

Mandarin NewsLine

November 2024 Volume 19 Issue 11

A Florida NewsLine Publication



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BFF Best Furry Friend



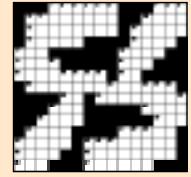
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Q&A with
Lori Hershey



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Get To Know ...
Laura Geisel



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Puzzles



Photo courtesy Mary Eylar

Crown Point honors Teacher of the Year

Crown Point has selected Amy Sanchez as its 2024 – 25 Teacher of the Year. Sanchez has been teaching kindergarten ESOL for 17 years at Crown Point. In her class, students whose native language is not English, are learning to improve their language proficiency. In addition, they receive academic instructions in reading, writing, math, science, and social studies. Sanchez's love for teaching started at an early age while she was growing up and watching her mother and sister teach at schools around the city. She inspires students to have a love for learning and to become authors, illustrators, superstar readers, math smarties, and scientists.

Mandarin church to celebrate 150th anniversary

By NewsLine Staff
mail@floridanewslines.com

Mandarin United Methodist Church on San Jose Boulevard will celebrate its 150th anniversary (1874-2024) on Sunday, Nov. 17, 2024. The church is the second-oldest continuously operating church in the Mandarin community and among the oldest congregations in Jacksonville. The motto for the anniversary is: "150 Years and Our Story is Still Unfolding."

"This anniversary provides an opportunity to give thanks for many generations who have faithfully worshiped God and served this community," Mandarin United Methodist Church Senior Pastor Britt Gilmore said. "As we remember past challenges and accomplishments, we witness afresh the resilience, creativity and compassion of those who have gone before us. We hope this anniversary celebration may inspire us to love God and neighbor in a new season."

Mandarin United Methodist was formed in 1874 at a similar time to



Photos courtesy Mandarin United Methodist Church
Mandarin United Methodist Church in 1895, just 21 years after its founding.

when famous author Harriet Beecher Stowe had a home in the Mandarin community. The first pastor, Dr. Theophilus Wilson (T.W.) Moore, rode by horseback to the first church site. He went on to discover the near-

by Fruit Cove community, become an expert on citrus, and serve as the fourth president of Florida Southern College.

MUMC 150 anniversary cont. on pg. 8

Fall fundraiser entertains full house, raises important revenue for club

By NewsLine Staff
mail@floridanewslines.com

A musical performance by Theatre Troupe 1776 filled the Mandarin Community Club with nearly 100 ticket holders and raised important funds for the historic club in late September. It was a kick off for fall, and the fundraiser realized \$2,000 to support the club's charitable mission. The "1945 Cabaret," revived memories for a few and introduced the younger crowd to some of the nation's finest songwriters and composers.

"The evening was highly entertaining and lots of fun. While the production focused on song and dance, the World War II themed entertainment



Photos courtesy Mandarin Community Club
1945 Cabaret cast.

1945 Cabaret cont. on pg. 7



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Gardening

Storms and Trees, and Fall

By Master Gardener Volunteer Lesley Arrandale
 mail@floridanewline.com

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ST. JOHNS BEST OF THE BEST 2024
 AUGUSTINE CHOICE AWARDS 2024

We all saw the devastation caused by Hurricane Helene, which is both heartbreaking and sobering, and now I'm writing in the immediate aftermath of Milton, which has left more of Florida devastated. Jacksonville has been relatively lucky, yet again.

During Helene, two large trees in our street, a southern magnolia (*Magnolia grandiflora*) and an oak, species uncertain, dropped huge branches which fell across power lines. Looking at the downed branches of the magnolia stacked by the side of the road, there's not much to show why it lost them. Where the branches were attached to the tree, the trunk looks healthy. Hopefully it will stay that way, but with the bark ripped away, the tree is more vulnerable to pests and diseases. The oak is another matter. Some of the heart wood is dark and streaky, which could signal rot. The structure of the tree was also poor. Branches were closely placed on the trunk, and there was probably some included bark in there. This is bark that grows in a tight crotch between competing trunks or branches, gradually pushing the tree apart, weakening it and allowing water to infiltrate. For a better understanding, check out this article: <https://edis.ifas.ufl.edu/publication/EP507>.

I also like this detailed article which has good diagrams and photos of problem trees, with potential solutions: https://hort.ifas.ufl.edu/woody/documents/ch_13_mw06.pdf. Bear in mind that tree work is skilled and can be dangerous, so don't tackle anything but the simplest, smallest pruning tasks yourself. If you think you have a potential problem in any of your trees, do consult a qualified arborist: www.treesaregood.org/find-an-arborist/findanarborist. It would be wise to assess our trees and, if necessary, act before the storm season.

Fall is finally here. At the beginning of October there were huge numbers of birds migrating over Florida. Unfortunately for us, these mass migrations occur mainly at night, so we don't usually see the phenomenon.

Sadly, there can be multiple fatalities because some birds become disoriented, crashing into the lighted windows of high-rise blocks. Even low-rise lighted windows can be a problem, so please consider closing your blinds and shades at night. Most wildlife will benefit.

It's not too late to divide large clumps of spring-flowering perennials, which is a great way to make more plants for free. Dig up the plant, shaking off enough soil to see the root system, and locate the crowns where new growth will emerge. You may be able to tease the roots apart, but if the root mass looks dense and somewhat woody, cut it apart, making sure to keep some crowns intact. Replant the divisions right away or keep them in pots until they are larger. Water the new plants well and keep them watered if they're in pots, or until they are established if they're in the ground. Some perennials die back to the ground in the winter, so mark their positions. When they reappear in spring, you'll be glad you did.

