive to electric vehicle (EV) owners who charge their vehicles during off-peak hours.

Additionally, customers now can make their JEA payments at any Walmart location. Customers should have their bill and / or account number and can pay with cash or debit card at Walmart.

The electric vehicle incentive offers JEA customers a rebate that roughly equates to the electricity needed to drive up to 2,000 miles per year. The EV Charging Rebate is available to any JEA customer and electric vehicle owner who charges their vehicle at home using a Level 2 charger. The customer must register for the program and limit their charging to weeknights or weekends. There are no special devices to buy and no specific type of charger to install.

Peak hours (the hours to avoid) are weekdays from 7 a.m. – 10 p.m. All other times are considered off-peak under the JEA Drive Electric Program.

Visit JEADriveElectric.com to learn more about electric vehicles and to apply for available rebates. Visit JEA.com/paymentmethods to find a convenient payment location near you.

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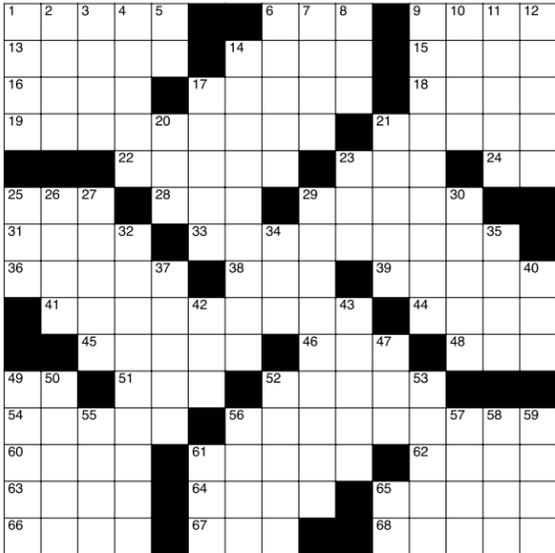
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# Puzzles

Answers on page 3  
Provided by MetroCreative



### CLUES ACROSS

1. German philosopher
6. A type of stock trading (abbr.)
9. Cincinnati ballplayers
13. Deerlike water buffaloes
14. Island
15. Jewish calendar month
16. Round Dutch cheese
17. Unstressed syllable of a metrical foot
18. A restaurant needs one
19. Decent behaviors
21. Groans
22. Works hard
23. Upset
24. A sound made in speech
25. One point east of due south
28. Boxing's GOAT
29. Whittles
31. Tailless amphibian
33. Surrounded
36. Doesn't stay still
38. Copycat
39. Four-door car
41. Morally correct behavior
44. Something that is owed
45. Pasta needs it
46. Ant-Man's last name
48. Bravo! Bravo! Bravo!
49. Small period of time (abbr.)
51. Woman (French)
52. On or around
54. Fencing swords
56. Fonts
60. A command in the name of the court
61. Sprays with an irritant
62. Georgetown athlete
63. Dry or withered
64. Sign of injury
65. Tracts of land (abbr.)
66. 365 days
67. Physique
68. Icelandic poems

### CLUES DOWN

1. Bodily substance
2. Internal
3. Provoke or annoy
4. Type of lounge chair
5. Losses
6. Makes less severe
7. Identifies a thing close at hand
8. Group of blood disorders (abbr.)
9. Rebuilt
10. Ancient Greek City
11. American investigative journalist
12. Partially melted snow
14. Take shape
17. Mexican beverage
20. Patti Hearst's captors
21. Jacobs and Summers are two
23. Disfigure
25. Scientists' tool (abbr.)
26. Ill-mannered person
27. Overhang
29. Famed rat catcher
30. Passover feast and ceremony
32. Equal to 10 meters
34. Central processing unit
35. Chinese native religion
37. Unfermented juices
40. "To the \_\_\_ degree"
42. Frozen water
43. Medieval circuit courts
47. 1,000 cubic feet (abbr.)
49. Gossipy
50. Shopping is one type
52. Palmlike plant
53. Partner to "oohed"
55. Welsh name meaning "snow"
56. Popular Mexican dish
57. It helps power devices
58. Reddish-brown wildcat
59. Impertinence
61. Legal financial term (abbr.)
65. Atomic #52

