



Mandarin NewsLine

JANUARY 2018 Volume 12 Issue 3

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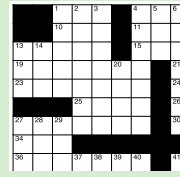
page 3
Take 5



page 5
Q&A with City Council
Member Matt Schellenberg



page 13
Get To Know ...
Terri Kinder



page 16
Puzzles

Students expand computer science knowledge through Hour of Code

By NewsLine Staff
mail@floridanewsline.com



Photos courtesy Duval County Public Schools
The team from Mandarin High School won most functional/creative app at the Hour of Code.

Students across the Duval County Public School District (DCPS) joined the Hour of Code movement during Computer Science Education Week in early December to learn the important role computer science plays in educational and career opportunities.

Sixth graders from Northwestern and Kirby Smith Middle schools filed into MOSH on Monday, ready to practice coding skills using Minecraft: Hero's Journey. Under the guidance of DCPS Executive Director of Technology Alexandra Vlachakis, they spent the morning digging and building blocks within a large world of virtual terrains and habitats.

"The enthusiasm was contagious," Vlachakis said.

The Hour of Code continued on Tuesday with students from three area high schools putting their skills to the test in the first-ever Duval County Hackathon. Teams from Fletcher, Mandarin, and Andrew Jackson high schools worked to build an emergency app

Hour of Code cont. on pg. 13

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Mandarin Museum plans much needed expansion

By Martie Thompson
editor@floridanewsline.com

Taking a step back in time when entering the Mandarin Museum at Walter Jones Historical Park has become a bit snug lately, due to the continued growth of the museum and its diverse collections. According to Sandy Arpen, president of the Mandarin Museum and Historical Society's board of directors, the museum has outgrown its building primarily as a result of the popularity of the Maple Leaf exhibit, which in 2014 celebrated the 150th anniversary of the steamship's sinking off Mandarin Point.

"The space that we previously used to exhibit art by Mandarin artists is now used for Maple Leaf and other Civil War artifacts," Arpen said, referring to the smaller room off the main exhibit hall.



The original art exhibit room, now housing Maple Leaf artifacts, will return to displaying local art once the expansion is completed

According to Dr. Keith Holland, the local dentist and diver who spearheaded the effort to locate and salvage the Maple Leaf wreck, "Mandarin Museum & Historical Society is the most logical place for the public to access Maple Leaf's historical significance and to memorialize those that died for the benefit of many."

The Maple Leaf artifacts are stored in Tallahassee at the Florida Bureau of Archaeological Research, Division of Historical Resources. They loan artifacts to museums like the Mandarin Museum, which has the largest number of Maple Leaf artifacts on display.

Additionally, the museum's archive and storage room is overflowing with items that Arpen and other museum volun-

teers would like to display.

So plans have been drawn for a two-room addition to the museum building: one a designated Maple Leaf gallery, that would free up the original space for rotating art exhibits, and a larger archival room



Photos by Martie Thompson
Sandy Arpen in the Mandarin Museum.

that would allow the museum's collections to be properly stored as well as provide work space to care for important historical objects.

This is a big undertaking for a volunteer driven organization, but Arpen said it is off to a great start. Fundraising has begun with a goal to raise \$100,000 needed to apply for a matching State of Florida facilities grant in June 2018.

"We are well on our way with almost \$55,000 raised to date," Arpen said. "This is due to the generosity of many donors, donations received at the museum and the sale of the Mandarin frogs, of which we have designated 60 percent of the proceeds for the expansion."

Additionally, the Rotary Club of Mandarin has announced a partner-



Photo courtesy Mandarin Museum and Historical Society
Mandarin Museum, located at 11964 Mandarin Road, has expansion plans.

ship with the Mandarin Museum & Historical Society for 2018 — proceeds from the group's annual fundraiser, Laughs for Charity, will benefit the museum's expansion. This annual event typically draws more than 300 guests to the Mandarin Comedy Club and helps the Mandarin Rotary raise more than \$40,000 each year. The date of the event will be announced in early 2018.

"We are very excited to be selected as a fundraising recipient by the Mandarin Rotary," Arpen said. "We are so pleased to have lots of sponsors as well as many community members who have stepped up. It is truly a community effort and we have the next few months to push to reach our goal."

Arpen said that if they do receive the grant, construction still wouldn't begin until 2019. Architect Bob McVeigh, a Mandarin resident, has provided the architectural work pro bono.



Art by Mandarin artists, such as (left picture) Bruno Alberts (1888 - 1970), a well known artist and orchid expert for whom Alberts Field is named and (right picture) Gary Garrett, a musician who painted this scene from the monthly Music Under the Oaks at the Mandarin Museum.

The Mandarin Museum & Historical Society began in 1989 when a group of citizens became concerned about the loss of historical structures in Mandarin and were interested in preserving

and celebrating the rich heritage and history of the area. The first major project conducted by the organization was restoring the 1911 Walter Jones

Mandarin Museum cont. on pg. 13

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HEALTH & WELLNESS Pages **10 - 11**

Table of Contents

- 4** Around Town
- 5** Q&A with Lori Hershey
- 5** Q&A with Matt Schellenberg
- 6** Q&A with Jason Fischer
- 6** Q&A with Tommy Hazouri
- 7** Briefs
- 12** School Briefs
- 15** Fishing
- 18** Gardening
- 19** Travel



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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 of the tennis courts at Mandarin Park.
Our winner was Jo Garber.

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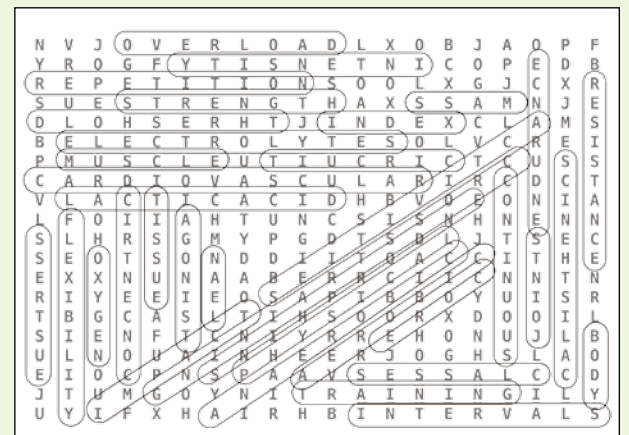
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answers to puzzles on page 16



Answers to our Puzzles

CRYPTO FUN
Determine the code to reveal the answer!

Answers: A. health B. exercise C. body D. weight

take 5

Artist Visions presented at JCA

The Society of Mixed Media Artists (SoMMA) will present the exhibit “Artist Visions” in the Vandroff Art Gallery at the Jewish Community Alliance, located at 8505 San Jose Blvd., from Jan 7 – Jan. 31. The exhibit will showcase pieces by many of the award winning members of the organization. An opening reception and awards presentation, which is open to the public, will be held from 3 p.m. – 5 p.m. on Sunday, Jan. 7; regular hours at the center are Monday – Thursday, 5:30 a.m. – 9:30 p.m.; Friday, 5:30 a.m. – 5 p.m.; Saturday 1 p.m. – 6 p.m.; and Sunday, 8 a.m. – 6 p.m.

River City women to meet

The River City Women’s Club meets the third Wednesday of each month for lunch, camaraderie and a fund raising program for charity. This month’s luncheon will be held on Jan. 17 at the Ramada Inn, Mandarin, located at 3130 Hartley Road. Social time is 10:30 a.m. with a business meeting at 11 a.m., followed by a luncheon and program. Guest speaker Suzanne Marino from Southern Cross Antiques Mall and No Place Like Home Interiors will combine two topics, “Trash to Treasures” and “What To Do With Our Antiques,” with a sample tutorial.

Also, the Fundraising Committee will ask members to nominate their choices for the annual charity contributions. Annual membership dues are \$20. Luncheon reservations are required; call Florence at (904) 262-8719.

Smoking cessation class offered

Want to start the new year off Tobacco Free? Join Northeast Florida AHEC for a free Tools to Quit class at Mayo Clinic Primary Care on Jan. 20 from 10 a.m. – 12 p.m. Class attendees will receive free patches, lozenges, and gum as well as a free quit plan, workbook, water bottle, stress ball and more. Call Northeast Florida AHEC at (904) 482-0189 to register and learn about more classes near you.



Photo by MetroCreative

Mandarin Women’s Club welcomes Kalani Rose

The Mandarin Women’s Club’s Jan. 25 program at the Ramada Inn in Mandarin will feature Kalani Rose, singer and ukulele musician, who will perform a variety of songs and the audience will join in the fun by playing “Name that Tune” for prizes. Doors open at 10:30 a.m. The luncheon fee is \$17 and reservations must be made no later than one week prior to this event; contact Geri at gerimarch23@gmail.com or call (904) 933-7649. Visit www.mandarinwomensclub.com for more information or membership forms.

