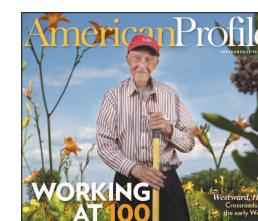


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FLORIDA'S OLDEST WEEKLY NEWSPAPER

NEWS LEADER

75¢

AMELIA ISLAND • FERNANDINA BEACH • YULEE • NASSAU COUNTY

FRIDAY, September 18, 2009 / 20 PAGES, 2 SECTIONS • fbnewsleader.com

School lunch, healthy choices

HEATHER A. PERRY
News-Leader

Allyn Graves, director of School Food Service for the Nassau County School Board, is all about making healthy choices.

Graves says it helps that the Nassau County School Board belongs to a buying group.

"A lot of testing is done by member districts to determine what is available from our food provider. We also try to test new items with the students for their approval of the items before we menu it."

"Students like good food. They are happy with healthy choices if it tastes good. Some items such as Shepherd's Pie remain favorites for many years."

With only 20-25 vegetarians in the district, Graves said items such as salads, sandwiches and cheese dishes are available to students eliminating meat from their diet and that those who prepare the meal are happy to leave the meat out of the spaghetti sauce upon request.

As for students with food allergies such as peanuts, etc., schools try to maintain one table as "peanut butter free" in the lunchroom.

Healthy alternatives are widely available on school menus. Low fat and low sodium dishes and salad dressings are offered, along with fresh fruits and vegetables. Health conscious diners will be glad to know nothing is fried.

Soda and candies were long gone by the time Graves took the reins as director six years ago.

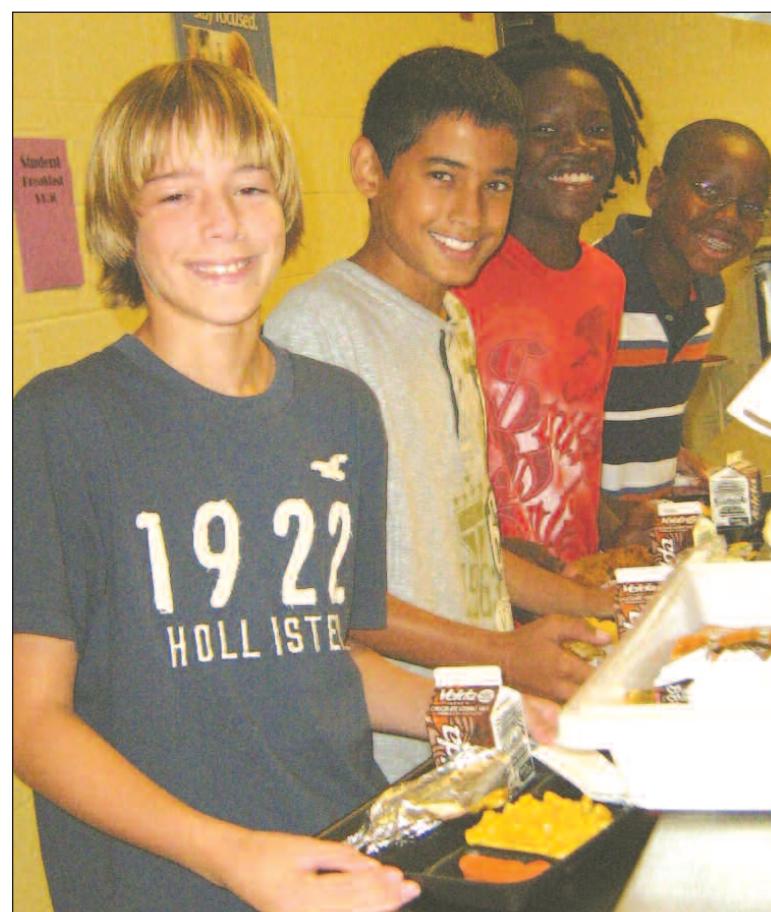
"We offer more whole wheat (including pizza crusts and cookies) and more varieties of fruits and vegetables. Salads are offered every day at every school and have been for the past six years."

As for items in school vending machines, a ratio of 35-10-35 is applied.

That is, no item has more than 35 percent of calories from fat; more than 10 percent of fat is from saturated fat; and no more than 35 percent of weight can be from sugar.

In terms of cost, Graves said she has seen an increase in the number of students who qualify for the free or reduced lunch.

SCHOOL Continued on 3A



PHOTOS BY HEATHER A. PERRY/NEWS-LEADER

Pam Fillingim, top, gets ready to set out a batch of baked chicken in the Yulee Middle School lunchroom. First in line for lunch at Yulee Middle School are Dustin Ray, Ryan Sephestine, Derick Hightower and Andrew Coleman, above.

'Gotta have it?' 2,010 calories, 131 grams fat, 153 grams sugar

RYAN SMITH
News-Leader

My editor seems to take a perverse delight in assigning me stories that shatter my innocence, terrify me, or leave me a quivering shell of the man I once was. Last year, for instance, he made me spend two nights in haunted houses – one of those nights alone. If there's a crazy person to be interviewed, I'm the one that does it. Rest assured, if Apollo Creed ever comes to town challenging reporters to go the distance with him, I will be the guy assigned to climb into the ring.

So when I got an e-mail assigning me a "fun summer story," I was understandably afraid to open it. But men of my line laugh in the face of fear, so I double-clicked the e-mail and waited to see what popped up.

Turns out I was right to be afraid. The "fun summer story" idea was for me to write a feature about Cold

Stone Creamery's PB&C Shake. The large (or "Gotta Have It," in Cold Stone parlance) size of this chocolate-and-peanut-butter delight has been named the worst drink in America by *Men's Health Magazine*. It contains, according to men-health.com, 2,010 calories, 131 grams of fat (68 of those grams saturated) and 153 grams of sugar.

For those of you keeping score, that's more sugar than 12 Fudgsicles, more calories than 37 Oreos, as much fat as a stick and a half of butter and more saturated fat than nearly 20 large orders of McDonald's French fries – again, all according to *Men's Health*.

My editor could not have murdered my happiness more thoroughly had he ordered me to go out and shoot a unicorn. You see, the Cold Stone Creamery PB&C Shake is my absolute favorite drink in the

MILKSHAKE Continued on 4A



Cold Stone Creamery's "Gotta Have It" PB&C Shake has been named "the worst drink in America" healthwise.

Parking fees, land sales out of city budget

ANGELA DAUGHERTY
News-Leader

Local residents, worn down by the faltering economy, made it clear at Tuesday's city budget hearing they were not happy with the city's 2009-10 budget process.

Tuesday's meeting was the first of two hearings before the budget is finalized for the new fiscal year, which begins Oct. 1.

The sometimes-unruly crowd was so adamant, in fact, that at the end of the meeting commissioners made two immediate amendments to the city budget. One removes all revenues and expenses associated with parking meters or kiosks anywhere in the city in the coming fiscal year. The second removes revenues associated with sales of city-owned land.

According to city documents, a dozen or so city-owned parcels, which reverted to the city because of unpaid taxes, may have brought in \$1 million to city coffers. And, while it would have cost about \$120,000 for a parking kiosk "pilot program," it was estimated that paid parking could have brought in about \$300,000 annually.

Those two revenue sources are no

Do-over on budget

Fernandina Beach Commissioners will meet at 3 p.m. Monday at City Hall, 204 Ash St., to hear from the public and vote on the city budget to correct any perceived errors from their Tuesday budget hearing. The final public hearing before the city budget is adopted is Tuesday at 5:05 p.m. at City Hall. Story, 3A

longer part of the city's budget. City Finance Director Patti Clifford said after the meeting the city "never needed those two revenue sources to balance the budget," and that general fund reserves, at about 24 percent, "are still within the guidelines we are trying to follow."

Tuesday's action will be ratified again Monday because the commission approved the amendments but never actually took a final vote on the proposed budget.

Nor are the parking fees and land sales issues dead. They could be

CITY Continued on 3A

OSHA fines Smurfit after worker's death

JASON YURGARTIS
News-Leader

The federal Occupational Safety and Health Administration has proposed \$19,325 in penalties for Smurfit-Stone Container Corp. following the March 10 death of a worker at its Fernandina Beach mill.

According to a citation and notification of penalty issued Aug. 28, OSHA found 16 safety violations, 14 of which were deemed serious, after a four-month inspection that started a day after the apparent electrocution of employee Daniel Madison Bowen Jr., 38.

Three of the serious violations and

two lesser violations cited as taking place "on or about March 10" involved electrical hazards, including not de-energizing live parts to which an employee could be exposed.

In one instance, the violation reads, "an employee reaching inside the panel box did not de-energize the electricity prior to working near the energized parts, exposing himself to a 2,400 volt electrical hazard."

In two "other-than-serious" violations, covers for electrical boxes rated at 2,400 volts were not permanently marked "high voltage."

Smurfit-Stone has 15 business days

DEATH Continued on 3A

BIG GATOR FAN

Abbie Barnard, 8, a third-grader at Emma Love Hardee Elementary School, shows off a towel that University of Florida quarterback Tim Tebow gave her after Saturday's victory over Troy University. Abbie and older sister Lauren positioned themselves at the bottom of the east stands to get a high-five from Tebow as he worked his way to the tunnel after the game. They got their high-five and Tebow gave Abbie the towel off the front of his uniform. Abbie "cried for half an hour after it happened and said it was 'the happiest day of my life,'" her father Bruce Barnard reported.

SUBMITTED



SEA TURTLE NESTING SEASON
2009 Nests: 89 Hatchlings: 5738
2 nests lost due to storms

Please turn off or redirect lights shining directly on the beach. For a detailed count see www.ameliaislandseaturtlewatch.com.



News-Leader
155th year No. 75
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Fernandina Beach, FL

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LOOKING BACK**50 YEARS AGO**

The Pirate football season was set to open in Gainesville with a game against P.K. Yonge.

September 17, 1959

25 YEARS AGO

The city commission signed a 40-year development and lease agreement

allowing Centre Street Waterfront Group to renovate and expand the city marina.

September 19, 1984

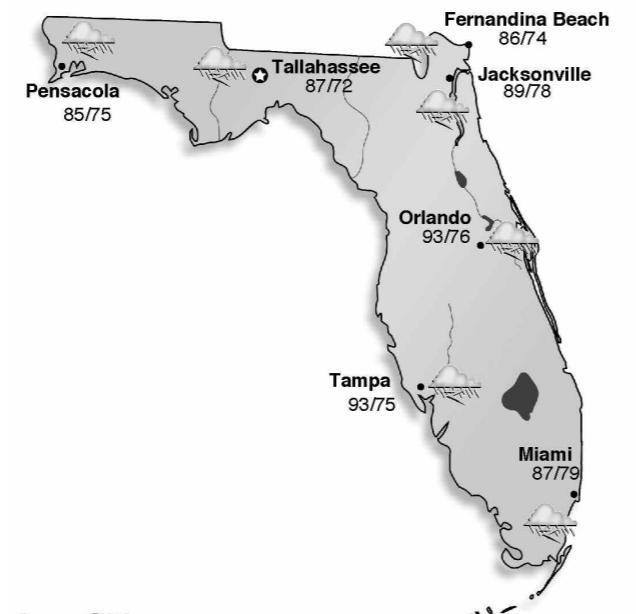
10 YEARS AGO

Fourteen local investors were under contract to buy 10 of 22 acres at the site of a proposed Wal-Mart Supercenter on Amelia Island.

September 17, 1999

Today's Weather**Local 5-Day Forecast**

| Fri 9/18 | Sat 9/19 | Sun 9/20 | Mon 9/21 | Tue 9/22 |
|---|--|---|---|---|
| | | | | |
| 86/74 | 86/75 | 86/74 | 86/74 | 85/74 |
| Partly to mostly cloudy with a chance of thunderstorms. H- mid. High 86F. | Scattered thunderstorms. Highs in the mid 80s and lows in the mid 70s. | A few thunderstorms possible. Highs in the mid 80s and lows in the mid 70s. | Partly cloudy, chance of a thunderstorm. | Isolated thunderstorms. Highs in the mid 80s and lows in the mid 70s. |
| Sunrise: 7:12 AM Sunset: 7:28 PM | Sunrise: 7:13 AM Sunset: 7:26 PM | Sunrise: 7:13 AM Sunset: 7:25 PM | Sunrise: 7:14 AM Sunset: 7:24 PM | Sunrise: 7:15 AM Sunset: 7:22 PM |

Florida At A Glance**Area Cities**

| City | Hi | Lo Cond. | City | Hi | Lo Cond. |
|-----------------|----|------------|------------------|----|------------|
| Clearwater | 92 | 75 t-storm | Ocala | 92 | 71 t-storm |
| Crestview | 84 | 69 t-storm | Orlando | 93 | 76 t-storm |
| Daytona Beach | 90 | 75 t-storm | Panama City | 86 | 72 t-storm |
| Fort Lauderdale | 87 | 77 t-storm | Pensacola | 85 | 75 t-storm |
| Fort Myers | 92 | 74 t-storm | Plant City | 93 | 74 t-storm |
| Hollywood | 87 | 77 t-storm | Port Charlotte | 93 | 74 t-storm |
| Gainesville | 90 | 71 t-storm | Pompano Beach | 88 | 78 t-storm |
| Jacksonville | 89 | 78 t-storm | Saint Augustine | 86 | 75 t-storm |
| Key West | 88 | 82 t-storm | Saint Petersburg | 89 | 78 t-storm |
| Lady Lake | 92 | 73 t-storm | Sarasota | 92 | 74 t-storm |
| Lake City | 88 | 71 t-storm | Tallahassee | 87 | 87 t-storm |
| Madison | 89 | 71 t-storm | Tampa | 93 | 75 t-storm |
| Melbourne | 89 | 76 t-storm | Titusville | 91 | 75 t-storm |
| Miami | 87 | 79 t-storm | Venice | 92 | 75 t-storm |
| N Smyrna Beach | 90 | 75 t-storm | W Palm Beach | 89 | 77 t-storm |

National Cities

| City | Hi | Lo Cond. | City | Hi | Lo Cond. |
|-------------|----|--------------|----------------|----|--------------|
| Atlanta | 78 | 67 rain | Minneapolis | 81 | 61 mst sunny |
| Boston | 74 | 46 mst sunny | New York | 77 | 54 mst sunny |
| Chicago | 77 | 56 sunny | Phoenix | 96 | 76 mst sunny |
| Dallas | 81 | 67 rain | San Francisco | 84 | 60 sunny |
| Denver | 77 | 49 pt sunny | Seattle | 79 | 59 pt sunny |
| Houston | 88 | 70 pt sunny | St. Louis | 80 | 61 pt sunny |
| Los Angeles | 85 | 64 sunny | Washington, DC | 81 | 61 pt sunny |
| Miami | 87 | 79 t-storm | | | |

Moon Phases

| Last | New | First | Full |
|--------|--------|--------|-------|
| Sep 12 | Sep 18 | Sep 26 | Oct 4 |

UV Index

| Fri 9/18 | Sat 9/19 | Sun 9/20 | Mon 9/21 | Tue 9/22 |
|-------------|-------------|-------------|-------------|-------------|
| 7 | 8 | 8 | 9 | 9 |

High Very High Very High Very High Very High

The UV Index is measured on a 0 - 11 number scale. 0 with a higher UV Index showing the need for greater skin protection.

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Mail in Nassau County \$36.00
Mail out of Nassau County \$63.00

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Community News:
Monday, 5 p.m.
Letters to the editor:
Monday, 12 p.m.
Church Notes:
Monday, 5 p.m.
People and Places:
Thursday, 3 p.m.

ADVERTISING DEADLINES

WEDNESDAY NEWS-LEADER
Classified Ads: Monday, 5 p.m.
Classified Display: Friday, 3 p.m.
Legal Notices: Friday, noon
Retail Advertising: Friday, 3 p.m.

FRIDAY NEWS-LEADER

Classified Ads: Wednesday, 5:00 p.m.
Classified Display: Tuesday, 5 p.m.
Retail Advertising: Tuesday, 3 p.m.

* Monday holidays will move the Classified deadline to Friday at 5 p.m.

CNI

Community Newspapers, Incorporated

FRIDAY, September 18, 2009 NEWS News-Leader

OBITUARIES**Dr. Dennis****Andrew George**

Dr. Dennis Andrew George, 46, passed away at his home in Jacksonville, Florida on September 4, 2009 after a courageous battle with cancer. He is the loving son of Ferris (Bo) and Joan George of Bowie, MD and a devoted physician.

He is survived by his siblings and their families, Ferris Jr. (Bo) and Rita, Timothy Gregory and Leslye, Jeffrey and Melinda, and Maryanne and John DeMaio as well as many others who loved and respected him, including nieces, nephews, aunts and uncles, two great aunts, many cousins and many dear friends.

A memorial service will be held at the Springhill Baptist Church, 3811 Old Nassau Road, Fernandina Beach, FL on Tuesday, October 6th, 2009 at 7 PM. There will be a pre-service visitation beginning at 6:30.

Memorial contributions may be made in memory of Dr. Dennis A. George to John Hopkins Kimmel Cancer Center, 100 North Charles Street, Suite 234, Baltimore, MD 21201 or online at www.hopkinskimmelcancer-center.org.

*Corey-Kerlin Funeral Home
Jacksonville*

Wayne Hamilton

Mr. Wayne Hamilton, age 43, of Fernandina Beach, Florida passed away on Tuesday afternoon, September 15, 2009, after a sudden illness. He was a beloved son, brother, uncle, cousin, nephew and friend to many.

A native and lifelong resident of Fernandina Beach, he was a 1984 graduate of Fernandina Beach, High School. After high school, Mr. Hamilton completed various electrical and contracting related courses. He was the President and Owner of Hamilton Enterprises, which provided property management, maintenance and renovation services to many local property owners. Prior to opening his own business, Wayne had worked in the power house at Rayonier.

As a young man, he attended Bible Baptist Church.

Wayne's vivacious, caring personality and generous nature made him a favorite family member and friend to many. His ability to make each person he met feel special in this world was just one of his many wonderful attributes.

The world is simply not large enough to hold all the love he had to give to us; so the Lord called him home to Heaven to share his sweet love with heaven's host of angels.

We, his family and friends, will forever miss his twinkling eyes and sweet smile. Our comfort comes in knowing that as he looks down on us from heaven, the stars will twinkle with the light of his beautiful eyes.

God bless you Wayne, we will remember and love you always.

Wayne leaves behind, his parents, Russell and Faye Hamilton, Fernandina Beach, FL, his two sisters, Sandra Hamilton Rodenas (Diego), Bel Air, MD, Kimberly Williams, Fernandina Beach, FL, a niece, Julia Alexandra Hamilton Rodenas, and two nephews, Staton Wade Williams and Carter Wayne Williams.

Funeral services will be at 11:00 am on Saturday, September 19, 2009 at St. Peter's Episcopal Church, Fernandina Beach with Reverend George D. Young, III officiating.

Mrs. Holliday will be laid to rest beside her husband in Bosque Bello Cemetery. A celebratory luncheon will follow at Burns Hall at St Peter's.

In lieu of flowers, the family invites donations to the Frances Holliday Educational Foundation, on the web at <http://www.francesholliday-foundation.org>.

Please share her life story at www.oxleyheard.com.

Oxley-Heard Funeral Directors

Lyn Leto

Lyn Leto of Amelia Island died Friday, Sept. 11, 2009 at the Community Hospice of Northeast Florida in Jacksonville after battling breast cancer for more than three years. She was 62.

A native of north east Pennsylvania's anthracite coal-mining area, Leto – the former Linda Zaneski – was an enthusiastic teacher and student who lived most of her life in her home state.

deep South during the Depression, she realized early in her life the importance of education. Mrs. Holliday earned her Bachelor of Arts Degree in Education at Savannah State College, her Master of Arts in Education Supervision and Administration at Florida A&M University and a second Master's Degree in Reading at Indiana University.

She taught special education, English and dramatic arts in the Jim Thorpe School District; earned a master's degree in reading education at Kutztown University; and did post-graduate work in school administration at Lehigh University and took Spanish courses at Muhlenberg College. She also ran two successful antique stores in Allentown.

Later, she moved to Pottsville, Pa., where for 17 years she supervised adult education at the Schuylkill Intermediate Unit's Lifelong Learning Center. In her spare time, she took up painting and wrote poetry.

Leto's life took an unexpected turn in April 2006 when she was diagnosed with advanced breast cancer. A month after her surgery, she moved with her husband and their menagerie – four dogs and a cat – to Amelia Island, where sandy beaches and sunshine inspired her to design and produce a line of inspirational cards for women with cancer and their families.

Her cards feature her painting and poetry. Their centerpiece is a watercolor of pink and purple flip-flops and a poem encouraging women in their fight against cancer. She called her card line "Combat Boots, special edition" and donated a share of the proceeds to a Jacksonville oncology research center.

"The purple in my flip-flops represent the purple heart of war heroes, pink ribbons for hope," she told a reporter last year. "The flip-flops themselves symbolize the emotional roller-coaster when the heart flip-flops, over and over. They are also a symbol of a woman's positive decision."

After retirement, she maintained a busy schedule volunteering with several local organizations. Mrs. Holliday served as a board member with the Nassau County Volunteer Center, committee member for United Way, the Teacher's Credit Union, the Barnab

DEATH

Continued from 1A
from receipt of the citations to comply, request an informal conference with OSHA's area director in Jacksonville or contest the citations and proposed penalties before the independent Occupational Safety and Health Review Commission.

Jacksonville area OSHA director James Borders said the full investigation of the fatality as well as the overall investigation of the mill would not be available until Sept. 29.

This was the first comprehensive investigation of the Smurfit-Stone mill since a 2004 safety inspection in which a number of serious, repeat and other violations were issued, Borders said.

"If that accident had not occurred, we wouldn't have gone out there," he said. "When a fatality occurs, we find it prudent to do a complete inspection."

According to a March 10 police report, emergency workers were called to the scene about 11:20 p.m. and found coworkers of Bowen performing CPR. Rescue workers took over resuscitation efforts and transported Bowen to Baptist Medical Center Nassau, where he was pronounced dead.

In March, a coworker said he was working with Bowen taking cooling fans out of service by disconnecting the power to the circuit breaker — he told police the procedure to shut down the power should not have required any exposure to high voltage, the police report stated.

The coworker said he left to perform other work, then drove by the area about 30 to 45 minutes later and found Bowen lying on the floor, unconscious and not breathing. He called for help and other witnesses started CPR until rescue workers arrived.

Bowen, a father of two, was a lifelong resident of Fernandina Beach. He graduated from Fernandina Beach High School in 1988 and worked at the Rayonier mill for seven years before working for Smurfit for 13 years.

jburgartis@fbnewsleader.com

SCHOOL

Continued from 1A

"In the past, the average for the county was 33 percent. At the end of school in June, the percentage qualifying had increased to 38 percent."

Applications for this year continue to be submitted, so no accurate percentage for 2009-10 has yet been determined.

type@fbnewsleader.com

City budget 'do-over' next week

ANGELA DAUGHERTY
MICHAEL PARNELL
News-Leader

In all the excitement of Tuesday's city budget hearing, Fernandina Beach Commissioners apparently forgot to do one thing: vote on whether to approve the budget.

As a result, city residents will have two more chances to talk about the budget — at a special meeting Monday afternoon and an already scheduled Tuesday public hearing.

"They meant to do that, but

they didn't articulate that," said City Attorney Tammi Bach, who was absent Tuesday for health reasons.

Commissioner Jeffrey Bunch approved the two amendments removing parking fees and land sales from the proposed budget, but he told the *News-Leader* he would have voted against the final budget because of objections he has to other provisions.

Mayor Susan Steger said the item was added to another meeting scheduled Monday. "I

don't want anyone to think that we just tried to push this through," Steger said.

The special city commission meeting, which will include items about the city marina, has been scheduled for 3 p.m. Monday at City Hall, 204 Ash St. The public will be allowed to address the budget again, and the commission is expected to vote a second time on the two amendments and to approve first reading of the budget, Bach said.

Bach said after reviewing

the transcript she believes the commission's actions on Tuesday are legally defensible, but doing it over would satisfy any possible public objection.

"It doesn't hurt. It doesn't cost any money. So why not?" she said.

Final adoption of the budget was already scheduled for Tuesday after a second public hearing at 5:05 p.m. at City Hall, so local residents will have yet one more say on the proposed budget for the fiscal year that begins Oct. 1.

CITY *Continued from 1A*

brought up down the road for the commission to reconsider.

At Tuesday's public hearing, resident Julie Ferreira urged the city to cut back employee hours, perhaps by considering furloughs, rather than selling land.