## AUTUMN WORD SEARCH

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

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

### WORDS

- APPLE
- AUTUMN
- CHILLY
- CINNAMON
- CLOVES
- COLOR
- FALL
- FALLING
- FIREPLACE
- FOLIAGE
- JACKET
- LEAVES
- NOVEMBER
- ORANGE
- PUMPKIN
- PURPLE
- RAKING
- RED
- SPICE
- THANKFUL
- TURKEY
- WIND
- WINTERIZE
- YELLOW

## CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to autumn.  
Each number corresponds to a letter.  
(Hint: 26 = U)

**A. 12 26 2 26 20 22**

Clue: One of the seasons

**B. 25 19 12 14 19 5**

Clue: Parts of trees

**C. 15 26 20 15 3 21 22**

Clue: Orange gourd

**D. 16 8 21 5 3**

Clue: Cold but refreshing

## Mandarin Rotary Club honors 2021 Policeman of the Year



Photo courtesy Jock Hart

The Rotary Club of Mandarin recently honored Officer Paul Dew as JSO's Zone 3 Policeman of the Year for 2021. Through highly innovative police work, Officer Dew was instrumental in identifying and arresting the culprits in an ongoing series of burglaries and larcenies in Zone 3, which includes the Mandarin area. The Rotary Club annually honors local police officers for their exemplary service. The club meets every Tuesday morning at the Ramada Inn on Hartley Road or via Zoom. If you are interested in learning more about the Rotary Club and its social and service activities, contact Membership Chairman Wes Caldwell at [Wes@cmabenefits.com](mailto:Wes@cmabenefits.com). Pictured is Police Officer of the Year Paul Dew accepting a plaque from Rotary Club President Liz Shaw, along with his Zone Commander, Mark Romano.

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Briefs cont. from pg. 2

**Protect yourself from vaccination text scam**

Attorney General Ashley Moody recently issued a Consumer Alert warning Floridians of a new COVID-19 vaccination text scam. There have been reports of fraudulent text messages being sent to Floridians asking for driver license details in order to remake licenses that show vaccination status. The text messages provide a link that sends targets to a spoofed Florida Department of Highway Safety and Motor Vehicles website with input boxes requesting Social Security and driver license information — including a place to upload a photo-

copy of a driver license.

Moody said, "COVID-19 cases have decreased drastically across the state, but that hasn't stopped scammers from finding new angles to exploit the pandemic. Please be on the lookout for phony messages and remember that the Florida Department of Highway Safety and Motor Vehicles will never reach out via text and ask for personal information. Florida is not updating driver licenses to include proof of vaccination — any solicitation making this claim is a scam that should be reported immediately."

Florida Department of Highway Safety and Motor Vehicles Executive Director Terry L. Rhodes said, "The best defense

against scams like this is to know how FLHSMV interacts with our customers. We do not text Floridians regarding the status of their driver license or request personal or medical information via text message. If you receive a text asking for this information, it is a scam. With only the information on your driver license, scammers can create many fraudulent financial accounts. All under your name, all without your knowledge. Do not respond to these texts and do not click on the links contained in the text message."

Moody is asking Floridians to follow the tips below to avoid these types of impostor scams:

- Know that the FLHSMV is not requiring driver license updates listing

proof of vaccination;

- Do not automatically trust a number listed on a caller ID or in an unsolicited text message;
- Do not post photos of vaccination cards or driver licenses online, as they can be used to commit identity fraud; and
- Avoid clicking on links in a suspicious email or in a text message received from an unknown sender.

Report suspicious solicitations or COVID-19 vaccine-related advertisements to the Florida Attorney General's Office by calling 1(866) 9NO-SCAM or visiting MyFloridaLegal.com.

## Mandarin Museum & Historical Society announces museum openings this month

By Sandy Arpen  
mail@floridanewsline.com

In November, the historic buildings operated by the Mandarin Museum & Historical Society will be open on the first and third Saturdays.

