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Volume 4, Issue 8

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May 2010

## Seussical a big hit at Loretto

By Contributing Writer Ann Gipalo, Editor, Loretto PTA Newsletter



Thing 2 (Kenzie R.), Sour Kangaroo (Osjah C.), The Cat in the Hat (Valentina D.) and Thing 1 (Megan H.) from the musical "Seussical." Photo by Vicki Nittinger, Loretto parent.

*Seussical*, an original musical based upon the stories of Dr. Seuss, was a big hit at Loretto Elementary throughout the month of March. The musical, based upon the stories of Theodor Geisel, known to all as Dr. Seuss and using the music from *Seussical, The Musical* was written and choreographed by fifth grade teacher Kristie Holley in response to a request last fall by the Loretto Reading LVC (Vertical Learning Community) to put on a musical in March to help celebrate Dr. Seuss's

birthday.

Holley was a little reluctant to take on a musical, but in the time it took her to walk back to her classroom after the meeting, she decided to go for it. It would have been hard not to do a play this year because several students, in particular Adam R., who played Horton, had been asking since the first day of school in August what play the class was going to put on this year! This year will be the third year in four that Holley's (and her co-teacher Alethea

Lambert's) class has put on a play for the school. Previous productions have included Horton Hears a Who and You're a Good Man, Charlie Brown.

Holley usually gets started on a play in October or November, but this year things didn't get going until January. Students were allowed to try out for as many parts as they were interested in and had to memorize lines and perform a musical number for their audition. You'd never know it from the final performances, but Holley and Lambert said this year's cast included several very shy students. Only one student (Osjah C. - "Sour Kangaroo") had ever performed in public before.

Once the parts were cast, parents were enlisted to help with costumes and props. Holley gave each student detailed descriptions of what they needed for their character, but several students suggested modifications and added details on their own to make their character even better.

Quite a bit of commitment and sacrifice was needed on the part of the students (and their parents) to get everything ready in eight short weeks; rehearsals took place after school and during recess. The first **Seussical cont. on page 11**

## Relay for Life is coming soon! Survivors are the most important reason we Relay

By Contributing Writer Kim Renne, Volunteer, American Cancer Society



Team L.I.F.E.

On May 22, 2010, our Mandarin community will join over 4,000 communities nationwide and around the world in the fight against cancer. A survivor is anyone who has ever heard the words "you have cancer." We invite all cancer survivors in the community to attend Relay for Life,

Our goal is to create a world where more people survive cancer so they can celebrate another

birthday. We hope to celebrate over 100 cancer survivors and their caregivers from our community. This year more than 11 million people worldwide will celebrate another birthday thanks to the support of millions of dedicated Relay participants.

Relay for Life is an 18-hour event. Teams of 10-15 participants

**Survivors cont. on page 4**

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## What an artistic weekend at the 42<sup>nd</sup> annual Mandarin Art Festival!

By Karl Kennell

The crowd of art aficionados has departed with hundreds of them carrying their new found artistic treasures. They all discovered their finds at the 42<sup>nd</sup> annual Mandarin Art Festival on Easter weekend, Saturday April 3 and Sunday April 4. The weather was beautiful for spending both days wandering among the over 130 displays of amazing talent this year's artists presented.

Artists and artisans from around the area, many familiar



from previous years, had returned and new nationally recognized artists came to join in the longest running festival of its kind in Northeast Florida. They all set up tents under the majestic oaks at the

Mandarin Community Center to display their works.

This year had a special atmosphere and feel. The artists always begin the weekend wondering just how many patrons will not only enjoy viewing their works, but how many will actually fall in

love with a piece to take it home for that special spot in their house. The consensus is that the weekend was a grand success. Hundreds

**Art Festival cont. on page 5**

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Koi Joy

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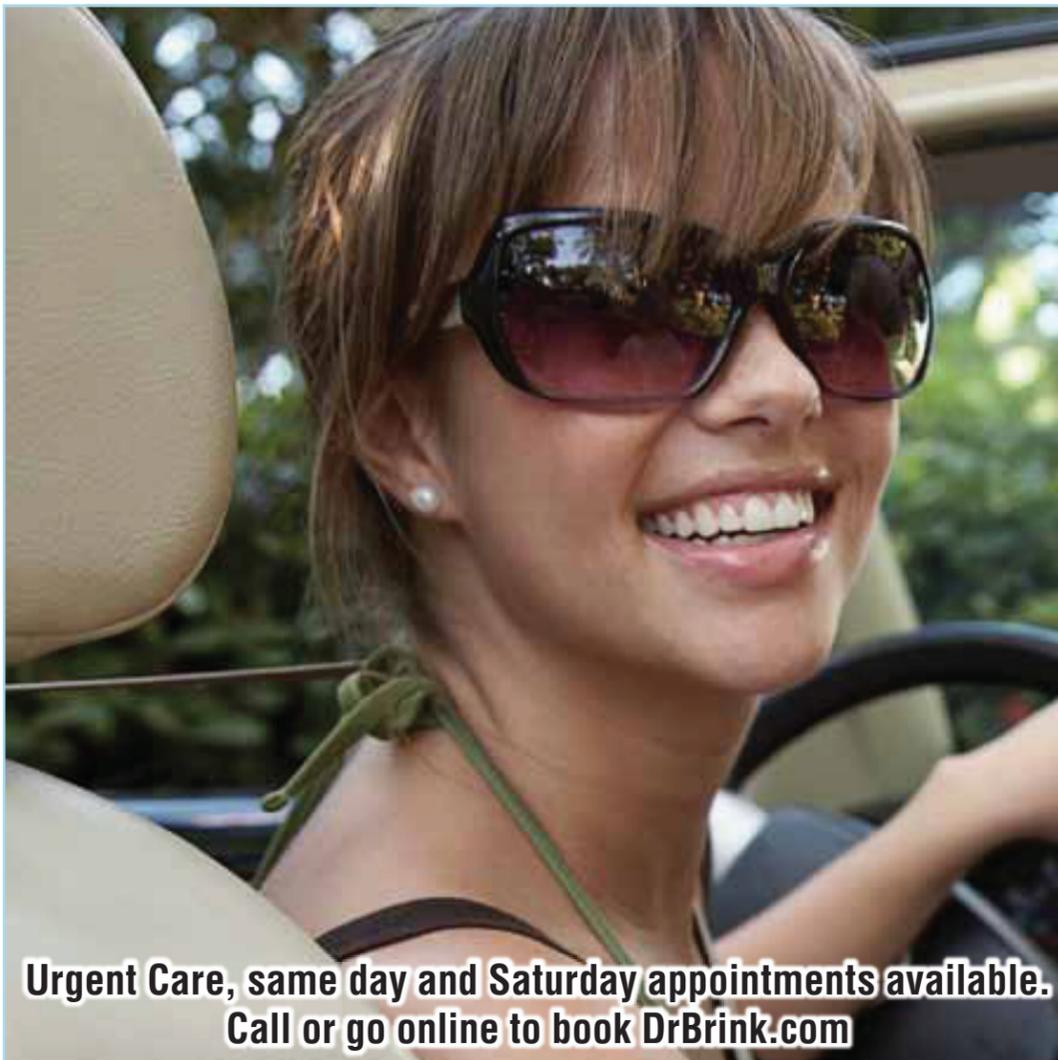
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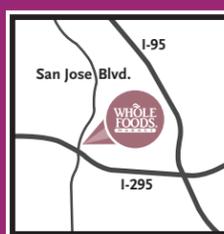
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# The Sheriff Reports

By Contributing Writer John H. Rutherford, Duval County Sheriff

## Officer involved shootings: How the investigative processes work

As facts begin to be released regarding the conduct of police officers in the March 26

Baymeadows Road robbery and armed kidnapping, it is important that we make clear the standard investigative processes involved so that citizens can have confidence in both the competence and the integrity of their police officers. When a citizen is injured by police officer, two investigations occur.

• The State Attorney opens an investigation into the actions of the officer to determine whether that officer has committed a crime. This criminal investigation of the officer's actions is standard practice and is designed to protect the public from wrongdoing by police. All Jacksonville police officers are trained in the law regarding their profession and are held to a high standard of accountability by Flor-

ida law and by the State Attorney. During this criminal investigation the officer's actions are examined from the standpoint of a citizen accountable to the law.

• The Jacksonville Sheriff's Office investigates the same actions of the officer to determine whether the officer's actions conformed to the policy and standards of the agency. All agency employees are trained before and throughout their careers on the policies of the department and are clear regarding the expectations we have of them as law enforcement professionals. During this administrative investigation the officer's actions are examined from the standpoint of a professional employee accountable to departmental and professional standards.

The State Attorney's investigation comes first in the sequence.

During the State Attorney's criminal investigation of the officer he or she is, of course, afforded the same legal rights as any other citizen, including (especially) the right against self-incrimination. Since the administrative investigation by the JSO involves compelling the officer to explain his or her actions, this administrative investigation comes after the criminal investigation to ensure that no criminal prosecution of alleged officer wrongdoing is tainted by the defense of a "compelled confession." The courts refer to this as the "Garrity Rule."

Once the State Attorney's investigation is complete and the officer has been cleared or prosecuted, the balance of the administrative investigation is conducted. This investigation requires the officer to appear before a Response-to-Resistance Board – open to the public – explaining his or her actions and may result in a recommendation to the Sheriff that the officer be exonerated, receive greater training or receive disciplinary measures up to and including dismissal. Following that and based on the outcome of the administrative investigation, the Sheriff makes a decision as to the final disposition regarding the officer as an employee. Sheriff Rutherford is solely accountable constitutionally for making the final decision concerning any administrative actions to be taken against police officers.

The criminal investigation by the State Attorney into the actions of these officers is not yet complete. We are unable to comment on specifics of the investigation beyond the account of the incident by the Undersheriff on the day of the incident (March 26) and by the Sheriff on March 27 and April 8. These accounts are available, unedited, on [www.jaxsheriff.org](http://www.jaxsheriff.org).

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The website's news section also contains all the charts, graphs, videos and information the Sheriff's Office shares with the public during our press conferences and via the web. Daniel Crichton and all of his family remain in the thoughts and prayers of the members of the Jacksonville Sheriff's Office.

## Governor Crist announces advancement of First Coast Outer Beltway Project

Continuing his focus on strengthening Florida's economy during a site visit to Clay County in late March, Governor Charlie Crist announced the First Coast Outer Beltway project competitive bidding process will move forward. The First Coast Outer Beltway project is expected to create thousands of jobs when construction begins. The \$1.8 billion project will be competitively bid as a Public Private Partnership (PPP) opportunity for private sector businesses.

"After decades of discussion, it is exciting that this project will enter a new phase," said Governor Crist. "Connecting businesses and regions through better infrastructure ensures that goods are transported more quickly and consumers can have access to more businesses. The Department of Transportation has set the pace for the next

generation of Florida transportation improvement projects, improving the quality of life for the residents and visitors."

The First Coast Outer Beltway is formed by the St. Johns River Crossing and Branam Field-Chaffee Road (State Road 23) around the Jacksonville metropolitan area. The beltway will provide a direct connection, outside of the Interstate-295 loop, between Interstate-95 and Interstate-10 at minimal cost to the Florida Department of Transportation or the state. The beltway will also open new avenues for moving commercial traffic to the Cecil Field area without adding congestion to existing roadways and provide additional capacity across the St. Johns River. When the construction commences, the \$1.8 billion improvements project will be the largest infrastructure project

ever undertaken by the Florida Department of Transportation.

By using a PPP and innovative contracting solutions, the project will be built years earlier than with traditional contracting methods. The awarded contractor(s) will serve as the concessionaire to design, build, finance, operate and maintain the beltway. The Florida Department of Transportation is currently engaging private contractors in a competitive bidding process.

The Governor was joined at the event by FDOT Secretary Stephanie C. Kopelousos; Councilman Richard Clark, president of the Jacksonville City Council; Commissioner Travis Cummings of the Clay County Commission; and Commissioner Ron Sanchez of the St. Johns County Commission.

**Survivors cont. from page 1**

camp-out and take turns walking the track for 18 hours because cancer never sleeps. This year we currently have 55 registered teams and we welcome more! The atmosphere is fun and festive. Participants will enjoy many great family oriented activities, live entertainment, music, games, bounce houses, children's events, food and more.

When survivors arrive at the event they will be able to check in at the survivor tent and pick up a survivor shirt, survivor or caregiver

sash, along with a goody bag of treats. At 12:00 noon, survivors and their caregivers will then complete the inspirational Survivor Lap around the track followed by a luncheon reception generously donated by Applebee's restaurant. Scot Ackerman, M.D., from First Coast Oncology – Mandarin will be our guest speaker.

Relay will be held at Mandarin High School's track on Greenland Road. The event begins at 12:00 noon on Saturday, May 22 and will end at 6:00 a.m. on Sunday, May 23.

All of the funds raised will support the American Cancer Society's programs of education, advocacy, research and patient services in our community. If you would like to register as a survivor or caregiver or get more information about how to get involved, please visit our website at [www.relayforlife.org/Mandarinfl](http://www.relayforlife.org/Mandarinfl). You may also contact Kim Renne, survivor chair, at 886-3109 or [kimrenne@yahoo.com](mailto:kimrenne@yahoo.com).

See you at Relay! Together, we can make a difference in the fight against cancer!