"Selling city property is a last-ditch effort," Ferreira said. "Selling in a down market is a misuse of city assets ... investors will get a hell of a deal at fire-sale prices."

Resident Lynn Williams said City Manager Michael Czymbor "gives city employees what they need, and they support him." But, he said, it was the commissioners' job to "support us before they support (the city manager) ... there are 25 more (city) employees now than five years ago. Commissioners should give instruction to cut it back, or there should be a recall to have new commissioners."

"I've owned property on Fletcher Avenue that I've been trying to sell for years," said resident Doug Mackle. "I don't think it's right for the city to be in competition with me. ... Please be fair to your citizens."

Jennifer Davis, who owns Gauzeway, a clothing store on Centre Street, used the example of the city of Melbourne, which put in parking meters and "slowly, the boardwalk fizzled down to nothing." She said \$25 park-

ing tickets could raise more revenue than parking meters. "Just ticket those who abuse the parking situation," she said.

One of the few residents not adamantly against paid parking, Marlin Emswiler said the city should put parking meters at Main Beach and "let the tourists pay ... let the people from Georgia pay. We have to get the money from somewhere. We're not going to charge to use beach accesses."

"Someone has to be here who remembers when we had parking meters downtown," said Joan Bean. "We don't need a trial. It was stupid, it was removed, let's take it off the table."

Resident Mack Morris questioned how low-income residents would be able to handle parking meters and fee increases. "I'm asking you to plan better for recessionary times," Morris said. "Do furloughs (for city employees) now so we don't have to fire people. Let's work smarter for the future and build a reserve fund for the time we don't need parking meters."

Resident Nancie Crabb told commissioners they should "make a decision tonight that you will not have parking kiosks or meters in Fernandina Beach.

Put that \$100,000 for a (pilot program) into something else," she said. She also noted that parking meters would need "at least two people patrolling at least 10 hours a day. ... Parking tickets are a real way to generate revenue."

"What about First Friday and Artrageous Saturday?" she asked, referring to free concerts and art walks. "You're talking about killing our downtown ... you're cutting business off at the knees. You have got to do something to stop this now."

"I want to congratulate you for lessening the (city) payroll by one full-time employee," Pat Fitzgerald sardonically told city staff and commissioners. Fitzgerald then asked why the city was increasing water fees by 10 percent.

Czymbor defended the fee increase, explaining that the city did a "comprehensive rate study ... it's a legal, defensible model. This is the rate structure you need to support (the budget)."

"Everyone has been forced to tighten their belts," said resident Richard Rothrock. "I'm asking the city to do the same. ... Other cities have reduced staff and postponed capital projects."

Rothrock also said the city

should not be starting a "major money pit project by shoring up the old post office building."

Czymbor said the city has allocated about \$300,000 in impact fees to study possible renovation of the downtown post office for a new city hall.

Andrew Curtin, who is on the city's Airport Advisory Committee, said it was a bad idea to sell the city's property assets in a down market because "once sold, we'll never get them back."

He also suggested reducing the city's work force and work hours, plus reducing city perks such as cell phones and car allowances and increasing furloughs.

After some discussion on how an amendment would

affect the final budget and amidst shouts of "Take it out now!" Commissioner Tim Poynter moved to amend the budget to take out any references to paid parking as a revenue source. Shortly after, Commissioner Jeffrey Bunch made another motion to exclude the sale of land from the proposed budget.

Both budget amendments were approved by a unanimous vote.

A proposed electrical franchise fee increase had already been taken out of the city's budget.

The budget includes a property tax millage increase, to 4.4855 from last year's rate of 4.2209.

adaughtry@fbnewsleader.com

IN LOVING MEMORY

Franz Josef Eder
"Franzi" "Sepp"

16 Aug 1926 - 18 Sept. 2005

One with the Universe
Always in Our Hearts

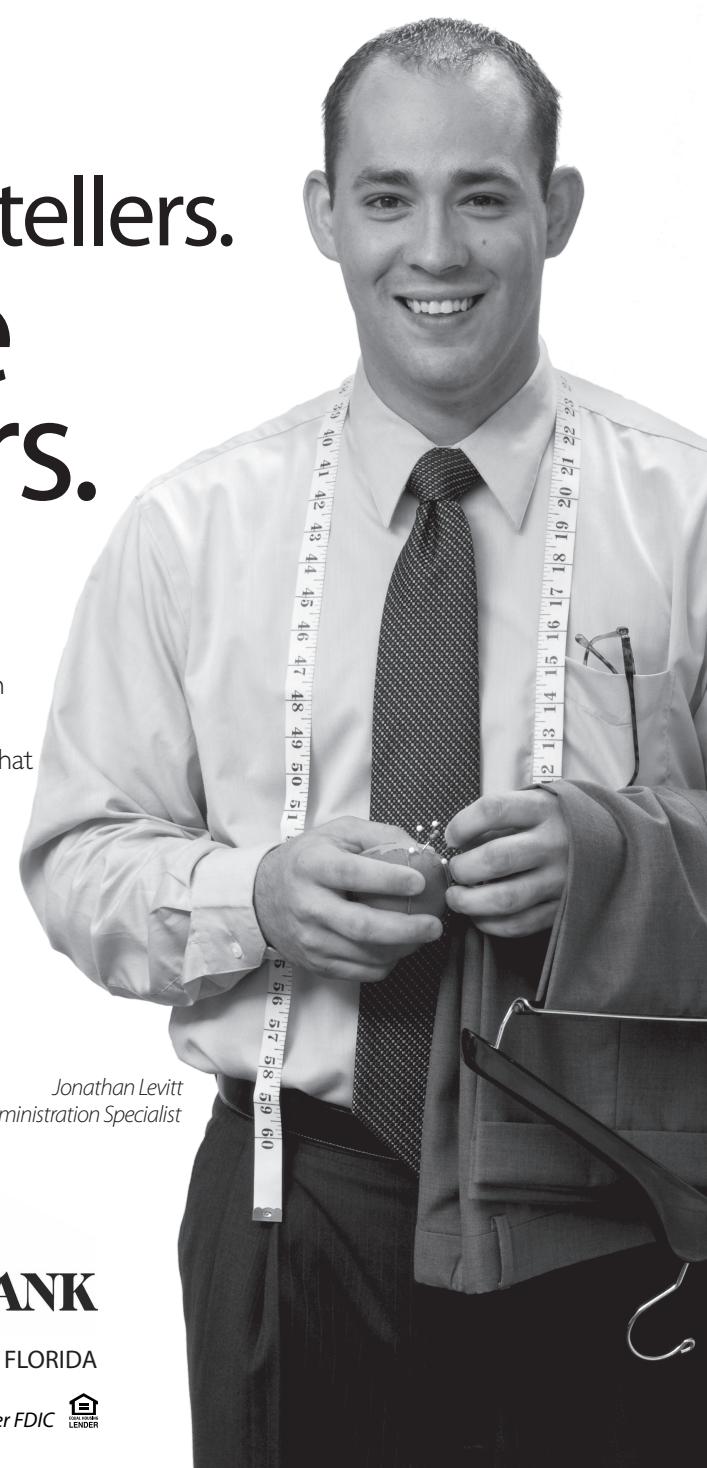
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Boat docks in aquatic preserve topic of meeting

State Rep. Janet Adkins, R-District 12, will hold a community forum for dock owners within the Nassau River-St. Johns River Marshes Aquatic Preserve on Monday.

The meeting will be held from 7:30-8:30 p.m. at Florida State College at Jacksonville, Betty P. Cook Nassau Center in the "Red" Bean Training Center building, Room T126, 76346 William Burgess Blvd.

Also expected to be in attendance will be state Sen. Steve Wise, members of the Nassau County Board of County Commissioners, Nassau County Property Appraiser Tammy Stiles and staff from the state Department of Environmental Protection.

The Nassau River-St. Johns River Marshes Aquatic Preserve extends south from A1A and east from US 17 in Nassau County to the St. Johns River in Duval County, which includes portions of the



Adkins

Nassau, Amelia and Fort George rivers.

The state Department of Environmental Protection found 105 of 110 docks in the Lofton Creek area to be out of compliance with state requirements for aquatic preserves. Dock owners face fines if they don't bring their docks up to compliance.

The meeting is intended to provide information to dock owners within the aquatic preserve. There will also be an open forum to address concerns and questions from the audience, as legislation is considered for the 2010 state legislative session.

Anyone wishing to receive additional information on this meeting should contact Amanda Young, Adkins' communications director, at 491-3664.

MILKSHAKE

Continued from 1A
world. There are few things in life that fill me with simple, pure joy. The first two Superman movies, the Indiana Jones quadrilogy and that milkshake. Taking one of those away from me is akin to taking my childhood out behind the barn and beating the hell out of it.

I shot an e-mail to my editor telling him as much, hoping he would assign the story to someone else so I could try to forget everything I'd just read about my beloved shake.

It was not to be.

"Yum," he replied. "Sounds like a first-person tribute." I don't know how I heard a malicious chuckle when I read those words, but hear it I did.

So it was with a heavy heart that I Googled the shake, hoping against hope that his e-mail had been full of the basest falsehood. I clicked on the first search result, and – True! All true!

Both menshealth.com and Yahoo! Health had articles about the PB&C's astronomical calorie and fat content. Both called it "the worst drink in America". The horrible thing was that each site featured a photo of the shake making it look so delicious that I immediately wanted to go buy one, even while the text beside the photos all but said that taking one sip of this concoction might cause me to burst immediately into flames.

I went to Cold Stone's website and looked up the nutrition information for the "Gotta Have It" sized PB&C. That only made me feel worse – 202

percent of the total recommended daily allowance of fat, 340 percent of the daily allowance for saturated fat. Basically, drink one of these shakes and you're done eating anything with fat for about three and a half days. What's more, while Cold Stone's "Sinless" shakes have as little as 490 calories, not one of their regular flavors – in any size – has less than 1,000 – which is about half the total recommended daily allowance.

None of this would have mattered to me last year, but I've recently dropped a lot of weight and am in better shape now than I've been since I was in the Army. Suddenly, I am no longer comfortable with being what is technically referred to as a great big lardbut.

And yet – the shake tastes sooo good!

I sent an e-mail to Cold Stone's corporate public relations folks, hoping they could tell me something to calm the tempest within my soul. Something like, "Sure, they're high in calories, but they also give you superpowers."

Someone from Cold Stone e-mailed me back, saying she'd call me. Perhaps unsurprisingly, considering the subject of my story, she never followed through.

So I was stuck. I loved the shake, but all my sources were telling me it was the dietary equivalent of getting hit in the face with a chocolate-flavored shovel. There was only one thing to do: Buy a shake and see what happened.

• • •

I had to visit Jacksonville's River City Center, so I decided

That's more sugar than 12 Fudgsicles, more calories than 37 Oreos, as much fat as a stick and a half of butter and more saturated fat than nearly 20 large orders of McDonald's French fries.'

shake. The legend on the back of her shirt read, "What's not to love?"

"Arterial plaque, for one," I answered silently.

I paid for my shake and took it outside and sat at one of the wrought-iron tables in front of the shop. I regarded the drink suspiciously. This was it, all or nothing. Whatever didn't kill me could only make me stronger. Or fatter, in this case. Much, much fatter.

"The hell with it," I thought, and took a long drink. ... Heaven.

I sat there for the next 45 minutes, relaxing with a good book and drinking the best-tasting shake in America. I did not explode. I did not convulse. C. Everett Koop did not run out of the shop next door to scold me.

And I thought, "Perhaps there's a lesson here. Of course this is bad for you – it's ice cream, for God's sake. But I only buy one of these about once a month anyway. What's wrong with a little indulgence once in awhile, as long as you don't overdo it?"

And I realized that was my answer. Sure, the shake is bad for you. Anyone who thinks a giant cup of peanut butter, chocolate ice cream and milk is healthy is living in a dream. But once in awhile – just once in awhile, mind you – bad food can actually be good for you despite the calories. Because once in awhile bad food can make you happy – and anyone who can be unhappy drinking a chocolate milkshake outdoors on a summer day is a Communist.

So once in a while – just once in awhile, mind you – I'm going to indulge. Because being happy is just as important as being healthy.
rsmith@fbnewsleader.com



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Notice to the Nassau County Residents

The West Nassau Landfill located at 46026 Landfill Rd, Callahan Fl will cease accepting solid waste effective September 30th. However, new Convenience Recycling Center located at the entrance of the landfill, will be in operation on October 1st. The Center will accept residential waste generated by Nassau County residents only. The Convenience Center will also accept for recycling: glass, office paper, newspapers, batteries, scrap metals, and aluminum cans. Yard waste will not be accepted at the Center. It can be taken to Sandhill Recycle Center located on CR108 in Yulee Fl.

The fees adopted September 14, 2009 by the Board of County Commissioners are as follows:

| | |
|--------------------------------------|------------------|
| Bagged Household Trash | \$0.50 Per Bag |
| Small Pickup Truck | \$5.00 Per Load |
| Medium Pickup Truck | \$10.00 Per Load |
| Large Pickup Truck | \$20.00 Per Load |
| Small Trailer | \$10.00 Per Load |
| Large Trailer | \$20.00 Per Load |
| White Goods | \$5.00 Ea. |
| One (1) free per year per household | |
| Tires | \$7.00 Ea. |
| Four (4) free per year per household | |
| Passenger car/pickup truck tires | |
| max size P265/75R16 | |
| Scrap Metal/Recyclables | FREE |

Hours of Operation Effective October 1st are as follows:

| | |
|-----------|--------------------------|
| Monday | 8:00 a.m.-----5:00 p.m. |
| Tuesday | 8:00 a.m.-----5:00 p.m. |
| Wednesday | CLOSED |
| Thursday | 8:00 a.m.-----5:00 p.m. |
| Friday | 8:00 a.m.-----5:00 p.m. |
| Saturday | 8:30 a.m.-----12:00 p.m. |
| Sunday | CLOSED |
| Holidays | CLOSED |

If you have any questions please call 904-879-6321 or 904-548-4974.

The City of Fernandina Beach has tentatively adopted a budget for 2009/2010.

A public hearing to make a FINAL DECISION on the budget AND TAXES will be held on:

**September 22, 2009
5:05 p.m.
at
Commission Chambers
City Hall
204 Ash Street
Fernandina Beach,
FL 32034**



NOTICE OF BUDGET HEARING

'Table set for one' - prisoner of war

Today we honor a special breed of man. No matter their age, sex, race, color, creed, national origin, political affiliation or religious belief, they all have a common bond, one identifying them as a POW or MIA. I dedicate this column to the many thousands of special heroes, champions who have suffered unconscionable sacrifices and are known to us as the prisoner of war.

Since 9/11 and Operation Iraqi Freedom, the treatment of prisoners of war has gained added worldwide attention. The international treaties of the Hague Conventions of 1899 and 1907, supplemented by the Geneva Convention of 1929 and 1949, steadfastly incorporate the demands for humane treatment of POWs around the globe. Some countries honor it, some do not.

Prior to August 1955 the Code of the U.S. Fighting Force did not officially exist. For those that don't know of the code, it's an ethical guide of conduct and consists of six articles known to all members of the armed forces.

"If I am captured, I will continue to resist by all means available. I will make every effort to escape and aid others to escape. I will accept neither parole nor special favors from the enemy."

This bold declaration is Article III of the U.S. Military Code of Conduct published in 1955 by President Dwight D. Eisenhower. The code entails standards of conduct expected of a POW. It outlines basic responsibilities and obligations, and although designed for a POW situation, the spirit and intent are applicable to members subjected to other hostile detention. It implores soldiers to consistently conduct themselves in a manner that avoids discrediting themselves and their country.

It's an important part of U.S. military doctrine and in addition to Article III, the code addresses how personnel engaged in combat should constantly be alert to evade capture, resist while a prisoner or escape from the enemy. It prohibits surrender except when all reasonable means of resistance are exhausted and unless certain death is the only alternative. The code outlines proper conduct for prisoners of war, reaffirms that under the Geneva Convention prisoners should give only their name, rank, service number and date of birth, and requires while under interrogation captured personnel should evade answering further questions to the utmost of their ability.



VETERAN'S CORNER

Debbie Walsh

Many military service organizations extend a great deal of pomp and circumstance during their opening ceremonies of official events. The following is a special tribute afforded to the Prisoners of War and those listed as Missing in Action.

"Resolution 288 adopted at the 67th Convention of the American Legion calls for designating a POW/MIA Empty Chair at all official meetings of the American Legion as a physical symbol of the thousands of American prisoners of war and missing in action still unaccounted for; as a reminder for all of us to spare no effort to secure the release of any American prisoners from captivity, the repatriation of the remains of those who died bravely in defense of liberty and a full accounting of those missing. Let us rededicate ourselves for this vital endeavor."

Another acknowledgment designed to honor the POW and MIA is the display of the "Table Set for One." The table and its contents reaffirm the specific need to remember and never forget the sacrifices of the POW and MIA.

The table symbolizes the frailty of one prisoner, alone against his or her suppressors. The white tablecloth is symbolic of the purity of their intentions to respond to their country's call to arms. The single red rose signifies the blood they may have shed and reminds us of the family and friends who keep the faith while awaiting

its commemorative inscription reads, "Dedicated to American Prisoners of War - Men who were Closer than

Brothers." This large marble memorial is located at the James Jarrett Brown VFW and Ladies Auxiliary Post 8385, Kingsland, Ga., and graces the front of the post's Memorial Wall currently under reconstruction. It was dedicated on Veterans Day 2004 and donated by Johnnie R. Beaver, a World War II combatant of the Battle of the Bulge and Prisoner of War.

I never had the honor of meeting Johnnie of "H" Company, 2nd Battalion, 423rd Regiment, 106th Infantry Division, but he is one of many thousands of soldiers who had experienced profuse suffering as a prisoner of war. I wish I'd had the opportunity before his recent passing to shake his hand and say, "Thank you for all you encountered in the name of liberty and justice for all. I will be forever indebted to you and your fellow comrades."

On Aug. 10, 1990, the 101st Congress passed U.S. Public Law 101-355, which recognized the POW/MIA flag and designated it "as the symbol of our Nation's concern and commitment to resolving, as fully as possible, the fates of Americans still prisoner, missing and unaccounted for, thus ending the uncertainty for their families and the Nation." The POW/MIA flag is displayed in the U.S. Capitol Rotunda, Washington, D.C., where it stands as a powerful symbol of our national commitment to America's POW/MIA until the fullest possible accounting has been achieved for U.S. personnel still missing and unaccounted for from the Vietnam War.

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POW/MIA ceremony

VFW Post 10095 is having a small POW/MIA ceremony at 7 p.m. today at the post, 37965 Eastwood Road, Hilliard. The public is welcome. The post phone number is (904) 845-7139.

their return. The yellow ribbon on the vase represents the yellow ribbons worn on the lapels of the thousands who demand with unyielding determination a proper accounting of our comrades who are not among us. A slice of lemon on the plate reminds us of their bitter fate while the salt sprinkled on the plate reminds us of the countless fallen tears of families as they wait. The inverted glass symbolized the toast they will not participate in and the chair remains empty for they are not here. The candle is reminiscent of the light of hope which lives in our hearts to illuminate their way home, away from their captors, to the open arms of a grateful nation."

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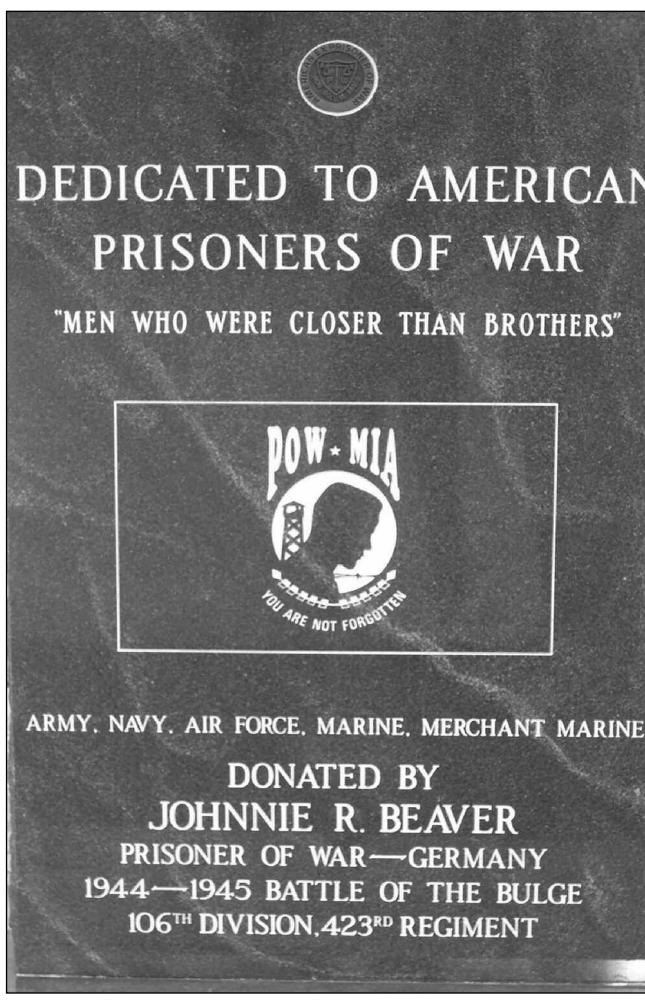
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Debbie is a 22-year veteran, retired Senior Master Sergeant in the Air Force and Life Member of The American Legion Post #54, Fernandina Beach. whitelabaron@yahoo.com



SUBMITTED
The James Jarrett Brown VFW & Ladies Auxiliary Post 8385 POW/MIA Memorial, Kingsland, Ga., donated by POW and World War II Battle of the Bulge combatant Johnnie R. Beaver.



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BUDGET SUMMARY

CITY OF FERNANDINA BEACH – FISCAL YEAR 2009-2010

THE PROPOSED OPERATING BUDGET EXPENDITURES OF THE CITY OF FERNANDINA BEACH ARE 1.5% LESS THAN LAST YEAR'S TOTAL OPERATING EXPENDITURES.

| | Millage Per \$1,000 | General Fund | SPECIAL REVENUE FUNDS | CAPITAL PROJECTS FUNDS | ENTERPRISE FUNDS | DEBT SERVICE FUNDS | INTERNAL SERVICE FUNDS | TRUST FUNDS | TOTAL BUDGET |
|---|---------------------|--------------|-----------------------|------------------------|------------------|--------------------|------------------------|-------------|--------------|
| CASH BALANCE BROUGHT FORWARD | | 5,436,400 | 1,610,759 | 4,239,490 | 6,311,998 | 575,162 | 151,404 | 21,211,477 | 39,536,690 |
| Estimated Revenues | Millage Per \$1,000 | | | | | | | | |
| TAXES | | 4.2420 | 7,820,500 | 16,800 | | | | | 7,837,300 |
| Ad Valorem Taxes | 0.2435 (Voted Debt) | 474,000 | | | | | | | 474,000 |
| Sales/Use/Fuel Taxes | | 1,249,942 | | 238,900 | | | | | 1,488,842 |
| Franchise Fees | | 1,200,000 | | | | | | | 1,200,000 |
| Utility Service Taxes | | | 1,771,000 | | | | | | 1,771,000 |
| Licenses/Permits | | 731,550 | | | | | | | 731,550 |
| Intergovernmental | | 832,893 | 400,000 | 1,782,524 | 2,759,000 | | | | 5,774,417 |
| Charges for Services | | 1,006,131 | 61,200 | | 16,558,043 | | | | 17,625,374 |
| Fines/Forfeitures | | 54,000 | 22,000 | | | | | | 76,000 |
| Miscellaneous | | 298,919 | 28,625 | 451,158 | 519,459 | 28,600 | 79,600 | 3,142,123 | 4,548,484 |
| Other Financing Sources | | 2,218,409 | 23,000 | 120,000 | 200,000 | 2,311,138 | 1,473,796 | | 6,346,343 |
| TOTAL REVENUES AND OTHER FINANCE SOURCES | | 15,886,344 | 2,322,625 | 2,592,582 | 20,036,502 | 2,339,738 | 1,553,396 | 3,142,123 | 47,873,310 |
| TOTAL ESTIMATED REVENUES AND BALANCES | | 21,322,744 | 3,933,384 | 6,832,072 | 26,348,500 | 2,914,900 | 1,704,800 | 24,353,600 | 87,410,000 |
| EXPENDITURES/EXPENSES | | | | | | | | | |
| General Government | | 3,284,622 | | 300,000 | | | 1,534,869 | 2,135,000 | 7,254,491 |
| Public Safety | | 9,157,913 | 90,500 | 1,078,000 | | | | | 10,326,413 |
| Physical Environment | | | 675,000 | 2,987,000 | 12,405,759 | | | | 16,067,759 |
| Transportation | | 1,257,268 | | 325,000 | 3,453,911 | | | | 5,036,179 |
| Economic Environment | | 71,202 | | | | | | | 71,202 |
| Human Services | | 91,000 | | | | | | | 91,000 |
| Culture/Recreation | | 2,514,600 | 76,482 | 1,580,000 | 3,784,547 | | | | 7,955,629 |
| Debt Services | | | | 115,819 | 1,321,202 | 2,891,595 | | | 4,328,616 |
| Other Financing Uses | | 557,000 | 1,957,000 | | 2,158,547 | | | | 4,672,547 |
| TOTAL EXPENDITURES/EXPENSES | | 16,933,605 | 2,798,982 | 6,385,819 | 23,123,966 | 2,891,595 | 1,534,869 | 2,135,000 | 55,803,836 |
| RESERVES | | 4,389,139 | 1,134,402 | 446,253 | 3,224,534 | 23,305 | 169,931 | 22,218,600 | 31,606,164 |
| TOTAL APPROPRIATED EXPENDITURES AND RESERVES | | 21,322,744 | 3,933,384 | 6,832,072 | 26,348,500 | 2,914,900 | 1,704,800 | 24,353,600 | 87,410,000 |

OPINION

Tess changed opinions about pit bulls

She had rippling muscles, a sweet but savvy disposition, and she never went anywhere without her "sunglasses."