The 1875 Webb/Jones farmhouse, 1876 Barn, 1898 St. Joseph's Mission Schoolhouse for African-American Children, and Losco Winery log cabin will be open from 10 a.m. – 2 p.m. on Nov. 6 and 20 in Walter Jones Historical Park, 11964 Mandarin Road. The Mandarin Museum, also in the park, is closed for construction and renovation, but Gift Shop items (books, Mandarin Frogs, art prints) will be available on the front porch when the park buildings are open as listed above.

The 1911 Mandarin Store and Post

Office will also be open Nov. 20 from 10 a.m. – 2 p.m. at 12471 Mandarin Road, just a mile west of the park. This building is on the National Register of Historic It was once the hub of activity in Mandarin.



Photo courtesy Mandarin Museum & Historical Society  
Mandarin Post Office in the early 1960s.

Note that the 21st Annual Winter Celebration planned for Dec. 4 has been cancelled. We are sorry to have to make this decision

Visit [www.mandarinmuseum.net](http://www.mandarinmuseum.net) for more information.

## Hester James McLendon: A most interesting birth and life

By Tracey Arpen  
mail@floridanewsline.com

Hester James had probably the most remarkable birth of any Mandarin resident. On the night of Nov. 15, 1839, Seminoles attacked her family's home near Julington Creek. Her father, James James, and his brother killed three of the attackers before Mr. James' brother was shot. The family fled to a nearby swamp as their home was burned. Pleasant Daniel Gold, in his book "History of Duval County," reports: "That night, in the recesses of the swamp beneath some cypress bark placed as a shelter for her mother, Hester James was born."

Hester was the fourth of eight children born to James and his wife Mary Ann Francis. Mary Ann was the daughter of Joseph Hagin, who lived near the James family. James and Mary Ann were married shortly after the James family moved around 1831 from Wilmington, NC, to a homestead on Julington Creek, near Cormorant Branch.

After the Jameses' home was destroyed by the Seminoles, the family rebuilt it and it was there that Hester grew up. Even leaving aside the unique circumstances of her birth, Hester lived a very interesting life. In 1858, she married James J. McLendon. McLendon had purchased 50 acres in Mandarin from Calvin Read, who happened to be married to Hester's sister. Hester and James McLendon had nine children, five of whom died as infants.

Hester McLendon lived on the Mandarin property for 54 years. Her husband died in 1885, 28 years after he and Hester were married. Finding herself widowed with three children, Hester turned to growing

strawberries. She was so successful in that venture she was able to pay off the farm's mortgage in just a few years. In 1912, Hester sold the Mandarin property and moved to Jacksonville, living first with her son and then her surviving daughter.

Historian Pleasant Daniel Gold was



*Hester James McLendon*

Photo from "History of Duval County," by Pleasant Daniel Gold (1928)  
Hester James McLendon

sufficiently impressed with Hester to include her in his comprehensive volume on Duval County history. At the time of Gold's 1928 book, he reported that Hester James McLendon, at age 88, was believed to be the longest living resident of Duval County. She died shortly thereafter, on Feb. 23, 1928.

*Tracey Arpen is a volunteer with the Mandarin Museum & Historical Society. Visit [www.mandarinmuseum.net](http://www.mandarinmuseum.net) for more information about Mandarin's history and Mandarin Museum & Historical Society information.*

## U.S. Coast Guard Auxiliary update

By Paul Tynda  
mail@floridanewsline.com

One of the many missions the Coast Guard Auxiliary participates in is marine safety and environmental protection. While recreational boating safety is our primary job, we have other areas we work in to serve the boating public and our local community. On Sept. 18, Flotilla 14-8 was able to participate in the international coastal cleanup and managed to remove approximately 22 pounds of trash and debris from Mandarin Park, along the water's edge and other high traffic places. Of all the trash removed, beverage containers and food wrappers were the most common, followed by small bits of plastics, foam, and paper. It was Flotilla 14-8's first cleanup effort supporting the international coastal cleanup and it was a successful one. We look forward to supporting future cleanup efforts.