## School District Journal

By Contributing Writer Tommy Hazouri, School Board Representative, District 7

**Budget shortfall:** Last month, the Superintendent held several meetings addressing the 2010-11 school budget. Every meeting, at Sandalwood, Ribault, Forrest and Mandarin, had nearly 1,000 in attendance to hear the Superintendent discuss next year's budget, what the legislature is proposing and how it could impact our schools. Those attending these outstanding meetings filled out cards with questions for the Superintendent to answer and suggestions with their individual recommendations.

As a former state legislator and mayor, I have never seen such an outstanding turnout. It was a very positive setting as we learned of the severe cuts by the Legislature and what we as a district and county can do to make a difference.

As you know, the past two years the state legislature has made severe cuts in education. While claiming public education was their priority, it was clear their commitment to adequate funding was not to be seen. This year is no different. Yes, the economy is sluggish, but then that is where you make the hard decisions.

School districts are not asking for more (though the state ranks 50<sup>th</sup> among states' per capita dollars for students), we at least want to keep the field level.

As of this date (the legislature ends near the time the Mandarin

NewsLine is published), the Duval County School District estimates a shortfall of \$65 million.

We anticipate a revenue shortfall of \$10 million; fixed cost increases of \$40 million; and \$25 million to meet the class size amendment. The total is \$75 million.

In carrying out our constitutional responsibilities, your School Board has been very responsible. Drastic administrative cuts have been and are continuing to be made. Transportation costs have been slashed and middle and high school hours have had to be shortened, though we still have not reduced our core academic responsibilities. Interestingly enough, when compared to income in total revenue for public education, we have the lowest administrative costs of any state.

With all of this budgetary bleakness, the Duval County Public Schools are still enjoying many successes and our Mandarin schools are among the top of that list.

Our district grade as given by the state is a "B" and very close to an "A." And student achievement has continued to improve during the last ten years. The number of A schools has increased by 630 percent, from 10 in 1999 to 73 in 2009; the number of B schools has increased by 314 percent, from seven in 1999 to 29 in 2009. The

2008-2009 graduation rate is up 3.2 percent from the 2007-2008 school year and up 7.1 percent since 2005-2006. Are we heading in the right direction? Indeed we are. But do we think we can do better? Absolutely!

But we can ill afford to let the state legislature hold us up or hold us back. And while our District has to address this money crisis, the legislature passed Senate Bill 6/ House Bill 7189, which is awaiting the Governor's signature or veto. This bill relates to how teachers and principals are evaluated, compensated and how they maintain certification and professional service status. It received no public input, has no transparency and passed in a very close vote without any accountability for the reality of schools; especially those schools that are currently lower performing. Duval County has already addressed many of the issues in the bill; however, several aspects of the bill negatively impact our present and future classroom teachers. The fiscal impact is devastating, which includes no funding for a \$900 million incentive program that requires 5 percent of each school district's existing funds beginning 2011 to be used for incentives. This is an additional \$50 million hit on our budget.

The budget, SB 6 and let's not forget the elected vs. appointed school board issue, have been a fatal distraction for students, teachers, parents and administrators, while we are trying to address our number one priority – student achievement.

**News bulletin:** After this article was sent to Mandarin NewsLine, Governor Crist vetoed SB6. Many thanks to all the teachers, students, parents and administrators who made thousands of requests to Governor Crist for him to veto this bill.

### Important Dates:

- May 4: School Board Meeting
- May 12: Student Early Release Day
- May 28: Schools Closed
- May 31: Memorial Day (Schools and District Offices Closed)

### Thought for the Day:

Learning is not a spectator sport....Anonymous

**Art Festival cont. from page 1** found just the right thing and just couldn't leave without it.

Club event coordinator Susie Scott pondered that the success was based not only on including the same favorite local artists we expect to see each year, but also it was the fresh feel of having more nationally recognized artists who have never appeared in the past join in the festival. This nationally recognized art festival has become noted among the art community as a "must include" on the show list. It has grown year after year, ever since Judge Edward P. Westberry spearheaded the start of the first Mandarin Art Festival in 1968. He undoubtedly would be very proud of what he conceived.

Scott explained how deciding to collaborate with nationally recognized Howard Alan Events to manage operations of the festival brought a new fresh approach as well as giving the volunteers the opportunity to do what they do best, which is promote the Mandarin Community Club and all the benefits it brings to the Mandarin community. She particularly was very grateful for the help the volunteers of the Rotary of Mandarin

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provided.

"The Rotarians were our angels on an Easter weekend," she exclaimed.

The continuing tradition of the children's art show and contest was held again in the Community Club. Of course there were some of the most amazing works of art by some very talented students from around the community. The art seminars put on by the Young Rembrandts were all filled. Delicious and tasty deserts on display during the festival at the bake sale in the Community Club were

quickly picked-up and carried home to enjoy.

The new component this year of having a Green Market during the festival at the Billard Commemorative Park adjacent to the Mandarin Community Club was so popular many vendors were challenged to keep their stalls filled with delicious vegetables and items.

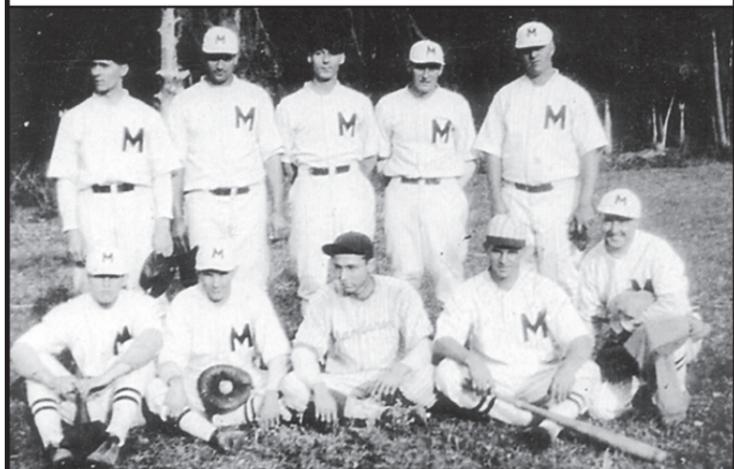
We look forward to seeing you next year for the 43rd annual Mandarin Art Festival. Most likely we will be watching you leave with your own artistic treasure!

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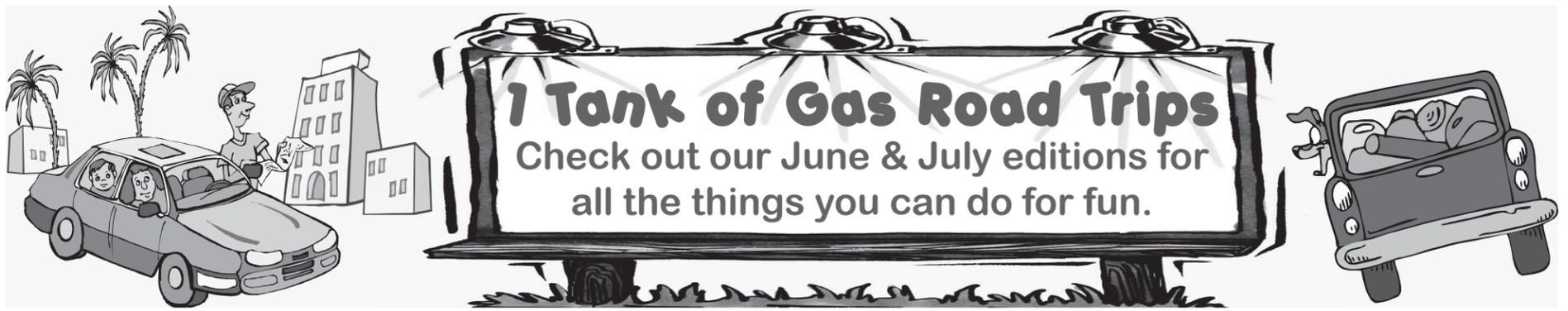
## Remember When?



### Go Mandarin Orange Pickers! c. 1925

The Mandarin Orange Pickers (1925-1956) were a semiprofessional baseball team that first played behind the Mandarin Store and Post Office before moving in the 1940s to Alberts Field. The team was first mentioned in the minutes of the Mandarin Community Club in 1925 when the club voted to split the concession proceeds with the team. To learn more about Mandarin history, please visit the Mandarin Museum and Historical Society. For more information, call 268-0784 or email mandarinmuseum@bellsouth.net.

Photo provided by the Mandarin Museum and Historical Society.  
Watch this space each month for more memories!



## Safe Kids Northeast Florida joins partners to eliminate "forgotten child" deaths

As summer approaches, bringing with it warmer temperatures, Safe Kids Northeast Florida, led by Wolfson Children's Hospital, is working to increase awareness and urge caregivers to never leave children alone in a vehicle.

Unfortunately, though it is only May, the first heat stroke fatality has already occurred. With the goal of having no more children die from heat stroke when they are forgotten in cars, safety experts and child advocates remind parents and caregivers to always check for sleeping children before leaving a vehicle.

Between 1998 and 2009, 445 children died from heat stroke because they were unattended in vehicles that became too hot for them to survive.

"A child's body heats up three to five times faster than an adult's and unattended children have no way of protecting themselves in a hot vehicle" says Cynthia Dennis, RN, Safe Kids Northeast Florida coordinator. "The overall goal of

the campaign we are launching today is to make sure no more children will die in 2010 because they were unattended in a vehicle. We want parents and caregivers to take precautions so that this tragedy does not happen to them."

More than 50 percent of the children who died from heat stroke were forgotten by a caring adult who became distracted when they left the vehicle. When left unattended by an adult, 30 percent of affected kids gained entry into an unlocked vehicle, became trapped and were overcome by heat. It takes only minutes for a child to be at risk of death and serious, permanent injury in a hot car. Drivers must keep car doors locked and keys out of reach from young children.

Safe Kids Northeast Florida and Wolfson Children's Hospital urge all adults who transport children to take the following steps:

- Call 911 if they see a child unattended in a vehicle.
- Never leave children alone in a

car - even for one minute.

- Set your cell phone or BlackBerry reminder to be sure you drop your child off at daycare.
- Set your computer "Outlook" program to ask you, "Did you drop off at daycare today?"
- Place a cell phone, PDA, purse, briefcase, gym bag or whatever is to be carried from the car on the floor in front of the child in a back seat. This forces the adult to open the back door and observe the child.
- Have a plan with your child care provider to call if your child does not arrive when expected.
- Keep keys and remote entry key fobs out of children's reach.
- Lock all vehicles at all times.
- Check cars and trunks first if a child goes missing.

For more information on preventing hyperthermia deaths, visit [www.gggweather.com/heat](http://www.gggweather.com/heat) and [www.safekids.org/nlyca](http://www.safekids.org/nlyca). Be sure to never leave your child alone in a car.

## Cystic Fibrosis Foundation sets 2010 Great Strides walk events

In cities all across the country, people are taking steps to cure cystic fibrosis in the Cystic Fibrosis Foundation's annual Great Strides walks. In Northeast Florida, four Great Strides walks are scheduled to take place in April and May in areas such as Atlantic Beach, St. Augustine, downtown and Fernandina Beach. The Northeast Florida goal for Great Strides is to raise more than \$305,000.

"Last year, more than \$268,000 was raised in Northeast Florida alone with Great Strides, which is the foundation's only national event," said Claudia Werner, executive director of the Cystic Fibrosis Foundation North Florida office. "I encourage individuals, companies and friends to form a Great Strides team and walk for a cure at a Great Strides site that is convenient for them."

The 2010 schedule for the Great Strides walks is:

- 9:00 a.m. Saturday, May 1 – Hanna Park Great Strides at Hanna Park, 500 Wonderwood Drive, Atlantic Beach. Outback Steakhouse grills lunch on site.
- 9:00 a.m. Saturday, May 1 – St. Augustine Great Strides at World Golf Village, One World Golf Place, St. Augustine. Lunch will be provided.
- 6:00 p.m. Thursday, May 13 – Riverwalk Great Strides at the Crowne Plaza Hotel, 1201 Riverplace Boulevard, downtown Jacksonville. Hors d'oeuvres provided by Crowne Plaza.
- 9:00 a.m. Saturday, May 15 – Fernandina Great Strides at Fort Clinch State Park, 2601 Atlantic Avenue, Fernandina Beach. Lunch will be provided.

Check-in for the Saturday Great Strides walks begins at 8:00 a.m. and the walks are 10K or 6.2 miles. The routes are suitable for walking, running, strollers, wagons, bicycles, scooters or four-legged friends. Check-in for Riverwalk Great Strides starts at 5:00 p.m., with a much shorter course adjacent to the St. Johns River on the Southbank Riverwalk. Immediately following Riverwalk Great Strides, participants are invited to linger poolside and enjoy live music.

Participants can register for Great Strides by going to the Great Strides website, [www.cff.org/Chapters/nfl/greatstrides](http://www.cff.org/Chapters/nfl/greatstrides). Once the team leader has registered online, walkers can sign up and utilize the online fundraising tools provided. Everyone who raises at least \$100 receives an official Team T-shirt.

For more information about forming a team, walking or sponsorship, contact the North Florida Cystic Fibrosis Foundation at 733-3560.