She inspired love in all types of people. She was so ugly, she was cute. She shared her life with my family for the last seven years. She was Tess, my pit bull terrier, and she was put down last May because of terminal cancer.

Like many people, I was at one time horrified by stories in the media about vicious pit bull attacks. When I first started seeing photos of the dogs in the 1980s, I thought they looked almost evil and couldn't understand why anyone would want to own such a hideous creature.

Many years later, when I was looking to adopt a dog, I started haunting local shelters. I wasn't sure what kind of dog I wanted, but having had two bad experiences with male dogs adopted as pup-

**NEWS-
ROOM
VIEWS**

—
*Angela
Daughtry*

My opinion about pit bull terriers changed gradually, but began when I was in a dog shelter in Rhode Island, and saw a male pit bull looking up at me with such a forlorn expression, that I knew there must be something more to these dogs.

After an Internet study, I found that the typical pit bull is a very social, people-oriented dog – but because they were originally bred to kill

rats for sport, they cannot be completely trusted around other animals. Unfortunately, irresponsible breeding, upbringing and training can result in aggressive dogs. But the original fighting pit bulls were bred for their strength, bravery, loyalty and spirit. Any dog that showed aggressiveness toward a person would have been duly dealt with – and at the very least not allowed to breed.

In December of 2002, I found myself on I-95, en route to Bridgeport, Conn., to look at pit bulls at the Bridgeport Animal Shelter. It was a two-hour drive, and I as drove through the grimy city in search of the dog pound, I wondered if I might be crazy.

I chose the Bridgeport shelter because I had seen a couple of dogs on their website that looked promising. I had sort of decided to look at a little brindle female pit bull, so when I got there I asked to see that dog.

The dog handler brought me down a dismal, smelly corridor between pens of barking dogs. She was about to open the brindle's pen, when I saw a white, caramel-spotted dog with ridiculous markings around its eyes. The dog was barking, but not viciously, just enough to make herself noticed.

"Wait," I said. "Can I see that one instead?"

The handler opened the spotted dog's kennel and put a choke chain around the dog's neck. We took the dog out to the yard.

As the handler described the dog's history to me, the dog sat obediently at her feet. When the dog made a slight move toward a street noise, the handler flicked the choke collar and the dog stayed still. I knew I wanted this dog.

It took a long time to fill out the paperwork, but finally, the dog was mine. I led her out to my car with some trepidation, hoping the dog would be calm on the ride home.

I opened the car door, and Tess (for that was now her name) leaped into the car with no hesitation, as if she had done it a thousand times.

Oh, she wasn't perfect. Like all dogs, she got on our nerves sometimes. She was intelligent, and with her obstinate, demanding nature knew how to get what she wanted. Basically, she would bark at you until you did what she wanted, whether it was let her out to relieve herself, or get her the treat she wanted.

But she also had a sort of intuition that was behind a deep dog/human connection. On her daily runs in an open



Tess, a pit bull terrier, was a sweet dog who adored people.

field, she always knew the exact parameters in which was supposed to stay, no matter how far we wandered. On these adventures, her favorite sport was to grab the largest tree branch possible and run with it. It was a little scary to see her charging toward you carrying an eight-foot-long branch with three-inch diameter. She nearly kneecapped me quite a few times, but her joy in the exercise was a pleasure to watch.

Her love of tree branches also extended to leaping up to six feet in the air and hanging onto them with her teeth. Another sport that was a little more disturbing was her penchant for killing small animals. This worked well when we had a rat infestation, but not so much when she was around cats or smaller dogs.

When she moved with us to Florida, the presence of an armadillo would send her into a frenzy, but she was never lucky enough to get her teeth around one.

She really wasn't afraid of anything – except the words "bad dog." She knew if you were angry, even if it wasn't at her. And, like all smart dogs, she knew no stranger was to be trusted until they met her approval, and that it was highly improper to bite a person. She knew the difference between "get your ball" and "get your bone," and if you said "where's the kitty?" she would jump up with eyes bright and ears alert, ready to play in the little farce.

And she adored people, even though it was obvious from her scars that she had been in dogfights.

We knew last spring that her cancer had returned, but were not prepared for how quickly she deteriorated. Toward the end, she lost her appetite and finally her ability to walk. Even my husband, who has never shed a tear in front of me, broke down a little bit.

Rest in peace, sweet dog. *Angela Daughtry is a reporter at the News-Leader. E-mail her at adaughtry@fbnewsleader.com.*

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Noon Lecture • 12:45 pm Questions & Answers

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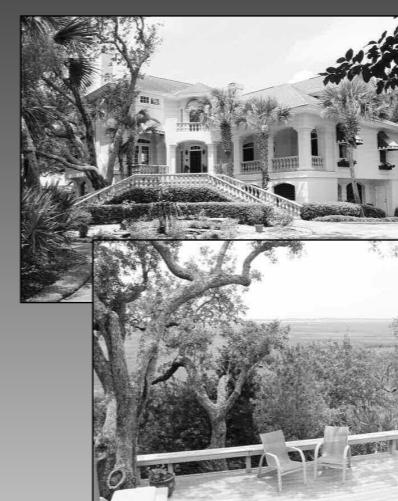
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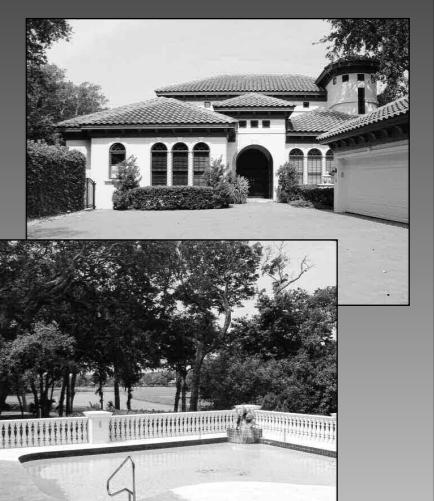
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The News-Leader is published with pride weekly for the people of Nassau County by Community Newspapers, Inc., Athens, Georgia. We believe that strong newspapers build strong communities – “Newspapers get things done!” Our primary goal is to publish distinguished and profitable community-oriented newspapers. This mission will be accomplished through the teamwork of professionals dedicated to the truth, integrity, quality and hard work.

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The views expressed by the columnists and letter writers on this page are their own and do not necessarily reflect the views of the newspaper, its owners or employees.

COMMUNITY THANKS

Cancer survivors

We would like to thank everyone who contributed to the success of the Third Annual Cancer Survivor Luncheon on June 20 at St. Peter's Episcopal Hall.

Special thanks to our sponsors, the American Cancer Society, Baptist Medical Center Nassau, First Coast Oncology and Regional Consultant.

Thanks go out to all the survivors and caregivers that attended.

Delightful entertainment was provided by Bean School of Dance, the adult class. Dancers included Denise Caraway, Blair Bean, Treska Green, Jenny Strozinsky, Jackie Wickers, Charity Chapman, Sharon Lennon, Darlene Scott, Martha Schirg, Susan Smeeton, Ann Burns, Kathy Washburn, Linda Blake, Gerrit Dopson, Shelia Nieder, Barbara Davenport, Sandy Shaw, Steven Bean, Fayette Schieber and Joan Bean. Harpist Pat Lovejoy delighted everyone with her talents.

Guests enjoyed massages by Jeff Hall and were pampered during lunch by various volunteers. The volunteers were MoRonica Ravennell, Susan Marki, Paulette Watson, Jennifer Hudson, Marti Davis, Sonja Davis, India Roberts, Betty Jo Nix, Barbara Tammany, Bob Hanrahan, Carolina Martinez, Kim Willis, Erika Eubanks, Denver Reid, Warren Wagnstrom, Wayne Wagnstrom and Billy Wagnstrom.

Door prizes were graciously donated by Amelia's Bloomin' Baskets, Ms. Carolyn's Breakfast, Murray's Grille, Harris Teeter, Winn-Dixie, Island Falls and Woody's Bar-B-Q.

Many thanks to everyone for providing an acknowledgement to cancer survivors.

Joni Reid
Belinda Wagnstrom
Fernandina Beach

First Coast Wheel-A-Thon

The First Coast Freedom Playground group invites everyone to join the First Coast Wheel-A-Thon, an event to support building a universally accessible playground in our city. Beginning at 9 a.m. Sept. 26, teams and individuals will wheel/walk a 1.2-mile course from Central Park to the downtown Fernandina waterfront and back. Each team must include at least one person (of any ability) in a wheelchair! If you don't have a wheelchair, we'll have one for you.

Afterwards, the fun really begins – food (free lunch from Sonny's for all participants), music by local artists, demonstration wheelchair sports (and the opportunity to participate), prizes for teams/individuals raising the most money and best decorated wheelchairs, and more. Even if you don't participate in the wheel/walk, come and join the excitement!

The mission of Freedom Playground Foundation is to design and build universally accessible playgrounds. Traditional play equipment will be integrated with the elements of art, nature and water for children and families of all abilities to share the joy and freedom of play. We teach the values of inclusion and diversity through the avenue of barrier-free playgrounds.

We thank our generous sponsors for this event: Moon River Pizza, Sonny's, Nassau Civic Club, Florida Public Utilities, First Coast Community Bank, Jewett and Wood, The Ogburn School, Don Shaw and Books Plus, Road ID and Authentic Impact.

The Freedom Playground board also thanks the city of Fernandina Beach for their partnership and generous support for this event.

For more information or to register a team, call 335-7253. Or, register online at www.first-giving.com/freedomplayground. You'll be glad you did!

Sharyl Wood
Amelia Island

HOW TO WRITE US

Maximum length is 500 words. Letters must include writer's name (printed and signature), address and telephone number for verification. Writers are normally limited to one letter in a 30-day period. No political endorsements or poems will be published. Letters should be typed or printed. Not all letters are published. Send letters to: Letters to the Editor, P.O. Box 766, Fernandina Beach, FL, 32035. E-mail: mparnell@fbnewsleader.com. Visit us on-line at fbnewsleader.com.

Tail of the recession whips us

At the beginning of the Great Recession we had all sorts of experts who claimed we weren't really in a recession and if we were, it was almost over. They were using some sort of newfangled math that didn't take into account actual statistics.

As we all know now, beginning in January of 2008 we were facing an economic crisis that was threatening to bloom into another Great Depression.

Apparently, it's time for the economic engineers to earn their keep once more and optimism is still in fashion. The new round of glee was started by new housing numbers, which are showing signs of improvement in hard-hit Miami and Las Vegas. Foreclosure sales are shrinking, which also means its new money based on growth rather than pull back.

Never mind that unemployment continues to climb ever higher, which is an indicator of what's to come as people get laid off or watch it happen to their neighbor and wonder if they're next. There's one small ray of sunshine that's not a general trend so let's call this one early and say it's starting to end.



MORE
ADVENTURES
—
Martha
Randolph
Carr

If we all just squeeze our eyes shut together and wish it away when we open them again it'll be a new day.

It's not that I have anything against being upbeat. I actually prefer a stance of gratitude. However, the first step of any recovery is awareness, which means stating the truth to the best of our ability.

That would mean taking into account all of the information at hand and becoming a little more comfortable with the facts. We are past the point of crash and burn but not out of the woods yet.

That's step two, also known as acceptance.

Dealing with things as they actually are is a lot easier because we stop judging ourselves against an illusion of wealth that just doesn't exist. That need to put on a really good show is a large part of how we got into this economic mess. So many house-poor people were driving really large cars with nothing in the bank.

The lesson here is that gratitude is only effective when we're able to see what we really have and still feel good about it.

Instead of lamenting about the old car we can be glad we have a ride to work and see if there are others who'd like to carpool. Instead of feeling badly that we've gone from an owner to a renter we can be grateful for the roof and get to know the neighbors.

The final step is action, which for a lot of people has meant taking a second job or selling their home at a loss or even couch-surfing for awhile. Go ahead and do what you have to do as you rebuild your economic life but this time do it on a bedrock of truth and get your sense of self from within instead of what you want to own.

If we can pull off this change in the character of America we will be grateful for who we already are rather than something new and shiny. These are the traits that no one can ever take from us and we don't have to earn, only appreciate.

This column is distributed by Cagle Cartoons Inc. newspaper syndicate. www.martharandolphcarr.com.

VOICE OF THE PEOPLE

City budget

I am disappointed that the city manager's budget message does not indicate direction was given to the city department directors to make an attempt to stay within the projected revenues. On the contrary, it appears that if any direction was given, it was to search for new revenues in the form of fees.

In nearly four decades of working all levels of government, I find that fees are a legitimate way to fund budget line items where one can identify the user and the amount of cost per user and earmark the fee to offset that cost (i.e., round of golf, landing fee at an airport, use of a slip at a marina for examples).

When a government starts using fees to place money into the general fund, that government is operating in a way that is not honest with its taxpayers.

The government is depriving the citizens of the legitimate IRS deductions as well as hiding the true tax that the government entity is charging citizens for the services it delivers. Generating revenue in this way displays a lack of leadership since it is nothing more than a tax by another name.

I promise that if the city commissioners want to raise revenue the old-fashioned way (increase my millage) I may still support them, but I also promise that I will work with all my might to defeat any who vote for taxes called fees.

In addition, I believe that it would be good for the commissioners to direct the city manager to develop a budget that feels some of the same pinch that the citizens are feeling. It is not leadership in the city manager's statement that we will have one less full-time equivalents next year as we had this year.

With good management there should be some turnover in employees and in a situation such as we have this year we should be hearing something about hiring and spending freezes.

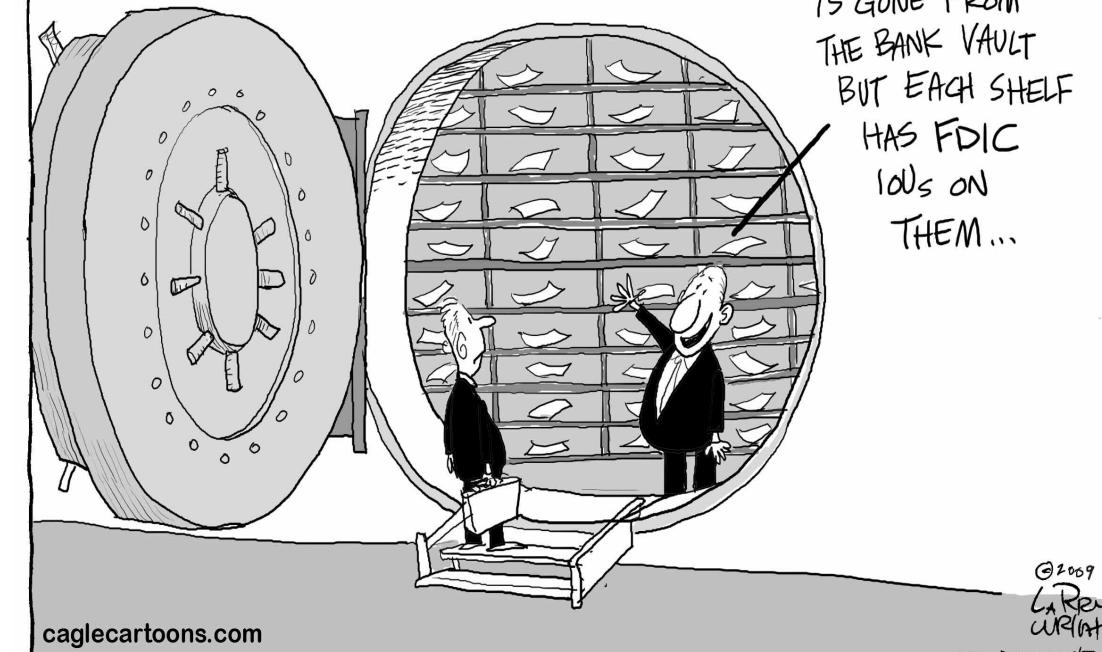
My perspective on the budget leaves me with the feeling that no one has really tried to hold the spending and cost to a level that does not require tax increases. I wish that this was not true, but watching the commission meetings and reading the city manager's materials leaves me with no basis for another view.

Charles B. Benefield
Fernandina Beach

Above the law?

Your article (“No charges filed yet in May shooting of county jail officer,” Sept. 2) left out a lot of detail about the Green and Clayton run-in. Mr. Green didn't knock on the door, he kicked in the door with a loaded weapon in his hand, mistake number two for a certified officer of the law. Also, the report failed to state that Officer Green's father and mother (Sgt. Arlene Green) were on the scene in which somehow the weapon that their son had disappeared, and that their

BANK



had attacked this man prior to this. But Officer Green is the poor little victim. Wow.

He could have been shot to death and all of this would have been open and shut. Mr. Clayton done him a favor and let him live; any other person would have let him have it. Also,

Mr. Clayton was placed in a cell by himself because Sheriff Seagraves was unsure what his officers would do to him. That says a lot about Lady Justice.

Brian O. Perkins
Brunswick, Ga.

A student responds

I read your letter to the editor “Leave our kids alone” (Sept. 11). You say, “Who does the president think he is?” Well sir, who do you think you are? I'm a sophomore at FBHS and I thought that President Obama's address to students was a good speech.

I am not the biggest Obama fan in the world but what is wrong with the president telling students to work hard in school and pay attention? I don't get why parents think that the president giving a speech to students is so bad. Most students are not old enough to vote so what is the big worry?

Adam Thomas
Fernandina Beach

Connect the dots

I have started several rebuttals to the letter “Spitting in the Wind” (Sept. 11) but realized I would be spitting in the wind, so let's play a game simple enough for a liberal to understand. It's called “Connect the Dots.”

Acorn promotes voter fraud, tax evasion, prostitution and the sex slave industry. Obama is a prodigy of Acorn. How do you respect someone like that? A wise man once told

me that a man is known by the company he keeps. Obama's company list reads like a who's who of terrorists (Bill Ayers), tax cheats (Tim Geithner), racist (Jeremiah Wright) and just plain ole freaks (Van Jones).

Connect the dots.

How about another game called “Let's Make a Deal.” I'll pay \$10,000 to anyone who can prove Obama doesn't lie and \$10,000 who can prove Rush Limbaugh or Glenn Beck do lie.

I'll give another \$10,000 to prove they spew hate speech and MSNBC doesn't (all 300 viewers).

Sharmon Rene Allday
Fernandina Beach

Congratulations

Although we are not residents of Fernandina Beach, we can easily identify with the area and the activities there because of the years we spent there and our many friends who still live there. I wish to congratulate Susan Steger for her outstanding job as mayor and commissioner.

She has elevated the role to an unprecedented high with a positive manner and professional demeanor. I have no doubt that her leadership will have longstanding benefits to the citizens of the island.

Jonathan and Dorothy Hill
Hilliard

Support local businesses

“The recession is over!” – so say the television news reports recently. Our question is: By whose standards is this proclamation measured? Certainly not by our locally owned businesses! We have witnessed many of Nassau County's “mom and pop shops” close their doors due to the plight of the economy. Unfortunately, there will be

more because, for them, the recession abounds.

Our wonderfully quaint, unique and friendly community that we have all enjoyed is on the verge of change.

Unless we all work together to help our neighborhood shops, most will have no choice but to close down, and when this recession is truly over, we will be left with only large, corporate supermarkets on every corner.

Applause to our chamber of commerce for launching “Buy Nassau” in an effort to urge us all to buy local! “My Money. My Community. Buy Nassau.”

Now more than ever, we need to continue to support our locally owned businesses.

Walt and Susan Gossett
Fernandina Beach

Involved citizens

It was refreshing to see the citizens of Fernandina get involved in regards to the parking fees issue. If this can just be continued and expanded to other important issues it would be a way to take back the town and island from clueless bureaucrats.

If the people of Nassau County could do this too, we perhaps would have a more controlled and altogether different way to have “progress” instead of “decay”. I am referring to the way the AIA corridor is being built up.

Why in the world we need another liquor store or strip mall is a mystery. Regardless, if the developers and the county could just hide these eyesores it would produce a much more pleasing feeling to those who drive this road. Pretty soon it will be indistinguishable from Atlantic Boulevard in Jax.

Chuck Owens
Yulee

VIEWPOINT/LAUREEN PAGEL/SUTTONPLACE BEHAVIORAL HEALTH

Substance abuse disorders are treatable

Substance abuse disorders are treatable diseases, and when they are properly addressed, those affected can lead productive, healthy lives. Yet many people in our community mistakenly believe that abusing alcohol or drugs is a personal weakness, not a medical illness.

One of the primary goals of those in the mental health field is to increase awareness among the public that addiction is a medical condition that should be treated like any other illness.

We must continue to collaborate to educate people about addiction and the benefits of treatment and recovery by sharing the message online and offline.

Having worked in the recovery field for over 20 years, I have first-hand knowledge of this reality. Millions of Americans need treat-



Pagel

ment for alcoholism or drug addiction, yet not enough enter treatment or access recovery services, usually because they are unaware of the resources available or they have shame relating to their addiction.

September has been designated by the U.S. Department of Health and Human Services as National Alcohol and Drug Addiction Recovery Month, an initiative of the DHHS Substance Abuse and Mental Health Services' Administration (SAMHSA).

I call on everyone in Nassau County to educate others about this disease and encourage treatment and recovery services in our area,

through the actions of our public school professionals, family members and in everyday social and work interactions. This can be accomplished by providing the media with up-to-date, accurate information about addiction and treatment, and may also be done online.

For more information on Recovery Month activities, go to www.recoverymonth.gov. For local treatment services, please visit our website at WWW.SPBH.ORG.

Addiction affects our entire community. Together we can help people, families and our community – together we can learn about addiction and begin to heal.

Laureen Pagel, PhD, is CEO of Sutton Place Behavioral Health, provider of mental health and addiction recovery services for Nassau County.

COMMUNITY

McGowens honor oldest member

Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the works of the Lord; forasmuch as ye know that your labor is not in vain in the Lord. But thanks be to God, which giveth us the victory through our Lord Jesus Christ.

The first annual banquet of the McGowen's family and friends reunion was held at the Martin Luther King Center, honoring their oldest family member, the lovely Dollie Mae McGowen-Watkins.

She is the oldest to the union of Elliott (Tex) and Elizabeth McGowen. Both parents now deceased, Dollie fills the gap of both father and mother with her siblings and the rest of the family. She is given much love and respect.

This semi-formal affair brought family and friends out in great fashions to show their love for Dollie and she, so gracious in her pink attire, smiled all the time, escorted by her special friend, Romal Chambers, wearing matching attire.

Minister Patricia Thompson, her younger sister, served as emcee. Paul Alberta, her son, and Herbert Johnson posted colors. The soloist for this great occasion was Stella Aukland, who sang out of her heart, "At Last and Never Could Have Made It."

Her older brother, Willie McGowen, and younger brother, Jackie McGowen, were there, sharing in her glory, too.



NOW AND THEN

Maybelle Kirkland

Willie blessed the food and talked about his older sister — how it was when it was just the two of them.

Jackie, always the DJ, sister-in-law Catherine McGowen and many other family members and friends were present.

Long-time friends and classmates Emily Gilyard and Maybelle Brown shared their experiences with Dollie and how special

she is to everyone she comes in contact with. Long-time neighbor, Essie Mae Brown, stood just to tell her, "I love you, Dollie."