On Nov. 6 from 10 a.m. – 6 p.m. and Nov. 7 from 10 a.m. – 3 p.m. is the Right Whale Festival, which will be held in Fernandina Beach at the Main Beach Park. Flotilla 14-8 and the other flotillas from around Northeast Florida will be supporting the festival with a display from the Coast Guard Auxiliary. We will also have scheduled talks about critical

issues in marine safety and environmental protection open to the public. The festival is free to attend with activities and vendors for the whole family. On the first day of the festival from 9 a.m. – 11 a.m. there will be a beach cleanup sponsored by the festival and auxiliary members will be there to participate as well. I encourage you to check out the festival and learn more about the right whale while having fun. The goal of the festival is to celebrate the start of the calving season (November to April) for the right whale. There are fewer than 400 of these whales left and they are a very vulnerable species.

We are wrapping up 2021 with a lot of good progress in getting back to our normal operations. We are holding our last safe boating classes for the year this month and will be developing our schedule for 2022 soon. Visit [www.safeboatingjax.com](http://www.safeboatingjax.com) for the latest information and to contact us about a seat in the class. We are still offering our free vessel safety checks by appointment. You can reach us through the website to schedule an examiner to meet you.

*Paul Tynda is a member of the Coast Guard Auxiliary Jacksonville Flotilla 14-8.*



*When words are just not enough,  
please think of us.*

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# Take a chance on PTA

By Mary J. Eyler  
mail@floridanewline.com

Have you checked your child's school PTA this year? The Parent Teacher Association is an honorable organization that was established in 1897 to engage families and communities in the education and the well being of the children.

PTA members are parents, volunteers, teachers, and business partners all working together for the betterment of the children. PTA board members keep you informed about educational and health issues for children. They connect you to staff, administration, and teachers. PTA members are a hardworking, talented, and devoted group of volunteers.

They are at your child's school for meetings and special events planned for the children and their families. They do so much for our children and our school, yet some schools struggle every year to recruit new officers and members.

Board members want to make a difference in the lives of our children. When asked why she wanted to get involved, Katherynne Eaton, Crown Point PTA

president said, "I chose to get involved because I wanted to make a difference at my children's school. I have two boys currently there, first grade and kindergarten. My parents were never involved in my school activities, and I wanted to break that cycle and make a difference."



Photo courtesy Mary J. Eyler  
Crown Point PTA board members Melissa Kerby (secretary), Katherynne Eaton (president), and Stacey Smiley (vice president of membership). Not pictured is Kimberly McGraw (treasurer).

Joining PTA can be difficult for some families; however, parents don't have to attend meetings or volunteer if it's not possible. Families may still join PTA without making a commitment to volunteer. The money collected from memberships goes back to the children. At Crown Point, it is spent on rewards, Birthday Book Club, and educational, health, and safety programs. PTA is for all families. Take time to check out your child's PTA and lend a hand.

# Night of Hope honors cancer victims

By NewsLine Staff  
mail@floridanewline.com

Christ's Church Academy's "Night of Hope" influences cancer research and the lives of those who believe in its cause. This year's event, commonly and affectionately referred to as "Catie Cares Night" was held on Sept. 10 at the school's football game.

Every year, a home football game is designated to remember and honor Catie Carter, who was diagnosed with cancer at only seven years old — a bright girl with a sunny personality and a passion for art. No one would have ever expected Catie's life to change so drastically and suddenly. She fought for every breath, surrounded by friends and family until her passing.

Student Ashlyn Ottomeyer said, "Night of Hope means a celebration of the life of Catie Carter and celebrating all of the people who had cancer, letting them know we're all fighting with them."

At the "Night of Hope," roses are gifted to others affected by cancer. The school then collects donations for Art with a

Heart, a nonprofit that helps brighten the lives of cancer patients. From bedside art studios to virtual video sessions, Art with a Heart integrates purpose and beauty into the lives of cancer patients,



Photo courtesy Christ's Church Academy  
The stands were full at Night of Hope.

creating a way for them to therapeutically channel all their emotions that may come.

The value of family bonds and love for others runs deep in the blood of all those involved at Christ's Church Academy, making a difference in the lives of many others as a result of "Night of Hope." As eighth grader DB Jones said, "I believe that Night of Hope represents possibility and hope that we might be able to cure this problem, saving more lives and making the lives of family members better, helping them stay together."