The Cystic Fibrosis Foundation (CFF) is the leading organization devoted to

curing and controlling cystic fibrosis (CF), a life shortening genetic disease that affects the lungs and digestive system causing serious complications. The CFF is recognized as one of the most efficient charities in the country, which means that donors can be assured that CFF is spending its money wisely. With the support of the CFF, there have been significant advances in CF research and care over the past 50 years. The median survival age has improved from early childhood in the 1950s to 37 years today. Research is currently taking place that suggests it may be possible to actually repair the defective CF gene, which contains misfolded protein. It is believed that this approach to treatment could stop the cascading effects of CF and benefit other diseases such as Duchenes Muscular Dystrophy and some cancers. After more than 50 years of service, the CFF remains committed to its core mission: to assure a means to cure and control cystic fibrosis and to improve the quality of life for those with the disease. For more information, visit [www.cff.org](http://www.cff.org) or call the North Florida CFF office at 733-3560.

The Mandarin Community Club and Mandarin Art Festival Committee would like to recognize and thank those who contributed items to this year's raffle: *the Jacksonville Jaguars, Espling Jewelers, Anthony & Sandra Day Spa, the St. Johns Riverkeeper, Vicki Martz of Arnold Palmer Golf Design Company, the Jacksonville Historical Society, Betty Wolfe, Susie Scott, the Tree Steak House (Mandarin), Cafe du Marche, Picasso's, e2ride Bike Tours and Mayor John Peyton and the City of Jacksonville*. Proceeds from the raffle will benefit the Billard Commemorative Park located on Brady Road adjacent to the Mandarin Community Club.



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**P.A., REALTOR®**

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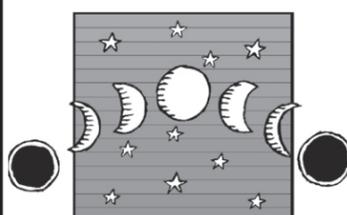
Randy Martin has been a sales associate for the past 8 years and has also been named "Best in Customer Satisfaction" for the last 6 years in a row. He is consistently one of Watson Realty Corp's Top 10 Agents.

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## VFW announces student competitions

President Patricia McQuaig of the Ladies' Auxiliary to the Veterans of Foreign Wars (VFW) Charles E. Bennett Post 1689 announces the kick-off of this year's Veterans of Foreign Wars and its Ladies' Auxiliary "Patriot's Pen Essay Competition." Students in grades six through eight have the opportunity to compete in the VFW's annual essay competition and win thousands of dollars in United States Savings Bonds; the top 45 national winners all receive at least a \$1,000 savings bond. The first-place award is currently a \$10,000 savings bond plus an all-expense paid trip to Washington, D. C. for the winner and a parent or guardian.

This year's theme is "Does Patriotism Still Matter?" Students begin by competing at the local Post level. The deadline for entries at the Post is November 1, 2010. Post winners advance to district and district winners compete in the state competition. Each year, more than 130,000 students participate in the Patriot's Pen Essay Competition. Students are invited to write a 300 - 400 word essay on a patri-

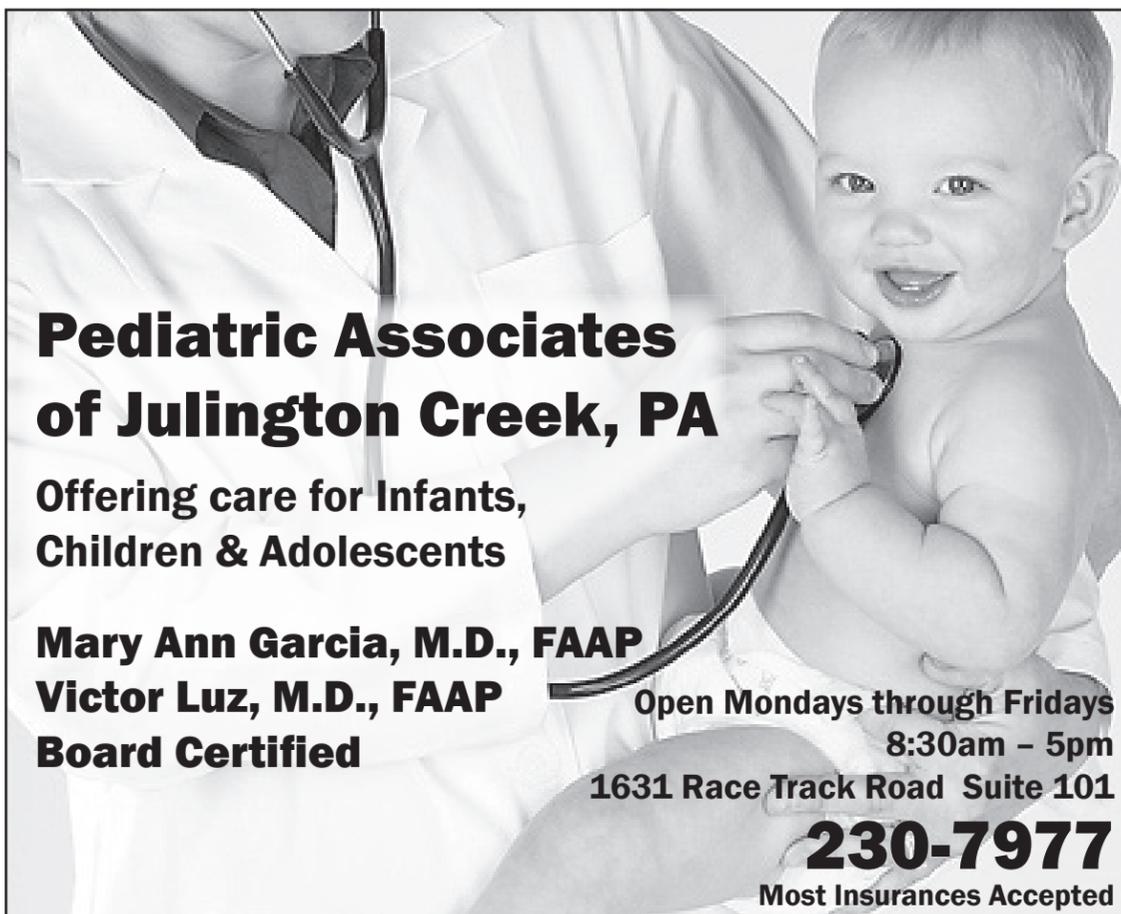
otic theme.

Additionally, the Ladies' Auxiliary to the Veterans of Foreign Wars (VFW) Charles E. Bennett Post 1689 announce the kick-off of this year's VFW and its Ladies' Auxiliary "Voice of Democracy Scholarship Competition." High school students have the opportunity to compete in the annual audio essay competition and win thousands of dollars in scholarships, a trip to Washington, D.C., as well as dozens of other awards.

Students compete by writing and the recording a three-to-five minute audio/essay expressing their views of this year's patriotic theme "Does My Generation Have a Role in America's Future?" Students begin by competing at the local Post level. Deadline for entries at the Post is November 1, 2010. Post winners advance to district and district winners compete in the state competition. The state winner will enjoy a trip to Washington D.C. along with the winners from every state, the District of Columbia, the Pacific Areas, Latin America/Caribbean and Europe.

During the nearly 60 years that the Veterans of Foreign Wars and its Ladies' Auxiliary have been involved with Voice of Democracy, more than 7 million high school student have participated. All state winners receive at least a \$1,000 national scholarship but any one of them could win the \$30,000 first place award. A total of \$148,000 in national scholarships is awarded to national finalists in addition to the scholarships and awards given at the preliminary levels of competition.

Interested students and teachers should contact the Ladies' Auxiliary Voice of Democracy Chairman, Patricia McQuaig at Charles E. Bennett Veterans of Foreign Wars Post 1689 Jacksonville by phone at 743-6767. For more information, please visit [www.vfw.org](http://www.vfw.org).



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## Youth Scene

### Students raise money for AIDS awareness

By Amy Olsen

AIDS is a global crisis, but on April 14, it became personal in Mandarin. Two Mandarin High School students, Kelsey Whitlow and Jeremy Wegner, ran eight grueling miles to raise money for He Intends Victory, a Christian organization dedicated to spreading hope to people infected with HIV/AIDS. Their inspiration for running eight miles came from the knowledge that eight million people are affected with HIV/AIDS worldwide.

"AIDS carries a stigma and it is kind of ignored by the Christian community," Whitlow said. "When I learned at church how many people are impacted by

HIV/AIDS, I knew I wanted to help, since Jesus calls us to care for the sick and needy."

Whitlow and Wegner partnered with their small group at River City Church, which meets in Riverside on Tuesday evenings. When their small group leader, Britney Fluharty, offered up her time to organize a run, Whitlow and Wegner leapt at the chance to participate. However, the eight miles they traveled on Hartley Road in Mandarin were the end of a long journey. For weeks, they collected donations and their efforts led to approximately \$900 being raised.

"Kids at school gave me a couple bucks. Believe it or not, the biggest donation I received from a student was only \$5. But pocket change added up quickly and when my collection was combined with everyone else's, the results were incredible," Whitlow said.

The group used the funds they collected to host an AIDS awareness conference in partnership with He Intends Victory at their church the following Saturday, April 17, from 10:00 a.m. until 2:00 p.m. The impressive amount of money they raised enabled them to fly special guests to Jacksonville for the event. These guests shared personal testimonies concerning how AIDS has affected them.

"It is always really impacting to see and hear people who are affected by AIDS. AIDS/HIV is virtually a death sentence, but these people are fighting back. Through He Intends Victory and our meager efforts, we want to give people the hope they need to fight back, because that's caring for the sick and that's what we're told to do by the Bible," Whitlow said.

Global problems like AIDS may appear insurmountable, but the desire local students have shown to bring hope to AIDS victims provides hope that youth will meet other problems head-on as well. In the words of Whitney Houston, "children are the future"—and the future is bright.

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**Part one of a four part series**  
**Life cycle analysis: The ultimate new green measurement tool**

By Contributing Writer Cate Dobbins

One of the biggest buzz words in the “green movement” today is sustainability. In the Merriam-Webster dictionary, sustainability is defined as “of, relating to, or being a method of harvesting or using a resource so that the resource is not depleted or permanently damaged.” According to sustainability expert Julie Urlaub, the goals of living sustainably are two-fold: first, to embrace and mitigate the environmental impact of your lifestyle and the choices you make in your life, and secondly, to make the effort to close the gap from where you currently are along the green living continuum to living as closely to complete sustainability as you possibly can.

Good news: there is a new tool at our disposal which is evolving and coming into more widespread usage everyday. It is called Life Cycle Analysis (LCA; you will also find in some cases the last word of the acronym stands for Assessment). LCA now makes it possible for the sustainability of products, processes or services to actually be measured in a meaningful and quantitative way. LCA is a technique to assess the environmental aspects and potential impacts associated with a product, process, or service. This is done by compiling an inventory of relevant energy and material inputs and environmental releases. Next, evaluation is done

on the potential environmental impacts associated with identified inputs and release. Finally, the results are interpreted to help you make a more informed decision.

One of the most interesting books I have read in a very long time is called *Ecological Intelligence* by Daniel Goleman (Broadway Books, April 2009). It gives a both horrifying and hopeful picture of the past, present and future of the sustainability of our consumer culture. Goleman explains: “An industrial engineer’s version of the deconstruction of stuff is called Life Cycle Assessment or LCA, a method that allows us to systematically tear apart any manufactured item into its components and their subsidiary industrial processes and measure with near-surgical precision their impacts on nature from the beginning of their production through their final disposal. LCAs had a prosaic start; one of the very first such studies was commissioned by Coca-Cola back in the 1960s to determine the relative merits of plastic and glass bottles and quantify the benefits of recycling. The method slowly spread to other industrial questions; by now a large and growing band of companies with national or international brands deploys the method somewhere along the way to make choices in product design or manufacturing—and many

governments use LCAs to regulate those industries.

“This transforms our notions of “green” from what seems a binary judgment—green or not—into a far more sophisticated arena of fine distinctions, each showing relatively better or worse impacts along myriad dimensions. Never before have we had the methodology at hand to track, organize and display the complex inter-relationships among all the steps from extraction and manufacture of goods through their use to their disposal—and summarize how each step matters for ecosystems, whether in the environment or in our body. Every small step toward green helps, to be sure. But our craze for all things green represents a transitional stage, a dawning of awareness of ecological impact but one that lacks precision, depth of understanding, and clarity. Much of what’s touted as “green” in reality represents fantasy or simple hype. We are past the day when one or two virtuous qualities of a product qualify it as green. To tout a product as green on the basis of a single attribute—while ignoring numerous negative impacts—parallels a magician’s sleight of hand.”

In the next article, I will discuss the lie that is “green washing,” one of the most unseemly aspects of advertising and promotion.

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**Realtor earns designation to help homeowners in danger of foreclosure**

Scott Dunn, owner and operator of Loss Mitigation Solutions of Jacksonville and an agent with Keller Williams of Jacksonville has earned the prestigious Certified Distressed Property Expert® (CDPE) designation, having completed extensive training in foreclosure avoidance, with a particular emphasis on short sales. At a time when millions of homeowners are struggling with the possibility of foreclosure, the skills and education accumulated by Dunn will help benefit Jacksonville area residents and communities.

Short sales allow the distressed homeowner to repay the mortgage at the price that the home sells for, even if it is lower than what is owed on the property. With plummeting property values, this can save many people from foreclosure and even bankruptcy. More and more lenders are willing to consider short sales because they are much less costly than foreclosures.