Dollie thanked everyone for being there. She was very surprised that Patsy "came up with the idea wanting to honor me. After Mom died, they all came to me as second mom. It was supposed to be a surprise, but I found out and acted as if I didn't know. I heard Patsy talking on the phone."

It was a grand reunion. Not everyone participated in everything. Some didn't want to get dressed up for the banquet and some didn't want to go to church. But we know the time is now. Everyone needs to put God in their lives and give him some of their time.

I wish Mom and Dad could have been here. Mom died in 1991. We had Dad around for a few more years. He wanted to go everywhere we went. If a car cranked up, he was in it, ready to go. Then he left us in 2007 but we continue to keep the family together.

God has truly blessed us, even after Mom and Dad have gone, so each year around the same time we continue to celebrate, just as we did when they were with us. Each year we look forward to the many friends to join us in the McGowen family and friends reunion. For we need you and you need us. We are all God's children.

Next year, we will celebrate with another family member, honoring them at the banquet. To God be the glory for all he has done.

The family of the late Leonard L. Cribb thanks you, their family and friends, for whatever you did to console their hearts during their bereavement and pray God's blessings upon each of you.

Birthday wishes to Josiah Johnson, Saniya Brown, Cecil Brown, Ka'Jah Clayton, Betty Wilson, Manuel Perry Jr., Taylor Sanders, Betty Veal, Carolyn Collins, Sis, Renee Bolden, Theo Hammond, Stephanie Way, Kim Rainey, Leon Cribb, Matthew Mobley and lots of love in the birthday remembrance of the late Felicia Holmes-Way and Leonard L. Cribb.



SUBMITTED

Above from left at a plaque and book dedication for the late Curtis "Topsy" Smith are Dawn Bostwick, Nassau County Library director; Kiwanian Jim McCannell; Kiwanian Dick Bradford; Sue McCannell; Michelle Forde, Youth Librarian; Hunter Lancaster, Topsy's grandson; Candy Lancaster, Topsy's daughter; Caitlin Lancaster, holding plaque, Topsy's granddaughter; Jenny Smith, Topsy's widow; and Kiwanian Bill Dickson.

Dedication honors devoted Kiwanian

The Kiwanis Club of Fernandina Beach recently presented a donation plaque and a collection of children's books to the Fernandina branch library in memory of longtime member and civic leader Curtis "Topsy" Smith.

Topsy was a veteran Fernandina Beach Police sergeant, past Nassau County commissioner, and Port

Authority commissioner. His popular downtown Gulf station was a favorite gathering spot and provided an after school meeting place for locals and area students.

Many remember his sign out front, "If you can't stop, honk." Later, he used his extensive people skills as customer service manager at Winn Dixie. He was a mem-

ber of St. Michael's Catholic Church and active in its men's club.

In Kiwanis he expressed his devotion to helping others, especially children and youth, through its many service projects including the Adopt-A-Family Christmas program. Topsy died several years ago of ALS (Lou Gehrig's disease).

Kiwanis wants to encourage other service organizations, businesses and individuals to follow its example by donating funds to the library to commemorate people or events.

Appropriately, Curtis "Topsy" Smith's name is featured on the first plate of the new Fernandina Beach library wall plaque.

Tickets for Nov. 6 annual 'Taste Of Amelia' on sale now

The 18th annual "Taste of Amelia Island," a culinary fair to benefit the Nassau County Volunteer Center, will be held Nov. 6 at the Amelia Island Plantation Ballroom. Cocktails are from 6:30-7 p.m. and Taste of Amelia from 7-9 p.m.

There will be jazz by The Instant Groove Band, a silent auction and raffle. Attire for

the event is semi-formal. Tickets are \$40 and available at the Amelia Island Plantation Owners Club; Century 21/John T Ferreira (Centre Street); News-Leader (Ash Street), First Coast Community Bank (14th Street) and Yulee (Target Shopping Center); First National Bank (14th Street); Branch Banking & Trust

(14th Street); Horizon's Restaurant (Palmetto Walk); The Plantation Shop (Palmetto Walk); VyStar Credit Union (14th Street); Nassau County Tax Collector's Offices (main office — James S. Page Governmental Complex, 96135 Nassau Place, Ste. 5, Yulee); Callahan (45401 Mickler St.); Hilliard (15885 CR 108); Nassau County courthouse (416 Centre St.); and The Nassau County Volunteer Center (1303 Jasmine St., Ste. 104A). Tickets can also be purchased by credit cards on the center's website at www.volunteernassau.org.

For information call 261-2771 or e-mail ncvcfb@aol.com.

Program on hip replacement

The public is invited to a free program, "Is Hip Replacement Right for You," on Wednesday at St. Peter's Episcopal Church, Fernandina Beach.

Richard Blecha, MD, orthopedic surgeon, who recently opened a surgical practice in Fernandina Beach, will discuss hip problems, treatments available and how hip replacement surgery almost instantly relieves the excruciating pain that can occur when walking, trying to

exercise or participate in everyday activities.

Blecha will answer questions and address the role of physical therapy both before and after surgery to strengthen muscles and restore motion.

Seating for this free program is limited. To register, call 904-202-CARE (2273).

St. Peter's Church is at the corner of Eighth Street and Atlantic Avenue in Fernandina Beach. Look for the signs for Burns Hall.

Visit www.smkiwanis.com.

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God Is In Control

CHIRP CHIRP CHIRP*

* Relax! God is in control.

Are not two sparrows sold for a penny? And not one of them will fall to the ground without your Father's will. But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows.

R.S.V. Matthew 10:29-31

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RELIGION

Working hard, staying awake and making it home

It happened so quickly neither one of us was ready. The sight of the concrete barrier, now just feet in front of us, made us brace for the worst. I jerked the wheel in an effort to save our lives. It's a wonder the car didn't roll. With tires sliding through the grass and my friend now wide awake, Lofton Creek got closer and closer.

As I look back over my life, and some of the near death experiences I've had, I can't help but acknowledge God and His merciful interventions. I know if He hadn't been there that day things would have ended not so well.

The incident took place early one morning while my friend and I were driving home from work. Having just



PULPIT NOTES

Pastor
Rob Goyette

he too had a role to play in our safe travel home that day. Let me explain. When I'm tired and driving, I

finished a midnight shift, we were both exhausted and ready for some sleep. Actually, that's what my friend decided to do. Sleep. His unwillingness to stay awake as we drove played a big part in our near horrible wreck.

Though it's true that the bulk of the blame was mine, I'm convinced that

need someone to talk to. Though I realize I should have pulled over to rest, we both wanted to get home to our own beds. If he would have just stayed awake and talked to me, things would have been fine.

If you haven't figured it out yet, I fell asleep at the wheel. Even though it lasted only for a few seconds, it was just long enough for us to drift off the road. When I woke up and saw where we were, it was almost too late. I'll never forget the look on my friend's face as my car slid sideways and back onto the pavement. I can assure you, he stayed wide awake the rest of the ride home. We both did.

Thinking back on the experience, all kinds of truths flood into my

mind, truths that place certain responsibilities on each one of us. While it's clear that the person who's behind the wheel is ultimately responsible for the direction the vehicle takes, that doesn't exempt the rest of us from paying attention and staying awake.

I see it happening all the time. Whether the topic is countries, businesses, or even churches, people assume because someone else is driving it's OK for them to shut their eyes and just check out. Personally, I think that's a mistake. It's not that those driving would ever intentionally try to wreck, but they're just people. They get tired too. To say it simply, we all need God, and we all need each other.

I thank God that our community is full of local churches that are alive and well. I thank God that in the congregation that I'm pastoring, I've got people that are awake and watching. Though they esteem me and trust me as their pastor, they know they have a personal responsibility for our success. Honestly, it makes the ride home what it's really supposed to be.

Ecclesiastes 4:9-10, "Two are better than one; because they have a good reward for their labor. For if they fall, the one will lift up his friend; but woe to him that is alone when he falls; for he has not another to help him up."

Robert L. Goyette is pastor of Living Waters World Outreach Center. rgoy@livingwatersoutreach.org

Community concert

St. Peter's Episcopal church will present a community concert at 7 p.m. tonight by Dr. Diane Schneider.

Tickets are \$15 and available at the church office. Call 261-4293 to reserve. If not sold out, tickets will be sold at the door.

Homecoming

Join Five Points Baptist Church, 736 Bonniview Road, Fernandina Beach, on Sept. 20 at 9:45 a.m. for its Homecoming Service with a concert by Cathy Perry, followed by a service with Brother Rodney Keith. Call 261-4615.

Worship and lunch

Join Salvation Army Hope House each Tuesday at noon for its Weekly Worship Service and Fellowship Lunch. Pastor Lynn Wilson of Destiny Fulfilled Christian Ministry will share the Gospel message Sept. 22nd. Call 321-0435 or stop by the Hope House, 410 South Date St.

Free movie

Join First Presbyterian Church at Maxwell Hall Sept. 25 at 6:30 p.m. for a free showing of "Amazing Grace," an

RELIGION NOTES

Inspiring movie about how faith brought about the end of the slave trade in England.

Enjoy pizza and a drawing for a free copy of the movie. To learn about the movie visit www.amazinggracemovie.com.

Love Ministry

Love Ministry and Evangelist Barbara Jenkins will hold a meeting at 9:30 a.m. Sept. 26 at Covenant Community Church, 528 S. Eighth St., Fernandina Beach. Speaker will be co-pastor and prophetess Tiffany M. Donley of Callahan.

Workshop

Impact Your World Church and Pastor Kelvin Russell Thompson invites everyone to attend a free educational workshop Sept. 26 at 10 a.m. in the Full Service School, 86207 Felton Road, Yulee, focusing on wills, deeds, estates and trusts. Attorney Clyde Davis is the speaker. A love offering will be received.

Pretty Hats Tea'

Historic Macedonia A.M.E. Church, Fall Events Committee is sponsoring a "100 Women Pretty Hat Tea" at 202 S. Ninth St. on Sept. 27 at 4 p.m. Wear your favorite

(church) hat. Enjoy a hat show and some singing too. Men are welcome, and to wear their hats too. There will be refreshments afterwards. Call 310-6377 or 261-4114.

Study circles

Facing Racism in a Diverse Nation Study Circles will be held Oct. 1-Nov. 14 at St. Peter's Episcopal Church. A diverse group of people, lead by facilitators, will meet weekly to discuss issues of importance. This is open to anyone. Contact Sharon Stanley at 583-6272 or e-mail sharon.vod@gmail.com.

Men's fall dinner

The men of Grace Community Church invite males of all ages to its inaugural fall low country boil and oyster roast at the Yulee home of Bob Brannan at 3 p.m. Oct. 3. The event is free and open to anyone, Christians and non-Christians. For information contact Bob at (904) 838-6557, bbranan@advanceddisposal.com or call 491-0363.

Reclaiming Paul

Amelia Plantation Chapel will begin a 12-week DVD-based study on the life of the Apostle Paul Oct. 4, at 8 a.m.

Following Paul's footsteps throughout the Roman Empire, this study explores fresh insights into Paul's message of the Kingdom of God, and the apostle's radical relevance for today. Contact Gayle Gower, 277-3748, or ggbower@yahoo.com.

Reading group

Amelia Plantation Chapel's "Faithful Readers" is an informal reading group focusing on works of contemporary fiction and biography aimed at seeing literature through the eyes of a Christian worldview. The next selection is Living With Wisdom: A Life of Thomas Merton, by Jim Forest. The discussion will be Oct. 7 at 3 p.m. in the Meeting Room at Amelia Plantation Chapel. Contact Gayle Gower, 277-3748, ggbower@yahoo.com.

Gourmet lunch

On Oct. 24 Episcopal Church Women will offer a "Fernandina down-home gourmet luncheon," in Burns Hall. Fifis Fine Fashions will present a show of stylish "everyday wear" available at affordable prices. There will be a Monster Raffle of items suitable for holiday gift giving. Call 261-4293 for information.

Joy of Living

A women's Bible study in Yulee takes an in-depth study of 1 Corinthians on Wednesdays, 9:30-11 a.m. The group is non-denominational and meets at the River of Praise church in Yulee. The workbook is \$17, and childcare is provided. For more information contact Bea Walker at 321-2266.

20s & 30s

Grace Community Church invites Nassau County residents under 40 years old to a special Bible study for those in their 20s and 30s. The small group meets weekly in Yulee and it is open to the public. Contact Pastor Dave Bradsher at 491-0363 or www.graceness.sau.com. Sign up online at www.facebook.com/event.php?eid=119614596646.

Teen CBS

Teen CBS is an interdenominational Bible study for local high school students. Study the awesome book of Isaiah, enjoy delicious dinner and great fellowship on Monday nights starting Sept. 21 from 6:30-8:30 p.m.

BIBLE STUDY

at The Anchor (First Presbyterian Church), corner of Sixth and Centre streets. Call Carolyn Gleason at 491-5437 or Jeanne Scott at 491-9849.

Beth Moore study

Amelia Plantation Chapel will begin an 11-week Beth Moore women's Bible study - Jesus The One And Only - starting Sept. 22 at 10 a.m.

This is an in-depth study of the life of Jesus based on the book of Luke.

Through video and group study, participants will join Moore on journey that leads through the hills of Galilee with the Teacher, across the lake with the Master, and finally on the road toward the cross with the Savior.

Workbook is \$15. A nursery will be provided upon advance notice. Call 277-4414 or e-mail sand.yshawai@bellsouth.net.

Amelia Island study

The Amelia Island Small Group of Grace Community Church meets Tuesdays evenings on the south end of the island for Bible study, fellowship and food. Call 491-0363.

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</div

HOMES

HOME AND GARDEN BRIEFS

Coastal cleanup

Keep Nassau Beautiful, Inc. in partnership with The Ocean Conservancy will host the 2009 International Coastal Cleanup Sept. 19 at 9 a.m.

The International Coastal Cleanup is the largest, one-day, volunteer effort in the world, organized to clean up the marine environment. Keep Nassau Beautiful, Inc. is recruiting all volunteers, whether individuals or groups. Those with boats can make an especially strong impact along the river.

Main Beach, Fort Clinch, Peters Point and Scott's Landing are the registration locations. Following the cleanup, volunteers will be treated to lunch at Peters Point, sponsored by Budget Busters BBQ.

Contact Todd Duncan at Keep Nassau Beautiful, 261-0165 or 1-800-977-0162.

Farmers market

Dee Talty of Olde Hearth Bakery returns to the Fernandina Farmers Market Sept. 19.

Founded by Talty's son, Olde Hearth Bakery specializes in artesian breads and pastries crafted in small batches with special attention



SUBMITTED
Dee Talty of Olde Hearth Bakery returns to the Fernandina Farmers Market Sept. 19.

to ingredients, process and contain no preservatives. Olde Hearth's selection includes country French loaf, semolina bread, whole-grain farm-style bread, stone ground wheat, rye, potato and chive, ciabatta, three types of baguettes and. Pastries include cherry, cheese and raspberry Danish, plain, chocolate and almond croissants, and a selection of muffins and scones.

This is the third Saturday of the month so also at the market will be Golden Acres Ranch, the family-run ranch

with a large selection of pasture-raised lamb and goat, as well as Checkers Cracker Cookin' with their always interesting entrees, plantation muffins and more.

The Fernandina Farmers Market, open every Saturday from 9 a.m.-1 p.m. at Seventh and Centre streets. Call 491-4872 or visit www.fernandinafarmersmarket.com.

Habitat workshops

Nassau Habitat for Humanity will hold workshops for prospective buyers and accept applications to buy Habitat homes built on Amelia Island.

Applicants must attend a Nassau Habitat Family Selection Workshop. Workshops will be held in the reception area of the Peck Center, 516 South 10th St., on Sept. 26 at 2 p.m., Oct. 1 at 7 p.m. and Oct. 3 at 2 p.m. For information call 277-0600 or visit NassauHabitatforHumanity.org.

Kayak trip

The Nassau Sierra Club chapter will host a sunset full moon rise kayak/canoe trip Oct. 3 from 3:30 p.m. at the Okefenokee swamp. This trip is open to the public. Cost is \$35 and includes kayak/

canoe rental. Eric Titcomb, a qualified Sierra Club Outings leader, will lead the trip. For information and to sign up contact Titcomb at 277-4187.

Trails talk

The Amelia Island Association will meet Oct. 14 to discuss the Amelia Island Trail project for pedestrian-friendly modes of transportation. An AIT panel will share the Trail Plan overview,

answer questions and listen to input. The trail will connect 20 Amelia Island parks, recreational centers and beach access points. The meeting is at 7 p.m. at the community room of the Fernandina Beach Police Department on Lime Street. It is free and open to the public. For information visit ameliaislandassociation.com.

Plant sale

Reflections of Nature Garden Center will hold a fall plant sale Oct. 17 from 9 a.m.-4 p.m., with 20 percent of the day's sales going to Keep Nassau Beautiful. The center is located at 850688 US 17 South in Yulee and owner James Loper will be on site to answer any questions about plants and your garden. Call 225-9915.



SUBMITTED
The Fairbanks House is decked out in holiday finery at last year's bed and breakfast tour, hosted by the Amelia Island Bed & Breakfast Association.

B&B holiday tour slated for Nov. 21

On Nov. 21 kick off your holiday season by touring seven island bed and breakfast inns, enjoying each inn's signature cookie, warm hospitality and holiday decorations.

In the spirit of the season, the Amelia Island Bed and Breakfast Association is donating a portion of both ticket and cookbook sales to Friends of the Library to help promote literacy and the programs of the Fernandina Beach library.

Tickets are available now at the Fernandina Beach library, Chamber of Commerce, Convention and Visitors

Bureau Depot on Centre Street, at the Friends of the Library annual book sale Oct. 8-9, and at each inn: Addison On Amelia, Elizabeth Pointe Lodge, Fairbanks House, Florida House Inn, Hoyt House and the Williams House. Advance tickets are \$15; or \$20 after Nov. 1.

Ticket price includes a cookie at each inn and the seven original recipes.

Tickets also are available online at www.ameliaislandbedandbreakfast.com. For information visit the website or contact any of the participating inns.

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HEATHER A. PERRY/NEWS-LEADER
R. Graham Thomas shows off his beloved 1959 Triumph TR4.

▼ HELPING OTHERS

Red Cross volunteering runs in the family

HEATHER A. PERRY
News Leader

R. Graham Thomas has been volunteering with the American Red Cross for 11 years.

He derives a great deal of satisfaction from his volunteer work "because the assistance offered is immediate, unconditional and available to all who have suffered a disaster."

Thomas is part of the Disaster Action Team for Nassau County. He attends to clients who have suffered a disaster due to fire, flood, hurricane, etc. Among the first on the scene after an event, Thomas feels good being able to extend an early hand in the clients' recovery plans.

Being a Red Cross volunteer has brought him "the comfort of feeling you have impacted someone else's life in a small way at the right time."

Bill Dion, director of Disaster Services for the Red Cross in Jacksonville, has high praise for Thomas's volunteer efforts.

"Graham is a leadership volunteer who has assisted us

many times as such. He currently helps coordinate the team with three other members. He used to be the training coordinator for the entire chapter, meaning he actually set up all the disaster classes and instructors for the new Red Cross disaster volunteers."

Red Cross volunteering is a family affair for Thomas, whose father, as a Boy Scout professional, liaised with the British Red Cross in the effort that was World War II. His aunt, during the same war, was a Red Cross nurse and seamstress who made countless toys and clothing.

Thomas emigrated from England to Canada in 1965 and from Canada to the U.S. in 1979.

Retiring here in 1998, he lists as leisure activities the Amelia Community Theatre, Triumph Club of Northeast Florida, reading and traveling.

He shares his Fernandina Beach home with his wife, Janett. The couple has two grown sons, Paul and Lawrence.

type@fbnewsleader.com

Interfaith group feeds hungry

HEATHER A. PERRY
News Leader

The Interfaith Dinner Network is celebrating its first anniversary this month. An outgrowth of the Coalition for the Homeless of Nassau County, the network serves hot meals four nights a week at the Salvation Army Hope House at Ninth and Date streets.

The late Ele Colborn began the Coalition for the Homeless of Nassau County in November 2006 in response to an initiative by the executive director of the Jacksonville Coalition (Emergency Services and Homeless Coalition) to join it and Clay County as part of their Continuum of Care.

About 20 community members met monthly and after adding other concerned people and agency representatives to their number, the group gave themselves a name. A board of directors was elected in September 2007 that adopted the mission statement, "To advocate for the prevention and elimination of homelessness, and the improvement in living conditions of the homeless people in Nassau County."

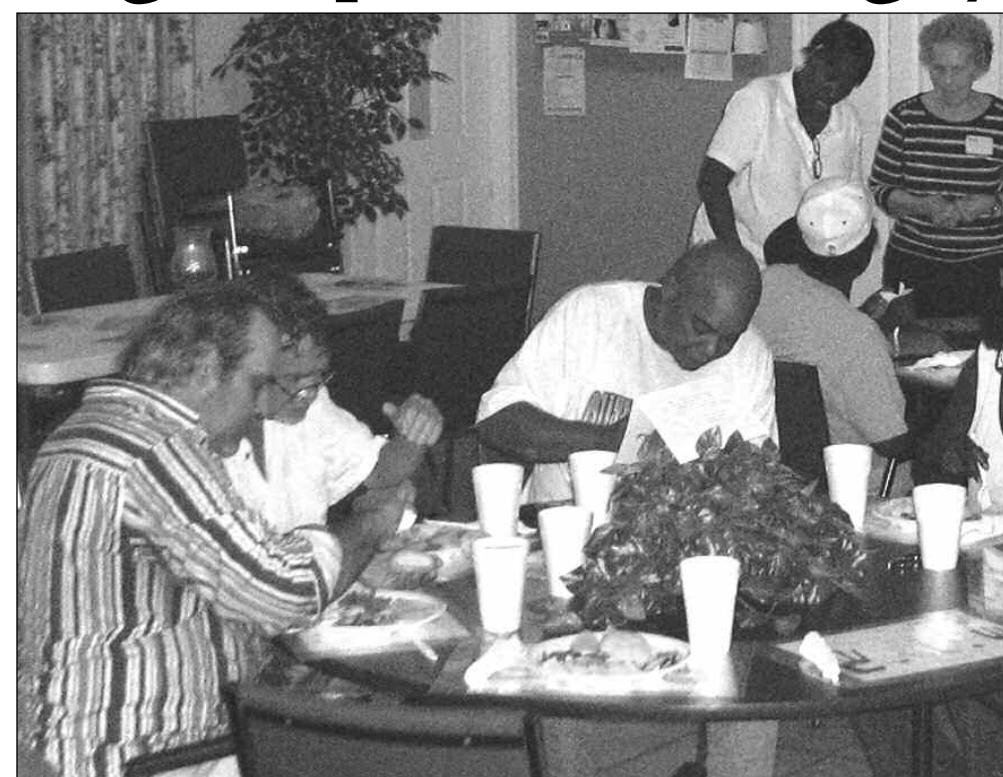
Last Sept. 4, the Interfaith Dinner Network began serving hot meals two nights a week to the homeless and anyone else in the community in need of a nutritious evening meal.

"We have seen an increase in the number of people served," said Project Coordinator Larry Wood. "Last year we served an average of 32 people at the dinner and this year that has increased to about 42, and up to 100 at one point."

"We went to three nights in January and four nights in April, serving that same number per dinner."

Cost for preparing the dinners has also increased, said Wood. "It's all come together so well and we've been blessed with people who are eager to be the hands and feet of the Lord in helping others."

"Each of the 13 local churches involved in the effort provides the food on the day they



PHOTOS BY HEATHER A. PERRY/NEWS-LEADER
Guests enjoy a hot meal at the Interfaith Dinner Network, served at Salvation Army Hope House, above. Tangela Williams and Michael Sedath, below, enjoy a hot meal at Salvation Army Hope House.

are assigned. Members of their team serve the food, which is enjoyed by guests made up of anyone who needs a hot meal."

Dinners are served from 5-7 p.m. every Monday, Tuesday, Thursday and Friday.

In addition to a hot meal, prayer is offered for all who request it, as well as information on all Salvation Army Hope House services, gifts for children, holiday specials and more.

The community is invited to assist this effort by making monetary contributions, sponsoring dinners, volunteering, offering transportation and spreading the word.

Plans are under way to expand operations to Yulee and Callahan.

For information on the Interfaith Dinner Network, call Larry Wood at (904) 571-7620 or e-mail LarryW42@comcast.net.