Photo courtesy Barbara Sims  
Loretto Elementary Teacher of the Year Samantha Fox.

## Teachers of Year cont. from pg. 1

Mandarin teachers value the work done by Ms. Holcomb and see the importance of this work for our students."

Similarly admired is Amanda Hildenbrand of Crown Point Elementary. Her fellow teachers described her as a loving, caring and knowledgeable teacher who goes above and beyond for her school. In addition to her duties as a first grade teacher, she is in charge of social media, seeks business partners and donations for the school and plans events for teachers.

Over at Greenland Pines Elementary, kindergarten teacher Miranda Murdock was chosen because of her dedication to meeting students' needs both educationally and emotionally. She is known as a leader among peers who serves beyond the classroom in programs to support positive outcomes around campus by mentoring others, serving with the PTA, and dropping positive notes in teacher mailboxes.

Another impressive kindergarten teacher is Candice Lilly of Mandarin Oaks Elementary, whose creativity and love for her students shows in everything she does. Recently she put her overalls on to read "Johnny Appleseed." Not only did she dress up for the occasion, but the students had a taste test, compared and contrasted different colored apples, charted their opinions in a bar graph and ate "everything" that has apples as the main ingredient.

The Jacksonville Public Education Fund will host the EDDY Awards on Jan. 22, 2022. The event will take place as an



Photo courtesy Traci Gunston  
Greenland Pines Elementary Teacher of the Year Miranda Murdock.

evening gala and an hour long TV special, where the winner of the top honor will be announced as school communities tune in to watch across the county.

"As our community and country are seeing, like never before, the critical role our schools and teachers play in our lives and in our economy, we are so proud to celebrate teachers this year," said Jacksonville Public Education Fund President Rachael Tutwiler Fortune. "We are also so proud to support them through a professional learning community as they take on new challenges."

School-level Teachers of the Year will be eligible to apply for the county-wide honor of 2022 VyStar Duval County Teacher of the Year. The winner of the Duval County title will go on to compete for the state-wide Florida Teacher of the Year.



Photo courtesy Margaret Rogero-Hastings  
Mandarin Oaks Elementary Teacher of the Year Candice Lilly.

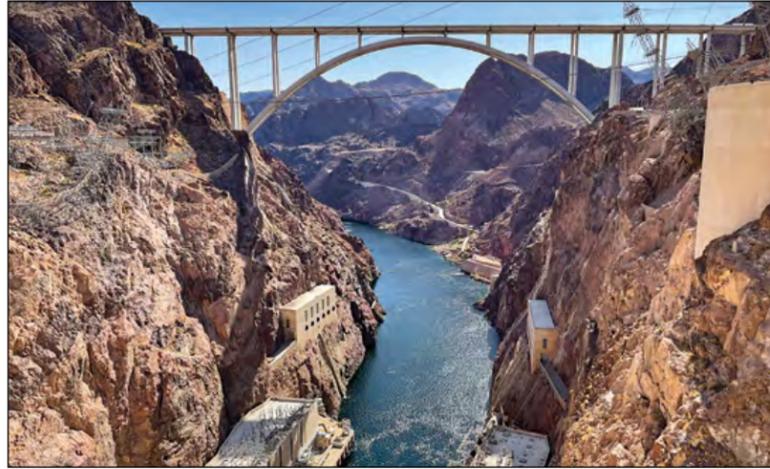
# Travel

## A close-up look at the Hoover Dam

By Debi Lander  
mail@floridanewslines.com



Photos courtesy Debi Lander  
Aerial view of the Hoover Dam.



Memorial Bridge and below the dam.