Cool season leafy vegetables generally will be coming along well, although lettuce could still bolt if the weather is too warm. Large slower growing crops like broccoli and collards can be interplanted with quick growing vegetables like radishes to take advantage of the space between them. Make sure to scout regularly for pests, particularly on smaller plants. One cutworm can literally cut a small transplant down overnight. To avoid this problem, encircle transplant stems with 3-inch lengths of cardboard tubes from rolls of kitchen paper, ensuring that the bottoms of the tubes are below soil level. If the weather is dry, apply diatomaceous earth around seedlings. It deters soft bodied pests but doesn't work if it's wet. Refer to the Florida Vegetable Gardening Guide for more information on how and what to grow: <https://edis.ifas.ufl.edu/publication/VH021>.

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BFF Best Furry Friend of the month

Breed:
American Foxhound Mix

Favorite Activities:
Chasing the squirrels in our backyard, playing with tennis balls, and taking naps.

Favorite Food:
Any scraps she can get off mom or dad's plate!

Favorite Friends:
Our parents' dogs, FeFe and Lulu, plus our little man Kolby!

How did your BFF get her name?
Lily was rescued and all the girls in her litter were named after a flower. We got her at nine weeks old and kept it that way.



Meet Lily!

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.



Coming in our December issue

Holiday Guide

Call (904) 607-5062

to include your business!

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When you advertise, you encourage repeat business, create traffic, and attract new customers!

Don't miss our December issue
Featuring our Holiday Guide!
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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 Clay Eye on San Jose Boulevard.

B	E	A	M	T	A	B	E	S	T	A	T	E
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CRYPTO FUN

Determine the code to reveal the answer!

A. veteran B. service C. honor D. valor

Answers to our Puzzles
PG 7

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November

Community Calendar What's Happening in Mandarin

Shuffleboard is played on Tuesdays at 10 a.m. at Tommy Hazouri Park (formerly 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.

Toast of Jax Toastmasters meets every Saturday, except on holiday weekends, at 8:30 a.m. at Baha'i Community Center, 5034 Greenland Road. Guests are welcome. The meetings can also be attended online at <https://toastofjax.toastmastersclubs.org/>.

Acoustic Jam Session is held on the second and fourth Tuesday of each month at 7 p.m. in the Kids' Building of Trinity Mandarin, located at 2955 Orange Picker Road. This jam is open to everyone and all levels of ability are welcome. Come to play with the group or just sit back and enjoy the music. For more information, contact Burt Coulliette at (904) 302-0423.

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 Maple Street Biscuit Company, 1627 Race Track Road in St. Johns. Visit the group's Facebook page (Playing HOOKie) or email playinghookie2022@gmail.com for more information.

MomCo (formerly known as MOPS), a fun and safe place to connect with other moms, share breakfast, and hear from guest speakers on various topics, will meet every other Tuesday from 9:45 a.m. - 11:45 a.m. on the Mandarin Presbyterian Church /Loretto Road Campus with childcare provided. Space is limited; visit mandarinpres.com/momco to register. Email MOPS@mandarinpres.com for more information.

2nd: Walter Jones Historical Park buildings, including the 1898 St. Joseph's Mission Schoolhouse for African American Children, the 1875 Webb Jones Farmhouse, the 1876 Barn, and the Losco Winery, will be open on Nov. 2 from 10 a.m. - 2 p.m. Mandarin Frogs will be available for painting at 10 a.m.; the cost is \$22 per person and advanced registration is required (email info@mandarinmuseum.org). The Historic Mandarin Store & Post Office, located at 12471 Mandarin Road, will also be open. Museum volunteers will be inside each building for guided tours. Admission is free; Donations help support the museum's programming and operations. Visit www.mandarinmuseum.org for more information.

2nd: Meet the Maple Leaf Divers at the Mandarin Museum, 11964 Mandarin Road, from 10 a.m. - 12 p.m. on Saturday, Nov. 2. This is an informal, conversational-style

event; drop in anytime within the two hours to chat with Dr. Keith Holland and his team and view the museum's expanded Maple Leaf exhibit. Admission to Meet the Maple Leaf Divers and Mandarin Museum is free. Donations help support the museum's programming and operations. For more information, visit www.mandarinmuseum.org or call (904) 268-0784.

3rd: Music Under the Oaks community music jam, hosted by the Mandarin Museum & Historical Society and North Florida Folk Network will resume on Mandarin Museum's front lawn on Sunday, Nov. 3 from 2 p.m. - 4 p.m. Bring a chair or blanket and relax and listen. This is a free event; donations support the operations and programming at Mandarin Museum. Visit www.mandarinmuseum.org or call (904) 268-0784 for more information.

5th: Honeybee Quilters Guild will meet on Tuesday, Nov. 5 at 7 p.m. at Mandarin Presbyterian Church's Loretto Road Campus in the Kids Space 2501 Loretto Road. The program topic is Foundation Paper Piecing. New members/guests welcome. Visit honeybeequilters.org for more information.

9th: Craft Fair at Mandarin Garden Club, 2892 Loretto Road, will be held on Nov. 9 from 9 a.m. - 4 p.m. There will be various crafts, candy, ornaments, embroidery, jewelry, soaps, food, wreaths, wood items and plants for sale, as well as grilled hamburgers, hotdogs and chicken. Open to the public; free parking. Visit www.mandaringardenclub.org for more information.