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Zija offers an alternative business model, poised for the 21st century "Distribution Revolution" allowing products to ship directly to the consumer from the manufacturer, bypassing familiar distribution channels. Zija is focused to be a \$1 Billion company within the next year. With the introduction of new products in October, Zija is experiencing explosive growth. Clinical studies and testimony from people who received samples, confirm those who have used the balance capsule are impressed with weight loss and a feeling of calm, mind clearing energy. Their second product line is designed for skin care. Utilizing all parts of the Moringa tree, Zija is promoting a balanced, healthy life inside and beauty outside. Zija is looking for partners to share in the lucrative opportunities that often aren't possible for the average worker.

This experience has been a life changing one for both of us for two reasons, health and income. In addition, we have made some new, very good friends because as they like to say, "You are in business for yourself, not by yourself." Drink life in.

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AROUND SCHOOL

CLASS NOTES

Children's choir forming

Providence Presbyterian Church plans to begin a Children's Choir this fall for students in grades 2-5. They will meet after school at the church beginning Sept. 29. From time to time, the choir will share their songs during the worship service.

Funding for music classes in local schools has decreased substantially, and many children have no opportunity for group singing. Providence hopes to provide the children with an opportunity for music education and exposure to music through the choir. Any child in the proper age group is welcome to join the Children's Choir. For information call 432-8118. The church is located at 96537 Parliament Drive, just off Old Nassauville Road.

'Annie' tickets

Tickets are on sale at the Fernandina Beach Middle School office for the upcoming student production of "Annie," scheduled for Oct. 8-10, with a Sunday matinee Oct. 11. All seats are \$10. All proceeds go to Communities in Schools of Nassau County.

The cast began rehearsing Aug. 31 and is looking forward to five rigorous and fun-filled weeks of singing, dancing, acting and set construction.

"Annie" evening performances will be held Oct. 8-10 and a Sunday matinee will be held Oct. 11.

Plan to support local child actors and Communities in Schools. Tickets go on sale Monday at the Fernandina Beach Middle School office. All seats are \$10. All proceeds go to Communities in Schools of Nassau County.

Dance classes

The Ballroom Youth Academy began the fall semester of free ballroom dance classes Sept. 17 from 3:30-4:30 p.m. at the Atlantic Avenue Recreation Center auditorium for students in grades 1-12. Classes will meet every Thursday with a year-end recital at the holiday classic ballroom dance competition Dec. 19 at the Hyatt hotel in downtown Jacksonville. Registration fee is \$10; classes are free. Contact Felix Solis at (904) 707-6762.

Help wanted

The Fernandina branch library, 25 N. Fourth St., is seeking teens interested in volunteering to help plan the annual Haunted House event, slated for Oct. 23-31. Contact Youth Librarian Michelle Forde at 548-4858 or e-mail mforde@nassaucountyfl.com.

Supplies giveaway

Nassau County teachers and paraprofessionals are invited to a free supplies giveaway from 2:30-4:30 p.m. Sept. 22 at ARC/Nassau, 86051 Hamilton St., off US 17 north in Yulee. For information call Rhonda Barcus at 225-9355. You may fill three bags with supplies for your classroom. Bring your own or ARC can supply the bags (no rolling bags please).

Bring an ID identifying you as an educator (old pay stub, etc.)

Mentor training

Training for those interested in becoming mentors in Take Stock in Children of Nassau County will be held Sept. 22, 1-4 p.m., in room T-126 at the Florida State College Betty P. Cook Nassau Center, 76346 William Burgess Blvd. in Yulee. The training class is sponsored by Take Stock in Children and is free. Call Jody Mackle, Take Stock program director, at 548-4464 for information and to reserve a seat.

Teen Jam & Play

On Sept. 24, enjoy Teen Jam & Play at the Fernandina Beach Police Department Community Room from 6-8 p.m. Bring your favorite games, CDs, DVDs and join in a night of jammin' fun with other teens in the community. Teen Jam & Play is held the last Thursday of every month. For more information contact Youth Librarian Michelle Forde at 548-4858 or e-mail mforde@nassaucountyfl.com.

Children's art

The Island Art Association on North Second Street will

offer Children's Art on Sept. 26, 10-11 a.m. or 11:15 a.m.-12:15 p.m., taught by Diane Hamburg. Call the gallery at 261-7020 to register.

Nassau Center classes

Classes starting the week of Sept. 28 at the Betty P. Cook Nassau Center include: Life in its Biological Environment, Biology Lab, Introduction to Criminology, Introduction to Information Technology, English Comp. I and II, Introduction to Business, Humanities, Introduction to Outdoor Adventure Leadership, Introduction to Literature, Elementary Algebra, Intermediate Algebra, College Algebra, Pre-Calculus Algebra, General Psychology, Strategies for Success in College, Career and Life, Fundamentals of Public Speaking, and Introduction to Sociology.

To register or for information call 548-4432.

Biofuel Blast'

On Oct. 5, youth in Nassau County will join hundreds of thousands of young people around the nation to simultaneously create biofuel as part of 4-H National Youth Science Day, Biofuel Blast.

This year's experiment will teach youth how cellulose and sugars in plants – such as corn, switchgrass, sorghum and algae – can be converted into fuel and how alternative energies can be used in their own communities.

In Nassau County, Biofuel Blast participants will lead discussions about alternative energy with county officials and businesses and in their communities to demonstrate the world of alternative fuels and discuss how they could make a difference in their home town.

Nassau County 4-H Council will host the event at 6:30 p.m., Monday, Oct. 5 at the West Nassau Multipurpose facility in Callahan.

For more information visit www.4-H.org/NYSD. Learn about 4-H in Nassau County at www.nassau.ifas.ufl.edu.

Scout round-ups

Boys ages 6-10 or in first through fifth grade can sign up for Scouting in Nassau County. If you cannot make the initial sign-up you still can join at any time through the North Florida Council of the Boy Scouts of America. Visit www.nfcscouting.org or call 1-800-232-0845. A local round-up will be held at Hilliard Elementary Oct. 8 at 7 p.m.

Academy recruiting

The Coast Guard Academy at New London, Conn., will confer 300 full scholarships this year to qualified high school seniors for the Class of 2014. The scholarships are full in every sense of the word – tuition, books, uniforms, room and board, medical care, and a growing monthly stipend (a one-time start-up fee of \$3,000 the sole exception).

Applications will be accepted (visit cga.edu) through Feb. 1. Applications received by Nov. 1 will be replied to by Dec. 24.

The academy will accept applications from high school juniors as well, from Jan. 1-April 1 online at uscga.edu/aim, to compete for selection for next summer's AIM (Academy Introduction Mission) programs – three one-week orientation programs to be held in July 2010 in New London, Conn.

Academy Admissions Office partners in the area include Bill Long (904) 321-0203, longclwmf@bellsouth.net; Dennis Murray (904) 549-0392, murrayden@bellsouth.net; and Bill Bocchino (904) 287-3873, wbochino@sttcongroup.com.

Academy classes

Amelia Arts Academy provides art and music programming for students of all ages. Financial aid and scholarships are available. Classes offered include guitar, piano, violin, voice, and art. Contact 277-1225 for more information.

Co-op enrolling

The Amelia Island Parent Co-Op Preschool is enrolling now for fall 2009 preschool classes for ages 2 and 3. Call 261-1161 or visit www.aipcp.org. The Co-Op is located at 5040 First Coast Hwy., next to The Dome Healing Center.

SCHOOL PICTURES

SUPPLIES GIVEAWAY



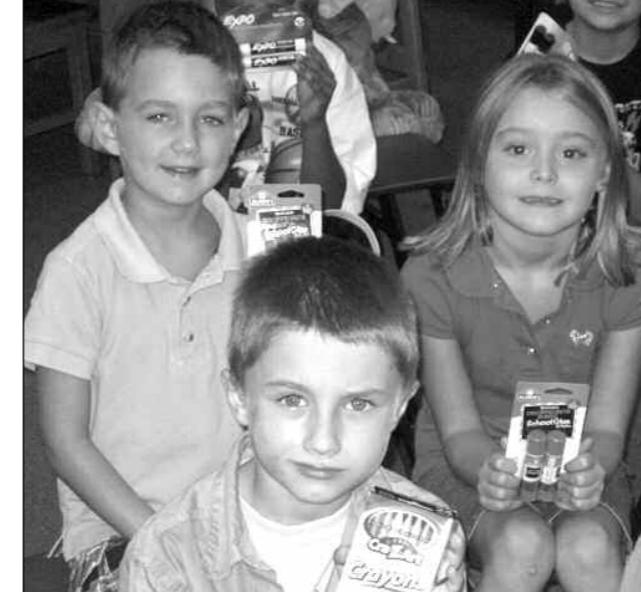
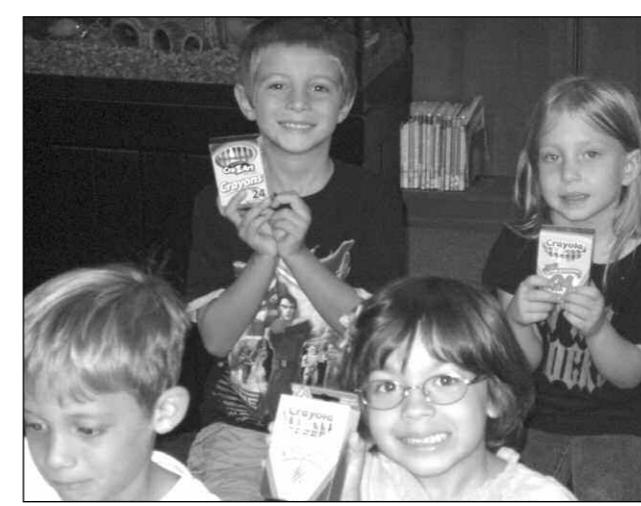
The Nassau County Democratic Party held a school supplies drive at its headquarters on Aug. 22 and outfitted 27 children with school supplies. The group donated additional supplies directly to Southside Elementary on Monday in honor of Verna Bell, a Democratic activist who started the event five years ago and died last year.

Above, Southside Elementary School first grade teacher Kelly Swift distributes the supplies to her students.

Top right, Southside first graders, front row from left, Jacob Faltemier and Kaitlyn Kinsey and back row, Trenton Kite, and Destiny Merritt, hold up some of the school supplies donated in memory of Verna Bell by the Nassau County Democratic Party.

Middle right, first graders Andrew Gainer, front, and Blake Rowe and Hannah Rothwell show off their supplies.

Bottom right, front row from left, first graders Jacob Faltemier, Kaitlyn Kinsey, Maddox Gillette; and back row, Trenton Kite, Destiny Merritt, Alyssa Dunkle and Nathan Bowers with their new supplies.



SUBMITTED PHOTOS

Young leaders sought

Youth Leadership Nassau is now accepting applications for the 2009-10 program. Interested 10th and 11th graders will meet other students from Nassau County, gain an increased awareness of community needs, opportunities and resources and develop effective styles of leadership.

Eligible students must demonstrate proven leadership ability in school and/or community activities, have an interest in addressing the issues confronting Nassau County and be academically sound. An average of "B" or better is recommended.

Groups meet for monthly sessions November through April. Get an application from a teacher or guidance counselor, or in the front office.

If you are interested in participating, call the Nassau County Extension office for an application at (904) 879-1019. Application deadline is Oct. 1.

'Dig Pink' on Monday at FBHS

Fernandina Beach High School volleyball teams will inform and educate the community about breast cancer and raise money for breast cancer prevention, detection and/or research by hosting "We Dig Pink" as a community service project Monday. The FBHS Pirates will face the Hilliard flashes and the FBHS gym will be packed with pink.

We Dig Pink begins with the eighth grade match at 5 p.m. followed by the JV match at 6 p.m. and the varsity match at 7 p.m. Fans are encouraged to wear pink. Breast cancer survivors will be honored before the varsity match.

Proceeds from concession sales and pre-sale T-shirts and a portion of the gate will be donated to the Pink Ribbon Ladies, a local breast cancer support group. Donations will also be accepted. Contact Coach Shannon Strumlauf at 261-5713 for information.

Yulee High homecoming

Yulee High School will celebrate homecoming Friday, Oct. 23 when the Hornets take on University Christian at 7 p.m. The theme this year is "Hornets Save the Day," with activities planned for the entire week leading up to the big game.

New this year is the school's first homecoming parade, scheduled Friday before the game. Community participation is encouraged. Other activities include FCA Grub Night Tuesday, Oct. 20, and a Powder Puff JV game Oct. 22.

On Friday, the homecoming court will include princes and princesses from the ninth, 10th and 11th grade classes. Four senior girls and boys will be on the court, and the king and queen will be elected from the senior representatives.

Dress-up days are as follows: Monday, 80's exercise day; Tuesday, farmers day; Wednesday, superhero day; Thursday, class color day; and Friday, spirit day.

For more information contact Donna Jackson, student government sponsor, at 225-8641 ext. 5612.

Y Kids Triathlon

On Sunday McArthur Family YMCA will host its first Y Kids Triathlon, an event to promote a healthy and fun lifestyle where everyone leaves a winner – maybe even a hero.

Cost is \$15 per participant and includes a shirt and a medal. Activities start at 7 a.m. Kids ages 5-12 will swim, bike and run. Distances will be determined by age. A pancake breakfast/pool party will follow and is \$5 per family. For information call 261-1080 or e-mail Karina Grego at kgrego@firstcoastymca.org.



Teaming up for autism

"Team Joel Pace Piano" in support of Jack Summers, above with Pace, will walk at the University of North Florida on Nov. 8 as part of the 2009 Walk Now for Autism. If you would like to join the team or make a donation, visit www.joelpacepiano.vpweb.com for links to the registration/donation site. Everyone is invited. Walk Now for Autism offers a fun-filled experience with entertainment, refreshments, an autism community resource fair and more. For more information about the autism society, visit www.autismspeaks.org.

SUBMITTED

SPORTS



OUTDOORS / TIDES

13A

FRIDAY, SEPTEMBER 18, 2009
NEWS-LEADER/FERNANDINA BEACH, FLORIDA

Pirates, Hornets hit the water for 2009 swim season

Tri-meet in Fernandina Thursday

BETH JONES
News-Leader

Both the Fernandina Beach and Yulee high school swim teams were invited to compete Saturday in the Bolles Invitational in Jacksonville.

The FBHS girls' 200-yard medley relay team of Shannon Philo, Corinne Priest, Summer Stanley and Aly Kaywork took 12th place. The B team (Kasey Guenther, Michelle Manson, Kaylyn Chauncey and Owyn Porter) wasn't far behind, finishing 23rd.

Philo placed 17th in the 200-yard freestyle. Yulee's Cameron Harville was 40th.

FBHS's Summer Stanley was 26th and Taylor Owens was 27th in the 200-yard individual medley. Patrick Croft was 25th and Yulee's Christian Harville was 35th.

Kaywork placed seventh, Chauncey was 14th, Brittany Crane was 39th and Brennan Beckham was 42nd in the 50-yard freestyle for FBHS. Yulee's Trevor Stein was 52nd and Mathew Bray was 54th.

FBHS diver Owyn Porter is making quite a splash this season, coming in 11th Saturday with a time of 108.75.

Amber Wolfe finished 32nd in the 100-yard fly. Corinne Priest finished ninth in the 100-yard free; Kaywork was on her tail, finishing 10th. Guenther was 38th.

FBHS's Josh Reeves was 31st and Cameron Harville 38th in the 100-yard freestyle.

FBHS's boys' 200-yard free relay team of Reeves, Drew Bowman, Christian Fore and Patrick Croft placed 21st. The girls' 200-yard free relay team was in 10th place and included Owens, Stanley, Wolfe and Kaywork.

Fernandina's backstroke girls held their own with Priest placing 17th, Philo 21st, Owens 28th and Crane 42nd. Croft placed 12th in the boys' event.

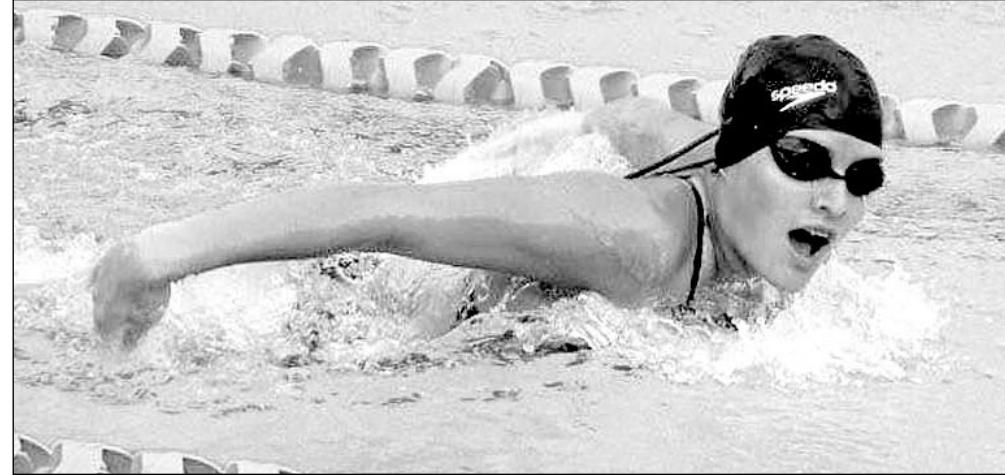
Chauncey placed 21st in the 100-yard breaststroke and Stanley was 32nd. Reeves made an exciting race for the boys, coming in 22nd. Brennan Beckham was 32nd and Yulee's Christian Harville a second behind.

The FBHS girls placed ninth in the 400-yard free relay with Philo, Wolfe, Priest and Owens.

On Sept. 10, the FBHS swimmers hosted Yulee and Providence.

The FBHS boys' 200-yard free relay team of Fore, Croft, Bowman and Beckham placed third followed by Yulee's Zach Hamrick, Bray, Christian Harville and Stein in fourth.

The FBHS girls' 200-free relay took first place and the

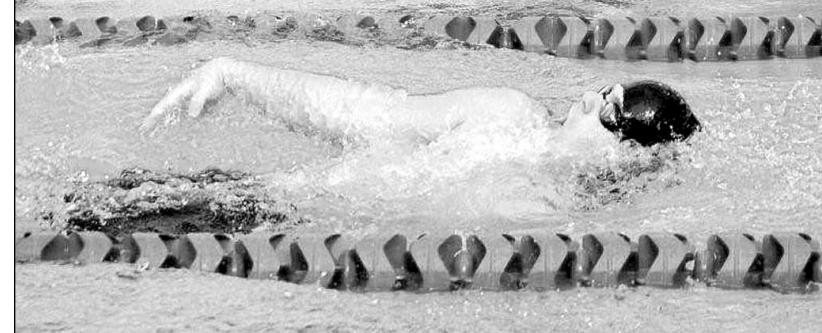


PHOTOS BY RENÉE JOST/SPECIAL

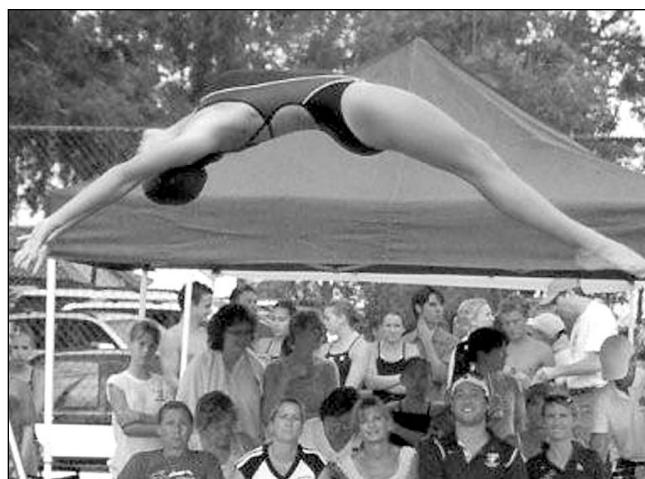
Amber Wolfe, left, competes in the 100-yard butterfly and Brennan Beckham, right, competes in the 50-yard freestyle for the Fernandina Beach High School swim team Saturday during the Bolles Invitational.



Caitlyn O'Rourke of Yulee, left, placed second in the 100-yard backstroke and third in the 200-yard freestyle Sept. 10 in Fernandina Beach. Teammate Christian Harville, right, placed fourth in the 200-yard medley relay and fourth in the 100-yard backstroke.



FBHS's Kaylyn Chancey, left, competes in the 200-yard medley Saturday at the Bolles Invitational. Yulee's Cameron Harville, right, competed in the 200-yard medley Sept. 10 with Zach Hamrick and Trevor Stein. Harville was fourth in the 200-yard freestyle.



The FBHS swim team, left. FBHS diver Owyn Porter, right, placed 11th at the Bolles Invitational on Saturday.

team included Hannah Wrenn, Owens, Kaywork and Philo. Fernandina also came in fourth in that relay with Ashley LiCausi, Carrie Fletcher, Crane and Guenther. Yulee followed in fifth with Bri Kummer, Courtney Lowary, Savannah Shelton

and Caitlyn O'Rourke.

Fernandina's 400-yard free-style relay team of Priest, Guenther, Fletcher and Wolfe placed second and teammates Manson, Crane, Kristen Lewis and Wrenn came in shortly after in fourth.

Reeves was first in the 100-yard backstroke and third in the 200-yard individual medley and third in the 200-yard medley relay with his teammates Bryson Baxter, Croft and Fore.

Kaywork came in first in the 100-yard breaststroke and sec-

ond in the 200-yard IM.

O'Rourke placed a very close second in the 100-yard backstroke and third in the 200-yard freestyle.

Priest placed first in the 50-yard freestyle and third in the 500 freestyle.

Philo placed first in the 100-yard freestyle and second in the 50.

Fernandina Beach and Yulee will compete against the Florida School for the Deaf & Blind Thursday at the Atlantic Avenue Recreation Center.

MIDDLE SCHOOLS

Yulee and Fernandina Beach middle schools held their home openers Tuesday.

Yulee's defense stops a Callahan runner, above.

Callahan won 38-8. Right, a Fernandina player blocks a Hilliard player to open the hole for teammate Charles

Moses. Hilliard won the hard-fought battle 20-12. FBMS quarterback Jordan Gillespie had a

touchdown in the air and on the ground to along with 100 yards passing. Hunter Totzke had 30 yards receiving and a touchdown.

Defensively the Pirates were led by Juan Cardenas, Dalton Pruitt,

Jovan Pollard and Robert Moore with a good performance out of Moses on the corner. Yulee hosts Fernandina

Tuesday at 6 p.m.

PHOTOS BY BETH JONES/NEWS-LEADER



Local gridiron star leading nation



SPORTS MEDICINE

GREGORY SMITH, M.D.

— • —

began his physical therapy shortly afterwards.

The rehabilitation for an ACL is not easy, but, with a specific goal in mind, getting back in time for the start of Purdue's season, Bolden worked very hard under the direction of Wise and, within six months, he was back to running and cutting without pain or

weakness in the knee. As a freshman, the 5-foot-9 194-pound running back saw playing time in eight games.

Bolden now feels he is as fast and strong as ever. As Purdue's starting tailback, Bolden burst on the national scene the opening weekend of college football two weeks ago when, on his first carry, he rocketed 78 yards for a touchdown against Toledo. He would finish the game with 234 yards, the third-highest single-game total in school history, leading his team to a 52-31 win and earning the Big Ten Offensive Player of the Week Award.

Bolden often showed this explosive speed during his career

at Charlton County. It so impressed the Purdue coaching staff that he won the starting job over senior tailback Jaycen Taylor.

"Many, many times in practice (Bolden) took it the full length of the field," Purdue coach Danny Hope said. "You see a guy doing that over and over again and pretty soon you realize this guy's got some speed that can make a difference to the football team."

Purdue quarterback Joey Elliott is thrilled to have Bolden in the backfield.

"We saw in the spring that he had big-play capabilities. When you get the ball in his hands, something special can happen," Elliott said.

Bolden currently leads the country with 357 rushing yards, averaging 178 yards per game and 7.1 yards per carry, with four touchdowns.

This column is written to discuss issues regarding sports, medicine and safety. It is not intended to serve as a replacement for treatment by a doctor. It is only designed to offer guidelines on the prevention, recognition and care of injuries and illness. Specific concerns should be discussed with a physician. Mail questions to Gregory Smith, M.D., 1250 S. 18th St., Suite 204, Fernandina Beach, FL 32034. Call 261-8787 or visit www.gsmithmd.com.



Mullet are running in the Intracoastal Waterway at both the Nassau and St. Marys inlets and along the beaches. Perry Penland Jr. is pictured with a net full of finger mullet, which are prime live baits for a variety of saltwater gamefish.