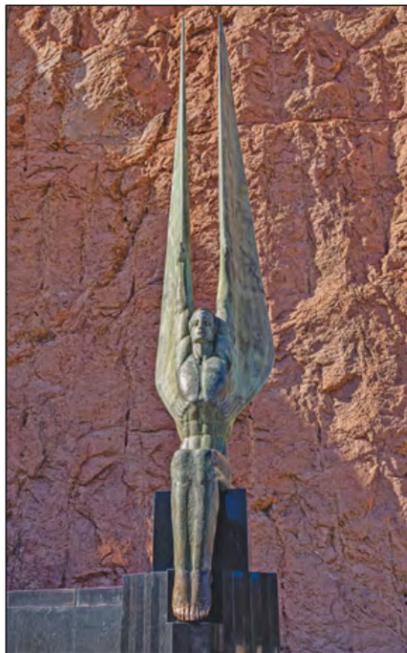
While flying to Las Vegas, I looked out the window and got a surprise — an aerial view of the Hoover Dam. The impressive sight of this American engineering feat filled me with wonder.

After picking up a rental car, I drove a little over 30 minutes to my hotel. The Hoover Dam Hotel & Casino, as you might expect, is not only ideally located for dam visits, but offers scenic views of Lake Mead. Inside, numerous restaurants and small casinos fulfill your needs.

I understood the Hoover Dam Visitor Center was closed (due to Covid), as were tours inside the tunnels, but that didn't stop me. Exploring the U.S. National Monument doesn't require more than a half-day (even including a tunnel tour) and much less if you are in a hurry.

I walked down the promenade toward the dam, reading the signage and photographing as I went along. Hoover Dam was built between 1930–1936 in a wasteland, a forbidding dry, rocky desert. The goal was to help control flooding of the Colorado River and to divert water where needed. Most importantly, the dam would provide massive amounts of hydroelectric power.

Ninety-six workers lost their lives in accidents, but no one was buried alive while pouring the 6.6 million yards of needed concrete. Imagine working in sweltering heat to bore into carbon monoxide-choked tunnels or dangling from heights of 800 feet to clear canyon walls. Over the years, some 21,000 workers contributed to the overall construction.



Winged Figures of the Republic statue.

The sight of the complex staggered my mind. Everything about the place feels supersized. I glanced up at tilted transmission towers supported by massive braces and down at the immense, rounded curtain of concrete. The dam measures 726 feet tall and 1,244 feet long, almost a quarter of a mile. According to some online research, "At its base, the Dam is a whopping 660 feet thick, about two football fields stretched end-to-end. At its top, Hoover Dam is nearly as wide as a four-lane highway."

All visitors notice the 30-foot high Art Deco statues, known as the "Winged Figures of the Republic." The pair resemble seated humans with sharp, angular features and wings that soar straight toward the sky. Sculptor Oskar Hansen created them with more than four tons of statuary bronze. The two

are now weathered with a green patina, except where visitors follow the tradition of rubbing their feet for good luck.

A celestial chart embedded in the terrazzo floor surrounds the monument's ceremonial area. The base marks the day the Hoover Dam was dedicated by President Franklin Roosevelt, September 30, 1935.

The river backed up by the dam creates Lake Mead, one of the largest artificial lakes in the world. As the water reaches the blockade, it falls 500 feet through pipes to a hydroelectric power plant at the base. The water turns 17 hydraulic turbines, which then rotate a series of electric generators. The engineering miracle produces a power capacity of 2,080 megawatts. Nearly half of the generated electric power goes to Los Angeles and Southern California; the rest goes to Nevada and Arizona.

A federal highway traverses the dam's crest, although I didn't approach from that direction. Over the years, as traffic increased, backups occurred, and Sept. 11, 2001, added severe security restrictions. Therefore, a new concrete arch bridge with a 1,060-foot span — the longest in North America for that type of bridge — opened in 2005. I climbed the stairs to ascend Memorial Bridge for a panoramic view, stopping to read plaques while I caught my breath.

Our national parks present spectacular scenery, but some of our man-made wonders also deserve a look.

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

## In person programs are coming back to your library!

By Jeremy Yates  
mail@floridanewslines.com

Does your child love singing, dancing, playing and reading? Bring your little ones around every week for a storytime they won't soon forget!

Join us outside at the South Mandarin Library Park for Pop-Up Storytime on Thursdays (Nov. 4, 18) at 10 a.m. or inside the Mandarin Branch for Little Readers Fridays at 10:15 a.m. and 11:00 a.m. We'll read stories together and add songs and movements to make it a wonderful time for all. (Registration is required for this event and must be completed two hours prior to the start time.)