Today, more than 13 percent of homeowners are delinquent on their mortgage or in the foreclosure process. This is occurring across all price ranges and the fastest-growing category of homes in foreclosure is the luxury home market.

Dunn, who has been special-

izing in short sales and working with distressed homeowners for the past three years, says, “The CDPE designation is a valuable and recognizable certification that adds credibility to my already successful business. It is so rewarding to be able to work with homeowners and lenders on complicated short sales and to provide solutions that have a positive outcome for all parties.”

Alex Charfen, co-founder and CEO of the Distressed Property Institute in Austin, Texas, said that agents such as Dunn with the CDPE Designation have valuable perspective on the market and training in short sales that can offer homeowners real alternatives to foreclosure, which can be devastating to credit ratings.

“These experts better understand market conditions than the average agent, and can help sellers through the complications of foreclosure avoidance. Our goal is to help as many homeowners as possible, by educating as many real estate professionals as possible,” Charfen said. “Scott Dunn has demonstrated a commitment to the struggling homeowners, and will provide much-needed assistance in stabilizing the community.”

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**Volunteers welcome!** Please call the Food Bank at 292-1675 during open hours (Monday, Wednesday and Friday from 9:00am-11:30am)

## School pays off! Local youth saves father

Written by Matthew Zipron, 10<sup>th</sup> grade Medical Academy Student, Mandarin High School

Thursday night I was with my family watching my dad play basketball for our church team. After he was playing for only a couple of minutes, he collapsed. We thought his ankle caused the collapse because when he was younger he pulled some ligaments. At the time I was keeping score of the game so my mom gave me his water to bring to him. When I ran closer to my dad I saw that he was pale and sweaty, but I knew he wasn't playing for that long. While I continued keeping track of what was going on in the game, I saw my dad walking past the crowd when he collapsed again; only this time he didn't get up. He

started making a snoring noise and everyone began trying to wake him up. The referee kept lifting his eyelids and slapped him but he was unresponsive. I told them to elevate his legs and turn him on his left side but they didn't listen so I ran over to get my dad's gym bag and asked people to help me roll my dad over so I could put his gym bag under his feet. A couple seconds later he woke up confused and still very pale. The hospital personnel said he would be alright after they performed an EKG and found that his heart was fine. The next morning they did some more tests and found that he has a bicuspid valve was not

working properly and he will have to have open heart surgery on the twentieth to replace his valve. His valve is seven centimeters long when it should only measure three to four centimeters in length. The doctors told me that how I reacted to the situation saved my dad's life. My dad would not be here today if it were not for my experience in learning in the medical academy. Thanks to all the teachers and volunteers for helping gain the knowledge I needed so that I could help my dad.

Submitted by Gara Joan Roberts Leen, Mandarin High School AP/AICE Biology Career Academy Lead Teacher

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In addition, the birds and rodents that feed on the feast of nymphs when they emerge no longer have this periodic food supply and turn to our crops and earthworms, slowly depleting those sources. While this particular example will take several decades to start noticing, eventually the impact will be felt and the seemingly innocent act of destroying a pest will take its toll. Other deleterious interventions with the food chain can have more immediate and dire consequences for us.

This earth is a balance. Humans with nature, nature with animals, animals with humans. We all must learn to live together if we're going to ensure the longevity of this planet. That's what makes paying attention to our four-legged, winged and sometimes slithery friends "organic." We must have respect for species that were here thousands and millions and billions of years before us. Because, remember, humans are animals too.

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## Check for these warning signs of hearing loss

Men are at greatest risk of noise-induced hearing loss (NIHL), according to a study of more than 5,000 people conducted by the University of California-Irvine Medical Center. The likely cause: greater recreational and occupational exposure to noise, along with higher rates of military service. But men and women suffer equally when their hearing deteriorates.

Pay attention to these symptoms of NIHL so you can seek treatment before too much damage is done:

- Sounds seem muffled to you.
- Ringing in the ears.
- Sensation of pressure in your ears.

- Others complain more frequently that your TV or music is too loud.
- People feel you're not paying attention to them.
- Background noise makes understanding speech difficult.
- You hear better with one ear than the other while speaking on the phone.
- You have frequent earaches or ear infections.

Because hearing loss happens gradually over time, many people don't realize they're experiencing it. See a doctor and get your hearing tested if you have any of the warning signs listed above.

Visit our website: [www.MandarinNewsLine.com](http://www.MandarinNewsLine.com)



## Organic Lifestyles

By Molly McKinney

When you think of the organic movement, emphasis seems to be on saving Mother Earth, protecting the rainforests and staying green, all of which conjure up the connotation that being organic means saving plant life. But there's one very important component that's often missing in the popular movement to save the world: the animals. If we don't take care of the food chain, the food chain won't take care of us. It's easy to overlook

since the most we come in contact with animals are our domestic pets and whatever we see at the zoo. The thought of saving a specific type of grass for one species of herd animals somewhere distant in Africa doesn't normally have us reaching for a wallets for donations.

However, recent research has shown that our impacts on the earth and the subsequent negative domino-effect it's having on our animal life as well as plant life is eventually going to come around to us and hit humans hard. Much of our basis of living, such as consumer goods, food and even our climate, depends on animals such as fish, horses, cows, etc. If the current trends continue and animal habitat is further lost, we could be facing major scale-backs in our economies.

What does this all have to do with the herd of animals in Africa? There's a theory called the butterfly effect, where literally, "a butterfly who bats its wings in Florida causes a tsunami in China." Basically, small, seemingly innocuous events on one side of the world can have devastating effects on the opposite side of the globe before we even realize what happened.

So, for instance, let's say we Americans decide to get rid of all the cicadas that come around every seven years because they are annoying. When they emerge, we spray them all and ensure they won't come back ever again. Consequently, every seven years we do not have the benefit of the insects aerating and rotating the earth under our crops, which causes them to suffer.

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### What's New cont. from page 3

grandparents, aunts and uncles to attend with their respective children to attend and begin to sharing in a lifetime hobby. Additionally, our garden club has adult circles available to meet the needs of our community. For more information, please email [mardaringardenclub@comcast.net](mailto:mardaringardenclub@comcast.net) or call 268-1192.

Mandarin Toastmasters meet at the South Mandarin Regional Library, located at 12125 San Jose Boulevard, on the first and third Saturdays of each month from 10:30 a.m. until 11:30 a.m. People who get ahead in life are those who can communicate effectively. Wouldn't you like to develop this priceless skill? Now you can. Toastmasters will show you how to listen effectively, think on your feet and speak confidently. You will learn valuable leadership skills - all in a supportive, non-intimidating environment.

The Mandarin Senior Center Advisory Board will present "Passport to Health and Wellness," a community health fair, on Friday May 7 from 10:00 a.m. until 2:00 p.m. at the Mandarin Senior Center, located at 3848 Hartley Road. Visitors of all ages are invited. The fair will feature health screenings such as blood pressure, heart rate, hearing, vision (high powered magnification devices), diabetic teaching and testing, fall risk, pulse oximetry, blood glucose, foot screenings, renal screening (DaVita), body mass index screening (BMC-S Hospital) and much more. Also, learn more about hearing aids, health insurance, heart health, stroke, hospice, home health care, home medical equipment, fitness, nutrition and meal planning, skilled nursing and rehabilitation center (short term rehab vs. long term care), assisted living centers, independent living centers, legal and educational information, chair massage and much more. For more information, please contact Jeff Fishback at 262-7309.

## Summer is Near! How Do You Feel About Your Body?



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Darron Murrell of Mandarin has lost 6.25 inches from his waist in just over two months!

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## Special vets for special pets

By Contributing Writer Mitchell A. Crystal, DVM, Diplomate ACVIM, Board Certified Veterinary Internal Medicine Specialist, North Florida Veterinary Specialists, P.A.

Are there specialists for my pets like there are specialists for the rest of my family? Yes, and you don't have to look farther than right here in Jacksonville and Orange Park. Similar to their human medical specialist counterparts, a Board-Certified Veterinary Specialist must complete rigorous training beyond that of attaining a veterinary degree. Becoming a Board-Certified Veterinary Specialist requires additional academic and clinical training (four to six years of internships and residencies after veterinary school), publishing information in peer-reviewed journals, presenting lectures and seminars to educate veterinary students and family veterinarians and passing multi-day specialty examinations.

The American Veterinary Medical Association (AVMA) oversees the veterinary specialty colleges or boards and monitors their performance in providing board certification. A veterinarian who meets the rigorous education and training standards of an AVMA-recognized specialty college or board is awarded a diploma

and is referred to as a diplomate of that college or board. Only those veterinarians who have been certified by an AVMA-recognized specialty organization can refer to themselves as "Board-Certified" or as a "Specialist."

Veterinary Specialists bring a greater understanding in areas such as internal medicine, heart and breathing diseases, cancer, infectious diseases, hormonal problems, gastrointestinal illnesses, diseases of the eye and more. They have a greater knowledge of unusual, uncommon, rare and hard to define and manage illnesses. Veterinary Specialists often have diagnostic equipment and capabilities not generally used by your family veterinarian, such as digital imaging (CT, X-ray and ultrasound scanners), blood products for transfusion, chemotherapy for cancer treatment, acupuncture and alternative medicine options, laparoscopy and endoscopy machines and 24 hour care for hospitalized patients.

Just as your family's medical specialist works with your family physician, your pet's Veterinary

Specialists work closely with your family veterinarian. Including a Veterinary Specialist as part of a team approach helps achieve optimal healthcare for your pet. You should consider seeking a Veterinary Specialist when:

- Your pet's disease is uncommon, complicated, or undiagnosed after standard testing
- You would like an informed, neutral second opinion of your pet's condition
- The outcomes of current treatments are not going well or as expected
- Your pet requires a sophisticated procedure that is offered by a specialty hospital
- Your pet can benefit from 24-hour monitoring provided by a specialty hospital

If you believe your pet would benefit from a visit to a Board-Certified Veterinary Specialist, you are encouraged to request a referral from your family veterinarian. Your family veterinarian will work with you and the specialty hospital to complete setting up the referral appointment. You may also contact a specialty hospital to request they communicate directly with your family veterinarian to set up a referral appointment. You may also search online databases for a Specialist in your area; websites of the organizations that govern the common clinical AVMA-recognized Veterinary Specialties include:

- American College of Veterinary Internal Medicine (ACVIM): www.acvim.org
- American College of Veterinary Ophthalmologists (ACVO): www.acvo.org
- American College of Veterinary Surgeons (ACVS): www.acvs.org
- American College of Veterinary Dermatology (ACVD): www.acvd.org
- American Veterinary Dental College (AVDC): www.avdc.org
- American College of Veterinary Behaviorists (ACVB): www.dacvb.org
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## Symphony Guild 2010 Designer Showhouse needs you!

The Jacksonville Symphony Guild 2010 Designer Showhouse by Toll Brothers in Coastal Oaks at Nocatee will be open April 17 through May 9 to the public and offers many opportunities for area residents to volunteer.

Each year, more than 1,300 volunteers contribute their time, energy and talent to planning, organizing, managing and staffing this annual event. Volunteers are asked to donate anywhere from three hours to several months of their time to aid in making the Showhouse a success.

It's a wonderful way to meet new friends, especially if you're new to the First Coast area!

To volunteer, be placed on the Showhouse mailing list or for more information, call the Guild office at (904) 358-1479, send an email to scalvert@jaxsymphony.org or visit us at www.jacksonville.com/showhouse.

You do not need to be a member of the Guild to serve as a volunteer.

The Jacksonville Symphony Guild 2010 Designer Showhouse in Coastal Oaks at Nocatee is presented by Toll Brothers, Access Public Relations, BMW/Tom Bush BMW, Comcast Spotlight, Nocatee, the Florida Times-Union and Jacksonville.com.

## Where the bills in your pocket came from

You don't have to be a millionaire to know the value of a dollar. Here are some facts about paper money from the United States Bureau of Engraving and Printing website:

- The first \$1 bill was issued by the government in 1862 with a picture of Treasury Secretary Salmon P. Chase. George Washington's portrait first appeared on the \$1 note in 1869.
- Dollar bills account for approximately 45 percent of all United States currency production.
- The lifespan of a \$1 Reserve note is about 21 months. Other bills have different life expectancies.
- The first \$2 bill was issued in 1862 and featured a picture of

Alexander Hamilton, the first Secretary of the Treasury.

- Thomas Jefferson's portrait was placed on the \$2 bill for the 1869 Federal Reserve note, with a drawing of Jefferson's Monticello home on the flip side. For the United States' bicentennial, Jefferson's face remained, but Monticello was replaced with a depiction of the signing of the Declaration of Independence.
- The first \$100 bills were issued in 1862, with a picture of the American bald eagle. Benjamin Franklin's portrait first appeared on the Series 1914 Federal Reserve Note.
- The lifespan of the average \$100 note is 89 months.

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## What is MOCA?

By Betty Swenson Bergmark, Professor Emeritus, Jacksonville University

The Museum of Contemporary Art (MOCA), lists as a part of its Mission Statement: "enriching the cultural life of northeast Florida by providing excellence in the visual arts." It certainly is succeeding in doing this through its many and varied programs.

Although driving into downtown may deter some, I highly recommend the trip. Parking is available in a garage around the corner and an excellent lunch can be had on the premises at Café Nola.