9th: The Southern Genealogist's Exchange Society will meet from 10 a.m. to 11:30 a.m. on Nov. 9 at Mandarin Branch Library, 3330 Kori Road. Jeff Bockman will present "DNA and Research Working Together: Overcoming Brick Walls." Email Sgesjax@att.net to reserve a space. Visit www.sgesjax.org to register for the meeting or call (904) 778-1000 for more information.

9th: Second Saturday Arts and Farmers Market at First Christian Church, 11924 San Jose Blvd. on Nov. 9 from 9 a.m. - 1 p.m. Visit www.facebook.com/SecondSatMarket/ for more information.

10th: Annual Veterans Day wreath laying ceremony, hosted by the Mandarin Community Club, will be held Sunday, Nov. 10 at 1 p.m. at Billard Commemorative Park adjacent to the Mandarin Community Club. Free parking is available. The community is invited and encouraged to attend.

12th: NSDAR Jacksonville Chapter (incorporates Mandarin) will meet Tuesday, Nov. 12 at 11 a.m. at Blue Fish

Restaurant, 3551 St Johns Avenue in Jacksonville. Guests may attend. Featured speaker is Peter Mullen speaking on American Indian Heritage. The luncheon cost is \$30; contact connieataylor@icloud.com to RSVP or for more information.

13th: Book Review and Lunch featuring author Sam Cox and his book, "I Will Give Them an Everlasting Name," will be held at River Garden, 11401 Old St. Augustine Road, at 11:30 a.m. on Nov. 13. Cox's book shares the compelling stories of eight Jews, a Righteous Gentile, and a liberator, all connected by the Holocaust and Jacksonville, Florida. "Jack & Sam," a poignant short film (20 min.) about two Holocaust survivors who were miraculously reunited after 80 years, will also be shown at this event. Pre-register with River Garden for a complimentary lunch: <https://shorturl.at/TCqu5>

14th: Rosemary for Christmas will be the program at the Magnolia Circle on Nov. 14 at 10 a.m. at the Mandarin Garden Club, 2892 Loretto Road. The public is invited. Visit www.mandaringardenclub.org for more information.

16th: Archaeological Institute of Americas - Jacksonville Society will meet at 12 p.m. on Nov. 16 in Building 51 at the University of North Florida to hear a lecture by Dr. Dylan Rodgers from Florida State University, "Using Archaeology to Reconstruct Religious Rituals in Roman Waterscapes." The lecture is free and open to the public. Refreshments will be served afterwards in the Anthropology Lab. On Saturday, parking is free, and the staff/faculty/vendor spaces are available to everyone. Contact Melva Price at (904) 241-9411 or aiajaxsoc@gmail.com or visit website aiajax.org for more information.

16th: GriefShare Support Group's "Surviving the Holidays" will provide help and encouragement after the death of a loved one on Saturday, Nov. 16 from 10 a.m. - 12 p.m. at the Cody Enrichment Center, 4152 Loretto Road. Visit griefshare.org for more information.

17th: Unveiling of Brenda Council's "Harriet Beecher Stowe in Mandarin" bronze sculpture in Walter Jones Historical Park will be held on Sunday, Nov. 17 at 3 p.m. This is an outdoor event. Refreshments will be served. Admission is free. Call (904) 268-0784 or visit www.mandarinmuseum.org for more information.

18th: The All Star Quilters Guild will meet at 9:30 a.m. for socializing prior to the 10 a.m. meeting on Monday, Nov. 18 at First Christian Church, 11924 San Jose

Blvd. Sew and Tell is always a feature. Guests are welcome. Visit www.allstarquilters.org for more information.

19th: Gardening Thanksgiving will be presented to the Dogwood Circle at Mandarin Garden Club, 2892 Loretto Road, on Nov. 19 at 10 a.m. The public is invited. Visit www.mandaringardenclub.org for more information.

21st: Third Thursday Lecture featuring "A 45-year history of Indian American Immigrants in Jacksonville," presented by longtime Mandarin residents Dr. Cynthia Anderson and her mother, Dr. Tracy Khona, will be held on Nov. 21 from 6:30 p.m. - 8 p.m. at the Mandarin Community Club, 12447 Mandarin Road. The lecture will be hosted by Mandarin Museum in partnership with the Mandarin Community Club. Admission is free and the event is open to the community.

21st: A recovery garden program will be presented by Master Gardener Juliet Johnson to the Cherokee Rose Circle on Nov. 21 at 10 a.m. at the Mandarin Garden Club, 2892 Loretto Road. The public is invited. Visit www.mandaringardenclub.org for more information.

21st: Mandarin Women's Club's luncheon will be held on Nov. 21 beginning at 10:30 a.m. at the Ramada Inn in Mandarin. The luncheon cost is \$25 and must be received by Monday, Nov. 11. To make reservations and obtain payment instructions, contact Barbara at (904) 612-6494 or email her at barbara.metallo@outlook.com. Visit www.mandarinwomensclub.com for more information on events, photos, and membership forms.

21st: Easy Gifts for Holiday Giving will be presented at the Live Oak Circle meeting, Mandarin Garden Club, 2892 Loretto Road, on Nov. 21 at 7 p.m. The public is invited. Visit www.mandaringardenclub.org for more information.