College test workshops offered

Although studying for the SAT or ACT can feel daunting, it doesn’t have to be that way. Workshops for college bound students are available at the Mandarin and South Mandarin Branch Libraries that introduce the library’s free resources to help students prepare for the



Photo courtesy Sandy Arpen

Several members of the Mandarin Women’s Club painted frogs at the Mandarin Museum & Historical Society in November.

tests. The class will review test-taking strategies and tips, how to use the Gale Testing and Education Reference Center, where to find sample tests, and how to navigate Brainfuse, a database that offers on-demand tutoring and study tools for students of all ages. Mandarin branch help sessions will be held on Jan. 9 at 5 p.m. and Jan. 27 at 11 a.m., and at the South Mandarin branch on Jan. 18 at 3 p.m. Call the Mandarin Branch Library at (904) 262-5201 or the South Mandarin Branch Library at (904) 288-6385 for more information.

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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

around town

save the date!

Feb. 3, 2018 Fight For Air Climb to benefit American Lung Association
8:00 a.m. - Bank of America tower, downtown Jacksonville
http://action.lung.org/site/TR/Climb/ALASE_Southeast?pg=entry&fr_id=16325

February 8 Shorebird Walk at Matanzas Inlet with St. Johns County Audubon Society
9 a.m. - 11 a.m. - Matanzas Inlet West Parking Lot, 8655 A1A S., St Augustine
www.stjohnsaudubon.com

February 17 ALJ Saturday Cartooning and Illustration Classes
12 p.m. - Balis Community Center, 1513 Lasalle St., Jacksonville
<http://artleaguejax.org/classes/murray-hill-art-center/cartooning-illustration-class/>

February 24 Chocolate and Beyond, sponsored by RSVP
2 p.m. - 4 p.m. - First Coast Technical college, 2980 Collins Ave., St. Augustine
www.rsvpstjohns.com or (904) 547-3952

February 24 Monster Jam
7 p.m. - EverBank Field
www.monsterjam.com

March 2 - 4 World of Nations Celebration
Metropolitan Park

March 3 Northeast Florida Veg Fest
Riverside Park
www.nfvegfest.org/

April 14 Relay for Life of North St. Johns
12 p.m. - 10 p.m. - Bartram Trail High School
http://main.acsevents.org/site/TR/RelayForLife/RFLCY18SER?pg=entry&fr_id=86383

2nd

Shuffleboard
1:30 p.m. (repeating event on Tuesdays)
Mandarin Park, next to tennis courts at park entrance
Just show up unless it rains

1911 Historic Mandarin Store and Post Office open
12 p.m. - 4 p.m.
12471 Mandarin Road
www.mandarinmuseum.net or (904) 268-0784

Honeybee Quilt Guild

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

11th 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

3rd

January Art Walk
5 p.m. - 9 p.m.
Downtown Jacksonville
<http://jacksonvilleartwalk.com>

Magnolia Circle of the Mandarin Garden Club
7 p.m.
Mandarin Garden Club, 2892 Loretto Road
(904) 260-2764; mandaringardenclub.org

6th

Meet the Maple Leaf Divers
12 p.m. - 4 p.m.
Mandarin Museum, 11964 Mandarin Road
www.mandarinmuseum.net

Mandarin Republican Club breakfast meeting
Golden Corral, 11470 San Jose Blvd.
rmclean1@bellsouth.net

13th St. Johns Chapter of the Catholic Writers Guild
10 a.m. - 12 p.m.
St. Paul's Catholic Church school auditorium, 2609 Park St.
www.dosafl.com/outreach/catholic-writers-guild/ or writertod@comcast.net

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)

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

17th

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

22nd

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

18th

Third Thursday Lecture
Mandarin Community Club, 12447 Mandarin Road
Free event; (904) 268-0784

25th

Mandarin Women's Club's features Kalani Rose, singer and ukulele musician
10:30 am
Ramada Inn Mandarin, 3130 Hartley Road
RSVP by Jan. 18; gerimarch23@gmail.com or (904) 993-7649

Cherokee Rose Circle of the Mandarin Garden Club

10 a.m.
Mandarin Garden Club, 2892 Loretto Road
(904) 260-2764; mandaringardenclub.org

Live Oak Circle of the Mandarin Garden Club

7 p.m.
Mandarin Garden Club, 2892 Loretto Road
(904) 260-2764; mandaringardenclub.org

20th

Cruise In sponsored by Sunshine State Chevilles
4 p.m. - 8 p.m.
PDQ parking lot, 194 State Road 13
Repeating event on third Saturday of each month

Mandarin Toastmasters meeting

10:15 a.m. - 12 p.m.
South Mandarin Library, 12125 San Jose Blvd.
Mandrintoastmasters.org

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with Jacksonville City Council Member
Matt Schellenberg (District 6)

Q: There is still a lot of hurricane debris at the Marbon Road drop off location. What is the estimated time that it will be cleared?

A: The hurricane debris has mostly been picked up in the Mandarin area, although a few areas still remain. Mulching is taking place not only at Marbon Road, but also at Palmetto Leaves Park. This mulch will be used to cover landfills, not as landscaping groundcover. We are being told the mulching should be wrapped up by late January or early February.

Q: What is the latest on the rebuilding of County Dock?

A: This rebuilding, which will include a redesign, is still being held up due to funds not being received from FEMA. Since Hurricane Matthew more than a year ago, we have received \$67,000 of the approximately \$28 million that is owed to us.

On a good note, the kayak launch at County Dock has been built and should be operational by the time this issue is in circulation. This was funded independently through the Florida Inland Navigation District (FIND). Additionally, I hope people know that we have kayak launches also at Mandarin Park and Palmetto Leaves Park.

Q: Do you have any other District 6 updates?

A: I have been in touch with the state to advocate for better maintenance of the medians on San Jose Boulevard. Since San Jose is a state road, they are respon-

sible. Also, on Old St. Augustine Road south of Caron Drive, where there are medians, they will be planted with trees in an effort to beautify the area. We will see activity here after the first of the year with completion by the end of the first quarter. The trees will be appropriate ones that don't require much water or maintenance.

Q: What do residents have to look forward to in Mandarin in 2018?

A: They can look forward to our parks being upgraded. In fact in the first quarter of 2018, a new playground for Losco Park will be installed, in time for spring and summer activities. Also, additional sidewalks on Orange Picker Road from Mandarin Road to Brady Road and then northerly on Mandarin Road will be installed. We look forward to possible walking trails along Mandarin Road so pedestrians can safely enjoy the road as well as bikes and cars. Also, residents should remember that the city has a tree mitigation fund with funds designated to plant trees in rights of way/parks/schools. Please contact me via email if you have any ideas of places where this fund could place trees.

I'd also like to wish everyone a very Happy New Year!

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.



with Duval School Board Member,
District 7, Lori Hershey

Q: Do you have any comment on the recent news reports on the Jacksonville Civic Council's recommendations for the school board's search for a new superintendent?

A: The board welcomes the input of all stakeholders and as we move forward in this process, we will continue to engage with the community.

Q: Do you have any updates on the superintendent search?

A: The board did pick a date for the RFP (Request for Proposal) to be released: Jan. 4, 2018. This gives companies a chance to make a bid to be the superintendent search company for Duval County Public Schools.

Q: Can you go over the timeline going forward with this search?

A: The goal would be to select the search firm by late February or early March. The current goal of the board is to have the new superintendent in place by July 2018.

Q: Is there a chance the new superintendent could be the interim superintendent?

A: The original plan was that the interim superintendent would not be someone who would apply for the permanent position and in conversations I have had with Superintendent Wil-

lis, she is very committed to the short term, but has other long term goals and plans.

Q: Do you have any District 7 updates?

A: Things are very busy this time of year, with the conclusion of the first semester looming. I would like to remind everyone that the first of the New Year is Open Enrollment for parents looking at school choice. To assist with this decision, the Duval County Public Schools Choice Expo will be held Jan. 20, 2018 from 11 a.m. – 3 p.m. at the Prime Osborn Convention Center. The event showcases magnet programs, career academies, charter schools, high school acceleration programs and neighborhood schools for all grade levels. Teachers, principals and students from every school will be on hand to talk with parents and students about their academic offerings. Details are on the district's website, www.duvalschools.org.

Finally, I'd like to wish everyone a Happy New Year!

Q: How can our readers contact you?

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

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with Florida State Representative Jason Fischer, District 16

Q: Can you bring us up to date on the upcoming legislative session?

A: This year, session starts on Jan. 9, 2018 — earlier than last year. Actually, it's only the second time in history to have this early of a start, rather than the typical March. There were several bills last year that didn't quite get through either the House or the Senate and this early start will allow us to move them through first thing.

Q: Are there any bills that should be off to a fast start this session?

A: A bill to address the opioid addiction was worked on conceptually during the off season. Basically, we need to break down the barriers to treatment of this addiction. Three ways will probably be addressed: removing the pre-authorization requirement to get the medicines that wean addicts off the opioids; limiting the number of opioid pills that can be prescribed at one time; and connecting to a federal database to allow physicians and pharmacies to determine if a patient is using multiple sources to obtain opioids.