Founded in 1924 as the Jacksonville Fine Art Society, it was the first organization in the area devoted to the visual arts. In 1948 it was incorporated as the Jacksonville Art Museum. During this period, many of you may remember it for the magnificent Ramses II Exhibit. In 1999 it changed its focus to Contemporary Art and became the Jacksonville Museum of Modern Art. After several moves from its original home on Riverside Drive, it relocated at its present venue on North Laura Street where it was able to accommodate rapid growth in the size of its permanent collection. In 2006, the museum further refined its focus on contemporary art to more accurately reflect its holdings. At this time it also changed its name once again, to the Museum of Contemporary Art (MOCA).

In addition to its permanent collection, MOCA presents three major special exhibitions each year. They feature photography, sculpture and painting. It also provides many educational programs for both children and adults.

In May of 2009, MOCA became a direct supporting organiza-

tion of the University of North Florida, establishing a partnership which benefits both. One of the major advantages is the ability to offer classes, programs and lectures taught by notable UNF faculty.

MOCA has just concluded an unusual and very successful special exhibit, "Life as a Legend, Marilyn Monroe," which visually celebrated the life of the woman behind one of the world's most recognizable icons.

For those of you who missed the above, mark your calendars for the next major exhibit, "Tradition Redefined, the Larry and Brenda Thompson Collection of African American Art." It will run from April 23 to August 29. An amazing collection, it includes 72 works by African American artists such as Ratcliffe Bailey, Romare Beardon, David Driskell and Mildred Thompson, whose approach will offer a broad understanding of African American Art. On May 5 at 10:30 a.m. and May 13 at 6:30 p.m., you are invited to attend lectures on African American art presented by Debra Murphy-Livingston. Two other exciting presentations related to "Traditions Redefined" are MOCA Community Fun Day on May 23 from 12:00 noon to 4:00 p.m., which includes experiences for the whole family and "A Journey of Sight and Sound," an exciting production on June 17 at 7:00 p.m.

For additional information on these and any and all of the exciting activities MOCA has to offer, you can call 366-6911.

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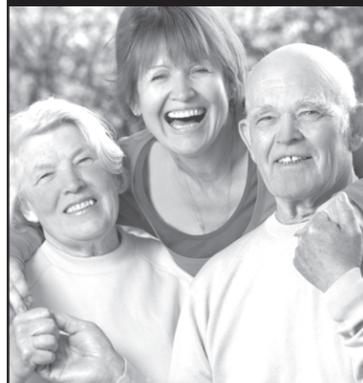
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## Library receives pergola donation from Rotary Club

The South Mandarin Branch Library received a new addition to their outdoor space as another piece for the park area behind the branch was completed. A wooden pergola was constructed for the park so library customers and other groups may meet for program gatherings and a place to enjoy their favorite reading material while taking in the view.

"We hope the space will be one many people can enjoy and attract new visitors to the park as well as the library," Bill Walker, Rotary Club of Jacksonville mem-

ber said.

The pergola was donated by the Rotary Club of Jacksonville in an effort to complete a project that has been in the making for more than five years. The club adopted the space nearly six years ago and, after clearing the collected debris, has since added pieces to the park including benches and soon-to-be trail markers that identify the plant life along the walking trails.

"This project has been one I've been most proud of during my time as a Rotary member," concluded Walker.

### Seussical cont. from page 1

performances for the school took place on March 2 and 3 and then they performed again at the PTA meeting on March 18.

When asked why she commits so much of her own time and effort to these plays each year, Holley says, "It comes from my own background in musical theater and dance as a child and in college. I used to teach dance and I still take dance classes myself. I love musical theater and am a proud season ticket holder to the Artist Series (touring companies of Broadway musicals) here in Jack-

sonville. But I also see how much the students get out of this experience and how important the arts are for kids in school."

She gives a lot of credit to Lambert for her help and support throughout the process too.

The experience has made a difference for several students. Michelle F. ("Amazing Mayzie") wants to pursue more acting opportunities and maybe even go to Douglas Anderson School of the Arts. Another student, John D., who played a "Who," says he is currently writing a play of his own.



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## MHS Happenings A Senior's Reflection

By Chelsea Kelley, MHS student

"I was dreaming of the past...and my heart, started beatin' fast." —Gavin DeGraw

In these words I find a great truth. It seemed like just yesterday I came home from my first day of ninth grade crying and feeling alone...hopping now to four years later. This present day for me now holds many beautiful friendships, opportunities and achievements beyond what I could have ever dreamed. And even though, as Matt Laugio once told me, "Any day is a day and then the day after that is just another." I don't fully grasp that though. Yes, it is a day, but even the smallest days are

gone, off to college and all the motivational speeches, people watching out for you making sure you end up straight, senior breakfast, dances and being surrounded by friends—that all will be gone. Or at least, won't be all in one package.

No worries though, because that's what makes it incredible and worth it. One day we'll look back on this crazy past, we seniors, and be like, "Wow, it didn't get any better than that." There is college, of course. But it's not the same. High school is like a safe haven and underclassmen I cannot stress enough the beauty of what you're going to go through. There are going to be the most awful, darkest nights you can't even picture. But tomorrow, the sun will shine so bright it's going to hurt your eyes.

Pay attention, do well and then enjoy and appreciate the privileges you will receive by doing so. Rebelling, slacking, that moment of "feel-good"...it's not worth it. Stay on top and finish strong. These are my words and contemplation.

It truly has been a breath-taking four years and when we seniors walk off that platform, I pray we will walk to better places as well. So classmates, underclassmen or graduates, in life remember the most important thing. Your life is like an uncanny ship, the one that isn't like all the others. Be down to earth and smart, but a free spirit with few worries. Have a lead sail and a paper anchor.

And then, reality hits. We're

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By Contributing Writers David and Pat Watkins

### Your annual financial check-up

April may well have been your financial reckoning; you've done your taxes and have all the numbers. You know how last year stacks up to this year, but is that really enough? Unless you use the information, which is now at your fingertips, you may very well lose this opportunity to assess your financial health.

To do this, begin with your net worth. Quite simply subtract your liabilities (what you owe) from your assets (what you own). This is a gauge of your financial health. Even if your assets are not growing, your net worth will improve if you are paying down your debts. There are free sites on the internet, which will help you with this; www.Mint.com is one of our favorites. This site offers to manage your money and can be linked to most of your accounts; it will also provide real time updates. Another one, http://njaes.rutgers.edu/money/, is all about personal finance including spread sheets, work sheets, a tool to create a spending or savings plan, an investment risk tolerance quiz and much more. Finally, http://fycs.ifas.ufl.edu/toughtimes/index is the University of Florida site that has financial calculators, which include credit card minimum payments, cost of debt, an auto loan calculator and much more.

Whether you've found out that your financial health is better or worse than you thought, you have the power to continue or to change. Even incremental changes

over time lead to monumental gains (or losses).

We are pleased to present a regular feature of this column and one of the most perfect Spring Lamb Recipes ever, from our favorite Chef, Robert Tulko. We are so very grateful for enriching our lives through fabulous food!

- Osso Bucco with Lamb**
- 6 lamb cutlets
  - ½ cup seasoned flour
  - ½ cup vegetable oil
  - 1 turnip root chopped
  - 1 celery stalk chopped
  - 1 onion thinly sliced
  - 4 cloves of garlic chopped
  - 1 dozen cherry tomatoes
  - ½ cup tomato paste
  - ½ bottle red wine
  - 2 cups chicken stock
  - 1 tablespoon rosemary salt and pepper

Heat half the oil in a large oven safe stockpot and preheat the oven to 325 degrees. Brown the lamb and set aside. Heat the rest of the oil and sauté the turnip, celery, onion, garlic and tomatoes until slightly brown. Stir in the tomato paste, stock and wine. Season with rosemary, salt and pepper. Cover and place in the oven for 1-1/2 hours, stirring often or until meat is tender. Remove the meat, keep warm. Put the liquid and the vegetables in a food processor and puree into a thick sauce. Serve with the cooked lamb.

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## Rain didn't dampen River Garden's 64th Anniversary Day celebration



Presidents of River Garden entities: Janis Fleet, Ron Elinoff, Stacie Wilf, Barbara Safer (River Garden Auxiliary). Not pictured, Don Romo.

March 21 was a rainy Sunday but that didn't stop more than 300 people from attending River Garden's 64th annual meeting and Anniversary Day celebration. Unwavering community support and pride has helped make River Garden/Wolfson Health and Aging Center the outstanding el-

dercare community resource it has become. In addition, outstanding lay leadership has nurtured River Garden into becoming an Agency for Health Care Administration (AHCA) 5 star rated nursing home well as a four time recipient of the State of Florida's Governor's Gold Seal Award for Excellence in

### Long Term Care.

Beth Shorstein, board member was chairperson of the day and presided over the annual meeting. The following officers of the River Garden Holding Company were elected and installed: Dr. Ron Elinoff, president; Gloria Einstein, vice president; Michael Greenburg, vice president; Allen Gray, secretary; Edward Grenadier, treasurer. The following officers of the River Garden Hebrew Home were installed: Janis Fleet, president; Mark Lodinger, vice president; Michael Price, vice president; Skip Willback, vice president; Morrie Osterer, vice president; Judy Paul, secretary; Cindy Demri, treasurer.

The following officers of The Coves were installed: Donald Romo, president; Lois Schlesinger, first vice president; Dennis Lafer, second vice president; Michael Price, secretary; Shirley Bielski, treasurer. The following officers of the River Garden Foundation were installed: Stacie Wilf, president; Mel Gottlieb, vice president; Debby Harris, vice president; Curtis Hazel, vice president; Veronica Maybury, secretary; Jeff Edwards, treasurer. The following officers of the River Garden Geriatric Training Center were installed: Sheldon Gendzier, president; Herman Paul, secretary/treasurer. Trustees of all boards were recognized and installed.

Residents joined with "kids" of all ages to enjoy the clowns, music, barbeque and to celebrate River Garden's mission, its values and the people it serves.

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## Haitian diary of a first responder

By Contributing Writer John A. Davis III, PMD



This diary is a firsthand account of my 14 day deployment to Haiti. I was pleased to deploy with a Disaster Medical Assistance Team Florida Four (DMAT FL-4), which is part of the Department of Health and Human Services National Disaster Medical System (NDMS). The purpose of DMAT teams is to provide medical care during a disaster or other events. My role within the team structure

is to operate as a paramedic. I also work full time as a lieutenant with the Jacksonville Fire and Rescue Department. January 23 (Day 1): Many meetings! We were given last minute vaccinations and anti-malaria treatments. Word is that conditions on the ground in Haiti are terrible.

January 24 (Day 2): We deployed on Haiti's only golf course. A tent city of approximately

50,000 had sprung up. The air is heavy with smoke and smells from the burning of trash and the incineration of bodies. We had one triage tent and one medical tent. Our host the 82nd Airborne Division provides protection as we provide aid.

January 25 (Day 3): I went out on a four hour foot patrol. It was very hilly with difficult terrain. Gear is very heavy. Treated many injured. In the evening, I assisted the main medical treatment tent. The combination of smoke and dehydration gave me a terrible headache.

January 26 (Day 4): Treated dozens of injured on am patrol. Sanitation conditions are terrible; trash, debris and human waste is everywhere. In the evening, I visited four hospitals and clinics with the 82nd. Weary doctors and nurses are doing their best. Many amputations!

January 27 (Day 5): At 0230 hours, I was summoned by a sentry. Assisted a doctor and delivered a baby. Amazingly, the woman



Scott Dunn

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wanted to return to her tent a half hour after her delivery. I worked in triage for the rest of the day.

January 28 (Day 6): Arose at 0400 hours. Led a foot patrol. Temperature is the mid 90s. I feel I am in my element working with a dedicated work of professionals. Returned to base after our four mile patrol. Very tired.

January 29 (Day 7): Today was the busiest. We treated over 100 pediatric patients, mostly fever, vomiting and nausea. The phrase "treat and street" is all too real in Haiti.

January 30 (Day 8): Assigned to an outreach team. Went by truck and visited outlying areas. We treated many patients and brought back one woman to be evaluated by the team's surgeon.

January 31 (Day 9): A slower day today in devoutly catholic Haiti. Some of the DMAT members and many soldiers are becoming sick with nausea, vomiting and diarrhea. Team visits to outreach areas had to be canceled. I developed an irritating cough known as the "Haitian Hack."

February 1 (Day 10): Arose at 0500 hours and was assigned to the main medical tent. An Israeli medical team came by. This gave me an opportunity to inquire about their procedures and equipment. This evening I provided security detail to our billeting area. The gastroenteritis bug is hitting our team pretty hard.

February 2 (Day 11): News reached us that teams in Pétienville are to demobilize. I agreed to stay longer to assist an international team recovering bodies at the devastated Hotel Montana. After a difficult day, my team left. Another paramedic from Pennsylvania and I stayed behind.

February 3 (Day 12): Awoke at 0400 hours then went to provide force protection for the international search team at the rubble which was once the Hotel Montana. Between the smell of human decomposition, the burning of trash and us, it will take a long time to clear my sense of smell.

February 4 (Day 13): I didn't sleep well. We boarded a cattle truck at 0630 hours to ride out to the airport. Our plane finally took off at 1330 hours. When we arrived in Washington D.C., I was looking forward to good food, a hot shower and comfortable bed.