22nd: The Italian American Club of Jacksonville will hold its popular Spaghetti to Go on Friday, Nov. 22 from 5 p.m. until the spaghetti is gone at the club building, 2838 Westberry Road. Take out only; cash, credit and debit cards are accepted. Dinners cost \$13 and there are small charges for extra meatballs, cannolis and pizza rolls. No phone orders. Call (904) 586-2700 for more information.



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with Duval County School Board Member
Lori Hershey, District 7

Q: Can you describe the changes to School Choice enrollment dates?

A: We've had hurricanes and soon the holidays will be upon us, but don't forget about School Choice. For the 2024 – 25 school year, there are some pretty major changes to enrollment dates for School Choice. This school year, the Elementary Showcase will be Saturday, Dec. 7, 2024 from 9 a.m. – 3 p.m. and the Secondary Showcase will be Jan. 11, 2025 from 9 a.m. – 3 p.m. Applications for School Choice will be accepted from Dec. 1, 2024 through the deadline date of Jan. 31, 2025. So start thinking now about School Choice, particularly for middle school and high school.

I have a request: for those parents who have experienced both the current system, which requires parents to travel to each individual school of interest's open house, as well as the pre-COVID School of Choice Expo (held at the Prime Osborn Center with representatives from all schools under one roof), please let me know if you have a preference.

Q: Are you starting to receive funding from the additional millage yet?

A: Yes, we are starting to see funds from the increased millage and the majority of it supports teacher pay. The extra mill also covers some funding for arts and athletics, since these have had the greatest funding cuts at the state level. While the district is putting turf fields in some high schools with these funds, including at Atlantic Coast High School, it's important to note that Mandarin High School has the best grass field in the district.

Q: What is the latest update on the Master Facilities Plan?

A: Schools in Mandarin are not adversely affected by the change in the Master Facilities Plan and in fact, I look forward to increased programs for accelerated learning and access to accelerated learning for District 7. The biggest win for Mandarin from the Master Facilities Plan conversation is that a pathway has been created for Mandarin students to have access to magnet programs. For example, Mandarin Oaks Elementary's gifted and talented program will be expanded to include magnet access for those pursuing accelerated learning in middle and high school. The anticipated begin date for this is 2025.

Q: Your time on the Duval County School Board is coming to an end. What changes have you seen in the time that you have served?

A: My final school board meeting will be Nov. 4, a Monday, since Tuesday, Nov. 5 is Election Day. It has been an honor to represent Mandarin families for the past eight years. I have enjoyed working on behalf of the community to build upon the strengths that make Mandarin unique. We've seen so much growth and change and I'm glad we could focus these eight years on meeting the needs of residents. We've seen Mandarin Oaks Elementary expand its STEM program and Greenland Pines Elementary's expansion of technology. Crown Point Elementary has added a Leader in Me program and Loretto has expanded career and technical education. Atlantic Coast High School has partnerships with Mayo for nursing and with JEA for engineering. The expansion of a new wing at Mandarin High School will support its medical arts program and culinary arts program. Twin Lakes Academy Middle

Q&A with Lori Hershey cont. on pg. 6

Historical landmarks decorated for fall



Photos courtesy Brett Nolan

To celebrate the season, once again Mandarin Community Club board member Brett Nolan, along with several volunteers from the board, rolled up their sleeves and pitched in to decorate the historical sites along Mandarin Road — Mandarin Community Club, the Mandarin Store and Post Office,

the Mandarin Cemetery, the Church of Our Saviour and the Walter Jones Historical Park. Pumpkins, hay bales, mums and more have been provided through Mandarin Community Club funding and donations from local businesses. This marks the fifth year of fall decorations to delight the Mandarin community.







Happy Thanksgiving, neighbors.

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Get to Know ...

By Martie Thompson
editor@floridanewline.com

Laura Geisel

There's no shortage of disasters ... but fortunately there are those who step up to help others through some of the most stressful times in their lives. Mandarin resident and Hope Force International reservist Laura Geisel is one of these special people. She has volunteered with Hope Force International as a reservist for the past two years and so far has traveled to Oklahoma to help out after tornadoes; Mayreau in St. Vincent and the Grenadines after Hurricane Beryl; and Crystal River, Florida to help out after Hurricane Helene. Geisel, who has lived in Northeast Florida for most of her life, has lived in Mandarin for six years. Retired from her 40-year career as an IT project manager, she is an active parishioner at St. Joseph's Catholic Church and volunteers at the Mandarin Food Bank. She has four adult children and six grandchildren.



Photo courtesy Hope Force International

Q: How did you learn of Hope Force International?

A: My parents had a home on Black Creek in Clay County that flooded all the time, even after they rebuilt it on 16-foot stilts. In September 2017, just two months after my mother passed away, Hurricane Irma brought 20 feet of water onto the property. Everything was soaked and I didn't know what to do. Someone gave me the Hope Force International number and they responded to my call within 24 hours with volunteers from all over the country. They immediately set to work pulling out insulation and drywall from the house. We worked side by side all day and they

were so gentle with me, allowing me to talk or cry if I wanted. They were very focused and efficient and when they were finished, they said a prayer with me and went on their way. I promised myself I would join them one day and that thought never left me.

Q: So how did you become a reservist?

A: After I retired, I began the training to become a reservist. This includes 10 hours of online training, but 90 percent of this training is for the emotional and spiritual part of a disaster. Hope Force International vets reservists to make sure they are right with God and able to fulfill this important part of the mission. Training for physical tasks like roofing and pulling down drywall and insulation doesn't take long.