Q: What are some of the bills that you will be sponsoring in 2018?

A: House members can sponsor six bills per year. A couple that I am sponsoring have to do with autonomous vehicles. The first will allow these driverless cars to safely deploy on our roadways ... once the technology has advanced to meet certain functions as outlined in the bill. General Motors expects to have a car meet the criteria by late 2019 – early 2020. Since 94 percent of accidents are

caused by human error, autonomous vehicles meeting the safety parameters will lead to fewer accidents on the roads. Secondly, the Smart Cities Challenge bill will encourage cities and counties to apply for grants to do connected vehicles projects. For example, autonomous vehicles will share information about traffic patterns and alleviate traffic congestion by "talking" to infrastructure, such as to change the timing on traffic lights etc.

Q: What other bills can residents expect to see up for a vote this year?

A: I am co-sponsoring a couple of bills. One is for the Hope Scholarship program to combat serial bullying in schools. If a child is bullied, parents can apply for a Hope Scholarship to finance their child's move to a private school. Bullying still needs to be addressed in our schools, but victims shouldn't have to wait for a solution. Another bill aims to reduce the regulations to getting licensed in certain professions, such as cosmetology. For example, presently, barbers must have 1,200 hours of training and the bill seeks to reduce this to a more reasonable 600 hours in an effort to reduce barriers to entry so folks can get to work sooner. This would also bring the requirements more in line with other professions.

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

A: Readers can email me at Jason.Fischer@myfloridahouse.gov or call my local office at (904) 332-7297.



with Jacksonville City Council Member Tommy Hazouri (At Large District 3)

Q: What is the latest on the JTA/Marbon Road property?

A: The JTA board is meeting tomorrow (Dec. 14) to vote on a proposal from First Coast Energy to purchase this land for \$2.4 million. The proposed development plan is consistent with the PUD that is already in place: the parcels fronting San Jose Boulevard will be commercial — a Dailey's store — with the JTA Park and Ride lot reconfigured and the back of the parcel used for residential. It's my intention to continue to work with the Parks Department to hopefully convince the developers to give serious consideration and join us in our plan to provide the ending of the bike path from Greenland Road to San Jose culminating in some park space.

Q: What would be the next step, assuming all is accepted?

A: First Coast Energy would begin its 90-day due diligence period, after which the project will go to the Planning Department for permitting. It does not have to go back to the City Council as the PUD has already been approved.

Q: What has been happening lately in the City Council?

A: One thing of particular note to Mandarin is an emergency resolution the council passed yesterday in response to Florida Senate Bill 574 and Florida House Bill 521, which seek to eliminate all local tree protection laws across the

state, replacing them with state measures. We have worked hard on our local ordinances and on Dec. 12, the council passed this emergency resolution that strongly opposes this proposed legislation to send a strong message to Tallahassee. Our resolution was signed by all 19 City Council members.

Q: What can residents look forward to in 2018 from the City Council?

A: There will be capital improvements in Mandarin in the form of sidewalks along Mandarin Road (some of which is already under construction) and an expansion of the Mandarin Senior Center, which is also funded for 2018. The old courthouse and city hall downtown will be demolished and I anticipate some green space to be left there afterwards. I continue to work with the Jacksonville Sheriff's Office and the State Attorney's office to address human trafficking in Jacksonville, as we rank among the top three in human trafficking in the state.

Finally, I'd like to wish everyone a very Happy New Year. I'm looking forward to a healthy, happy and progressive 2018.

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

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

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Briefs

Mandarin Community Club elects 2018 board of directors

The Mandarin Community Club held his annual membership meeting and dinner on Dec. 10 at the club building at 12447 Mandarin Road. The business agenda included the election of officers and the board of directors for the upcoming year. Elected for 2018 were: Emily Lisska, president; Sharon Copeland, vice President, Patricia Adams, treasurer; and Betty Wolfe, secretary. A complete list of board members-at-large for 2018 appears on the club website, www.mandarincommunityclub.org.

The 2018 membership drive for the Mandarin Community Club will officially begin on Jan. 1. Membership is open to all interested parties and an application form is available for downloading on the website. Forms are also available inside the information box



Photos courtesy Doris Hastings
Three new Mandarin Community Club board members: Paula Hayward, Stephen Joost, and Marie Zimmerman.

located in front of the club building or by calling (904) 268-1622.

The Mandarin Community Club hosts various events for members and the community during the year. It is probably best known as the organizer and sponsor of the annual Mandarin Art Festival held every Easter weekend — the 50th annual Mandarin Art Festival will take place March 31 and April 1, 2018.

U.S. Rep. Rutherford visits senior living campus

U.S. Rep. John Rutherford visited the River Garden campus to learn more about the challenges and concerns facing nursing homes and other agencies as they confront the issues of caring for seniors in Florida.

River Garden Senior Services is a not-for-profit, mission-driven community agency offering an array of elder care

programs and services on a 40-acre campus in Mandarin. In addition to being an eight-time winner of the Governor's Gold Seal Award for Excellence in Long Term Care, River Garden was recently named as the top nursing home in the state of Florida by U.S. News & World Report, is a recipient of U.S. News & World Report's "Best Nursing Homes" designation in 2013, 2014, 2015, 2016-



Photo courtesy River Garden
River Garden Home board members and co-chairs of River Garden's Public Policy Committee Jerry Rothstein and Randy Kammer; Rep. John Rutherford; Gloria Einstein, president of River Garden Senior Services; Dick Kravitz, board member of River Garden Foundation; Susan Cohen, president of River Garden Hebrew Home; Marty Goetz, River Garden CEO.

17, 2017-18 and is a five star rated community by the Agency for Healthcare Administration and Centers for Medicare and Medicaid Services.

Mandarin Toastmasters Club continues to enrich and inform members

The officers of Mandarin Toastmasters have been orchestrating some fun events for their members and guests, including the International Speech and Table Topics contest, to be held at their usual venue, the South Mandarin Branch library. Like all contests they host at the club level of Toastmasters, all members in good standing are invited to participate, and the winner has the opportunity



Photo courtesy Olga Collazos
Stephanie Gerbec, best Table Topics; Wendy Regas, best Evaluator; and Desiree Dizenzo, best Speaker.

ty to progress to the next level, working their way up to the International level.

Mandarin Toastmasters will also be hosting an open house in March, and like all their meetings, guests are highly

encouraged to attend. While socializing, you'll learn what Toastmasters is about, hear testimonials from members about how it has benefited them, and you can experience how a typical meeting is run. You can even participate in their Table Topics, a quickfire, off the cuff segment, where you are given a question and speak on it for one to two minutes.

Mandarin Toastmasters has been in existence for more than 10 years, but they are anything but stale. The welcoming members, educational meetings and the dedicated officers standing by to assist mean that this well oiled machine has much to offer. Visit mandarintoastmasters.org for more information.

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New Year, new discoveries at your library

By Kaylee Burke
mail@floridanewslines.com

From learning a new skill set to creating healthier habits, the library offers programs galore to start the New Year off right. Head to your local Mandarin and South Mandarin libraries to join the fun.

Just like fingerprints, no two snowflakes are the same, a phenomenon that was discovered by a man named Wilson "Snowflake" Bentley. On Jan. 3 at 4 p.m. at South Mandarin Library, children aged five – 12 can learn more about the history of snowflakes and even create their own. Shapes of Flakes is a STEAM Lab program that allows students to take part in a hands-on, minds-on exploration of science, technology, engineering, art and math concepts by investigating and creating through experiments and projects.

Sit back, relax, and enjoy a journey through classical guitar sounds with a concert by Jeff Bianchi at Mandarin library on Jan. 11 from 3 p.m. – 4 p.m. Bianchi showcases the beauty of classical guitar music through a variety of works, including a series of lute pieces from the Renaissance and Leo Brouwer's Cuban-inspired compositions. This performance is free and open to all.

January's Book Talk, Book Walk for school-age children is happening on

Jan. 13 at 11 a.m. at Mandarin Branch Library. Kids will listen to a reading of "Good Food" by DeMar Reggier, followed by an activity involving matching food groups and portion sizes. The program will focus on introducing the importance of healthy eating to kids in a fun, interactive way.

On Jan. 22 from 1 p.m. – 2 p.m. at Mandarin Branch Library's Learn It @ Your Library program, you can explore all things beading. Sample projects will include creating beaded bracelets and bookmarks. All supplies will be provided.

All library locations will be closed on Jan. 15 for Martin Luther King Jr. Day. The library's digital library is open 24/7 for a variety of e-books, audiobooks, movies and music. All programs are free and open to the public. Find information about additional upcoming events at Mandarin and South Mandarin branch libraries at jaxpubliclibrary.org/events or call the Mandarin Branch Library at (904) 262-5201 or the South Mandarin Branch Library at (904) 288-6385.

Kaylee Burke is with the Jacksonville Public Libraries.