February 5 (Day 14): What a wonderful night's sleep! My flight home is not until later with a layover. I can't wait to get home to Amy and my two girls. I will arrive at 1600 hours.

Epilogue: The Haitian experience will stay with me for the rest of my life. We operated under very difficult conditions and an altered standard of care. This was the first ever National Disaster Medical System/DMAT on an international deployment.

The camaraderie that exists when a team gels is like no other feeling. As with previous missions, this one was filled with many bumps in the road.

What impacted me the most was the courage, stoicism and friendly spirit of the people of Haiti. I truly hope that the desperately needed help for the Haitian people continues long after our newspapers, movie celebrities and television reporters have their interest diverted elsewhere.

Every deployment reminds me personally of why I do what I do. I am grateful for the opportunity to help as many individuals and families as possible. As a first responder, I am ready for the next deployment—of course after I get some needed rest and relaxation. "Bonne nuit!" (Good Night)

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## Book Review

The South is a wonderful, charming and welcoming place to live. Penn Cage grew up there and moved to Texas to pursue his career as a prosecutor. He then started writing best-selling novels, only to return to Natchez, Mississippi and become the mayor. His plan is to refine the educational system in what many still consider a back-water town. Casino boat gambling has come to Natchez. Tim Jessup is an old friend who has not fared as

well as Penn in life's expectations, but he comes to Penn with an extreme situation.

Danger is the name of some of the illegal activities reported by Tim. Penn, being a man known to fight atrocities, is also a single parent. As mayor, he begins quietly investigating, only to find physical threats and intimidation aimed at him and those he loves. In the middle of the search, his friend is found dead and an old love

### The Devil's Punchbowl

Written by Greg Iles. 580 pages. Published by Scribner Book Company, July 2009.

Review by T.G. Stanton

returns to town. Caitlin Masters, a renowned journalist, the past love, is reporting Tim's death and finds herself in deeper jeopardy, physically and more emotionally than she has ever experienced in the past. Penn is forced to call on old friends from the past, those he knows he can trust to aid the cause of a friend who has been wronged in death. Through all of this, he comes face-to-face with deciding his future, politically and

romantically, all the while balancing this investigation and probable retribution against the interest of a lawyer from Homeland Security. The illegal activities of dog-fighting and prostitution that are uncovered may pale in comparison to international money laundering.

Greg Iles has written many novels revolving around Penn Cage, though this is my first. The characters are well developed with established relationships. There are

many twists and turns in the story of this dark subject. Many violent scenes are graphic but realistic in regards to the world of dog-fighting and hopefully not so realistic in the world of casino boat hosts. The book starts out very slow, well into the half-way point; slow enough that I may or may not try another novel, but when it does pick up, it moves very fast and entertainingly so. I may go back for another.

## Jacksonville Camera Club news



On March 20, members of the Jacksonville Camera Club attended and photographed a real dog and pony show. Nearly 20 agility, obedience and hunting dogs, along with dressage and jumping horses, went through their paces, while camera club members eagerly captured all the action. The event was arranged by Camera Club member Diane Cohen (also a member of the K-9 Obedience Club of Jacksonville). The horses were provided by Carolyn McGovern.



The Jacksonville Camera Club is celebrating its 75th anniversary this year! Any photography enthusiast is welcome to come to a meeting—held at 7:00 p. m. on the first and third Wednesday of each month—at the

First Christian Church on San Jose Boulevard. Additional information about the Jacksonville Camera Club can be found at [www.jaxcameraclub.com](http://www.jaxcameraclub.com).



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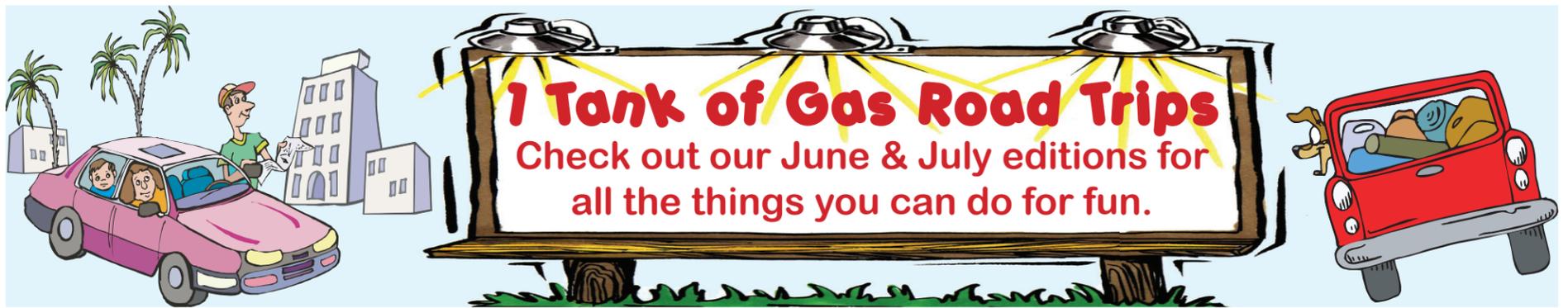
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## Pratt-Dannals speaks to community about education budget

By Contributing Writer Ann Gipalo, Editor, Loretto Elementary PTA Newsletter

Duval County Public Schools Superintendent Ed Pratt-Dannals presented details of our district's budget for next year at his last community budget meeting on Tuesday, March 23 at Mandarin Senior High School. School Board District 7 representative Tommy Hazouri and District 3 representative W.C. Gentry were also present.

Between 400 and 500 people attended the meeting, including students, parents, teachers and school staff. Every wall in the high school's auditorium was covered with banners meant to remind the superintendent of what students would lose if education funding is not maintained.

Pratt-Dannals' presentation was decidedly skewed toward the budget concerns of the high school students and their parents who attended the meeting. But the details regarding the district's anticipated budget revenue decrease and its increasing expenses for next year which, together, result in a shortfall of \$125 million, made it clear how important the "Rally in Tally" (held on March 25) and personal calls and letters from the district's parents to our legislators will be in order to stave off dramatic cuts almost across the board to the district's budget.

Pratt-Dannals said everything (except core subject teacher positions and principals) is "on the

table for discussion" as far as possible areas to make cuts to close the budget shortfall, including (in no particular order):

- Salaries
- Operations (Maintenance/custodial)
- Transportation
- Health benefits
- Assistant principals, instructional coaches, art, music, P.E., guidance and media
- Extra curricular—including sports teams
- Furloughs

Following are some of the questions posed to Pratt-Dannals by audience members at the conclusion of the Community Budget and his answers:

**What about a four-day school week?** The district has looked into that—but the cost reductions are not that dramatic and there are questions about how feasible a four-day week would be for parents who count on having their kids in school while they work.

**Why are new roofs, paint, new schools, etc. continuing in the face of this lack of money?** Those expenses come out of the district's capital budget, which is separate from operational expenses. Half of the district's schools are over 50 years old; often it is cheaper to build a new school than it is to upgrade and maintain an older school.

**Why not increase the property taxes or institute a half cent sales tax?** We have done bond issues before and we took advantage of an option the state gives us to raise the millage rate by 1/4 mil, but all that did was replace the revenue lost to decreases in the assessed value of property, not really increase our revenue. Six districts in the state are instituting a one cent sales tax increase.

**What specific cuts have been made at the district level?** Teacher training has been cut in the past two years; travel has been cut almost 50 percent, except for teachers who require AICE or IB training; next year there will no longer be any stipends for cell phones.

**Why aren't costs associated with sports teams cut?** The district pays for limited security, staff and field maintenance costs associated with sports teams, but the bulk of their costs are covered by gate receipts, booster clubs and fundraisers.

**Why doesn't the School Board take a pay cut?** The School Board's salaries are set at the state level, but they *did* take a pay cut this year. However, given the district's total budget of \$1 billion, the cost of the School Board is inconsequential.

**Why don't we just let kids go to their neighborhood school and stop busing them all over the**

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city? In many cases, if we returned students to their neighborhood school, there wouldn't be room for them there. And, most "magnet" schools are not "dedicated" magnet schools—they are "schools within schools" (e.g. Loretto, where some kids are "technology magnet students," but for the vast majority of students,

this is their "neighborhood school.") Also, there has already been a \$10 million cut to the transportation budget for the magnet school program.

**Why not ask JEA to absorb the increase in our utility costs next year?** (This question came after someone noted that JEA had a very large profit last year and another rate increase is expected this fall.) Pratt-Dannals said this was an "excellent" idea and that he would keep that in mind to discuss with the city/Mayor Peyton and JEA next time he gets the chance.

**Why not take the sales tax money collected during the one-week "sales tax holiday" and put that money toward the education budget?** (This received a lot of applause from the audience.) That is also a good idea.

Pratt-Dannals' entire Power

Point presentation, including DCPS budget facts and data, can be found on the District's website, [www.duvalschools.org](http://www.duvalschools.org).

If you would like to contact our local representatives to advocate for education funding, here is their contact information:

**State House - District 19**



Representative Michael B. "Mike" Weinstein  
Local phone (904) 213-3005  
e-mail address: [Mike.Weinstein@myfloridahouse.gov](mailto:Mike.Weinstein@myfloridahouse.gov)

**State Senate - District 5**  
Senator Stephen R. Wise  
Local phone (904) 381-6000  
e-mail address: [Wise.Stephen.web@flsenate.gov](mailto:Wise.Stephen.web@flsenate.gov)

Loretto Elementary's website ([www.duvalschools.org/Loretto](http://www.duvalschools.org/Loretto), click on Links tab) has a list of education funding talking points developed by the Florida PTA that you can use when calling or writing your legislator.

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## Arts magnet schools update

### Messing with the status quo

By Danielle Wirsansky



Since it emerged in 2006, *High School Musical (HSM)* has been an ongoing marvel, earning it two consecutive sequels. The movie takes place at East High, where athletics, academics and the arts all come into a mix; and Jacksonville has its own East High - Pine Forest School of the Arts. On May 25 and 27 at 7:00 p.m. at Pine Forest School of the Arts (3929 Grant Road) at \$5 a ticket, HSM Jr. will be performed.

Students performing in the musical can relate to the experiences of the *HSM* characters; Pine Forest is a school that promotes an eclectic blend of academics and arts and many students participate in sports outside of school. With today's bullying coming into light, the peer pressuring of other students can compel students to "stick to the status quo." This musical encourages kids to be who they are and pursue their interests, no matter what they are.

"For me," said Liam Wirsansky (Troy), "I can really connect with *HSM Jr.* because I like to sing and act but also to do sports like soccer and karate. I also pride myself on having good grades."

Students such as Sabrina Sullivan (Ms. Darbus), Courtney Brown, Precious Bryant and Stella Goodman (Brainiacs) and Lily Jones (dancer) are all very excited about performing *High School Musical Jr.* as the students have been big fans of the movie since it originally came out.

Said Carter Delegal (Ryan),

"At this point we know the songs better than our teachers do!"

But the students are eager to get to work with Terri Wester (musical director) and Debbie Peters-Rankin (choreographer/costumer).

The main difference between *HSM* and

its junior counter part is that the show is shorter and the "romantic" relationship between the lead characters, Troy and Gabriella is toned down quite a bit. New songs are added as well. But Jill Herkel (resident Theatre teacher and Director) thinks that people who love *HSM* won't feel cheated at all.

When asked why she chose to have the students perform *HSM Jr.*, Herkel responded, "I think that *HSM Jr.* is today's equivalent to *Grease*. It has become this phenomenon just like *Grease* did and people of all ages love it! My mom and I went and saw *HSM 3* when it came out in the theatres and looking around at the crowd in the movie theatre, there were people of every age."

Also, she said "*HSM Jr.* will most definitely be a good challenge for the cast. It is one of the harder shows we have done at Pine Forest. The music is challenging, there are a lot of set changes and the students have to really take some risks with their characters."

Surprisingly, when tolled, 100 percent of the cast members said that they preferred *HSM Jr.* to the original *HSM*. Marina Karoglan (Miss Tenney), Madison Hopkins (Taylor) and Natasha Harrison (moderator) said this was because they felt the junior version was more "age appropriate."

Said Liam Wirsansky (Troy), "It's a show where we get to play our own age range; we get to be kids, not kids playing adults."



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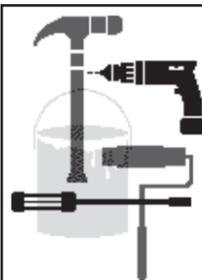
Take special care to protect your feet at work. An injured foot, or any foot-related problem, can cause discomfort, pain and fatigue—and when you're tired, you're more prone to accidents. So take these "safety steps" toward healthy feet:

- Know the hazards. Different workspaces have different hazards. Make sure you know where the danger zones are—from cords that run across the office floor to other objects you could trip over.
- Use shock-absorbing insoles. This is especially important if you do a lot of walking or standing on hard floors at work.
- Wear the right shoes. When it comes to feet, choose comfort over fashion. Safe shoes have an inner side that's straight from the heel to the end of the big

toe. They should grip the heel firmly, allow you to move your toes and have a low, wide-based heel.

- Buy with care. At the store, measure both your feet, as they're frequently different sizes. Get shoes that fit the larger

foot. Try on and buy shoes late in the afternoon when your feet will be their largest, especially if you've stood on or walked on them throughout the day. And buy a shoe that really fits—don't assume a tight shoe will stretch in time.