Q: What does being a reservist entail?

A: We are all volunteers and pay for our own travel to the locations we help. We carry our own gear, to include a blow up mattress, mosquito netting, a few sets of clothing and maybe some favorite snacks. Food and supplies are provided. I typically go to the sites for

seven to eight days and I try to make two trips a year. My first trip was to Oklahoma in May 2023 and I didn't know a soul, but quickly made friends with the other reservists. We put tarps on the roofs of homes and at first, I could only serve as "ballast" (lie on top of the tarp to hold it down), but quickly learned how to lay the tarp with the other more experienced volunteers. When we went to Mayreau, a tiny island with only 350 homes, the roofs had all been ripped off by Hurricane Beryl. They have no water supply, as they catch rainwater on their roofs. So, no roofs, no water. We installed metal roofs here for the residents.

Q: What is your favorite part of being a reservist?

A: Observing and sometimes being part of the transformation of the emotional state of a homeowner from when we first meet them. They are often overwhelmed, disbelieving, and grief stricken. They have lost not only their homes but their memories. Through our ministry of presence, we bring calm from chaos and somewhere along the way, they will smile and begin to see a future. People's lives are affected for generations when homes are saved. It's so fulfilling and so beautiful to be a part of.

[Editor's Note: Laura Geisel was actually working on homes in Crystal River, Florida that had been impacted by Hurricane Helene when Hurricane Milton forced their evacuation. Her trip was cut short by several days. She plans to head back out again as soon as needs are identified, now by the aftereffects of two hurricanes.]

Hope Force International is a disaster relief organization funded by donations and staffed by volunteer reservists. Visit <https://www.hopeforce.org/> for more information, individual and group training opportunities, and to donate.

Q&A with Lori Hershey cont. from pg. 5

School has a partnership with CSX for a drone program and an expanded computer science program, while Mandarin Middle School also has expanded computer science and e-sports programs.

Q: And what is next for you?

A: I'm keeping busy! I'm in the middle of my first term as an adjunct professor at the University of North Florida where I teach "Introduction to Leadership." Also, I wrote a children's book with my daughter, Hope, called "Ezra's Day Off." In it, Ezra the Earthworm learns that the work he does underground has purpose and value after making a visit above ground to a garden and seeing the plants and insects there. It's available at Barnes and Noble and Amazon.

Q: How can our readers contact you?

A: They can email me at HersheyL@duvalschools.org or call me at (904) 390-2375.

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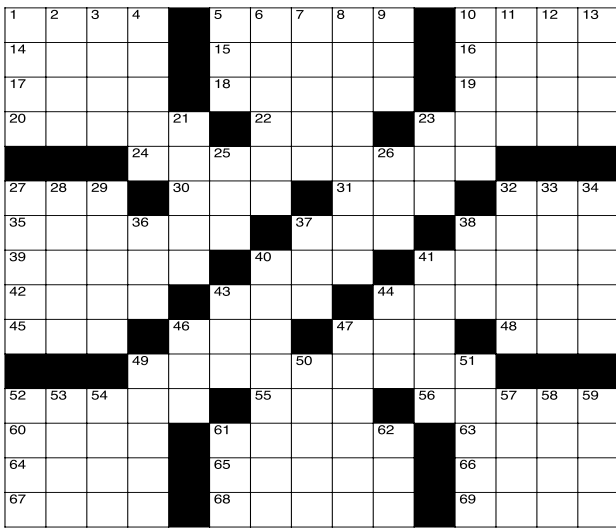
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Puzzles

Answers on page 3
Provided by MetroCreative



CLUES ACROSS

1. Long piece of squared timber
5. Emaciation
10. "Bewitched" boss Larry
14. Combining form meaning "different"
15. Current unit equal to 10 amperes
16. Older
17. Large, stocky lizard
18. Ringworm
19. Actor Pitt
20. Indian hand clash cymbals
22. Data at rest
23. Jeweled headdress
24. Indicators of when stories were written
27. Check
30. Cigarette (slang)
31. Arctic explorers (abbr.)
32. Yearly tonnage (abbr.)
35. Delivered a speech
37. A place to bathe
38. Postmen deliver it
39. Surface in geometry
40. More (Spanish)
41. ___ and Venzetti
42. Exclamation at the end of a prayer
43. Hawaiian dish
44. Aggressively proud men
45. Fellow
46. Mark Wahlberg comedy
47. Mock
48. When you expect to get somewhere
49. Songs
52. Pair of small hand drums
55. Play
56. Sword
60. Evergreens and shrubs genus
61. Filmed
63. Italian Seaport
64. Ancient kingdom near Dead Sea
65. Pores in a leaf
66. U. of Miami mascot is one
67. Snakelike fishes
68. Pretended to be
69. Body part

CLUES DOWN

1. Piece of felted material
2. Ancient Greek City
3. Aquatic plant
4. Potentially harmful fungus (Brit. sp.)
5. Body art (slang)
6. One who follows the rules
7. Ordinary
8. Honorably retired from assigned duties and retaining one's title
9. Relaxing space
10. Japanese socks
11. Indian city
12. Rip
13. Icelandic book
21. Satisfies
23. Where golfers begin
25. Small amount
26. Snag
27. Determine the sum of
28. A distinctive smell
29. Exposed to view
32. Stain or blemish
33. Small loop in embroidery
34. River herring genus
36. Large beer
37. Deep, red-brown sea bream
38. Partner to cheese
40. At a deliberate pace
41. Gurus
43. Of each
44. Angry
46. Popular beverage
47. Flower cluster
49. Blocks
50. Those who benefitted from efforts of relatives (slang)
51. Polio vaccine developer
52. A (usually) large and scholarly book
53. Popular soap ingredient
54. NBAer Bradley
57. Popular movie about a pig
58. Musician Clapton
59. Not a sure thing
61. Recipe measurement (abbr.)
62. Father