Photos courtesy Betty Waldrep



Mandarin Garden Club wins first place at Gingerbread House Extravaganza

By NewsLine Staff
mail@floridanewslines.com

Emily Lisska, executive director of the Jacksonville Historical Society, announced at the recent Gingerbread House Extravaganza that Diana Openbrier and her committee of Mandarin Garden Club members won first place in the historical category for their gingerbread interpretation of the Mandarin Community Club. The Mandarin Garden Club was founded by the Mandarin Community Club and met at that location for many years. Wanda Bosworth, a former board member at Mandarin Community Club and member of Mandarin Garden Club, suggested to the committee that the gazebo at Billiard Park also be built.

Mandarin Garden Club hosts tea for new members

By Betty Waldrep
mail@floridanewslines.com



Photos courtesy Betty Waldrep

New members at Mandarin Garden Club's New Member Tea

The board of Mandarin Garden Club recently held a New Member Tea to welcome new members to the club. Forty-three new members have been added to the club since January 2017. The guests were entertained with tea and cookies at tables decorated in pink and white with lace tablecloths. Teapots and tea cups were the centerpieces on the tables. Each guest took home a bag of homemade cookies as a welcome gift.

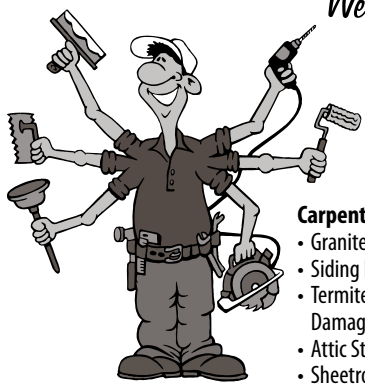
A presentation was given on how to use the club's yearbook by Sandra Varner, Circle Leader of Magnolia Circle. After the presentation, the board answered questions from new members about the club.

Mandarin Garden Club has more than 200 members and is open to men and women who love to garden and to those who are looking for friendship and a way to serve the community.

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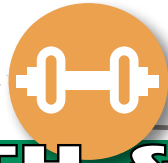


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HEALTH & WELLNESS

How to overcome workout fatigue

By NewsLine Staff
mail@floridanewsline.com

Regular exercise provides a host of immediate and long-term benefits. Those who exercise regularly can maintain healthy weights while reducing their risk for illnesses such as cardiovascular disease and diabetes.

While exercise can make people more energetic throughout the day, some might find themselves battling fatigue during their workouts. Muscle fatigue is a normal side effect of exercise, but people who are experiencing difficulty getting through their workouts due to fatigue may benefit from the following strategies.

- Eat a balanced diet. The Hospital for Special Surgery (HSS) in New York City advises that a well-balanced diet that includes complex proteins, fruits, vegetables, and carbohydrates can help men and women combat workout fatigue. People who are working out in an effort to lose weight may think that

combining exercise with a diet low in carbohydrates can help them achieve their goal more quickly; however, the HSS advises people dealing with workout fatigue to increase the amount of carbohydrates they eat. Doing so will help muscles maintain their glycogen levels, which are depleted during exercise. According to the HSS, carbs should account for between 40 and 60 percent of aerobic athletes' caloric intake, and between 30 and 35 percent for anaerobic athletes.

- Eat before and after a workout. Early risers who like to exercise first thing in the morning might develop muscle fatigue if they workout on empty stomachs. The HSS recommends eating a light meal or snack roughly two hours before exercising, and then eating again within one hour of finishing a workout. Doing so provides some energy during a workout and helps muscles broken down during exercise refuel and repair.

- Stay hydrated. Hydrating during a workout helps replace the water and nutrients that are lost through sweat. Muscles that are not hydrated during a workout and throughout the rest of the day are susceptible to fatigue.

- Use proper form when exercising. Improper form can lead to injury and/or muscle fatigue. Men and women who cannot adhere to proper form when working out may need to reduce the amount of weight they're lifting. As activities are performed using proper form, people may find they're building muscle without growing fatigued. As workouts progress, weight can be added.

- Give the body time to recover. Whether it's more time between sets of repetitions or an extra day off between workouts, a fatigued body might just need more time to rest and recover.

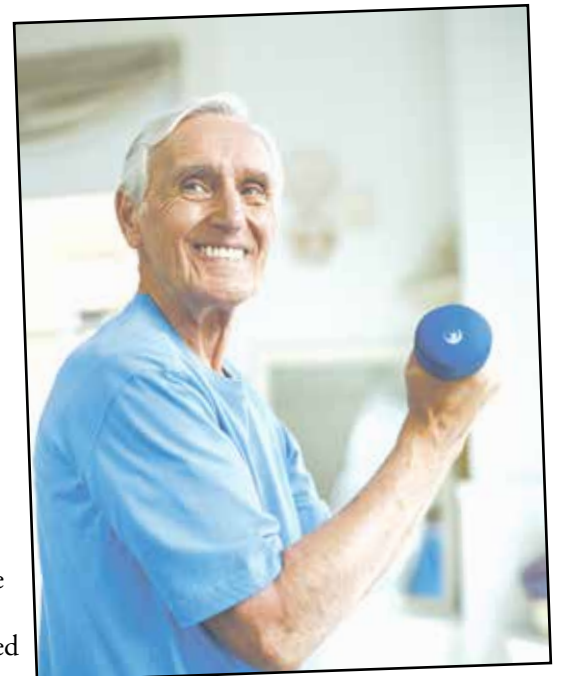


Photo courtesy Metrocreative

Use proper form when exercising to combat workout fatigue.

Aging men and women must recognize that they might not be capable of pushing themselves as hard as they once did and should adjust their workouts accordingly.

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Healthy resolutions for the year ahead

By NewsLine Staff
mail@floridanewsline.com

Many people see the dawn of a new year as the perfect time to implement changes that they hope will have positive impacts on their lives in the year ahead. New Year's resolutions have a way of falling by the wayside as the year progresses, but sticking with the following healthy resolutions can have lasting impacts on the lives of men and women.

- Read more. Many adults wish they had more time to read, but busy schedules filled with commitments to work and family can make it hard to pick up a book every day — but perhaps more people would find time to read if they knew doing so could add years to their lives. In an analysis of 12 years of data from the University of Michigan's Health and Retirement Study, researchers at the Yale School of Public Health found that people who read books for as little as 30 minutes a day over several years lived an average of two years longer than people who did not read at all.

- Sleep more. More time to sleep might

seem like an unattainable goal for many men and women. But the National Heart, Lung, and Blood Institute notes that ongoing sleep deficiency can increase a person's risk for chronic health problems, including heart disease, kidney disease, high blood pressure, diabetes, and stroke. The American Academy of Sleep Medicine recommends adults age 18 and older get between seven and eight hours of sleep per night.

- Turn off your devices. As recently as 15 years ago, many adults made it through their days without smartphones, tablets, e-readers, and other devices that are so prevalent today. While it might seem impossible to live without such devices in the 21st century, turning them off can have profound impacts on people's quality of life. A 2013 survey of more than 1,000 people conducted by the resilience platform meQuilibrium found that 73 percent of respondents felt their devices contributed to stress in their lives.

- Work less. Working fewer hours may help many professionals cut back on their stress, as the APA notes that 65 percent of Americans cited work as their primary source of stress. But working fewer hours may also make men and women more productive. A recent experiment funded by the Swedish government compared nurses at a retirement home who worked six-hour days on eight-hour salaries to a control group that worked the more traditional eight-hour workday. Nurses in the experimental group reported having more energy in their spare time and at work, which allowed them to do 64 percent more activities with facility residents. Nurses in the experimental group also took half as much sick time as those in the control group. As a result, the study's authors ultimately concluded that productivity can increase with fewer hours worked.

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Nutrition Check: Starting the Year off **SMART**

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

The start of each New Year is always a bittersweet time in terms of judging our health. At this time, new goals are starting to be made and goals from the previous year are assessed for success or failure. Each year around 41 percent of Americans make New Year resolutions, over half of which set out to lose weight or eat healthier. Yet only 9 percent of those individuals feel that they were successful in achieving their goals. (Statisticbrain.com, 2017). Why is this?

People tend to set goals that are unfeasible in hopes that a wave of motivation will arise with the New Year. Although this is a great concept and shows that individuals want to better themselves, it often leads to disappointment when the high expectations are not met.

SMART goals are an effective goal

setting strategy that helps set Specific, Measurable, Attainable, Realistic goals in a Timely manner. For example, a basic goal would be "In 2018, I want to be healthier." This goal is hard to reach because it doesn't define what "being healthier" means to you. Vague goals can become overwhelming and often result in a sense of failure.

Setting SMART New Year's resolutions will ensure that the outcome is more effective and positive.

A SMART goal style could be either "In January, I want to consume at least two vegetables each day" or "In 2018, I plan to limit going out to eat to less than twice per week for the next three months." Setting more specific goals sets a more realistic foundation to complete them.

When setting your goal(s), make sure they are meaningful and clear in regard to your desired outcome. This will make achieving your goals more rewarding. More

importantly, share your goals with your friends and family. Having social support may be beneficial towards completing your goal, and who knows, maybe one of them will want to join in on the fun.