PHOTOS BY TERRY LACOSS/SPECIAL

Tide good for surf fishing

Weather conditions are looking excellent this weekend. Last weekend a strong ocean breeze kept fishermen in the backwaters and bays.

During windy weather days, recent catches included red drum at the footsteps of historical Fort Clinch during the incoming tide. Red drum weighing to 30 pounds are taking cut croaker, whiting or large fresh shrimp fished on the bottom.

Bay fishermen will find a flood tide arriving Saturday at the mouth of the Amelia River at 9:51 a.m. This offers perfect conditions for hooking up to the early run of red drum in the quiet waters of Cumberland Sound, where small boat fishermen will have the opportunity to catch a fish of a lifetime.

Red drum fishing should also be good at the tip of the St. Marys jetty rocks during the last of the incoming tide as well. Inlet fishermen will also have the opportunity to catch tarpon, cobia and large pelagic sharks.

During the peak high tide, topwater fishing in the backwater should produce excellent action for redfish, sea trout and jack crevalle. Be sure to use a mullet pattern topwater plug as backwater game fish are now keying in on the fall run of mullet.

Flounder fishing is improving at the footsteps of Fort Clinch, where a perfect tide arrives Saturday for fishermen on foot or fishing from a small boat. Fish on the bottom with live finger mullet or bull head minnows.

Offshore fishing this weekend should be red hot after the past week of windy weather. Be sure to bring along a box of frozen cigar minnows as a backup as live baits are typically



ON THE WATER

TERRY
LACOSS

Nancy Dunbar caught this nice black drum while fishing with a Fish Finder setup and live shrimp.

hard to find after windy weather. Local charter fishing captains have found freezing gallon-size bags full of dead menhaden makes for an excellent backup plan.

Surf fishermen will also have an excellent tide this weekend with a flood tide arriving at 9:51 a.m. Saturday. Fresh shrimp, live finger mullet or live sand fleas will catch a variety of saltwater gamefish, including whiting, bluefish, sea trout, flounder, puppy drum and redfish. If you are over the age of 16, you will need to purchase a saltwater fishing license when fishing from a boat, bridge, land or fishing pier.

The News-Leader encourages local anglers to submit photographs of their catches. E-mail photos to bjones@fbnewsleader.com, mail them to P.O. Box 766, Fernandina Beach, FL 32035, or drop them by the office at 511 Ash St. in Fernandina Beach. Call Beth Jones at 261-3696 for more information.

OPENING DAY

Saturday was fall season opening day for the Amelia Island Youth Soccer

U6 Dragons. The team includes, seated from left, Starlyn Wootton, Andrew Stancin, Matthew Evans, Edie Sadler, Aidan Watson, Trey O'Harragh, Felipe Dombrowski, Ansley Jacobs and Cole Morgan; back row, Coach Stacy Wootton. Games are played at the soccer fields on Bailey Road.

SUBMITTED



2009 SCHEDULES

FERNANDINA BEACH HIGH SCHOOL Varsity Football

Sept. 18 PROVIDENCE 7:30

Sept. 25 MATANZAS 7:30

Oct. 2 BOLLES 7:30

Oct. 9 EPISCOPAL* 7:30

Oct. 23 INTERLACHEN* homecom. 7:30

Oct. 30 at University Christian* 7:30

Nov. 6 at Yulee* 7:00

Nov. 13 at Matanzas 7:00

*District games

YULEE HIGH SCHOOL Varsity Football

Sept. 21 UNIVERSITY CHRIST. 6:00

Sept. 25 RAINES (varsity) 6:00

Sept. 26 EPISCOPAL 5:30/6:30

Sept. 27 FERNANDINA BEACH 5:30/6:30

Oct. 2-3 Keystone tourney

Oct. 6 at Raines (varsity) 6:00

Oct. 12 TRINITY 6:00

Oct. 13 at Fernandina Beach 5:30/6:30

Oct. 26-29 District

YULEE HIGH SCHOOL Boys Golf

Sept. 21 UNIVERSITY CHRIST. 6:00

Sept. 24 EPISCOPAL at St. Johns Country Day 7:00

Oct. 5 at Hillard 7:00

Oct. 8 at Hillard 7:00

Oct. 13 at West Nassau 7:00

Oct. 14 at Fernandina Beach 7:00

Oct. 15 at Fernandina Beach 7:00

Oct. 19 at Fernandina Beach 7:00

YULEE HIGH SCHOOL Girls Golf

Sept. 21 UNIVERSITY CHRIST. 6:00

Sept. 24 EPISCOPAL at St. Johns Country Day 7:00

Oct. 5 at Hillard 7:00

Oct. 8 at Hillard 7:00

Oct. 13 at West Nassau 7:00

Oct. 14 at Fernandina Beach 7:00

Oct. 19 at Fernandina Beach 7:00

YULEE HIGH SCHOOL Cross Country

Sept. 21 UNIVERSITY CHRIST. 6:00

Sept. 24 EPISCOPAL 6:00

Sept. 27 FERNANDINA BEACH 6:00

Oct. 4 at Fernandina Beach 6:00

Oct. 11 at Fernandina Beach 6:00

Oct. 18 at Fernandina Beach 6:00

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Oct. 101 at Fernandina Beach

at your Leisure

B SECTION

Southern Women's Show

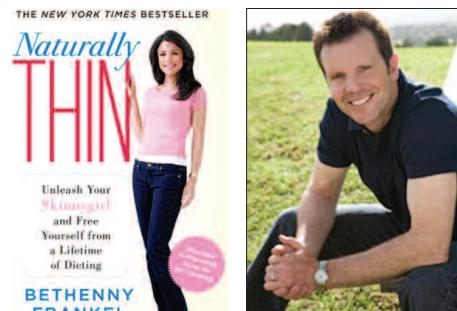
Fun with popular personalities on tap Oct. 15-18

When Southern Women's Show returns to Jacksonville's Prime Osborn Convention Center Oct. 15-18, guests can maximize their time and money with tips on how to live their best lives from celebrity guests Real Housewife of NYC Bethenny Frankel, Oprah trainer Bob Greene and "Coupon Queeny" Tanya Seneaney. The visiting personalities are just part of the features of interest to women, from fashion to health and fitness to travel to home lifestyle.

The highly anticipated annual event designed specifically for women comes back bigger than ever, taking over every square inch of space in the convention center.

- Fans of the wildly popular Bravo series Real Housewives of New York City can ask their burning behind-the-scenes questions when Frankel meets and greets fans. She will share her experiences on the show, and give tips from her *New York Times* best-seller, *Naturally Thin*. She'll also share secrets behind the popular "SkinnyGirl" drinks.

She is also natural food chef whose No. 1 goal is to democratize health, making it accessible, balanced and sustainable for everyone, not just the A-list celebrities and Hollywood elite. "Not everybody can afford a private chef and a nutrition team," Frankel says. "I



Celebrity chef Bethenny Frankel of *Real Housewives of New York City* fame, author and health guru Bob Greene and "Coupon Queeny" Tanya Seneaney are among the star guests slated to appear at the Southern Women's Show in Jacksonville Oct. 15-18.

'Not everybody can afford a private chef and a nutrition team. ... I barely have time to cook for myself.'

CHEF BETHENNY FRANKEL

barely have time to cook for myself."

Frankel has built a reputation for creating healthy foods that never compromise on taste. After graduating from The Natural Gourmet Institute for Health & Culinary Arts in New York, her passion for health and healing combined with her innovative culi-



Celebrity chef Bethenny Frankel of *Real Housewives of New York City* fame, author and health guru Bob Greene and "Coupon Queeny" Tanya Seneaney are among the star guests slated to appear at the Southern Women's Show in Jacksonville Oct. 15-18.

nary skills inspired her to create *BethennyBakes*, a line of low fat, wheat, egg and dairy free baked goods.

Frankel has also been featured in dozens of publications and television shows, and writes a monthly column for *Health Magazine*, in her capacity as the publication's health expert.

Between filming "Housewives" and making personal appearances, Frankel recently penned a new book, *Naturally Thin - Unleash Your Skinnygirl and Free Yourself From a Lifetime of Dieting*, which will unleash and unshackle readers from a lifetime of dieting.

Her 10 tried-and-true rules, combined with a seven-day program that helps incorporate those rules into real life, can help anyone

alleviate toxic "food noise," freeing up the mind and body to find balance and return to its naturally thin state, without ever dieting again.

Frankel is a "fixologist" who is constantly revamping and skinnifying traditional cocktail recipes. She is most famous for the development of her "Skinnygirl Margarita," which has been one of the most popular topics on the Bravo website and will be in stores this fall. Her fixologist outlook has inspired her next book, which will include food and cocktail recipes. Watch for it in January 2010.

- On Thursday, Oct. 15, guests will get tips for living their best life and getting in shape from celebrity trainer Bob Greene, an exercise physiologist and certified personal trainer specializing in fitness, metabolism and weight loss. He's a frequent guest on *The Oprah Winfrey Show*, has appeared on dozens of national television programs and written several best-selling books.

Greene holds a master's degree from the University of Arizona and is a member of the American College of Sports Medicine and the American Council on Exercise. For the past 17 years he has worked with clients and consulted on the design and management of fitness, spa and sports medicine programs.

SHOW Continued on 3B

FRIDAY, SEPTEMBER 18, 2009

NEWS-LEADER / FERNANDINA BEACH, FLORIDA

'Burnt wine' a warming 'digestif'

ROBERT M. WEINTRAUB

For the News Leader

Aristotle, Arab alchemists and Dutch traders all stumbled upon a principle of physics that adds great pleasure to the after-dinner milieu. They discovered that when you heat a liquid strange things happen because different substances have different boiling points. Specifically, while water will boil at 212 degree Fahrenheit, alcohol boils earlier at 173 degrees.

Therefore, you can distill alcohol from a fermented liquid, such as fruit juice.

The Greek philosopher first noted that steam rising from a cooked dish will condense on a lid put over the dish. He took this observation further to show that drinkable water can be obtained from salt water by boiling it.

About a thousand years later Arabians thought vapors arising from a heated substance contained the essence or spirit of life and therefore the secret of creation. They called the condensed form of these vapors "the water of life" – aqua vitae in Latin, eau-de-vie in French and usages beatha in Celtic (pronounced "wiske"). One of the products produced by these alchemists, made by heating fermented fruit juice, was given the Arabic name al kohl. It didn't take long for the Arabic discovery to spread to Europe.

A few hundred years later Dutch merchants established a trading partnership with French farmers on the Gironde River. These farmers produced a popular wine from the columbard grape. But wine could spoil on the long sailing voyages home, so the Dutch first boiled the wine, which they called "burnt wine," or, in Dutch, brandywine. Being smart businessmen, those French farmers quickly established distilleries in the small villages of Jarnac and Cognac and the rest, as they say, is history.

Cognac has become the most popular form of brandy, in part because the French brandy was enjoyed by Napoleon Bonaparte. (Courvoisier has claimed it is the true Napoleon Brandy although Felix Courvoisier didn't establish his company until 1835, long after Napoleon's death.) "Napoleon Brandy," whether produced in the Cognac district or elsewhere in France, has evolved as the brandy of choice among many.

But it isn't the only fine brandy. From the southwest French province of Gascony comes Armagnac; from Spain's Jerez district comes Fundador and from Germany comes Asbach Aralt. In fact, fine brandy can be made from any fruit, witness Normandy's Calvados made from fermented apples.

"The liquid gold of Gascony" evolved long before the Dutch began boiling wine in Cognac, but because the region does not have a major outlet to the sea, it has

WINE Continued on 3B

Festival focus

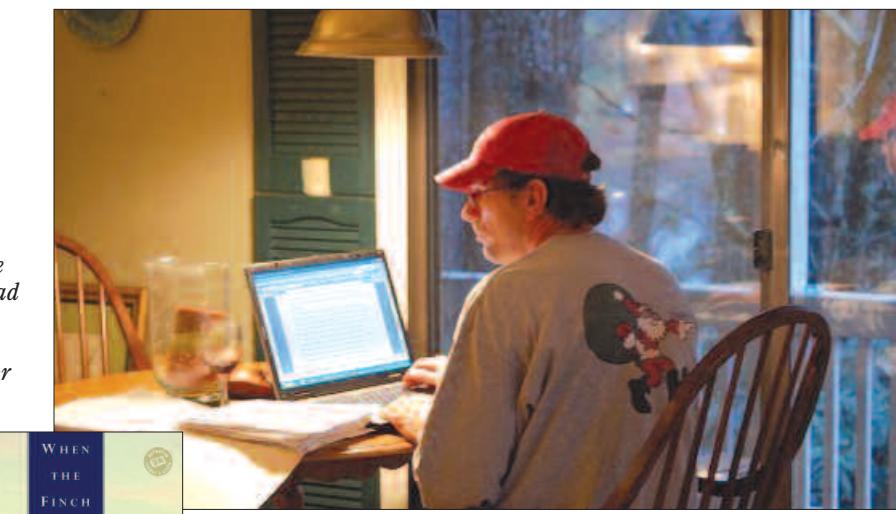
'When the Finch Rises' chronicles pivotal year

This is one in a series of reviews of books to be featured at the Amelia Island Book Festival – 2010. Reviewers represent a broad spectrum of community readers and writers. Author Jack Riggs will be a featured author at the festival, Feb. 11-14, 2010. Visit www.ameliaislandbookfestival.com or contact Executive Director Dickie Anderson at www.dickie.anderson@gmail.com.

ANNE ENTRIKEN
For the News Leader

When the Finch Rises, Jack Riggs' debut novel of two struggling young boys coming of age in a small mill town in North Carolina, is cleverly woven like the finest of threads among world events in the pivotal year of 1968. That year was one that changed our culture forever. Since Riggs grew up during that time of political assassinations, civil rights and the Vietnam War, it was the perfect backdrop for his first effort.

It is the tale of 12-year-old Raybert Williams and his best friend Palmer Conroy who cling to



Jack Riggs, author of *When the Finch Rises*, will be a featured author at the Amelia Island Book Festival, scheduled for Feb. 11-14.

barely even reach the pedals. Their heroes are GI Joe, The Lone Ranger and especially Evel Knievel when they witness the famous jump over 20 buses that he successfully made and some of us remember well.

Through real, raw emotion and growing momentum, Riggs spins a tale filled with young sensibilities,

redemption, grace, salvation and the absolute assuredness that anything is possible.

Riggs, who teaches at Georgia Perimeter College in Atlanta and who was named Georgia Author of the Year – Fiction 2009 for his second novel, *Fireman's Wife*, devel-

BOOK Continued on 3B

OFF&ON THE ISLAND

HEROES AMONG US

Come meet the pilots of the World War II, 9th Air Force 368th Fighter Group. The Amelia Island Museum of History is teaming up with the Amelia Island Book Festival, the Friends of the Library, the Veteran's History Project and the Civil Air Patrol on Sept. 19 to host 16 brave pilots that remain from the 368th Fighter Group as they hold their annual reunion on Amelia Island.

From noon to 5 p.m. celebrate this reunion with WWII memorabilia, USO girls and a special appearance by retired Brig.

General Dan Cherry, author of *My Enemy My Friend*.

This event is free and open to the public from noon-5 p.m. at the Fernandina Beach airport. For more information, contact Alex at the museum at 261-7378, ext. 102.

FASHION SHOW

Women in Nassau helping Women in Need is sponsoring A Cup of Comfort Fashion Show and Tea Party to benefit Gerri's Corner on Sept. 20

from 2-4 p.m. at Savannah Grand Assisted Living, 1900 Amelia Trace Court, Fernandina Beach.

Tickets are \$30 in advance or \$35 at the door, if not sold out. Tickets can be purchased at Fifi's Fine Resale on South Eighth Street, Gauzeway and Pineapple Patch on Centre Street, Patchington on Sadler Road, Elizabeth's in the Harris Teeter plaza, and Heron's Swim & Sport in the Palmetto Walk Shopping Center.

For information contact Diane at 548-9750.

ITALIAN FEAST FOR BARNABAS

Barnabas Center will host an Italian feast fundraiser to support the Crisis Center.

Samaritan Medical Clinic and Barnabas Dental Clinic on Sept. 26.

A wine and beverage social will begin at 5:30 p.m., followed by an Italian feast. There will be entertainment by a strolling Italian-style singer accompanied by a violinist. The chef is William Castleberry.



A raffle will be held for a wine refrigerator filled with wine. Tickets are \$5 or 5 for \$20. Dinner tickets are \$25 and available at New To You, 930 South 14th St. E-mail barnabascenter@comcast.net.

The event will be held on the closed street in front of 120 N. Sixth St. In the event of rain, it will move to St. Peter's Episcopal Church, 801 Atlantic Ave. Contact Stephanie Navarro at 261-7000, ext. 104.

'SHRIMP & GRITS'

"Shrimp & Grits: The Wild Georgia Shrimp Festival" is today through Sept. 20 at Jekyll Island, Ga. The popular festival boasts amateur and professional cooking competitions, shrimp boat excursions, shrimp eating contests, cooking demonstrations, races, entertainment and more.

Contact the Jekyll Island Welcome Center at 1-877-4-JEKYLL, or visit www.jekyllisland.com/shrimpdandgrits.

Submit items to Siân Perry at sperry@fbnewsleader.com.

CROSSWORD, SUDOKU
OUT AND ABOUT
MUSIC NOTES
CLASSIFIEDS

FRIDAY, SEPTEMBER 18, 2009

NEWS-LEADER / FERNANDINA BEACH, FLORIDA

'Burnt wine'

a warming 'digestif'

ROBERT M. WEINTRAUB

For the News Leader

Aristotle, Arab alchemists and Dutch traders all stumbled upon a principle of physics that adds great pleasure to the after-dinner milieu. They discovered that when you heat a liquid strange things happen because different substances have different boiling points. Specifically, while water will boil at 212 degree Fahrenheit, alcohol boils earlier at 173 degrees.

Therefore, you can distill alcohol from a fermented liquid, such as fruit juice.

The Greek philosopher first noted that steam rising from a cooked dish will condense on a lid put over the dish. He took this observation further to show that drinkable water can be obtained from salt water by boiling it.

About a thousand years later Arabians thought vapors arising from a heated substance contained the essence or spirit of life and therefore the secret of creation. They called the condensed form of these vapors "the water of life" – aqua vitae in Latin, eau-de-vie in French and usages beatha in Celtic (pronounced "wiske"). One of the products produced by these alchemists, made by heating fermented fruit juice, was given the Arabic name al kohl. It didn't take long for the Arabic discovery to spread to Europe.

A few hundred years later Dutch merchants established a trading partnership with French farmers on the Gironde River. These farmers produced a popular wine from the columbard grape. But wine could spoil on the long sailing voyages home, so the Dutch first boiled the wine, which they called "burnt wine," or, in Dutch, brandywine. Being smart businessmen, those French farmers quickly established distilleries in the small villages of Jarnac and Cognac and the rest, as they say, is history.

Cognac has become the most popular form of brandy, in part because the French brandy was enjoyed by Napoleon Bonaparte. (Courvoisier has claimed it is the true Napoleon Brandy although Felix Courvoisier didn't establish his company until 1835, long after Napoleon's death.) "Napoleon Brandy," whether produced in the Cognac district or elsewhere in France, has evolved as the brandy of choice among many.

But it isn't the only fine brandy. From the southwest French province of Gascony comes Armagnac; from Spain's Jerez district comes Fundador and from Germany comes Asbach Aralt. In fact, fine brandy can be made from any fruit, witness Normandy's Calvados made from fermented apples.

"The liquid gold of Gascony" evolved long before the Dutch began boiling wine in Cognac, but because the region does not have a major outlet to the sea, it has

WINE Continued on 3B



FIFI'S
FINE RESALE APPAREL



Shrimp & Grits
The Wild Georgia Shrimp Festival

OUT AND ABOUT

SPECIAL EVENTS

The Amelia Island Museum of History's next 3rd Friday on 3rd Street presentation at 4 p.m. today features a short documentary on the Korean War, often called the Forgotten War. After the film hear from the director, producer and a number of Korean War veterans who were involved in the making of the film.

Hear the tales of hardship and heroism from those who survived this historic conflict and meet some of America's true heroes. For information, contact Alex at 261-7378, ext. 102.

The American Legion Riders Chapter 54, in the log cabin across from the city water tower, will host their monthly "Steak Night" Sept. 19 from 5-7 p.m. Dinner includes a steak cooked to order, baked potato, corn on the cob, salad and a roll for a \$10 donation. To-go dinners available to non-members. All proceeds go to programs sponsored by the American Legion Riders Chapter 54.

Florida historian Dr. Robert Parker Hurst of Tallahassee will give a narrated slide presentation to the Sons of Confederate Veterans and their guests at the Pig BBQ in Callahan Sept. 21 at 7 p.m. Hurst has traveled the South and photographed many of the surviving edifices and recorded facts and legends from owners and local historians. The sister Order of the Confederate Rose meets regularly with Camp 745 and contributes music and poetry, often dressed in 1861-65 attire. For information call (904) 571-1177 or 277-9628.

The American Business Women's Association – Eight Flags Charter Chapter will meet Sept. 24 at the Fernandina Beach Golf Club. Social time begins at 6 p.m. and the dinner meeting at 6:30 p.m. This month the chapter celebrates its 40th anniversary and extends a

special invitation to all guests, especially past members and presidents. Dinner is \$13 and payable that evening. Call Susan Sturges at 206-2580 for information and to RSVP.

Dogs and owners are invited to run, play, swim, and show off their skills on a Rally Obedience course together at Dog Leg Productions kennel in Nassauville. The next bi-annual Dog Park Day is Sept. 26 from 11 a.m.-2 p.m.

Lunch will be provided and local artist John Walsh will play acoustic and contemporary music. Cost is \$20 donation per family, cash or check at the gate. All proceeds benefit the Project CHANCE Foundation, a charitable organization dedicated to providing an assistance dog to children with autism in Northeast Florida. Visit www.projectchance.com.

The Ballroom Youth Academy will host the second annual Miss Amelia Island Classic Pageant Sept. 26 at the Atlantic Avenue Recreation Center auditorium, for toddlers to 22 years old. New this year is a mother-daughter competition. For information call Kristen Perrett at (904) 556-6044 or e-mail missameliaislandclassic@hotmail.com. The non-profit academy offers free ballroom dance classes to Nassau County students.

Join Club 14 Fitness for its second annual Motorcycle Contest & Tattoo Contest sponsored by Beyond Taboo Tattoo, joined by new sponsor the Doo Wop Diner, on Sept. 26 from 5-9 p.m. The event is a Relay for Life fundraiser.

There will be a DJ, cars from the Amelia Cruisers, food and refreshments, prizes, raffles and trophies and a bounce house and cotton candy for the kids! For information call Kristen M. DeRoo at 206-4414 or visit www.club14fitness.com.

Popular genealogist, author and lecturer John Colletta brings his expertise in genealogical research and

his passion for writing family history to Amelia Island Oct. 1 from 7-9:20 p.m. at the Amelia Plantation Chapel, 36 Bowman Road, at the Chapel Fellowship Hall.

The public is invited to this free program, sponsored by the Amelia Island Genealogical Society and the Amelia Plantation Chapel. He will present two topics: "Breaking Through Brick Walls: Use Your Head" (techniques for overcoming your most difficult genealogical research problems) and "How To Prepare for Successful Research In

MUSIC NOTES

Children's choir forming

Providence Presbyterian Church plans to begin a Children's Choir this fall for students in grades 2-5. They will meet after school at the church beginning Sept. 29. From time to time, the choir will share their songs during the worship service.

Funding for music classes in local schools has decreased substantially, and many children have no opportunity for group singing. Providence hopes to provide the children with an opportunity for music education and exposure to music through the choir. Any child in the proper age group is welcome to join. For information call 432-8118. The church is located at 96537 Parliament Drive, just off Old Nassauville Road.

Surf lineup

The Surf Restaurant and Bar, 3199 S. Fletcher Ave., presents Andy Haney tonight; Gary Lee Sept. 19; Andy Haney Sept. 21; Richard Stratton Sept. 22; and DJ Roc Sept. 23. Call 261-5711.

Waco Ramblers'

The Waco Ramblers, Walton County's "Finest Goodtime String Band," will play at the Green Turtle Tavern, 14 S. Third St., Fernandina Beach, on Sept. 19 at 8 p.m. Call 321-2324 for information.



Jazz at the beach

The Historic American Beach Summer Jazz Series presents the Instant Groove in a free jazz concert from 5-8 p.m. Sept. 19 at Burney Park at the corner of Gregg and Burney. Bring a chair to enjoy ocean breezes, food and music. Donations to the American Beach Property Owners Association, Inc. projects are appreciated. For more information, contact Eve Jones at 277-7960.