MILITARY SERVICE WORD SEARCH

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

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

WORDS

- ACTIVE
- ARMY
- CHIEF
- COMMANDER
- COUNTRY
- DEPLOYMENT
- DISCHARGE
- DRILL
- DUTY
- GUARD
- INACTIVE
- LIBERTY
- LIEUTENANT
- MARINES
- MILITARY
- NAVY
- OFFENSE
- OFFICER
- OPERATION
- QUARTERS
- RESERVE
- SERVICE
- TOUR
- VETERAN

CRYPTO FUN



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

- A. 12 26 17 26 22 9 14**
Clue: One who served in the military
- B. 25 26 22 12 7 11 26**
Clue: Participation in the military
- C. 25 5 14 5 22**
Clue: Show of respect
- D. 12 9 3 5 22**
Clue: Strength of mind or spirit

1945 Cabaret cont. from pg.1

was woven together with short introductions for each act that revealed stories of a nation at war and also the fascinating role played by North Florida," said Emily Lisska, the club's event chair.

Patty Everett, director of Theatre Troupe 1776 and a club board member, also directed the production. Greeting attendees were club board members dressed in '40s attire and wearing deep red lipstick, a reference to one of the show's

stories. American women purposely applied dramatic red lipstick in response to Adolf Hitler's disdain for cosmetics — and particularly red lips. Among the nearly 20 musical selections were the '40s hits, "We'll Meet Again," "Don't Fence Me In," "Swinging on a Star," and "It's Been a Long Long Time."

"The evening proved so much fun and raised such important funds, there's talk about musical revues for other decades," said Lisska.



Women from the Mandarin Community Club Board of Directors dressed in 40s attire for the evening performance. Left to right: Emily Lisska, Melissa Chorpening, Mary Kay Weis, Kelley Swain, Wanda Bosworth, Jacqueline Thompson and Susie Scott.

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Taking a step toward better health: Foot care for diabetic seniors

By Dr. Candice Kennedy
mail@floridanewsline.com

Millions of adults in the United States older than 65 live with diabetes, a condition that requires careful management of medications and blood sugar levels as well as lifestyle changes; however, one crucial aspect often overlooked is foot care. For older adults with diabetes, neglecting foot health can lead to serious complications, as minor issues like cuts or blisters can quickly escalate into more severe conditions.

Let's first identify the diabetic complications that primarily cause issues for your feet. The first is peripheral neuropathy, which is essentially nerve damage. Almost half of diabetes patients lose feeling in their feet that often prevents them from noticing injuries. And, when you don't treat an injury, it often worsens.

Secondly, many diabetic seniors suffer from peripheral artery disease (PAD), which reduces blood flow to the feet. This delays healing and increases the risk of infection. Many patients with PAD also develop open sores called foot ulcers.

All of these complications can lead to serious, sometimes life-threatening, issues. Untreated wounds can turn into chronic infections. The bacteria from these infections can spread to bones leading to other issues that may require hospitalization. These infections can even lead to amputation. Studies show diabetes causes 60

percent of non-traumatic lower-limb amputations, and serious foot injury complications have been linked to a higher mortality rate among older adults with diabetes.

Luckily, all of these complications are preventable. It is possible to lead a long and healthy life with diabetes if you receive the right care. Diabetic seniors must also wear supportive, well-fitting shoes. There are diabetic-type shoes that are designed to minimize pressure points, which can help reduce the risk of ulcers. Caring for your feet also means keeping them moisturized to prevent dry, cracked skin from turning into an infection; however, remember to avoid leaving moisture between the toes, which can cause fungal growth.

It is also important for diabetic seniors to regularly see their podiatrist. Podiatrists can trim nails, check for complications and provide specialized care. You can take it one step further and schedule an annual comprehensive foot exam that assesses circulation, nerve function and skin integrity.

Foot health is an essential part of overall health for seniors with diabetes, and it's not something that should be overlooked. Maintaining healthy feet helps ensure mobility, independence and an active lifestyle, crucial traits for both physical and mental well-being. Taking foot health seriously today can prevent major issues tomorrow.