Lastly, reward yourself! The path to reaching your goals doesn't have to be a miserable one. When you have hit milestones, or are simply feeling accomplished, it's okay to schedule some "you time" or treat yourself to something you've been wanting. This can keep you motivated to

set and complete more goals.

Setting SMART New Year's resolutions will ensure that the outcome is more effective and positive.



Photo By MetroCreative

Kristen K. Hicks Ph.D., RDN, LDN is Nutrition and Dietetics, Brooks College of Health, University of North Florida.

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Rodeheaver Boys Ranch debuts new obstacle course

By Krista Purcell
mail@floridanewline.com

Rodeheaver Foundation received a grant to create a military-style obstacle course to benefit the boys at Rodeheaver Boys Ranch and honor our fallen soldier Sgt. Timothy Officer. We've also recently built a learning center on our grounds with the funds from a St. Johns County and Palatka Rotary Club Grant.



Photos courtesy Rodeheaver Boys Ranch

Rodeheaver Boys Ranch, located in Palatka, has been providing complete care for up to 50 disadvantaged boys for the past 68 years. Children make their way to the Rodeheaver Boys Ranch because they have no home of their own due to parental death, desertion, divorce, disability or dysfunction.



and different outdoor activities for the boys at Rodeheaver Boys Ranch is always beneficial.

Rodeheaver Foundation was also recently awarded a grant from the Quad Club Rotary Collaboration of St. Johns County and the Rotary Club of Palatka to build a Learning Center at the Ranch, replicating a modern library or student center and used as a Learning Center, where the boys can be tutored with their homework, SAT prep, or other academic endeavors. The grants allowed us to build a classroom at the Ranch with almost 20 new computers and laptops.

We are now trying to fundraise for a part-time tutor to make great use of our new Learning Center at the Ranch. Having a funded tutor in the past has lead to the Ranch boys consistently maintaining an overall grade point average of 3.00 or better. Rodeheaver Boys Ranch and Rodeheaver Foundation do not receive any government funding, and rely solely on grants, events and private donations.

Rodeheaver Foundation is also hosting its third annual fundraising tournament benefitting Rodeheaver Boys Ranch. Rodeheaver Boys Ranch Benefit Bass Tournament will be held on March 10, 2018 at the Palatka City Docks in Palatka. This event draws registrants and boats from all over Northeast Florida, including St. Augustine, Palm Coast, Ponte Vedra, Palatka, Gainesville and Jacksonville.

Visit Rodeheaverfoundation.org for more information.

Krista Purcell is Director of Development at Rodeheaver Foundation. Contact her at KPurcell@RodeheaverFoundation.org or (386) 983-0658.

One of our greatest success stories at the Ranch was Tech Sgt. Timothy A. Officer, who was a Tactical Air Control Party Airman. After staying at the Ranch as a child, he later served 14 years in the Air Force, during which he deployed several times in Iraq and Afghanistan. He was awarded the Bronze Star twice, once with the "V" device for valor, and over 20 medals and ribbons. Sadly, he was killed in 2015 after a parachute-training incident during a military freefall training at Eglin Air Force Base, Fla.

Officer visited the Ranch right before the accident, showing interest in building an obstacle course at the Ranch similar to ones he would use for military training and exercise. He was appreciative of the time he was able to spend at the Ranch as a child while his own father served in the military. We have been recently awarded a grant from Lastinger Family Foundation and have completed building this military-style obstacle course for the boys, while helping to honor Officer's legacy.

The Ranch sits on 800 acres of land in Palatka. We have our very own Boy Scout Camp, Vehicle Program, Pool, Learning and Tutoring Center, Equestrian Program, garden, and now a military style Obstacle Course. The boys continue to stay on the Ranch when school is out during the summer, so finding new

School Briefs

Crown Point hosts Holiday Gift Shop

Crown Point Elementary School PTA opened its annual Holiday Gift Shop Dec. 4 – 8. The event provided Crown



Photo courtesy Mary Jane Elyer

Crown Point students shop at the Holiday Gift Shop.

Point students an opportunity to purchase a variety of gift items, which range in price from 25 cents to \$15, for their family members and special friends. The students budgeted their money and made decisions on what to buy and how much to spend. PTA volunteers were available to help each child shop within his or her budget. The event also allowed our students to experience the joy of giving this holiday season.

St. Joseph students experience state history in St. Augustine

Fourth graders from St. Joseph Catholic School visited St. Augustine and experienced Florida's history on Nov. 21. The students visited the Castillo de San Marcos, the Pirate Museum, and Mission Nombre de Dios. They learned



Photo courtesy St. Joseph Catholic School

Fourth graders visited the Castillo de San Marcos.

about the Native American groups that resided in Florida in the early 1500s and were instructed on the influence the Spanish had establishing St. Augustine. At the Mission they learned about the role the Catholic Church had in establishing the first permanent settlement in the United States.

Bartram Springs Elementary runs for fun at Boosterthon

On Oct. 13 at Bartram Springs Elementary, hearts were racing, legs were pumping, and smiles were flooding the track as students participated in the 2017 Boosterthon Fun Run.

It all started out with an exciting Pep Rally that featured the Fun Run team energizing the students. Each student brought home a special crown that motivated them to practice character traits such as Focus, Self-Awareness, Respect, and Creativity.

During the week, students asked for pledges from friends and relatives in order to raise funds for their school. Every day, the Bartram Springs Elementary PTA visited all the classes in the school to thank the students that had pledged. Each class had a Pledge-o-Meter that featured goal rewards such as Crazy Sock Day, Flashlight Reading, and



Photo courtesy Bartram Springs Elementary

Bartram Springs Elementary students had fun running at the Boosterthon on Oct. 13.

Dress the Teacher. Then, on Friday, the kids busted out their running gear and jogged, danced, skipped, and laughed through the 35 laps of fun.

According to the school's data, 76 percent of the students registered and 60 percent received pledges. In addition, the school received pledges from 38 states and from countries as far away as Brazil, Canada, India, Mongolia, Norway, and Jamaica.

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Life

travel · pantry raiders · gardening
fishing · entertainment · puzzles

Get to Know . . .

By Martie Thompson
editor@floridanewsline.com

Terri Kinder

Terri Kinder is a native Floridian who lived in many different states and overseas as an Army kid, but always knew she would come “home” to this state. She met and married her husband, Mark Kinder, in St. Petersburg and then the two of them went to away to college at Middle Tennessee State. Mark Kinder, son of a Methodist pastor, was also accustomed to moving around a lot. The couple continued the trend by living in several different states while Mark moved up the corporate ranks in the water treatment industry. He was responsible for training employees about water treatment and decided he could train himself and his wife to open their own business. In 1987, they chose Jacksonville for their return to Florida — because they knew the city had hard water.

The Kinders started Affordable Water in 1989 and never looked back. Terri Kinder recalls starting the business with a Honda Civic hatchback that they would use to deliver the salt needed for the water systems and a credit card. She said it took them four years to pay off the credit card and they are now happy to have all their hard work come to fruition. They opened the business about the same time the Jacksonville Jaguars became an NFL franchise and were pleased to count several players as customers.

The couple has lived in Mandarin the entire time, moving from an apartment on Claire Lane to a home in Julington Forest, to a home they built

on Julington Creek. They have one son, Adam, who works with them in the business in sales, and three grandchildren.

1) What do you like most about living in Mandarin?

I like everything about it ... the weather, the trees, the sunsets on Julington Creek. It feels like we live in the country, but we are nearby to lots of activities. We just recently saw the Air Show from our boat in the St. Johns River.

2) What do you think is your greatest accomplishment?

Definitely being a parent. That’s why I stayed home and didn’t work while our son was young, until he started school.

3) What do you enjoy doing in your spare time?

I’m very active in my church, Emmaus Church near Kernan and Beach boulevards. I also volunteer with Foster Closet, the organization that works with foster families to provide clothing for foster children. I volunteer to babysit foster children while the foster parents have an evening out. I am so in awe of what foster parents do. I know I couldn’t do it, so I am happy to help support them in this way. Also, Mark and I are original season ticket holders for the Jaguars.

4) What is the best and most challenging aspect of owning your own business?

The best part is that our office staff is



Photo courtesy Terri Kinder
Terri and Mark Kinder

like a family. Some of our employees have been with us for many years. Also I love our customers. Some come to the office and have lunch with us or bring us cookies. We go through the happy and the sad parts of their lives. The most challenging part is that the business consumes so much of your time. We wear so many different hats and everyone does a lot of things not necessarily in the job description.

5) Where do you see yourself in 10 years?

I see myself doing more volunteer work. I’d like to work for Guardian ad Litem. I’d also like to travel more ... perhaps Mark and I can take our dream trip to Alaska!

Get to Know . . .

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

Hour of Code cont. from pg.1

that would help humans in the event that aliens try to come or contact our planet.