Sounds on Centre

Sounds On Centre, presented by the Historic Fernandina Business Association, will cap the 2009 series with a New Orleans-style "Second Line Jazz and Dixieland Street Celebration" Oct. 2 from 6-9 p.m. on Centre Street between Front and Second streets.

The concert will feature jazz musician/drummer Les DeMerle and a six-piece, all-star cast including Bonnie Eisele. In addition, TGIF seven-piece Dixieland band will perform.

This free community concert is a joint effort between the association and the Amelia Island Jazz Festival, scheduled for Oct. 2-11.

Raffle drawings will be held, including tickets to a concert by jazz festival headliner David Sanborn. T-shirts will be on sale. All proceeds go to funding Sounds on Centre concerts.

Jazz festival

The Les DeMerle Amelia Island Jazz Festival runs Oct. 2-11 at various venues on Amelia Island, including an Oct. 3 program at the Palace Saloon with jazz scholarship winner Jawren Walton's modern jazz band, a free Oct. 4 afternoon concert in Amelia Park with the 18-piece U.S. Navy Big Band Southeast, Latin Night Oct. 8 at the Palace with Impacto Latino, Oct. 9 and 10 shows starring headliner David Sanborn with The Midnight Blue Band at the First Baptist Church auditorium, and the Oct. 11, Dixieland brunch at the Beech Street Grill.

A not-for-profit 501(c)(3) corporation, the Les DeMerle Amelia Island Jazz Festival distributes proceeds toward a scholarship program. Visit www.ameliaislandjazzfestival.com or call (904) 504-4772.

Community concerts

St. Peter's Episcopal Church's next Community Concert Oct. 18 features Beth Newdome on violin, a favorite performer at the Amelia Island Chamber Music Festival, and Peter Wright, a member of the Jacksonville Symphony, on clarinet.

Call 261-4293. The goal of the concert series, under the direction of Emma Bledsoe, is to present four to eight programs every year. A freewill offering will be taken at some concerts, and tickets sold for others.

Bark, Boogie, BBQ'

"Bark, Boogie, BBQ" will be held Oct. 19 at Sandy Bottoms restaurant at Main Beach. Tickets are \$35. Dinner is from 6-7 p.m. and dancing starts at 7 p.m. featuring the "Bobcats," a contemporary rock group.

Purchase tickets at Bark Avenue Pet Boutique at The Spa & Shops at Amelia Island Plantation, 261-2275 or stacy@barkavenuepetboutique.com, and Dog Leg Productions, 261-4279 or Dog904@aol.com, or at the door. Proceeds will benefit Project Chance, which provides service dogs to children with autism in Northeast Florida.

Guarneri concert

The Amelia Island Chamber Music Festival will host the last-ever performance of the world-renowned Guarneri String Quartet on Oct. 27. The will feature works by Schubert and Beethoven. The concert will be held at 7:30 p.m. at Amelia Plantation Chapel.

Tickets are \$60 and can be purchased online at www.aicmf.com or call 261-1779.

Annual Spaghetti Dinner Oct. 24, 4:30-7:30 p.m. at the Atlantic Avenue Recreation Center. Tickets are \$12. Dinner includes salad, spaghetti, bread, beverage and dessert. Additional desserts are \$2. Takeout available. There will be live entertainment and a huge silent auction. Tickets are on sale at Red Bones Dog Bakery, Bark Avenue and the NHS Dog Park. Call Guy Sasanfar at 206-4092 for information.

On Oct. 24 Episcopal Church Women will offer a "Fernandina down-home gourmet luncheon," including a beverage, salad and entree and delicious desserts in Burns Hall. Fifi's Fine Fashions will present a show of stylish "everyday wear" available at affordable prices. There will be a Monster Raffle of items suitable for holiday gift giving and home-baked breads, cakes, and cookies will be available.

Donation is a minimum of \$15 per person, to benefit local charitable outreach programs. Seating is limited. Tickets are available at St. Peter's Episcopal Church office, 801 Centre St., or from Robin Fowler at First Coast Community Bank on South 14th Street. For information call St. Peter's at 261-4293, or e-mail cweinberg@stpetersparish.org.

FILM/THEATER

Tickets are on sale at the **Fernandina Beach Middle School** office for the upcoming student production of "Annie," scheduled for Oct. 8-10, with a Sunday matinee Oct. 11. All seats are \$10. All proceeds go to Communities in Schools of Nassau County.

Amelia Community Theatre presents "The Dixie Swim Club," directed by Barry Raiston and featuring Celeste Amos, Wendy Gilvey, Karen Harper, Linda McClane and Kay Stephens.

Five Southern women, who were once teammates on their college swim team, reunite every summer for a weekend in August at a North Carolina beach cottage. They catch up, laugh, and meddle in each other's lives. These reunions continue for 33 years, proving that some friendships last forever!

Performances are at 8 p.m. tonight and Sept. 19 and Sept. 24-26, and at 2 p.m. Sept. 20. Tickets are \$17 adults and \$10 students and available at Amelia Community Theatre, 209 Cedar St. Call 261-6749. Box office hours are Tuesday, Thursday and Saturday, 11 a.m.-1 p.m., and two hours before curtain.

ART/GALLERIES

The Plantation Artists' Guild and Gallery presents its new fall show Sept. 26, 5:30-8 p.m. at the gallery, 94 Village Circle at the Spa & Shops.

The new show features the works of more than 30 local artists. Light hors d'oeuvres and wine will be served and there will be an art raffle. Call 432-1750.

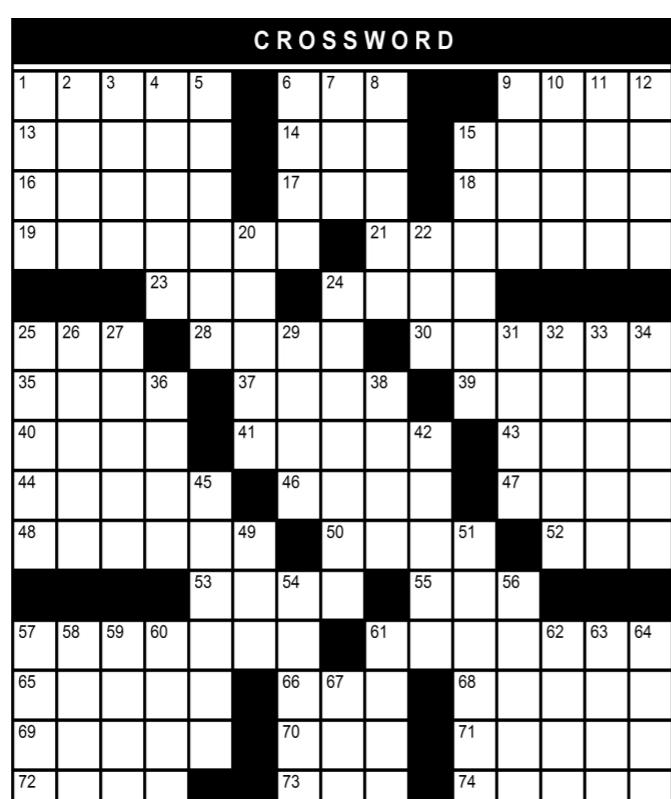
The Island Art Association will hold a children's art program on Sept. 26 from 10-11 a.m. or 11:15 a.m.-12:15 p.m., taught by Diane Hamburg. Call the gallery at 261-7020 to register.

A "Figurative Collage Workshop" by Elizabeth St. Hilaire Nelson of Orlando will be held Oct. 9-11 at the Hampton Inn in downtown Fernandina Beach, hosted by the new Amelia Island Artists Workshop. Reserve your space by calling Amelia SanJon Gallery at 491-8040 or go to www.ameliaislandartistsworkshop.com for information, pricing and registration forms. Space is limited.

The First Coast Community Bank show, "Visual Rhythms," features artwork by Island Art Association members Carol Beck, Rhonda Bristol, Theresa Daily and Sandra Pinneault. This show is open during banking hours.

Glynn Art Association announces its fall festival Oct. 10, which is free and open to the public. In addition to hosting more than 150 artists, Glynn Art Association will present a program of Gullah-Geechee performances, workshops/demonstrations and storytelling.

For information and a list of events call the Glynn Art Association at (912) 638-8770.



AUTUMN ACROSS

- 1. Often used to celebrate a birth
- 6. It lives in a mounded home
- 9. Sounds like a plan, text message
- 13. Feeble old woman
- 14. Island flower necklace
- 15. Perennial used for seasoning
- 16. _____ in, as in surgeon
- 17. "Word" in French
- 18. Cupid, e.g.
- 19. All _____ Eve
- 21. Pick pumpkins, e.g.
- 23. It gets chillier in Fall
- 24. Action word
- 25. Astern
- 28. Bart Simpson's sister
- 30. Artwork of many pieces
- 35. Beautiful and graceful girl
- 37. _____ and void
- 39. Stock with no face value
- 40. In addition to
- 41. The leaves turn from this to brown
- 43. 18-wheeler
- 44. Twisted cotton thread
- 46. One of deadly sins
- 47. Those on top of scepters
- 48. Magnitude
- 50. Soda
- 52. Chihuahua yelp, e.g.
- 53. Describes many of today's Halloween movies
- 55. Not safe in baseball
- 57. Color changer
- 61. Pacifist, e.g.
- 65. Often follows "get"
- 66. Contend
- 68. Consisting of a single element
- 69. Buying option
- 70. To do this is human?
- 71. Mass _____
- 72. Urban apartment
- 73. Put down
- 74. Target of nervous people
- 75. Cold and hard?
- 76. Ancient Peruvian empire
- 77. The Temptations' My _____
- 78. Feathers on first digit of bird's wing
- 79. Boil again
- 80. Contributions to the poor
- 81. "New" prefix
- 82. Tax of 1/10th
- 83. Inmate's weapon
- 84. Margarita garnish
- 85. Birds
- 86. Saucy
- 87. Element C
- 88. Squeeze dry
- 89. Supply with a gun
- 90. Ability to form chemical bonds
- 91. Bobbing fruit
- 92. Famous cartoon cat
- 93. Fund baby
- 94. Feeling of confidence
- 95. Neither good nor bad
- 96. Copycat's behavior
- 97. Many iambs
- 98. Fall air, e.g.
- 99. Small island
- 100. Russian left
- 101. Stocking fiber
- 102. Hire for work
- 103. Provide with clothes
- 104. a.k.a. fall
- 105. Take delight in
- 106. Ringworm
- 107. * _____ back, as in time
- 108. Butter substitute
- 109. Bread quantity
- 110. Of the present month
- 111. Bald eagle's nest
- 112. Dry streambed in Africa or Middle East
- 113. Cover
- 114. Swedish shag rugs
- 115. Retirement plan

www.americanprofile.com Sudoku Medium Puzzle #1569M

Fill in the squares so that each row, column and 3x3 box contain the numbers 1 through 9. Solution will appear in the Friday B-section.

| | | | | | | | |
|---|---|---|---|---|---|---|--|
| | 1 | 2 | 3 | | 4 | | |
| 5 | | | 6 | | | 1 | |
| 7 | 4 | | 8 | 9 | | 2 | |
| | 6 | | | | 5 | 9 | |
| | 3 | | | | 7 | | |
| 9 | 8 | | | | 4 | | |
| 4 | | 5 | 1 | | 2 | 6 | |
| 9 | | | 7 | | | 3 | |
| 1 | | | 9 | 4 | 8 | | |

Wednesday, Sept. 16, 2009
Sudoku Difficult
Puzzle #1569D

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 4 | 8 | 1 | 6 | 5 | 3 | 2 | 7 |
| 2 | 3 | 7 | 8 | 9 | 4 | 5 | 6 | 1 |
| 6 | 1 | | | | | | | |

Getaway To Camden County



If you go

Cumberland Island Visitors Center
113 W. St. Marys St.
St. Marys, Ga.
(912) 882-4336, or
toll free, 1-877-860-6787
Open 8:15 a.m. to 4:30 p.m.
daily.

Cumberland Island National Seashore Museum
129 Osborne St.
St. Marys, Ga.
(Hours vary.)

Ferry schedule
Spring/Summer/Fall:
March 1 to November 30, ferry departs St. Marys at 9 a.m. and 11:45 a.m. and departs Cumberland Island at 10:15 a.m. and 4:45 p.m. From March 1 to Sept. 30, Wednesday through Saturday, there's an additional return trip at 2:45 p.m.

Winter: Dec. 1 to Feb. 28: No ferry service on Tuesdays or Wednesdays. On other days, the ferry departs St. Marys at 9 a.m. and 11:45 a.m. and departs Cumberland Island at 10:15 a.m. and 4:45 p.m.
www.nps.gov/cuis

Cumberland Island is national gem

Georgia barrier island offers unparalleled view of nature, history

By SUSAN RESPESI
Tribune & Georgian Staff



FERAL HORSES THAT roam freely throughout Cumberland Island National Seashore remain one of the biggest attractions for visitors. (Tribune & Georgian file photo)

Cumberland Island National Seashore is a place apart in coastal Georgia that assures an uncommon journey into history and nature.

The island's isolated beach and inland waters frame a landscape of mansions, old cemeteries and forests full of wildlife.

Getting there is easy because the National Park Service provides a 45-minute ferry ride from its visitors' center at the St. Marys waterfront to the island's south end.

From there, how you enjoy the island adventure is up to you. You can take guided or self-guided walks or laze around on a one-mile hike through the woods and over the dunes to the ocean side and spend the day with the rise and fall of the surf. The number of daily visitors is limited, so the beach and forest trails are mostly empty of tourists.

Everywhere are photo opportunities and long interludes of peacefulness. Along the sandy roads, live oaks like undulating sculptures bend their heavy boughs to the ground. Beneath the trees wild turkey, deer and horses and forage, tame enough to pose.

To get around more quickly on the 18-mile-long island, there are bikes for rent from the ferry concessionaire. On a day trip by bike, you could pedal north up the main road, a sandy, one-lane route called Grande Avenue, and see more of the island and some structures like Greyfield Inn. The inn, one of the stately houses from the Carnegie era, still holds the mystique of a time when elegance and opulence filled the island and more than 100 workers kept the Carnegie-family compound humming.

Grande Avenue passes open fields, tidal creeks and fresh-water wetlands and lakes. The route includes Plum Orchard Mansion, built for one of the Carnegie's daughters, and ends at the First African Baptist Church, a simple clapboard structure that John F. Kennedy Jr. and Carolyn

Bessette chose for their wedding in 1996.

The island has been occupied throughout its history, with Timucuan Indians living there in villages more than 4,000 years ago, followed by Spanish and British explorers, American colonists and Civil War warriors, each attempting to gain control of the island and thus the mainland.

Cumberland has been logged, hunted, farmed and fished, but never heavily developed, so much of its north end is preserved in a maritime forest that beckons for alligators and marsh ecosystems abrim with wading birds. The island became a national

seashore in 1972, and most of it is owned by the park service, which is working to implement a transportation plan that will soon carry tourists by vehicle to rarely seen points of interest.

The greatest attraction, according to island resource manager Doug Hoffman, is the feral horses. They graze near the ruins of Dungeness Mansion and the collapsed pool house, and they gallop along the beach and over the dunes, mares and foals, their hooves thudding on the sand.

But Hoffman, a wildlife biologist, said a lot of visitors don't realize the island's treasure in fall and winter birds.

"Cumberland is a major stopover for migrating shorebirds and migratory birds in general," Hoffman

said. "Unless you're a birder, you would not notice the thousands of warblers in the trees above you."

Most tourists seek the major attractions, the ruins, the beach, Plum Orchard Mansion, and the old church in the High Point-Halfmoon Bluff settlement, he said.

"But at different times of year there are different things in bloom – the beach morning glories and crotons. And the sea oats go through transformations from green in spring to golden in the fall," he said.

Winter sunsets for tourists who are returning to St. Marys on the ferry are glorious. And campers enjoy sunrises on the ocean and then hike over to the Sea Camp dock visitors' center and sit in rocking chairs on the porch to watch sunsets over Cumberland Sound, he said.

There's an old cemetery to see near the Dungeness ruins and another one off Grande Avenue about four miles north of Sea Camp dock.

Scientists, including anthropologists and archaeologists, and university students and instructors also come to Cumberland to study its early residents or the plants and animals.

Cumberland Island is a mother lode of history and beauty. It is Camden County's natural treasure and a national one, too.

Amelia, St. Marys partners in film

Members of the Amelia Island Film Festival were greeted by St. Marys Film Society board members as they debarked the Cumberland Sound Ferry Monday. The Amelia Island group had sailed to St. Marys, Ga., to discuss the upcoming cooperative arrangements between the AIFF and the St. Marys Film Society.

After an historic tour of St. Marys, the group gathered at Captain Seagle's in the Riverview Hotel for a lunch hosted by proprietors Gaila and Jerry Brandon. Plans discussed revolved around the February screening of an AIFF movie in St. Marys scheduled for Feb. 19 (the week before the film festival). AIFF organizers will then bring film industry executives/professionals to St. Marys on Feb. 26 for a tour of potential film location sites and a reception.

The public will be invited to the Feb. 19 screening. AIFF president Tony McAdoo also suggested a prize to be awarded to the best festival entry that comes from Georgia.

"We already have in place an award for Florida's best entry," McAdoo said. "In honor of our new collaboration with St. Marys, we thought Georgia should be recognized as well."

One representative of the Amelia Island contingent lamented that Florida had done away with a lot of incentives for film makers at the same time that Georgia had



SUBMITTED
The Amelia Island Film Festival board of directors joins members of the St. Marys Film Society for a historic tour of St. Marys, Ga., Monday.

increased its incentives.

Director of St. Marys Convention & Visitors Bureau Janet Brinko said, "With a 700 percent return to local economies on the state's investment in filmmaking promotion, it makes us proud that Georgia leadership recognizes the value of this industry and continues to put out the welcome mat for them."

Brinko went on to state that having a film production can raise visitorship in an area by as much as 75 percent with residual effects on tourism lasting long after the film is wrapped. Savannah, for example, continues to reap the benefits of "Midnight in the Garden of Good and Evil," even though the movie was filmed there more than 12 years ago.

The next project for St. Marys Film Society will be to screen entries to the Amelia Island Film Festival to determine the film that would most appeal to St. Marys film patrons.

Both organizations agreed that the synergy between the two cities on both sides of the St. Marys River will play an important role in bringing film makers to the area.

"The diverse locations that we can offer as a team are impressive," stated Doug Vaught, acting chair of St. Marys Film Society. "Moving forward with our joint initiatives will be a win-win situation for both states."

To get involved in St. Marys Film Society or for more information, call (912) 729-1103.

For more information about the Amelia Island Film Festival, visit www.ameliaislandfilmfestival.org or contact Tony McAdoo, president, or Che Cantrell, vice president, at (904) 335-1110 or 753-0987.

honesty and grace, the fate of each character seeming both unexpected and inevitable."

Richmond Times Dispatch

The reviewer, Anne Entriiken, is active in island book clubs, *Micah's Place*, Auxiliary and is an avid reader as well as writer. A longtime Amelia Island resident, Entriiken grew up in Virginia where she attended high school and college. She worked for the Smithsonian Institution, U.S. Office of Education and Department of Agriculture and as a corporate wife has lived all over the country. She and her husband, Sam, have two children and three grandchildren.

The Atlanta Journal-Constitution

"Readers will be taken with narrator Raybert's vivid and poignant recollection of and reflection on his childhood, and appreciative of the choices Riggs made in bringing it

to life."

Richmond Times Dispatch
The reviewer, Anne Entriiken, is active in island book clubs, *Micah's Place*, Auxiliary and is an avid reader as well as writer. A longtime Amelia Island resident, Entriiken grew up in Virginia where she attended high school and college. She worked for the Smithsonian Institution, U.S. Office of Education and Department of Agriculture and as a corporate wife has lived all over the country. She and her husband, Sam, have two children and three grandchildren.

WINE Continued from 1B

been limited to small farms with small production. As in northern France, the Armagnac is made primarily from the ugni blanc grape (Italy's trebbiano), column and other local grapes.

Spanish brandy's big difference is the casks in which the barrels are stored.

The original brandy wine was little more than eau-de-vie – clear, strong. The Dutch transported the brew home in casks made from the nearby Limousin oak forest and it was noted the brandy had acquired some color and flavor from the oak. Then, during one of the frequent wars of the period, Cognac eau-de-vie spent 12 years in the oak casks waiting for the war to end. The stored brandy was found to have dramatically changed character. This was the first time French brandy looked and tasted as it does today. Aging in Limousin oak became the Cognac standard.

Meanwhile in Spain, a similar accident was taking place. An order by a merchant in Amsterdam for holandas, high-quality spirits, was placed with the House of Domecq in Jerez. The holandas was stored in American oak casks previously used for aging sherry. Upon delivery, the client failed to pay. The stock went back to the

Domecq cellars in Jerez. After many years of neglect, the distillation supervisor drew some samples from the forgotten casks. Much to his surprise the holandas had changed color to a rich golden brown and produced a much sweeter and richer taste due to the sherry aromas.

From this stroke of chance, Fundador, the first aged brandy in Jerez, was born. The primary difference between Cognac and Fundador is the different flavors imparted by the casks. Fundador is also less expensive (about half the price) than equivalent Cognac due to lower marketing and advertising costs.

Asbach Aralt, from the German Rhineland, is a Cognac clone using the same grapes and Limousin oak casks. Because German tastes are sweeter than French preferences, Asbach's distillers blend a fruitier brandy. At about \$25 for a 750 ml bottle, Asbach Aralt is a good alternative to a \$40 VSOP Cognac.

Cognac labels reflect three quality grades: VS is a rough drink with brandies that are as young as three years old; Cognac develops its caramel color through wood-aging, but often coloring is added to create a darker and richer looking blend, and this is true of many VS brandies. VSOP (Very

Special Old Pale) has the youngest spirit in the blend aged a minimum of 4 1/2 (most, though, are aged between 7 and 10 years). In XO (extra old), the youngest brandy in the blend must be at least six years old. There are special distillations offered that are aged between 15 and 20 years. Prices rise accordingly from the mid-30s for VS, \$40 and up for VSOP, \$60 and up for XO and the sky's the limit for the specials (Amelia Liquors has a Hennessy "Eclipse" Cognac packaged in a crystal decanter for \$5,000).

Courvoisier, Hennessy and Martell are the top selling Cognacs; each has a distinctive flavor and their own army of advocates. Armagnac, Fundador and Asbach Aralt are very distinctive from the Cognacs and appeal to different tastes.

Personally, I use VS Cognac only for cocktails such as the ulcer-patient's Brandy Alexander made with heavy cream and nutmeg (although in Wisconsin it is served with ice cream like a frappe). VSOP and older brandies should be served without ice in a snifter, warmed with the hands and inhaled. With or without a cigar, this is heaven.

Robert Weintraub writes about wine monthly. He welcomes your comments at rweintraub@bellsouth.net.

SHOW Continued from 1B

Greene is the bestselling author of *The Best Life Diet Cookbook*, *The Best Life Diet, Revised and Updated*, *The Best Life Diet*, *The Best Life Diet Daily Journal*, *The Total Body Makeover*, *Get With the Program!*, *The Get With the Program! Daily Journal*, *The Get With the Program! Guide to Good Eating*, and *Make the Connection*. Greene appears courtesy of Skinny Cow.

• Another celebrity guest at the Southern Women's Show is Tanya Senseney, otherwise known as the "Coupon Queen," one of the top couponing experts in the country. Between current unemployment rates and the economic climate, consumers are searching for ways to save like never before. Senseney was one of

Tickets and show times

Show hours are Thursday, 10 a.m.-6 p.m.; Friday and Saturday, 10 a.m.-8 p.m.; and Sunday, 11 a.m.-5 p.m. Advance discount tickets for \$7 are available exclusively at Panera Bread restaurants.

Admission is \$10 at the door and \$5 for children 6-12 years old. For group discount tickets and information, call (800) 849-0248 or visit www.SouthernWomensShow.com.



those consumers, and has become so coupon-savvy that she recently walked away with \$457 worth of groceries – but paid only \$45.

She's so passionate about helping money, she now teaches weekly sold-out seminars to help share her tips with others.

"There is no job that is secure now," Senseney said. "If you can save now to pre-

pare for later, it would be wise. Throwing coupons away is like throwing money away."

Senseney saves so much money using coupons that she has entire room in her home filled with extras that she keeps on hand for herself and her family. Learn her top three tips to start saving during her daily presentations at the show.