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## Tuscaloosa's hidden treasures

By Contributing Travel Writer Debi Lander



I recently made my first trip to Tuscaloosa, Alabama, that southern city with the funny sounding name. Seems it derives from the Choctaw Indian chief Tuskaloosa and from two Choctaw words, "Tushka," meaning warrior and the "Lusa," meaning black. Well, now I also know where Tuscaloosa's river, the Black Warrior, got its name. Much to my surprise, the city brims with fantastic museums, but who knew?

The Westervelt Warner Museum of American Art lies in the hilly woodlands off Lake Tuscaloosa. History buffs should make efforts to see this poignant collection recalling our nation's growth. Masterpieces are displayed in a home-like setting: a living and dining room, library and even a tavern room with a bar. Why, the ladies restroom is hung with 11 Mary Cassatts! The priceless objects range from a Paul Revere engraving to current artists and include sculpture, china and furniture. Give yourself a full morning or afternoon to see the famous works you likely thought were elsewhere.

Moundville Archeological Park, owned by the University of Alabama, is a grand 326 acre preserve. Moundville was the center for 10,000 Mississippian Indians over 800 years ago. Man-made flat-topped mounds served as ceremonial structures and homes of nobles. A stockade once surrounded the settlement. A \$5 million museum renovation opens on May 15 and I had a sneak peek. You're greeted by life-size characters dressed for a wedding. Further on, you encounter a medi-

cine man hiding in a recreated cave. He steals the thunder as he performs in a 3-D hologram-like experience. Terrific for kids and adults alike—very Disneyesque. And, don't overlook the significant archeological artifacts contained within interactive display cases. Camping is also an option.

You can't go to Tuscaloosa and miss the University campus. Last year the Crimson Tide once again won the National Football Championship and the Waterford trophy proudly resides within the Bear Bryant Museum. Sports enthusiasts will discover memorabilia covering the history of college football and featuring the famous hound's-tooth hat wearing coach.

The luxury German auto manufacturer Mercedes Benz maintains their only United States production facility in Tuscaloosa. Car enthusiasts are drawn here, but anyone 12 and older can tour the factory on Tuesdays and Thursdays, by reservation only. You'll get an up-close look at assembly lines and cars being made by robot and human hands.

Stop by the Tourism Bureau and pick up a free audio tour of the downtown. The city boasts an array of elegant to down-home restaurants. Dreamland BBQ is known far and wide for their oven pit barbecued ribs. Indeed, Tuscaloosa has many hidden treats to fit any taste.

If you go: Tuscaloosa is in west Alabama, about an eight-hour drive from Jacksonville or a two hour flight to Birmingham, then another 50 miles drive. [www.visittuscaloosa.com](http://www.visittuscaloosa.com)



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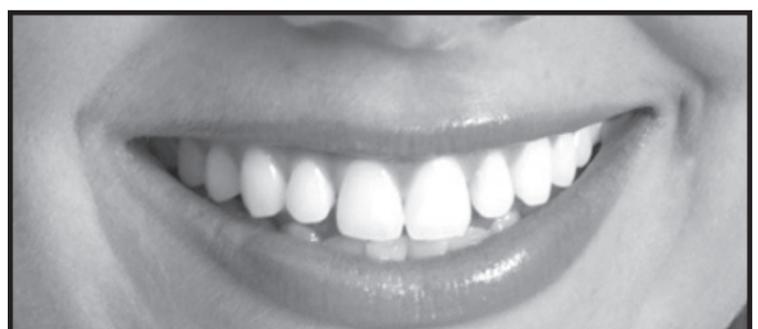


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# Fashion Update

By Donna Keathley, dkeathley designs

## Here's a little fashion "class"

In the world of fashion, Northeast Florida has its own fashion and interior design academy at Bartram Trail High School. Students have to apply every year to be in the academy, which has four levels of classes. Their mission statement reads like this: "The Academy of Design and Construction strives to provide a relevant curriculum combined with industry exposure via business partners thereby allowing students to gain knowledge, confidence, relationships and a sense of

community." So, how could I not resist meeting these local "fashionistas?"

I have enjoyed hanging out with these delightful, talented ladies on several occasions. We have witnessed good fashion, correct construction, attention to details and sewing on good fabrics. But the other day we hit Nirvana! We took a little bus trip "up town" to visit the Atelier of Linda Cunningham.

To give you a little bio of Cunningham, she is a Jackson-

ville girl who has had the gift of designing since the age of 10. She graduated from Florida State University in fashion design and came home to put her talents to work for the lucky ladies of Jacksonville. For those of you who remember Phelps Fabrics of Jacksonville, she started designing gowns for clients there just after graduating from FSU and then launched her own design studio in San Marco just a few years later.

Cunningham specializes in couture evening gowns and mother of the bride and groom attire. Her collection shows during fashion week in New York City and can be found in boutiques across the country and also at her second location in Houston, Texas.

The BTHS fashion class was given a private tour of the entire operation by Cunningham, as she shared step-by-step how to make couture garments from start to finish. We then were allowed to "shop" the garments and witness first hand her talents and originality. There was much "oohing and aahing" as we went through the racks of unbelievable dresses. We were also allowed to wander through her fall 2010 collection which was shown in New York last month during Fashion Week.

Then Cunningham gave the class a "Project Runway" experience. We all gathered in the sunshine around little tables in her courtyard with drawing paper and colored pencils in hand as we heard the challenges. There were seven in all: here are two black be-jeweled buckles, design a garment using them; take these seven rhinestone buttons use them on any garment you chose. Here is a cocktail dress from the spring collection – make a sister garment; oh, here is a spectacular pair of shoes—make me some-

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BTHS Academy students learn many things about fashion from designer Linda Cunningham.

thing to wear them with. Then there was a great looking belt with a multi-colored stone buckle to work with. A futuristic outfit was requested, but the most off the wall challenge was to make an airline attendant uniform; the only requirement was to include a skirt.

In one hour's time you would not believe the sketches! But I knew these girls had it in them, because I witnessed their paper dress designs last fall.

The judging was tough! They came through with peacock feathers, aluminum trims and red, white and blue uniforms for the

airline attendants. Seven different winners took home wonderful fashionista gifts as the day's mementos.

At the end of the day Cunningham challenged the students to pursue their dreams, to always carry a sketch book and head into the fashion world with vigor.

Wow, what a mentor who has walked the walk and made it happen! And hats off to those gals at the Fashion Academy who are going to wear her shoes!

And that, my Fashionable Florida Friends (FFFs), is really fashion as it is happening on the First Coast!

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- Pineapples and pistachios. Mix ½ cup of dried pineapple slices with about 25 pistachio nuts. Fruits and nuts are a good source of antioxidants. Also try peanuts and raisins or almonds

and dried apricots.

- Cottage cheese and apples. Top a sliced apple with about ½ cup of low-fat cottage cheese. Benefits: calcium, protein and fiber.
- Mini-pizza. Slice a whole-wheat pita in half. Spread a little tomato sauce, then sprinkle some cheese and vegetables on top. Heat in microwave or toaster oven until cheese melts.
- Rice cakes. These can be eaten by themselves or with various low-fat toppings. Look for rice cakes made from whole-grain brown rice.



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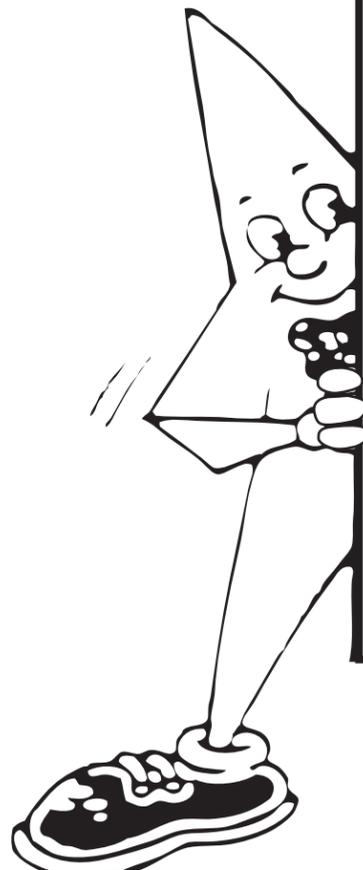
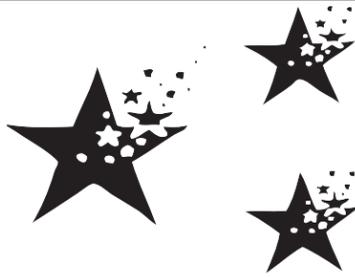
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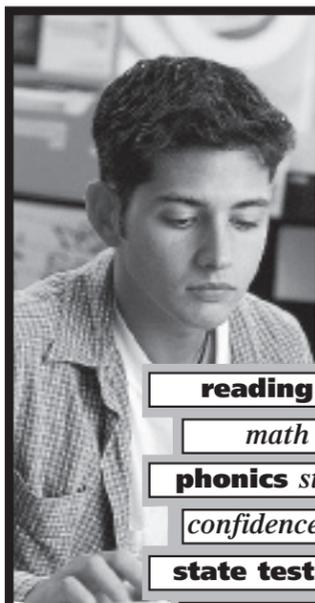
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# Activities Guide



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## Prepare for healthy fun in the summer sun!

(NewsUSA) - Cold weather is in the rear-view mirror and families across the country are gearing up to get active outdoors. With the threat of cabin fever waning, now is the time to get familiar with a few helpful tips to ensure a safe and stress-free season for the entire family:

- Avoid insect and tick bites. Bug bites can be dangerous, so take precautions, such as wearing insect repellent, tucking pants into socks or shoes when hiking in the woods and staying in the middle of trails to avoid overhanging branches. Avoid scented soaps and lotions that can attract bugs.
- Always wear sunblock. Limit exposure to the sun, especially between 10 a.m. and 4 p.m., when sun rays are at their strongest. Use sunblock that offers UVA and UVB protection with an SPF of 15 or higher. Apply sunblock 15 to 30 minutes before going out in the sun and reapply it every two hours or after swimming, sweating or towel-drying.
- Avoid heat stress and heat stroke. It's easy to get caught up in the fun of outdoor activities, but in extreme heat conditions it's important to not push beyond your physical limits. Drink plenty of water to avoid dehydration and be on alert for symptoms of heat stress and heat stroke, such as thirst, cramps, fatigue, dizziness, nausea, vomiting and fever.
- Get your physical. If children are planning on participating in camp or sports over the summer, it's important that they have a physical exam to ensure they're physically ready to be active. A sports or camp physical is a perfect opportunity to interact with a trusted health care professional.
- Use your best judgment and take the appropriate precautions. If an accident does occur, seek treatment from a health care professional.



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## Tips for taking children to a museum

Looking for a fun-filled educational activity for the family? Why not visit a museum? Before you go, you might want to think about your visit so that all family members get the most out of the experience. Here are some suggestions from the Art Institute of Chicago for introducing your children to a museum:

- Allow your children to enjoy the museum at their own pace.
- Tune in to what excites your children and help them discover things about the objects they are interested in.
- Don't try to see everything in one visit. Stay only as long as your child remains engaged. Young children can become overwhelmed by seeing too many things at one time. Keep in mind that 30 minutes to an hour in the galleries may be the point when they reach their limits—depending on the child.
- Discuss the "no touch" rule with your children. Explain to them that the art needs to be kept as perfect as possible and touching can damage the pieces.
- Read the labels on pieces children show interest in and pass along pertinent information.
- Relate objects in the museum to your child's world. For instance, if you're looking at knight's armor, you can discuss that its purpose was to keep the wearer safe—like a catcher's mask or bicycle helmet.
- Choose a painting and ask your child to write a story about what is happening in it with you.
- Bring a sketch pad and let your child sketch his or her own copy of a masterpiece.
- Buy some postcards for your own exhibition at home to keep the artwork in your child's mind.

- Play "I spy." Have children select objects then describe them to other family members for identification.
- Have your child seek out artworks that have particular characteristics, for instance, if your child's favorite color is red, have him or her seek out paintings that have a lot of red in them.
- When you get home encourage your child to write, draw or talk about the things they saw at the museum.
- Let your child pick a favorite object (such as trading cards or erasers) and collect and exhibit them in you home—creating their own mini-museum.



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# Summer Camp &

## Getting outdoors with your toddler

(ARA) – As the weather warms and families come out to play, moms and dads often wonder how they can keep their toddler busy outdoors while spending quality time together. There's no need to stock up on hundreds of dollars worth of toys or fancy games. Just a few strategic playthings powered by children and their imaginations are all parents need to get outdoors with their toddler.

"Unstructured play and simple games are really great ways to engage young children" says Robert Pasin, father of three and Chief Wagon Officer at Radio Flyer, makers of wagons and ride-on toys for children. "Parents seeking quality ways for them to be active should know you don't have to break the bank to have fun with your kids."

The play experts at Radio Flyer offer their top tips for parents to get outdoors with their toddler.

**Blow Bubbles:** Bubbles are a simple and timeless outdoor activity for children. Encourage kids to count the bubbles they pop as a fun way to work on counting skills. For a change of pace that will delight the little ones, let them blow the bubbles while mom and dad chase and pop them.

**Cruise the Block:** A favorite activity of the Pasin family is to take a nature "drive" around the

neighborhood. The Sport Coupe from Radio Flyer lets kids have a stylish, retro car of their own. Toddlers can use their feet to move the car, or use the stow-away footrest and telescoping handle to let mom or dad push. Point out foliage and wildlife along the way and encourage toddlers to honk the horn and wave to the neighbors.