The results? Team Fletcher rocked the house with ARA (Kara Harris, Cameron McCoy, Donald Walker) and Sagittarius (Gustavo Martins, Sean Nagel) taking home first-place and second-place prizes. Team Jackson was recognized for top functionality while Team Mandarin received honors in graphics.

Computer Science Education Week wrapped up with a coding workshop exclusively for girls. Students from Hyde Park Elementary participated in Code Like a Girl, an event that aims to raise awareness and help close the gender gap in technology. The girls worked with industry professionals to explore coding in a fun and friendly environment.

Professionals in the STEM fields spoke to a packed room each day, encouraging students to take chances, find something they like, and stick to it.

Mandarin Museum cont. from pg.1

General Store and Post Office, which served in the heart of the community until it closed in 1964. In 2004, a partnership opportunity with the City of Jacksonville began and the current Mandarin Museum building was built in the Walter Jones Historical Park to house the organization’s collection and to bring history alive through exhibits and programs. With the opening of the 1898 St. Joseph’s Mission Schoolhouse for African-American Children in 2016, the organization now manages five historic structures, plus the museum, and has successful, diverse and growing visitation and a variety of educational programs.

For more information, call (904) 268-0784. To donate, mail to Mandarin Museum, PO Box 23601 Jacksonville, FL 32241 or stop by the museum at 11964 Mandarin Road any Saturday from 9 a.m. – 4 p.m. The Mandarin Museum is a 501 (c) 3 organization.

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Shaffer selected for 2017 Power Showcase World Classic

By NewsLine Staff
mail@floridanewsline.com

Christ's Church Academy first baseman Benjamin Shaffer has been named to the 12th annual Power Showcase All-World Team.

Each player is personally selected by the Power Showcase based on his abilities, power, scout references, and high school and showcase tournament performances.

Shaffer will represent Florida during

the prestigious Home Run Derby that will feature top amateur power hitting prospects from around the world and the during the All-World Classic Game. The game highlights the five-day, all-encompassing educational experience known as the World Power Showcase, which will be staffed

by some of the very best coaches. The event will be held at Marlins Park in Miami, Dec. 27 – 31 and includes a

MLB Scout Day in front of all 30 organizations, a welcome dinner/ jersey presentation ceremony, the home run derby itself, two mental strength sessions and involvement in the Power Showcase's philanthropic arm, the Home Runs that Help.



Photo courtesy Bob Shaffer
Christ's Church Academy first baseman Benjamin Shaffer

Shaffer plays for the Christ's Church Academy Eagles,

coached by Kurt Dugan, and the Braves Scout Team Florida, coached by Brian Dalton.

Visit www.powershowcase.com for more information.



Photo courtesy Mandarin Museum & Historical Society

Mandarin women participate in frog painting to benefit Mandarin Museum

Mandarin Women's Club members enjoyed a private frog painting party with the Frog Man at Mandarin Museum in November.

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Evening Workshop: Thursday, January 25, 2018 - Time: 5:00 p.m. – 6:30 p.m.

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Fishing

Capt. David's Fishing Report

By Captain David Lifka
mail@floridanewsline.com

The cost of fishing tackle can sometimes be considered to be on the little bit ridiculous side. There are fishing rods and reels that can vary from \$30 to \$300; gear, such as pliers pushing \$80; and tackle boxes that can easily go over \$50. Add some hooks and weights that can easily be more than a dollar apiece, a filet knife that can run up to \$50, a few lures for \$10 to \$15 apiece and you're liable to end up with a treasure chest instead of a tackle box.

Starting with a rod and reel, try purchasing a combo that has already been set up and properly matched. Most big name sporting goods stores will have these on display and ready to try. Often store brand outfits, very similar to the more expensive brands, will be offered at a price of just a third of what the brand name is asking. Also, be on the watch for sales as the more expensive outfits are often featured in ads with savings of 40 – 50 percent.

If you have ever compared a tackle box with a modern day tool box you might be surprised to learn there is very little difference between the two, but for some reason, tackle boxes come with a higher price tag. For the average fisherman, a tackle box with a couple trays and a few compartments is all that is needed. By

purchasing a tool box to be used in the same role as a tackle box there could be savings of as much as 50 percent.

Finally, putting tackle in your tackle box is another expense that can add up quickly. Fortunately, there are a few things that can be done to help out with the overall costs. One way is to check online sporting goods stores' clearance specials. Everything you could possibly think of to fill a tackle box is offered on a regular basis with pretty good savings. Also, there are online auction sites that offer shopping in quantity and bulk, such as hooks and sinkers for some of the best prices around. Expensive fishing pliers can be replaced by a trip to any hardware store by purchasing nine-inch needle nose pliers and a pair of toenail clippers. Inexpensive filet knives will do almost anything an expensive knife will do, as long as you have a good sharpener to go with it, saving you money again.

Fishing Report: Take advantage of speckled perch (crappie) in area lakes and creeks as we are in peak season. On pretty days, any type of pan fishing just might pan out.

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



Photo courtesy MetroCreative

U.S. Coast Guard Auxiliary update

By Paul Tynda
mail@floridanewsline.com

Recently there has been a recall on the Kidde brand fire extinguishers that many boaters may have on board to meet the federal requirements for recreational boats. The recall was announced on Nov. 2, 2017 and includes the red, white, and silver colored cylinders that are ABC or BC type fire extinguishers. Two types of disposable fire extinguishers with plastic handles or push buttons are also included in the recall.

This recall includes 134 types of fire extinguishers numbering around 40 million individual fire extinguishers. For more information and to see if your fire extinguisher is part of the recall, visit the Coast Guard Auxiliary national website www.cgaux.org and go to the prevention directorate in the "What's New" section where you will see the Coast Guard Marine Safety Alert regarding the recall. Alternatively, you can go to www.cpsc.gov (the Consumer Product Safety Commission) and search for the recall notice.

Even if your fire extinguisher is not a part of the recall, you should be checking the condition of your fire extinguishers monthly. Make sure the tank is in good condition with no rust or damage; this includes the handle and the nozzle. Check the pressure

indicators and gages to see that they are showing in the operable range. Make sure there are no clogs in the nozzle or hose. Occasionally some insects can try to make the opening their home and this is more likely if your boat is stored outside. Check the seal and tamper indicators; they should not be broken or missing. Most importantly keep the fire extinguisher in an accessible place on the boat where anyone on board can get to it in an emergency.

Recently there has been a recall on the Kidde brand fire extinguishers that many boaters may have on board.

A fire extinguisher is just one item on the list of required safety equipment that should be in good working order on your boat. One way to ensure that you and your boat meet the federal requirements is to schedule a free vessel safety check with one of the Coast Guard Auxiliary vessel examiners. All passing vessels are issued a decal that is good for the year it is issued and placed on the boat.

Visit www.safeboatingjax.com for more information, to schedule a vessel safety check, or to register for a safe boating class. The next safe boating class is scheduled for Feb. 3, 2018 and is now accepting students.

Paul Tynda is the Commander of Flotilla 14-8 of the United States Coast Guard Auxiliary.

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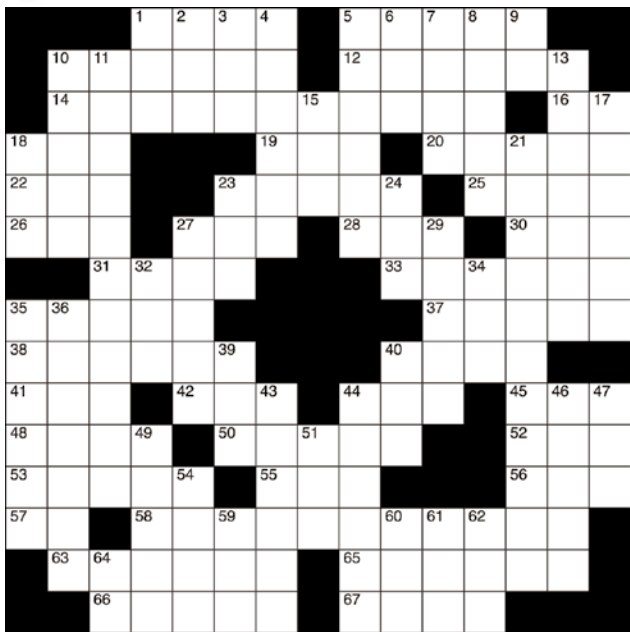
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Tax Tip of the Month

You may have heard that the proposed new tax bill would be setting the tax rate for pass through Subchapter S income at 25%. As usual, NOT THAT EASY! Many complications in the proposal—especially concerning how much to go to salary of the shareholders and how much to Sub S income. Special rules will likely apply to personal service corporations! Once the law is in place, give us a call if you would like help in planning for 2018!