CLASSIFIED

4B

NEWS-LEADER / FRIDAY, SEPTEMBER 18, 2009

TO PLACE AN AD. CALL (904) 261-3696. CLASSIFIED DEADLINE FOR THE FRIDAY ISSUE - WEDNESDAY AT 5 P.M.

| | | | | | | | |
|--------------------------|---------------------------|-----------------------------|------------------------------|-----------------------------|---------------------------|--------------------------|------------------------|
| 100 ANNOUNCEMENTS | 204 Work Wanted | 403 Financial-Home/Property | 606 Photo Equipment & Sales | 619 Business Equipment | 800 REAL ESTATE | 813 Investment Property | 858 Condos-Unfurnished |
| 101 Card of Thanks | 205 Live-in Help | 404 Money To Loan | 607 Antiques-Collectibles | 620 Coal-Wood-Fuel | 801 Wanted to Buy or Rent | 814 West Nassau County | 859 Homes-Furnished |
| 102 Lost & Found | 206 Child Care | 500 FARM & ANIMAL | 608 Produce | 621 Garden/Lawn Equipment | 802 Mobile Homes | 815 Kingsland/St. Marys | 860 Homes-Unfurnished |
| 103 In Memoriam | 207 Business Opportunity | 501 Equipment | 609 Appliances | 622 Plants/Seeds/Fertilizer | 803 Mobile Home Lots | 816 Camden County | 861 Vacation Rentals |
| 104 Persons | 301 Schools & Instruction | 502 Livestock & Supplies | 610 Air Conditioners/Heaters | 623 Swap/Trade | 804 Amelia Island Homes | 817 Other Areas | 862 Bed & Breakfast |
| 105 Public Notice | 302 Diet/Exercise | 503 Pets/Supplies | 611 Home Furnishings | 624 Wanted to Buy | 805 Beaches | 850 RENTALS | 863 Commercial/Retail |
| 106 Happy Card | 303 Hobbies/Crafts | 504 Services | 612 Musical Instruments | 625 Free Items | 807 Condominiums | 851 Roommate Wanted | 864 Warehouse |
| 107 Special Occasion | 305 Tutoring | 602 Garage Sales | 613 Television-Radio-Stereo | 700 RECREATION | 808 Off Island/Yulee | 852 Mobile Homes | 901 TRANSPORTATION |
| 108 Gift Shops | 306 Lessons/Classes | 603 Miscellaneous | 614 Jewelry/Watches | 701 Boats & Trailers | 809 Lots | 853 Mobile Home Lots | 901 Automobiles |
| 201 Employment | 400 FINANCIAL | 604 Articles for Sale | 615 Building Materials | 702 Boat Supplies/Dockage | 810 Farms & Acreage | 854 Room | 902 Trucks |
| 201 Help Wanted | 401 Mortgage Bought/Sold | 605 Computers-Supplies | 616 Storage/Warehouses | 704 Recreation Vehicles | 811 Commercial/Retail | 855 Apartments-Furnished | 903 Vans |
| 202 Sales-Business | 402 Stocks & Bonds | 606 Bicycles | 617 Machinery-Tools-Equip. | 705 Computers & Supplies | 812 Property Exchange | 856 Apartments-Unfurn. | 904 Motorcycles |
| 203 Hotel/Restaurant | | 607 Auctions | 618 Auctions | | | 857 Condos-Furnished | 905 Commercial |

THE NEWS-LEADER SERVICE DIRECTORY IS LOCATED ON PAGE 4B

ANNOUNCEMENTS

102 Lost & Found

If You Have Lost Your Pet - please check the Nassau Humane Society facility located at 671 Airport Rd. next to the airport (904)321-1647 & the Nassau County Animal Shelter, 86075 License Rd. in Yulee next to the drivers license building (904)491-7440.

105 Public Notice

All Real Estate Advertised Herein - Is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, family status or national origin, or the intention to make any such preference, limitation or discrimination.

The News-Leader will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

If you believe that you may have been discriminated against in connection with the sale, rental or financing of housing, call the United States Department of Housing and Urban Development - HUD - 1(800)669-9777, or for the hearing impaired 1(800)927-9275.

EMPLOYMENT

201 Help Wanted

PTL OTR DRIVERS - New pay pkg. Great miles. Up to 46cpm. 12 mos exp req'd. No felon or DUI past 5 yrs. (877)740-6262. www.ptl-inc.com. ANF

THE GOLF CLUB - of Amelia Island is seeking a line cook/banquet cook for part time position, could lead to full time. Excellent working environment with top pay scale. Please apply in person at The Golf Club of Amelia Island, 4700 Amelia Island Parkway Amelia Island, FL (904)277-8015.

OLYMPIC STEEL - Motivated Inside Sales Person needed immediately to generate new business. Must be a self-starter and work well independently. Two years customer service or sales experience required. Steel knowledge or Spanish a Plus. Full Time with Benefits. Please email resumes to olysteeltrading.jobs@olysteel.com or fax to (904)491-8688. EOE M/F/D/V

HEATING/AIR TECH TRAINING - 3 week accelerated program. Hands on environment. State-of-the-Art Nationwide certifications & local job placement assistance. (877)994-9904.

Watson Realty Corp. - 3321 S. Fletcher Avenue Fernandina Beach, FL 32034 (904)261-3986

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ARE YOU LOOKING for an exciting career with unlimited earnings potential? Come discuss the possibilities Watson Realty can offer you! We are a 40+ year real estate company serving Northeast Florida, South Georgia and beyond. With Watson, you get world wide exposure. Call Eric Eppley today for an appointment to discuss your potential!

Watson Realty Corp. - 3321 S. Fletcher Avenue Fernandina Beach, FL 32034 (904)261-3986

EXPERIENCED HAIR STYLISTS NEEDED - for new salon opening soon. Call (904)432-8374 or (912)674-9224 for interview.

ADMINISTRATIVE SECRETARY - 3 days a week. Good PC skills, comfortable with multiple responsibilities. Located near AIA & CR107. We are flexible on hours. Send resume to Boys and Girls Clubs, P.O. Box 16003, Fernandina Beach, FL 32034

BARISTAS, SERVERS, & KITCHEN PREP - Espresso's Cafe in Amelia Island. Described in Amelia Island magazine. Fax resume (904)491-9810

EARN \$\$\$ Helping MDs! Process medical claims from home. Call the Federal Trade Commission to find out how to spot medical billing scams. (1877)FTC-HELP. A message from the News-Leader and the FTC.

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HEAT/COOL - Window units & ice machines, used all sizes w/warr. Repairs to central & window AC's, refrigerators & freezers. Kish's (904)225-9717.

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METAL ROOFING - 40 yr warranty. Buy direct from manufacturer. 30 colors in stock, w/all accessories. Quick turn around. Delivery available. Gulf Coast Supply & Mfg. (868)393-0335. www.GulfCoastSupply.com. ANF

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Nominal Opening Bids Start at \$10,000
7806 MACDOUGALL DR,
JACKSONVILLE,
3BR/2BA, 1,440sf+/-,
3717 HARTLEY RD, JACKSONVILLE
3BR/2BA, 1,430sf+/-,
7798 PIKES PEAK DR, JACKSONVILLE
3BR/2BA, 1,570sf+/-
876 OAK LN, FERNANDINA BEACH
3BR/2BA, 1,932sf+/-
All properties sell.
2:30pm Mon. Sep. 21 at
7806 MACDOUGALL DR,
JACKSONVILLE
Open to the Public
For open house information, please go to williamsauction.com or 800-801-8003. Many properties now available for online bidding! 5% Buyer's Premium May Apply.
Williams & Williams
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624 Wanted To Buy

I BUY JUNK CARS & HEAVY EQUIPMENT FOR SCRAP - CASH PAID. (904)879-1190 / 705-8628

625 Free Items

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REAL ESTATE SALES**802 Mobile Homes**

2BR/1BA SWMH - Service pets only. \$525/mo. + \$450 deposit. (904)225-5302

804 Amelia Island Homes

FOR SALE BY OWNER - 3BR/2BA brick home on island. 100' X 100' fenced yard, 2-car detached garage. \$165,000/OBO. Call (904) 261-8872.

805 Beaches

OCEANFRONT PROPERTY Visit www.OceanfrontAmelia.com for a complete list, or call Bob Gedon at Oceanfront Realty (904)261-8870.

3BR/2BA - MBR upstairs, lg deck to enjoy, dead end street, new impact windows, FP, fenced yard, wood & tile. (904)742-3481 or (904)742-6791

52K - 1 acre, 2BR/1BA, 85023 Linda Hall Rd. Call (904)229-2742. Must sell. Minor repairs needed.

806 Waterfront

Waterfront Homes & Lots - Call (904) 261-4066 for information. C.H. Lasserre, Realtor.

ORTEGA LANDING - Waterfront condos & marina on Ortega River in Jacksonville, FL. 3BR/3BA condos approx 2600sf from \$999,000. Pvt elevator access, covered parking, GE Monogram appliances, 9' ceilings. Marina slip memberships & leasing avail. (800) 800-0895, www.visitortegalanding.com ANF

807 Condominiums

FOR SALE BY OWNER - Fernandina Shores Condo, Unit #6396, 2BR/1BA, 2nd flr, balcony, oceanview. 1.5 blks to beach. (904)261-0841, (704)858-4284

CLUB VILLA AIP - This two-story villa has been renovated ceiling to floors and wall to wall! New kit. and 3 new bathrooms. Call for appointment to preview. 491-5906. \$258,000

808 Off Island/Yulee

52K - 1 acre, 2BR/1BA, 85023 Linda Hall Rd. Call (904)229-2742. Must sell. Minor repairs needed.

808 Off Island/Yulee

NEW 3BR/2BA - 2270sf, 2-car garage, on 1/2 acre. Granite countertops, oak cabinets, tile floors, crown molding, covered lanai. Custom built. Owner financing possible with down payment at 6% fixed. (904)753-2155

809 Lots

AMELIA ISLAND PLANTATION LOTS • Lot 29 - Beachwood Rd, near tennis center & beach club, great location, \$335,000.

• Lots 13 & 14 - Sound Point, deep water, best deal on Plantation, \$75,000.

• Lot 101 - Belted Kingfisher, wooded patio lot, very private, \$248,000. Call (904)545-3017 for more details.

811 Commercial/Retail

GATEWAY COMMONS BUILT OUT OFFICE CONDO - Beautifully decorated. Will sell furnished or unfurnished. \$295,000. (904)993-6793

NOW AVAILABLE**Countryside Apartments****1&2 Bedroom Units**

Rent starting at \$630-\$750

Mon & Wed 8am - 5pm, Fri 1pm - 5pm

1105 S. 13th Street, Fernandina Beach

(904) 277-2103



Yulee Villas
1,2&3 Bedroom Units
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Must move in by 9/30/09
Tues & Thurs 8am - 5pm, Fri 8am - 12pm
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**Marsh Cove Condominiums**

Experience Island living without Island prices!

Features include:

2 bedroom garden units • 2 bedroom townhouse style

3 bedroom garden units • Marsh views

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Washer/dryer connections* • Washer/dryer units available*

Water, garbage & pest control included in rent

Prices starting at \$675.00 per month

*Some features not available in all units

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Saturday • September 19th
1 till 4 pm

ON ISLAND

1559 CANOPY DR - 2447 ASF. - 4BR/2BA - \$419,000

1583 CANOPY DR - 2870 ASF. - 3BR/2BA - \$489,900

4446 TITLEIST DR - 2075 ASF. - 4BR/2BA - \$350,000

5451 FLORENCE POINTE DR - 4378 ASF. - 5BR/4BA

WITH DEEPWATER DOCK - \$1,500,000

B141 AMELIA SURF & RACQUET - 1BR/1BA - \$425,000

MAINLAND

96077 OUT CREEK WAY - 1481 ASF. - 3BR/2BA - \$167,500

**FERNANDINA BEACH REALTY, INC.**

2057 S. Fletcher Avenue
(South of Sadler Roundabout)

Amelia Island

904-261-4011 / 800-741-4011

47426 SR 200 (AIA)
(Across from Lowe's)

Yulee

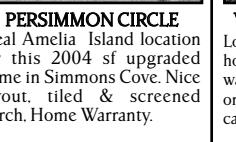
904-261-5011 / 877-261-5011

54218 US Hwy 1
(US1 & Lem Turner)

Callahan

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Visit us at: www.ameliaislandhomes.com and amelia-era.com

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Barrington \$19,900
Blackbeard's Way \$1,065,000
Calhoun St. \$99,500
First Ave \$295,000
Inn Drive \$45,000

Long Point \$575,000
Opal Ave \$395,000
Pinelade Road \$69,000
Somerelus \$99,000
S. Fletcher \$995,000
10th Street \$48,000

Off-Island

Amberwood Ln \$58,300
Bell Lagoon Drive \$88,500
Bennett Ave \$225,500/\$350,000
Brady Point Rd. \$480,000
Burmeister Rd. \$37,000
Cayman Circle \$69,000/\$134,900
Edwards Road. \$59,000
Gravel Creek \$68,900
High Pointe \$119,900
LaFitte's Way \$89,900
Little Piney Island \$300,000

\$55,000-\$75,000
Ross Bluff \$29,900
Southern Heritage \$155,000
US Highway 17 \$350,000
Wesley Rd., 13.61 acres
\$899,000

HIGH POINTE
Magnificent 4/3 brick home in gated community. Tons of upgrades, cul-de-sac lot, handicap accessible.

**SEA HAWK PLACE**

Custom-built 4/3.5 marsh-front home w/in-ground pool overlooking the Intercoastal Waterway. 3064 sf built in 2006.
\$49964 \$625,000



FLORA PARKE
Best priced home in this great neighborhood! Has courtyard garage & covered patio. In good shape but needs carpet & paint. Short Sale!
#50258 \$179,000

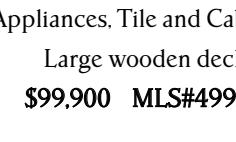
HIGH POINTE
1.2 acre wooded lots in gated subdivision off Barnwell Road. Bring your own builder with no time limit to build.
\$119,900



SEAHAWK PLACE
Custom-built 4/3.5 marsh-front home w/in-ground pool overlooking the Intercoastal Waterway. 3064 sf built in 2006.
\$49964 \$625,000



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The Wimbledon II "B" floor plan - This home is located in prestigious Flora Park, minutes from the beach, historic Fernandina and the Jacksonville Airport. Features include: Stainless steel



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RESIDENTIAL RENTALS

LONG TERM

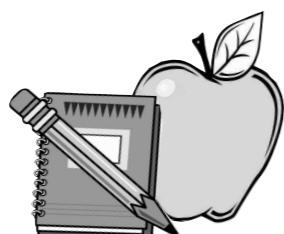
- 2607 Portside Circle 4BR/3BA with 2-car garage \$1,450/mo. +util.
- 2137 Nature's Gate Ct., 3BR/2BA \$1,150/mo. +util.
- 322.6th St. 4BR/2BA \$1,300 + util.
- 2519 S. Fletcher Ave (West Side), 3-4 BR/2.5BA 2800 sq. ft. Home. Lots of parking. Unfurnished \$1,500
- 19 S. 14th St., 2/1, \$900/mo. + util., security deposit \$1,000.
- 4BR/2.5BA Very nice 2500 sq.ft. home at Florence Point \$1,450/mo. + util.
- 3BR/2BA Home on Amelia Island with beautiful view of Egans Creek. \$1,850/mo. + Util. Avail Sept. 1st
- 3BR/2BA Home w/ pool, Dunewood Pl., close to beach and golf course! \$1,350/mo + util.
- 2BR/2BA upstairs condo, unfurnished, unit in Amelia Lakes, smoke free, lots of amenities. \$950/mo.
- 514 S. 14th St. - 3BR/1BA \$875/mo. + util. security deposit \$1,000.
- 619 S. 14th St. 3BR/1BA \$975/mo. + util. Security deposit of \$1,000.
- 2801 Elizabeth St - 3/2 upstairs Apt. Great Deck-Oceanview \$1,000/mo. + util.
- 3BR/2BA on First Ave. w/one car garage. Like new with a partial ocean view \$1,150/mo + util.
- 1602 Inverness Rd. - 3BR/2BA \$1,200/mo + util.

VACATION RENTAL

- AFFORDABLE WEEKLY/MONTHLY 2BR/1BA Oceanview. 487 S. Fletcher. Call for more information

904-261-4066

It pays to learn!
Ask us about our Back-to-School
FREE RENT SPECIAL



City Apartments with Country Charm!

(904) 845-2922

37149 Cody Circle Hilliard, Florida
Mon.-Fri. 8:30-5:30
Sat./Sun. by Appt.

Eastwood Oaks Apartments

- W/D Connections
- Large Closets
- Private Patios
- Sparkling Pool
- Tennis Courts
- Exercise Room
- Close to shopping
- 20 minutes to Jacksonville or Fernandina.

AIA exposure. Great for retail or large office space. \$3100/mo includes rent + tax

904-261-4066

Easy Application Process, Expert Service & Great Prices

Amelia Island, Fernandina Beach and Yulee Rental Homes



918 White – 1040 sq. ft. 2BR/3BA with loft. Hardwood floors, granite countertops, commercial kitchen. Wrap around porch with beautiful back yard. Pets allowed. W/D. On Island. \$1,400/mo

Nassau County's Premier Property Management Specialists

95155 Bermuda – 3038 sq. ft. 5BR/4BA golf and lake front home located in Amelia National. Master down with bonus/media room. 3 car garage, use of social amenities. Pets allowed. Off Island. \$2,050/mo

95425 Bermuda - 3004 sq. ft. 4BR/3BA home located in Amelia National. Sun room and screened patio. Upgraded kitchen overlooks huge family room. Single story with 3 car garage. Social amenities and lawn care included. Pets allowed. Off Island. \$1,995/mo

5209 Village Way – 1789 sq. ft. 3BR/2BA located in Ocean Village. Furnished or unfurnished. Community Pool with beach access and Summer Beach membership available for small fee. Lawn care. Pets allowed. On Island. \$1,950/mo

95118 Sandpiper – 1218 sq. ft. 2BR/2.5BA oceanfront condo with deck overlooking ocean. Furnished or unfurnished. Utilities included. No Pets. On Island. \$1,895/mo

95208 Woodberry – 2258 sq. ft. 4BR/3.5BA located in Summer Beach. Tile throughout and large bonus room. Screened lanai. 2 car garage and community pool. Lawn care and W/D. Pets allowed. On Island. \$1,750/mo

1832 Ocean Village – 1944 sq. ft. 2BR/2.5BA home located in Ocean Village. Screened lanai and hot tub overlooking pond. Sitting area in master bedroom. Lawn care & W/D. Membership available for small fee. Pets allowed. On Island. \$1,650/mo

18 N. 18th – 2072 sq. ft. 3BR/2BA home with study. Tile floors, stainless steel appliances, granite countertops. Porches on front and back. Detached 2 car garage. Lawn care. Pets allowed. On Island. \$1,550/mo

330 S. 7th – 3BR/2BA Built in 1929 and completely renovated. Master suite upstairs, upgraded kitchen. Within walking distance of Centre Street. Pets allowed. On Island. \$1,450/mo

918 White – 1040 sq. ft. 2BR/3BA with loft. Hardwood floors, granite countertops, commercial kitchen. Wrap around porch with beautiful back yard. Pets allowed. W/D. On Island. \$1,400/mo

Photos and Information Available at ChaplinWilliams.com

817 Other Areas

Owner Must Sell - 4+ acres \$57,300. Nice oak trees, pvt access to lake. All utilities in. Ready to build where you are. Financing avail. (866)352-2249. www.finlender.com. ANF

LOG CABIN - on 5 acres w/dockable lakefront only \$69,900. 1791sf log cabin kit on 5 acres w/dockable lakefront on 12,000 acre recreational lake. Boat to Gulf of Mexico. All amenities completed. Exc. financing. (866) 952-5339 ext 1589. ANF

NC MOUNTAINS - Brand new! 2000 sq. ft. mountain top tract reduced to \$15,500. Private, near Boone area, bank financing. Owner must sell. (866)275-0442. ANF

6BR/4BA FORECLOSURE - \$29,900. Only \$238/mo. 5% down, 30 years @ 8% apr. Buy 4BR/2.5BA/mo. For listings (800)366-9783 ext. 5760. ANF

CURTIS H. LASSEUR Real Estate, Inc.

COMMERCIAL RENTALS

• 85078 US 17 Yulee - 150x300 lot with 1 1/2 story sq. ft. building & large paved parking lot. \$2,500/mo. + tax & util.

• 1200 sf. at Five Points Plaza, 816 Sadler Rd. Between Stein Mart and At Home Amelia. Great frontage. Long term lease. \$2400/mo includes CAM + tax.

• 1539 S. 8th St. I room office & bath, private ent. \$300/mo. + tax.

• Approx 850 sf. by Fastenal and Peacock Electric in O'Neil, good exposure on A1A. Great for show room or office space. \$1350/mo + tax + utilities.

• Approx 1,800 s.f. Retail Bldg • 1839 S. 9th St Lease by Huddle House \$2,250/mo + tax or may purchase.

• 2385 JAMESTOWN RD APPROX 2400 SF GREAT for Retail, Office, Industrial or light manufacturing located at Industrial Park by airport. Roll up doors and easy access. Rare zoning allows many uses. \$2,500/mo + tax + util

• DEER WALK - 1,250 s.f. retail/office space. Units range from \$1,750 to \$2,000/mo includes CAM, tax, water, sewer, garbage. First month rent FREE with one year signed lease.

• Amelia Park Office Suites 900 s.f. +/- Fronting 14th Street \$1,685/mo includes all other fees/costs except utilities. One mo. FREE ent w/ signed lease.

• Five Point Village 2250 S 8th St Old West Marine space, 2,900 HSF ample parking, AIA exposure. Great for retail or large office space. \$3100/mo includes rent + tax

• Nassau Club Apartments Best Address in Fernandina Beach

1, 2, 3 & 4 Bedrooms

✓ Pool

✓ Fitness Center

✓ Business Center

✓ Gated Community

FREE RENT

Call for Details

(904)277-2500

REAL ESTATE RENTALS

851 Roommate Wanted

MATURE PERSON - prefer non-smoker to share lg 2BR/1BA located across from beach. Inc. cable, phone/free L.D. \$400 + 1/2 elec. + dep. 904-277-0040

ROOMMATE - in Yulee off Pines Dairy, 3BR/2BA MH on 1 acre with pool, W/D. Single person only, no kids or pets. \$400/mo. & 1/2 utilities. Call 753-3861.

852 Mobile Homes

2BR/1.5BA SWMH - on large waterfront lot. Near I95. W/D incl. \$700/mo + \$700 dep. Call (904)277-7132

2BR/2BA Trailer - Blackrock area. Heat & air. \$650/mo. + \$500 deposit. Call (904)261-6484

SEVERAL CLEAN PRIVATE homes for rent - 3/2 DW - \$850. Large 2/3 DW/garage - Nassauville, \$850. 2/1 SW - Chester Rd., \$650. (904) 206-3423.

2BR/1BA - \$600/mo. + \$300 security deposit. Call (904)753-1691.

STATIONERY RV FOR RENT - Weekly & monthly rates. (904)225-5577

3BR/2BA NEW HOME - for rent. \$1400/mo. + \$1400 deposit. Gated community off Island. Please call (904)4383 or (904)237-7324.

On Island/In Park - Remodeled 2/2 & 3/2 DW SMWH starting \$185 wk & monthly rates \$695 mo. + dep. Utilities avail. Furnished or unfurnished. 261-5034

3BR/2BA SWMH - on large waterfront lot. Near I95. W/D incl. \$700/mo. + \$700 dep. Call (904)277-7007.

3/1 APT. FOR RENT - S. Fletcher

Between Simmons. All appts. Dishwasher, W/D. Beach access across street. Includes water & sewer. (904)489-1645

2BR/1BA - Near beach. \$675/mo. + \$675 dep. Water & trash included. Call (904)583-3811.

For Rent - 2BR/1.5BA townhouse apt. Newly rebuilt. CH&A, stove, refrig, d/w, carpet. \$795/mo. + dep. ref's. 828 Nottingham Dr. (904)261-3035

LARGE 900SF STUDIO - 10' ceilings, crown molding, ceiling fans, CH&A, W/D hookup. \$750/mo. Includes all utilities. \$56-9581

3BR/1BA APT. - off Blackrock Rd. Ready to move in. \$650/mo. Call (904)237-0929 or (912)467-3654.

OCEANFRONT 1BR - \$675, utilities included. Service Animals only. Available now. Call Jody (904)583-9597.

10' CEILING 1BED 1BA - Quiet neighborhood living. 2BR/1BA, patio apartment. \$800/mo. + \$800 dep. Available now. Call Jody (904)583-9597.

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