For your comfort and everyone's safety, the following precautions will be in place for all in-person programs:

- Mask wearing is encouraged for participants
- Families will sit together in pods (designated areas), spaced six feet apart
- Any physical materials used in programs will either be single-use or cleaned between uses

For school age children (five to 12 years old), join us at South Mandarin for Junior Artists (ages five through eight) at 2:30 p.m. and Junior Artists (ages nine through 12) at 4:30 p.m. on Saturdays Nov. 6, 13, 20 and 27 and then check out some books to bring home. This is the perfect program for little artists. Paint, paper, popsicle sticks, and glue... add a book and some games and you've got a fun-filled hour of imagination.

If your child is into science, technology, engineering and math, Junior Scientists is the time for them to shine. Join us at Mandarin Branch for Junior Scientists (ages five through eight) on Wednesdays (Nov. 3, 10, 17, 24) at 3:30 p.m. Junior Scientists (ages nine through 12) meet every other Thursday (Nov. 4, 18) at 3:30 p.m.

Adults, have you enjoyed our Lit Chats with authors online? Now you can join us after hours and in person at Mandarin Branch on Wednesday, Nov. 10 at 6:30 p.m. for a real life chat with multiple award-winning author (and Jacksonville native) Deesha Philyaw. She'll talk about her latest work, her writing process and more. Philyaw's collection of short stories, "The Secret Lives of Church Ladies," won the prestigious PEN/Faulkner Award for fiction and was a National Book Award finalist. Stick around till the end and join her Q&A to get to know her better.

Note: Registration is required for all in person programs, as space is limited. Register online at [www.jaxpubliclibrary.org](http://www.jaxpubliclibrary.org). Check in starts 30 minutes prior to the start of the program.

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## Fishing

## Capt. David's Fishing Report

By Capt. David Lifka  
mail@floridanewsline.comPhoto courtesy Ken Ringhaver  
Caden Ringhaver with a 48" redfish caught near the Dames Point Bridge on Sept. 25.

Now that the St. Johns River has had time to "flush" and the heavy rainfall we received earlier this summer has eased, fishing has once again improved nicely for early fall. An okay return of shrimp from Green Cove to downtown Jacksonville has also helped bring a much better bite to our area of the river.

Large croaker have been the best bite happening of late. Reds seem to be back in abundance with nice catches coming off docks on both sides of the river. Yellowmouths have been in good numbers around downtown and should start showing farther south soon. Conditions also look good for our seasonal speckled trout run that usually happens this time of year. You can expect the trout to show off docks from San Marco to the Buckman Bridge. Slow trolling a mullet-like lure off the docks is an easy, leisurely way to enjoy a boat ride and catch a few fish.

Flounder regulations have changed for this year for Florida. Not only has the size and limit numbers been changed, but a closed season has also been added. Flounder must now be 14 inches to keep, with a new bag limit of five. The closed season began Oct. 15 and runs to Nov. 30. With Florida's seemingly constant change of fishing regulations, staying current is a must for all anglers.

Shopping for fishing equipment and tackle in many instances has been much harder than usual in recent years. With holiday shopping just around the corner, an earlier start may be needed to get the right gifts for the fishing person you have in mind. Shopping online to see what's in stock might be a benefit rather than visiting a variety of stores to find what you might be looking for. If you find shopping for tackle and equipment

a little bit confusing, remember there are always accessories — hats, clothing, sunglasses, shoes, pliers, knives, dry bags, tackle bags, and more. And when all else fails, there is the ever-giving gift card.

Fishing Report: Reds under docks and speckled sea trout just off docks. Hopefully yellowmouths will work their way south closer to us, but a quick run to the Florida East Coast Railroad Bridge downtown is certainly a good bet.

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. 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.*

## Gardening

## Autumn Pleasures

By Master Gardener Volunteer Lesley Arrandale  
mail@floridanewsline.com

It's been dry again in my neighborhood, but we're not subject to flash floods or other unpredictable weather events, and for that I'm grateful. I do have some relatively new shrubs and a young tree, which is why I need to pay attention to rainfall.