Puzzles

Answers to puzzles on page 2
Provided by MetroCreative



CLUES ACROSS

1. Isidor __, American Nobel physicist
5. One day keeps the doctor away
10. Extents
12. Noticing
14. Scriptural
16. Star Trek character Laren
18. "The Crow" actress __ Ling
19. Not good
20. Measures gold
22. TV network
23. Wasting
25. Money in Ghana
26. Young girls' association
27. Title of respect
28. High schoolers take this test
30. Crunches federal numbers
31. Wild or sweet cherry
33. Celestial bodies
35. Fruit of the oak tree
37. Royal Navy ship during WWII
38. Of cherished symbols
40. Satisfy
41. 5th. day (abbr.)
42. Swiss river
44. Royal Albert Hall (abbr.)
45. Cool!
48. Flat metal shelves
50. Enclosed
52. A way to pass
53. City in Iraq
55. Printing speed measurement
56. Twitch
57. Indicates position
58. Made lawful
63. Took down
65. A way to travel on skis
66. North winds
67. Tunisian metropolis

CLUES DOWN

1. Seafood
2. Incan god of mountains
3. Ritzy LA neighborhood __ Air
4. Line that connect points of equal pressure
5. Audience-only remarks
6. Chest muscle (slang)
7. Pointed top
8. Lavender
9. Linear unit
10. Knives
11. 2016 World Series champs
13. A way to arrange
15. Talk
17. Serving no purpose
18. Container
21. Breathes new life into
23. Beloved dog Rin Tin __
24. A bag-like structure in a plant or animal
27. Yemen capital
29. Sacred book of Judaism
32. Make a mistake
34. Wrestlers wrestle here
35. Respiratory issue
36. In league
39. Resinous insect secretion
40. Unhappy
43. Turbulent area of a river
44. Neglectful
46. Sours
47. Calendar month (abbr.)
49. Grooves
51. Sony Pictures Television
54. Monetary units
59. Command right
60. 1,000 cubic feet
61. Expression of triumph
62. Dinner jacket
64. The first two

FITNESS TIME WORD SEARCH

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

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

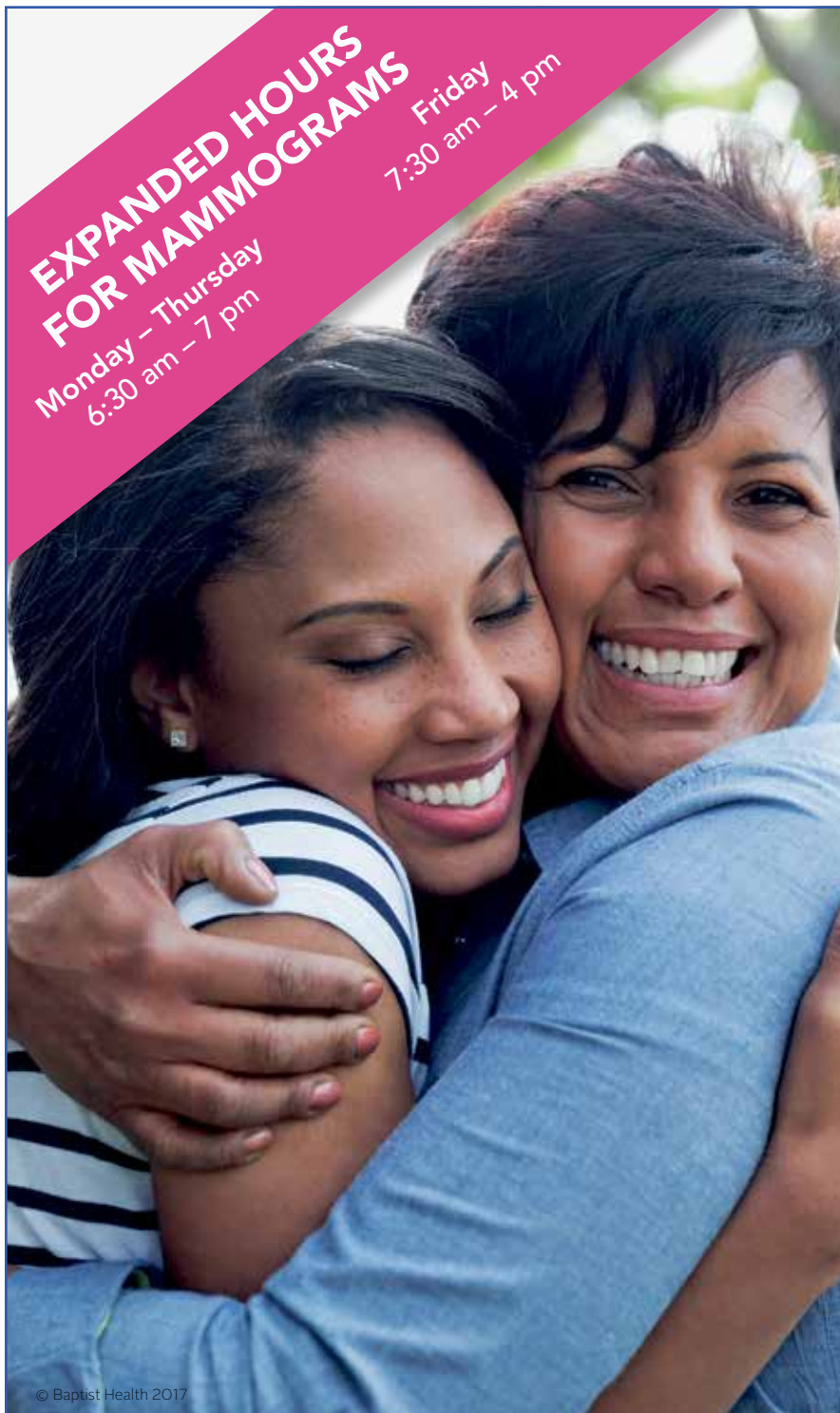
WORDS

- ACTIVITIES
- AEROBIC
- AGONIST
- ANAEROBIC
- BODY
- CALISTHENICS
- CARDIOVASCULAR
- CIRCUIT
- CLASSES
- CONCENTRIC
- CONTINUOUS
- CORE
- CROSS-TRAINING
- ELECTROLYTES
- ENDORPHINS
- ENDURANCE
- EUSTRESS
- FLEXIBILITY
- IMPACT
- INDEX
- INTENSITY
- INTERVALS
- JOINTS
- LACTIC ACID
- LEAN
- MASS
- MUSCLE
- OVERLOAD
- OXYGEN
- PHYSICAL
- REPETITION
- RESISTANCE
- STRENGTH
- THRESHOLD
- TISSUE
- TRAINING

CRYPTO FUN

Solve the code to discover words related to family fitness.
Each number corresponds to a letter.
(Hint: 3 = e)

- A. 14 3 26 8 19 14**
Clue: Wellness
- B. 3 6 3 23 1 9 7 3**
Clue: Physical activity
- C. 17 15 4 24**
Clue: Physical structure
- D. 16 3 9 20 14 19**
Clue: Mass



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Gardening

Weather and the winter garden

By Lesley Arrandale
mail@floridanewline.com

As we all know, recovery from natural disasters is a slow process. Jacksonville was hard hit by Hurricane Irma, and we are still recovering. There are even some ongoing consequences from Matthew for some of our neighbors. As I write in early December, hundreds of thousands of people in California have fled from rapidly moving wildfires whipped up by strong Santa Ana winds, which are expected to continue for some days. These events are a powerful reminder for us all, that we are vulnerable to forces outside our control. In Florida, too, we have to beware of fire, and we know now just how devastating it is when our St Johns River floods so badly.

If you live in a subdivision with lawns and deciduous trees in the landscape, you are likely at low risk from fire. If your property abuts, or is surrounded by a natural, wooded area it makes sense to assess your situation, which is where this publication will help: <http://edis.ifas.ufl.edu/fr076>. To defend against fire, keep the immediate area

around your home free of firewood, twiggy debris, and leaves. This also will help to deter termites and other insect pests. Some plants are naturally fire resistant — think aloes and other fleshy-leaved succulents — but plants that contain oily resins, such as pines and saw palmetto, should ideally be 30 feet or so away from buildings if you are in a medium to high risk situation.

Precautions against flooding are perhaps less easy to accomplish. If you live on a waterway, a living barrier of well-adapted native shrubs and trees may help to mitigate the effects of storm surge by holding the riverbank together, but in the case of relentlessly rising water, it's a different matter. Ultimately it became clear that flooding from Hurricane Irma impacted much more of Jacksonville's infrastructure than expected.

And now to gardening! By the year's end, hopefully, we will be seeing some seasonal weather. Our brassicas — kale, cabbages, collards, broccoli etc. — do

well in the colder months, and become sweeter after a frost or two. Refer to the "Florida Vegetable Gardening Guide" for planting dates, recommended varieties, and cultural care: <http://edis.ifas.ufl.edu/vh021>. This is now available as a free mobile app called "Florida Fresh." You can find links to articles about composting, pest control, and other relevant topics.

Not all vegetables should be confined to the vegetable garden. Swiss chard Bright Lights makes a bold statement, with gold, cream, white or red tinged leaves and stems. Plant edible kale, which can be found in various shades of pinks and greens and a variety of leaf forms, rather than ornamental cabbage. If your tastes turn to mustard greens, try the striking Japanese Giant Red mustard. Edible peas have fairly innocuous white flowers, but they can be grown on an attractive support for a green accent among lower growing plants. Do note, though, that vegetables benefit from regular fertilizer, and a good quality one at that. And don't ever use any chemicals on them or even near them unless they are clearly labeled for use in the vegetable garden.