Explore resources for caregivers

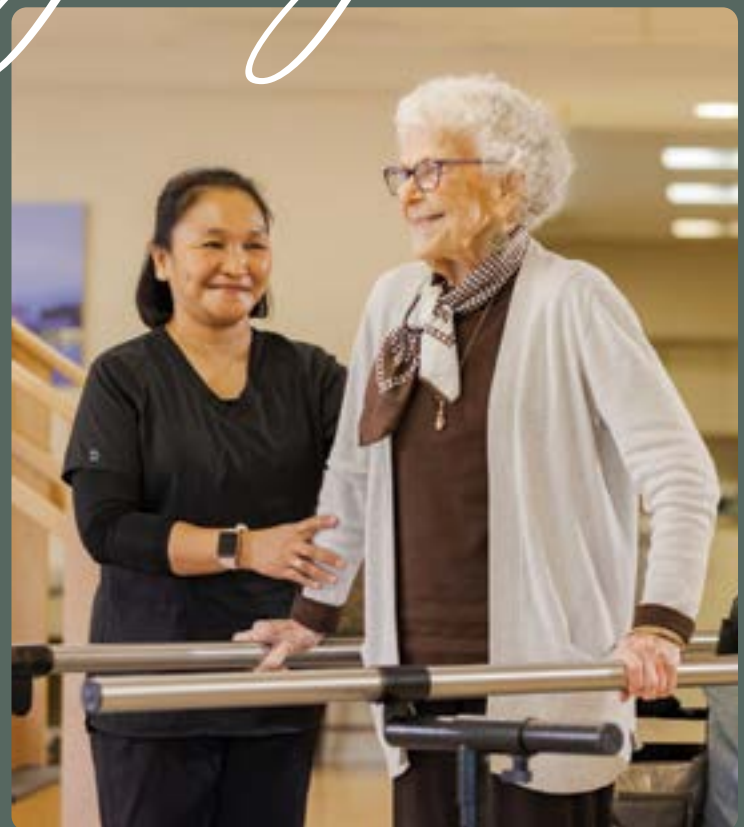
By NewsLine Staff
mail@floridanewsline.com

While many caregivers are professionals hired for their services, a good number of caregivers are informal — meaning they are family members or friends assisting loved ones. Even

though they are trying to help others, caregivers often must confront a form of stress known as caregiver burn-out. The Cleveland Clinic states this stress is marked physical, emotional

Explore cont. on pg. 11

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What to know about exercise and dementia risk

By NewsLine Staff
mail@floridanewsline.com

Three seconds go by in a flash, but that's enough time for another person to join the masses already diagnosed with dementia. According to Alzheimer's Disease International, every three seconds someone in the world develops dementia, a condition that more than 55 million people were living with in

2020.

The World Health Organization notes that various diseases and injuries that affect the brain can contribute to dementia. As menacing a threat as dementia presents, individuals are not helpless against it. In fact, exercise, which can help lower risk for heart disease, stroke and various other conditions, can be a

valuable ally against dementia as well.

What is the link between exercise and dementia?

Dementia remains something of a mystery, but the Alzheimer's Society notes that evidence is now strong enough to support the assertion that lack of physical exercise increases a person's risk of developing dementia. The Alzheimer's Society also notes that researchers have discovered improvements in thinking and memory and reduced rates of dementia among middle-aged and older adults who exercised compared to those that did not.

Is cardio the most effective exercise at lowering dementia risk?

Speaking with CNBC, Silky Singh Pah-lajani, a clinical professor of behavioral neurology and neuropsychiatry at Weill Cornell Medicine, noted that cardiovascular exercise, often referred to as cardio, can provide the biggest benefit for brain health of any form of exercise. Cardiovascular exercise can increase heart rate, which helps deliver oxygen cells to the brain. The National Institutes of Health notes that oxygen shortages prevent the brain from working as well as it should, and a 2023 study published in

the journal Redox Biology found that oxygen abnormality plays a crucial role in the occurrence and progression of Alzheimer's disease.

How should aging adults approach exercise if they have been largely sedentary?

Middle-aged and older adults who have not been physically active throughout their adult life but want to begin incorporating exercise into their daily routines are urged to speak with their physicians prior to beginning a fitness regimen. Preexisting conditions may make it difficult, if not impossible, to engage in certain forms of exercise. A personal physician can consider a patient's unique medical history and then recommend certain exercises that won't put him or her in jeopardy of suffering an injury or illness. A gradual approach to exercising is typically best for individuals who have lived a sedentary lifestyle. Starting off slowly with a short walk or light physical activity like gardening can help the body acclimate to physical activity at a safe pace. As adults' bodies become more accustomed to exercise, men and women can then gradually increase the intensity of their workouts, switching from walking to jogging on a treadmill when possible.

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Exercise, which can help lower risk for heart disease, stroke and various other conditions, can be a valuable ally against dementia as well.

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Guest Column

Fighting ageism makes our businesses and communities stronger

By Linda Levin

As this year's national elections have sparked many discussions around the issues of age and cognitive abilities, the broader issue of age discrimination extends far beyond politics and into our workplaces and everyday lives. AARP reports that one in four workers aged 45 and older have encountered ageist remarks at work, and three in five have witnessed or experienced age-related discrimination on the job; however, despite evidence debunking stereotypes about older workers, age discrimination persists.

To combat this, stronger advocacy and innovative thinking are essential to protect older employees and promote workplace inclusivity. ElderSource is a

local nonprofit that works in our community to provide resources to support older adults, including those facing age discrimination in their professional and personal lives.

By 2030, one in every three people in our Northeast Florida community will be older than the age of 65, according to the U.S. Census Bureau. Ageism is likely to continue growing unless we recognize that older adults have built resilience and strength during their lives through successes, failures, joys, and difficulties. Businesses and communities that recognize and celebrate this are stronger.

While ageism can be subtle and difficult to identify in our daily lives, a recent survey by the National Center to

Reframe Aging showed 81 percent of participants reported witnessing ageism in their workplace. Asked if their company had effective policies to address age discrimination, 52 percent said they were not confident.

Ending such discrimination is not limited to needed workplace changes, it must include individuals reframing our daily thoughts and actions. We can all be better at looking for and recognizing each person's circumstances holistically, and not letting unfair stereotypes affect our perceptions of older adults.