Autumn is a good time of year to plant trees and woody plants, as it gives them the chance to establish their root systems over the cooler months; however, it's wise to wait until the dry season is over. When you decide to plant, make sure to pay attention to rainfall amounts and take care to water new plants adequately. These websites are particularly useful: <https://tinyurl.com/mp5j88tu> and <https://tinyurl.com/yrw82tpf>.

Hardy perennials that have been established for a few years can still be dug up and divided before winter. Each division makes a new plant at no cost, which is much appreciated! For more information, see <https://tinyurl.com/muwh55x3>.

I recently drove to Gainesville and really enjoyed the roadside attractions, which for me are the wildflowers that grace the hedgerows and ditches along the highway. From late September into October there are plenty of fall-blooming sunflowers and coreopsis — those yellow daisy flowers — and tall clumps of frothy goldenrods. With a little more time to look, I would have expected to see lavender colored asters, threading their long stems up through shrubs. The deciduous trees along the way had dull foliage, a prelude to them dropping. Maple leaves were beginning to turn to their fall red color. It was a lovely time to see the countryside on the cusp of seasonal change.

I have plenty of seeds on the goldenrod (*Solidago* sp.), ironweed (*Vernonia* sp.), butterfly weed (*Asclepias tuberosa*) and wandflower (*Liatris* sp.) in my own front garden bed, which I expect will sow themselves around. I won't leave them all on the plants; some will be left for the birds to eat, and I'll sow some in small pots to overwinter in a sheltered

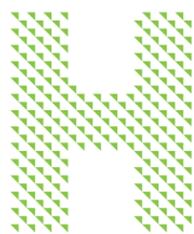
position. The flower bed was only planted up in early summer and I'm really looking forward to seeing how it matures and changes through the seasons.

If you like strawberries, you have just enough time to plant them now. If you don't have space for a bed, they grow well in large containers. For more information, see <https://tinyurl.com/y56pc62a>.

I'm trying again to grow some methi greens which are used in Indian cuisine. Hopefully I'll do better than in the spring, when nothing came up. Fingers crossed. Talk to any gardener who grows vegetables, however seasoned they are, and you'll find similar stories. One season the okra was beautiful and the following year it did badly. The squash vine borer was a demon this year, destroying every plant, but last year there was enough zucchini to share with neighbors. The moral is: don't give up, and learn from your successes and failures. For sound advice, refer to The Florida Vegetable Gardening Guide (<https://tinyurl.com/2k9eh8zm>).

Rotating crops to different areas of your garden will help to minimize pests and diseases returning to damage the same crop. Tackle any problems with the most benign products and methods and use flowering plants to attract a wide range of insects to your yard. Ladybugs are a great helper, devouring aphids in both larval and adult stages, as are tiny parasitoid wasps, which are totally harmless to us.

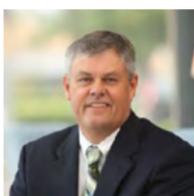
I love to see insects in my yard. I can't always identify them, but most insect life in the garden is beneficial, and with insects declining around the globe we should cherish them. But no one would blame you for simply aiming to attract the beautiful creatures. Just know that where the butterflies and hummingbirds feed, all sorts of other insects will feed there too. Each species has its own ecological niche and brings balance to the life in our yards, which can only help in our gardening ventures.



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## Think you're not at risk for lung cancer? Think again.

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**Consider a lung cancer screening.** Early detection of lung cancer can save your life. If you meet the following criteria, you could be eligible for a low-dose CT lung cancer screening, which is covered by Medicare and many insurance plans.

- ✓ You are between 55 and 77 years old.
- ✓ You have a 30 pack-year history of smoking or more (this means 1 pack a day for 30 years, 2 packs a day for 15 years, etc).
- ✓ You are a current smoker or have quit within the last 15 years.

To see if this screening is right for you, talk with your primary care physician or go to [baptistjax.com/lungscreening](http://baptistjax.com/lungscreening).

Baptist Health offers lung cancer screenings throughout Northeast Florida, including at **Baptist Medical Center South**.



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