As autumn slipped into winter, the natural landscape mellowed. Along our roadsides, the brilliant yellow flowers of goldenrods gradually faded, while bushy bluestem grasses (*Andropogon glomeratus*) glowed rusty brown against the lowering sun. You must have noticed pink muhly grass (*Muhlenbergia capillaris*), its billowy seed heads gloriously backlit, in many of our local parking lots. Out in the countryside, often along the edge of marshland, the lovely native groundsel bush (*Baccharis halimifolia*) has been full of clouds of white flowers which are good nectar sources for various pollinators. The female plants produce fluffy white seed heads, thereby extending the show. In sunny spots, the leaves of the deciduous native Virginia creeper (*Parthenocissus quinquefolia*) turned a deep burgundy red as it shut down for the winter — a beautiful sight. While a bit of a handful to control, this vine produces small black berries in late summer that birds really relish.

Happy New Year and a Healthy 2018 to you all.

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Travel

Visit Panoramic Parks in Utah

By Debi Lander
mail@floridanewslines.com

America's National Parks have been called our greatest national treasure. I agree. Trips to any of the 58 parks provide dramatic views, unforgettable memories and fun times.

Florida offers three national parks: Biscayne, Dry Tortugas and Everglades. If you haven't visited, consider a road trip.

The arches are delicate and park rangers promote the catch phrase, Don't bust the crust. It's the blackish stuff you see on the ground, known as "biological soil crust," and it is essential in preventing erosion. This topsoil is so fragile that one step can wipe out years of growth — a very important reason to stay on the marked trails.

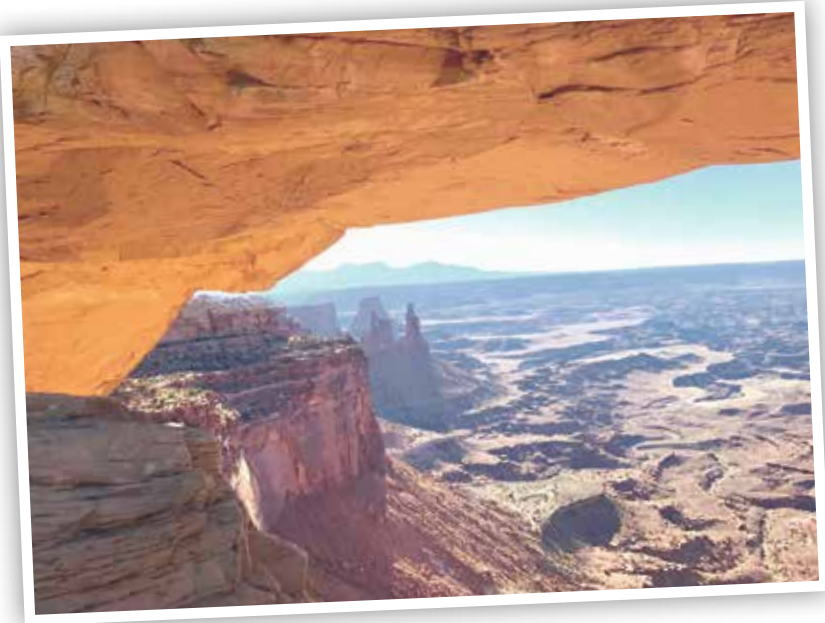
arch spanning 50 feet across the mesa's edge. It frames a castle-like scene. Then, I slowly and carefully sat down at the top of a 500-foot vertical cliff and took in the spellbinding, sweeping panorama. No words needed. Go early and soak in the sunrise as it illuminates the arch.

niscent of the Grand Canyon, except the gorge does not drop quite as deep, and the walls of the canyon are farther from the river.

Whether you are looking for landscape or adventure, the Utah parks won't disappoint.

I hiked to more outlooks including the aptly named Grand Point Overview. This section of Canyonlands is remi-

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



Photos courtesy Debi Lander
View from Mesa Arch in Canyonlands

The state of Utah (13th largest by land area) boasts five National Parks and they rank as some of the most spectacular in the country. Last summer, I traveled out West to visit two of Utah's finest: Arches and Canyonlands.

The town of Moab, Utah makes a good base, with plenty of lodging options and restaurants. It caters to outdoor types especially those into camping, hiking, biking and rafting. One morning, make sure you watch the sunrise as it hits the surrounding red rock canyons. They burst forth with fiery blazes. In fact, you almost need sunglasses. It's impossible to ignore the power of Mother Nature.

I started at Arches and followed my usual protocol of watching

the introductory film in the Visitor Center. The one in Arches is, hands down, the best intro I've seen in the national parks. After watching, I understood how arches, the rarest of geological formations, develop. Water is the architect and if all conditions are perfect, it seeps into crevasses and weaknesses in the sandstone, expands and contracts with the weather and after centuries, an arch is formed. Ironically, the same forces that form an arch also destroy it.

Fortunately, you can explore much of Arches by driving and taking short hikes. In the summer, temperatures soar.

Double Arch stands as the largest formation and its parking area always remains crowded. But, if you see nothing else, don't miss this area. Double Arch is massive, on a scale you can't imagine until you stand humbled at its feet.

Nearby rests North and South Windows and Turret Arch. These immovable sandstone creations somehow

emit excitement, a feeling even children grasp.

Next day, I headed toward Dead Horse State Park, on the way to Canyonlands. The over-

look offers a majestic viewing point 2,000 feet above the gooseneck bend in the Colorado River. The horizon looms 100 miles away, and I was overwhelmed by the vastness of the rock real estate and inhospitality of the region. Hard to imagine ancient Puebloan people ever lived in these parts.

Further along, I entered the Island in the Sky section of Canyonlands and trekked the trail to Mesa Arch, an



Double Arch



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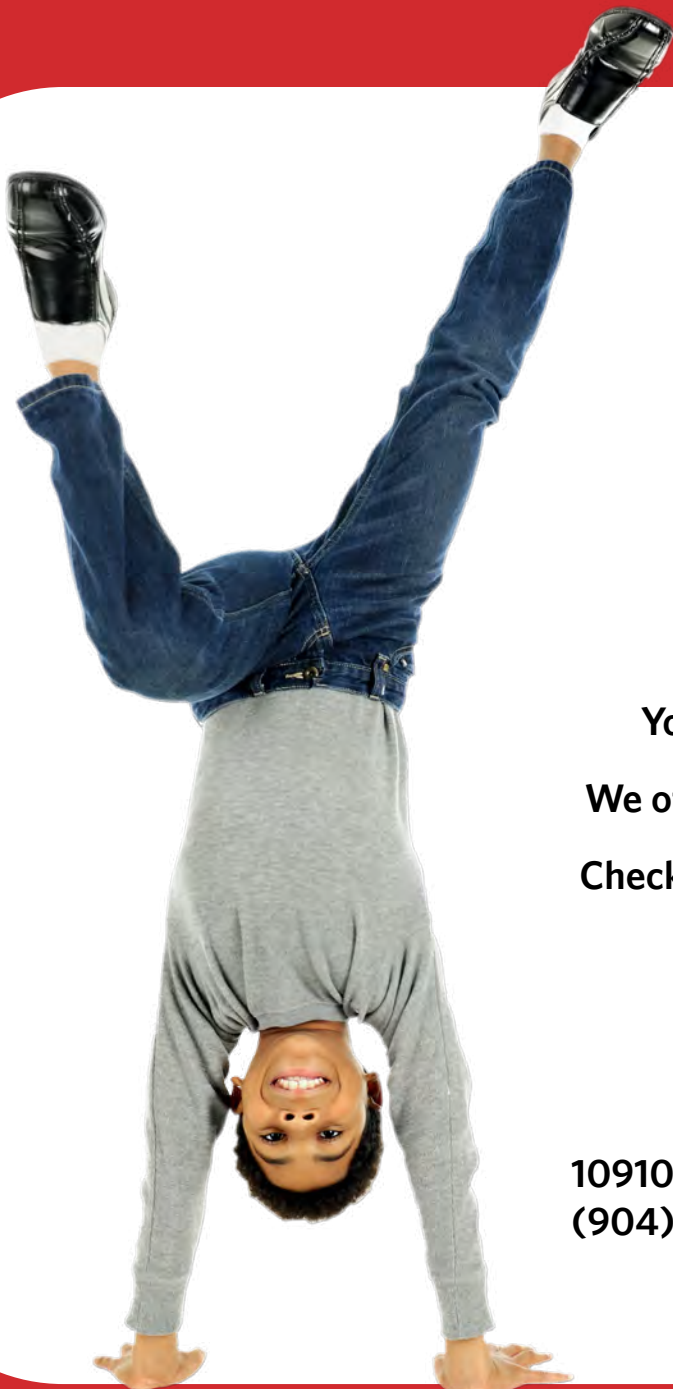
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