Simple things like considering some of the words we use daily can be an important part of the needed change. Rephrase how we identify older adults, like not

using the term elderly and avoiding using stereotypes to define and describe older adults. Know that as our population ages, our regular daily encounters at grocery stores, banks or on the road can be met with greater understanding and patience.

Recognize and tout all the benefits offered by older adults. Help neighbors see aging as a strength. Support family caregivers who are often carrying the responsibility of helping loved ones age well.

ElderSource has many resources to help older adults live and age in their homes and communities with independence and dignity. Some of the resources we provide can be found on our website at MyElderSource.org. For additional information, call the Helpline at (888) 242-4464.

Explore cont. from pg. 9

and mental exhaustion that occurs in caregivers. This burnout may lead to fatigue, anxiety and depression.

While there may not be a way to completely eliminate all caregiving stress, there are some ways to prevent burnout. Utilizing various resources can be a start.

- **Trusted friend:** Find someone you trust with whom you can discuss your feelings, including any frustration you may feel. This can be a neighbor or a coworker with whom you feel comfortable sharing personal details.
- **Support groups:** Support groups can provide safe spaces to vent with others who are in the same boat. Houses of worship may host support groups,

or you can find out about meetings through hospitals or from personal doctors. The National Family Caregiver Support Program was established in 2000 and provides grants to states and territories to fund a range of support that assists family and informal caregivers to care for their loved ones at home for as long as possible. Other groups include Caregiver Action Network and Family Caregiver Alliance.

- **Respite care services:** Respite care services provide temporary breaks for caregivers by enabling the sick, elderly or injured to stay in care facilities for anywhere from a couple of hours to a few days. Some respite care services will provide short-term, in-home care as well.

Briefs cont. from pg. 8

Wounded Warrior Project, at a luncheon at the Ramada Inn beginning at 10:30 a.m. This prestigious group of wounded warriors and caregivers share their unique stories of courage, perseverance, recovery, and growth. The goal of Warriors Speak is to educate the American public on the struggles our nation's service members overcome.

Reservations for the luncheon are required. The luncheon cost is \$25 and your check must be received by Monday, Nov. 11. To make reservations and obtain payment instructions, call Barbara at (904) 612-6494 or email her at Barbara.metallo@outlook.com. Visit www.mandarinwomensclub.com for more information on events, photos, and membership forms.



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Travel

Williamsburg's Grand Illumination Celebration

By Debi Lander
mail@floridanewsline.com

I'm known as a big fan of Colonial Williamsburg, but I'd never had the chance to see the Grand Illumination until last December. It's a tradition that marks the beginning of the holiday season, dating back to 1935, based on the colonial custom of celebrating significant events by firing guns and lighting fireworks. Initially, Williamsburg's Grand Illumination took place on the first Sunday of December; however, the event has expanded to multiple weekends in recent years, allowing more visitors to enjoy the festivities.

As twilight beckons, crowds start to gather on Duke of Gloucester Street. Performances from actors, handbell ringers, and a roving men's choir from the College of William and Mary entertain.

The gala evening festivities begin with the Fife and Drum Corps performance before the courthouse. A proclamation is read, inviting all to the season of goodwill and peace. Then, the corps marches in a torch-kite parade to the Palace Green, stopping in front of the George Wythe House. Wythe was a leader of the patriot movement in Virginia, delegate to the Continental Congress, and Virginia's first signer of the Declaration of Independence. The house, an original structure, also served as General George Washing-

ton's headquarters just before the British siege of Yorktown.

A George Wythe reenactor in period costume welcomes the crowd and proceeds to read various quotes as a candle is lit in each window of the mansion — inspired by the colonial practice of placing candles in windows to celebrate life events. The crowd responds with loud "huzzahs," a 17th-century word of praise shouted at the end of speeches.

The Fife and Drum Corps then proceed to a stage before the Governor's Mansion. The waiting crowd listens to additional holiday music until the highlight of the Grand Illumination at 7 p.m., a spectacular fireworks display. Fireworks illuminate the sky over three key locations in the historic area: the Governor's Palace, the Magazine, and the Capitol. In a nod to modern technology, all are centrally controlled by a computer, with synchronized timing and choreography of launches.

I have seen many outstanding pyrotechnic productions like those over Cinderella's Castle in Disney World, but the Williamsburg Grand Illumination is even better. I was blown away! The dazzling streams of color and the breathtaking explosions, often in red, white, and blue,



Photos courtesy Debi Lander

Grand Illumination, a spectacular fireworks display, began at 7 p.m.

left me gasping. When I thought they were over, another round of stars and lights shot skyward. Heavenly!

After the celebration, I proceeded down Duke of Gloucester Street, where burning braziers (firewood baskets) led the way. The warmly glowing road felt alive and joyful as residents and visitors meandered up and down past colonial homes and taverns. (Food trucks are brought into Nicolson Street for the evening to help keep the crowds fed.) I had reservations for dinner in Christina Campbell's Tavern, a favorite.

While in the historic area, I especially enjoyed the holiday decorations made from live, natural products. An annual contest picks a winner, but every building in town displays a unique entry. Colonial Williamsburg also offers special programs during the holiday season: candlelit tours of historic homes, holiday-themed interpretations at various trade shops, and special exhibits showcasing colonial holiday traditions. I saw many trees decorated with

old-fashioned ornaments.

You can choose to attend three Grand Illumination weekends: Dec. 7, 14, and 21, 2024, this year. Visit ColonialWilliamsburg.org for more information.

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



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Many holiday decorations were made from live, natural products.






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