**Flutterby:** Organize a butterfly chase in the yard or at a nearby park. Take the opportunity to explain how butterflies were once caterpillars, show kids how to watch the delicate critters quietly, and try to get them to land on their outstretched fingers. Make sure to take the time to enjoy the flowers, trees and sunshine.

**Three Wheels and Four Legs:** "Many families, mine included, have an older child as well as a toddler," says Pasin. "Younger siblings don't like to be left behind, so it's important for families to find 'me too' activities." A traditional older sibling activity is taking the family dog for a walk. Help toddlers keep up with their very own set of wheels, like My First Scooter from Radio Flyer. The three-wheeled scooter looks just like a big kids' ride but has an extra wide base with two wheels in front for stability. Fido will be happy he doesn't have to slow down for the kids and the little ones will be delighted to speed ahead.

**Sprinkler Sprint:** Set up the sprinkler in the yard, put on the swimsuits and run, run, run! Kids (and adults) of all ages love to cool off by running through sprinklers.

When it comes to getting outdoors with toddlers, the only limit is your imagination. Now get out there and play!

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## Technology and tots - Guidelines for making "screen time" meaningful

(NewsUSA) - It's a fact: children today are surrounded by all types of digital media from a very young age. Educators, parents and caregivers are left with the task of navigating through a multitude of handheld games, toys and online resources while debating the value of these different options.

Fortunately, research shows that computers can have important benefits for even young children, including language development, literacy development, social development and the development of important problem-solving skills. Here are some guidelines for the use of computers based on both current research in child development and the professional opinions of early childhood educators:

- Stick to a firm time limit for computer use. Recommended time for preschoolers (three to five years old) is 20-30 minutes per day.
- Computers should supplement—and not replace—activities and materials such as art, books, music, outdoor exploration, experimenting with writing materials, dramatic play and socializing with other children.
- Guide and be on hand to help your child, answer questions and interact with your child as she works on the computer.
- Look for online games, resources and websites with educational value.

One spot to visit for educational content is PBS Kids Island ([www.readytolearnreading.org](http://www.readytolearnreading.org)), which provides free research-based reading games and activities for children, parents, caregivers and teachers to use at home or in the

classroom. PBS Kids Island takes place in a virtual world, where children build an online island by playing games that feature beloved PBS Kids television characters from award-winning shows, including Sesame Street, Super Why!, WordWorld, Martha Speaks and Between the Lions. Games allow players to build and practice the critical skills needed to learn to read, like rhyming and letter identification. Parents and teachers are able to access children's accounts to see how far their children have progressed in the game.

The site is an outgrowth of PBS Kids Raising Readers, a multi-faceted initiative that focuses on using media to help children ages two to eight build reading skills. The initiative is funded in part by a Ready To Learn grant from the United States Department of Education, part of a cooperative agreement with the Corporation for Public Broadcasting (CPB), PBS and The Ready To Learn Partnership.

For more information, please visit [www.readytolearnreading.org](http://www.readytolearnreading.org).

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# Activities Guide



## Secrets of smart summer snacking

(ARA) - As you head outdoors to take advantage of the warmer weather, there are a number of easy ways to jump-start a healthy, active lifestyle and kick the couch potato routine.

While it's great that you're getting more exercise, don't forget to incorporate smart eating habits along with increased activity. Fueling your body with healthy snack choices helps keep energy levels high. But many snacks we consider as sources of energy and nutrition are actually loaded with sugar and preservatives. Another common pitfall is to avoid snacking altogether, and rely on two to three big meals to provide all the nutrients and sustainable energy you need for the day.

"Smart snacking is a very important part of our daily diet," says registered dietitian and health educator Allegra Burton, MPH, RD. "By eating small portions balanced with protein and complex carbohydrates throughout the day, we continually fuel our bodies with the nutrients we need to stay healthy and energized."

Burton says picking the right

snacks can be challenging, especially when you're hungry or on the go. She shares five easy tips to carry through your next trip or outdoor adventure.

- Plan ahead. Before you head to the lake for the weekend or a family road trip, plan on a variety of snacking options to satisfy everyone. Burton recommends fresh fruit, a mixture of nuts and dried fruit, low-fat string cheese and plenty of bottled water.
- Snack small and snack often. Whether you're going to the gym, on a walk, or to the amusement park or beach, throw some treats in the car or your backpack.
- Mix it up. There are many smart snacking options to choose from every day. One day you could have fruit and nuts, the next day yogurt or veggies with a low fat bean dip. Variety will keep your taste buds from getting bored and will encourage you to keep reaching for healthier snacks.
- Give in, not up. It's hard to resist a cold, sweet treat on a

warm day at the beach or family barbecue. Rather than avoiding moderate indulgences, flex your snack smarts. Choose low-fat frozen yogurt and lean toward dark chocolate over milk or white chocolate since it has antioxidants that are good for your heart. And remember, it's all about portion control – a little goes a long way!

- Match snack with activity. Make sure to pack snacks appropriate for your activity. For example, perishable or bulky foods don't make sense if you're embarking on a hike. Instead pack all-natural snacks placed in baggies such as trail mix, and cut-up veggies that are easy to carry and stash in your backpack. Conversely, if you are going to be at the park or on a boat, items that can be stored in a cooler allow for more diverse snacking options.

Courtesy of ARAcontent

## Reward children's accomplishments with effective incentives

(NewsUSA) - Celebrating a child's milestones does wonders for building character and self-esteem, but parents aren't always sure how to acknowledge their child's accomplishments. Will a quick hug suffice? Or do you need to throw a party for the entire school class?

Mostly, children just want to know that their parents take an active interest in their lives—you don't have to rent a houseboat every time a child comes home with an "A" on a test. But you don't want to ignore a big accomplishment, either, unless you want your child to think that nothing he or she does will ever please you. Besides, commemorating an extra-special moment could help preserve fond memories for years.

For example, if your child's 4-H project or success on the basketball or soccer team ends up in a news article, you should consider getting the article matted and framed. One company, Plaque-MakerPlus (www.plaquemakerplus.com), will duplicate the newspaper or magazine article with a full-color imprint on a metal sheet, then frame the article in an elegant black frame. The frame displays a metal plaque containing your choice of text.

Whether displayed on your mantle or on your child's wall, the framed news article will become a keepsake commemorating your child's accomplishment—someday, you may even want to show it to your grandchildren.

You can also frame certificates or ribbons, or give your child a memory frame in which to display Scout badges. You can even purchase your own trophies to give to your children.

If the way to the heart is through the stomach, cook your



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child's favorite meal or visit a favorite restaurant to celebrate a big accomplishment. You can also reward your child with more of your time. For example, you could commit a day to an activity that your child enjoys, like visiting a theme park, shopping at the mall or going on

a hike. Older children and teens tend to want to celebrate with their friends. For them, a sleepover or a party at a mini golf course might be the best way to celebrate their success.

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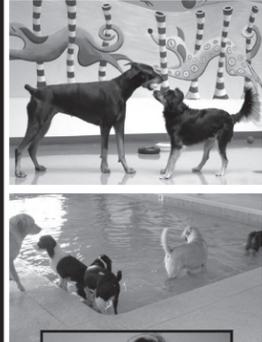
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## Purposeful Parenting

### Too young to know better?

By Allie Olsen

When my sister calls, the world stands still. After this morning's call, my kitchen didn't show evidence of the world standing still; I returned to quite a mess at the breakfast table! But whatever the mess afterwards, I love Krissy so I stop everything when she calls. Her little son, Landon, just turned one year old. In the past, it's been easy to look like an expert when Krissy calls with a mommy question.

"Landon fell and bumped his head and he's crying! What should I do?" she may ask. Easy! Snuggle him and nurse him 'til he's happy again!

"His diaper yesterday was runny and the color was a little weird. Is that ok?" was another question. No problem; don't worry about a single poop being abnor-

mal. Look for a pattern before you get concerned. If he's nursing well, wetting normally and acting happy as usual then he's probably a-o-k!

Today's question was slightly more challenging. My angelic nephew was being naughty. He'd had a yummy breakfast, playtime with mom and now was supposed to be playing with some toys in the kitchen while Krissy did some organizing in an upper cabinet. The problem was, he didn't agree with her agenda and was standing beside his Mamma screaming at her to pick him up. Krissy wanted to know, "Is he too young to know better?"

This question is harder to answer on paper than when looking into that baby's red face. If it's been years since you've had a little one then you may have forgotten how angrily one year olds can scream! Grandmas, don't bristle when I say Landon was being naughty. Yes, he can be taught to know better!

There are many ways to prevent Krissy and Landon's situation. Anytime a young child will need to entertain himself for a period of time, it's wise to spend some one-on-one time first. Whether that is playing on the floor with a one year old before straightening a cabinet or doing special "school time" with preschoolers before schooling the big kids, spending some time together with the little ones first helps to keep a kid happy!

Attention spans of little ones are another thing to keep in mind. I may expect my five year old to play quietly for 15-20 minutes, but if our little one year old is quiet for even five minutes I start to wonder what she is up to! Krissy was being

wise with Landon and had toys for him right beside her where she could keep an eye on him while working a bit on her task.

So if a little one has a full tummy, clean diaper, had Mommy time and has toys to play with next to Mamma but is still pitching a fit... then what?

Tell the cutie pie what he's doing is not ok. I know one year olds can't talk yet, but they understand a whole lot more than we give them credit for. I like to get down on their eye level or pick them up in my arms and look them in the eye. "Landon," she might say, "Mommy is going to clean off this shelf then we'll sit together for some play time! Here, play with your stacking rings for a few more minutes." Then I'd hurry up and get to a stopping point with my chore and keep my word to him about playing together. Next I'd do a few more minutes on my cleaning job before we took another break. This time, we may read a book or share a snack. The goal is to introduce him to the concept of playing alone in small increments, adding time as he gets older and used to it.

There are some things that must be done, even when your adorable little one (and most likely you!) would rather be playing. It's possible to train them toward this end in a positive way; save the swats for defiant days!

One closing thought: when my sister calls, I put everything on hold to give her my full attention because I love her and care for her! I have to ask myself: Do I do that for my sweet children? Let them know you love them by giving them your time whenever they may need you.

## Register now for 21st annual Wolfson Children's Hospital Bass Tournament

Register now for the 21st annual Wolfson Children's Hospital Bass Tournament, which benefits patients of Wolfson Children's Hospital. This premier fishing event will take place in Palatka, Florida – known as the "bass fishing capital of the world" – on Saturday, May 15, 2010.

The Wolfson Bass Tournament is the largest single-day

bass tournament in the state of Florida. Thanks to many generous sponsors and participants, the 2009 tournament contributed \$135,000 to benefit children treated at Wolfson Children's Hospital.

The tournament also will offer a chance for you to win a new fully rigged 2010 Bullet 21 XD Bass Boat with a 2010 Mercury

225 Pro XS OptiMax Motor (the boat is on display in front of Wolfson Children's Hospital). For a \$10 donation to Wolfson Children's Hospital, you will have one of only 4,500 available chances to win this boat, to be given away on Saturday, May 15, at the tournament (you do not need to be present to win). Register to participate at [www.wolfsonchildrens.org/ways-to-give/bass/Pages/drawing.aspx](http://www.wolfsonchildrens.org/ways-to-give/bass/Pages/drawing.aspx).

For additional information, please visit [www.wolfsonchildrens.org/bass](http://www.wolfsonchildrens.org/bass) or call Patty Utley at 202-8732 or Linda Starling at 282-3783.

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## Etiquette by Elizabeth

Dear Elizabeth,

I work for a medium size company about 120 employees. My department (10 people) is hosting a bridal shower for one of the ladies who works with us. This is an obligation that each department does for their own personnel. The whole company will be invited and our department will split the cost of food, drink and decorations. We sent an invitation to the bride's mother and the groom's mother. A week before the shower the bride asked if she could invite some of her friends too. What should we do? Some people think it is OK and others say "no way!"

Stacey

Dear Stacey,

When a shower is being given for someone and the hostess asks for a guest list, the bride may invite whomever she wants. When a shower is being given in a workplace setting, only those who work there should attend. Just sweetly tell the bride that since it is a workplace shower only employees of the company will be invited. Hopefully she will be a gracious bride and that will be the end of it!

Good Luck!  
Elizabeth

Dear Elizabeth,

How old should a girl be when she starts wearing make-up? My

daughter's friends have started to wear it and they are only ten years old!

Lindsey

Dear Lindsey,

There is not a specific age for when girls should wear make-up. It is up to you when you think your daughter is ready. Trust your own judgment and don't worry about what everyone else is doing.

Good Luck!  
Elizabeth

Please send etiquette questions to [AskElizabethNow@Bellsouth.net](mailto:AskElizabethNow@Bellsouth.net). Elizabeth will answer your question in an upcoming issue of Mandarin NewsLine.



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## Faith Corner

A joint effort between several area church congregations, local organizations and Angel Food Ministries is currently getting started for residents in the Mandarin/Fruit Cove/Switzerland areas to provide food relief for area families. A family in need will be able to order a box of food for \$30 per unit that will provide one family of four a whole week's worth of food. The box of food consists of both fresh and frozen items with an average retail value of around \$60. The food consists of the very same high quality/brand name items that could be purchased at a grocery store.

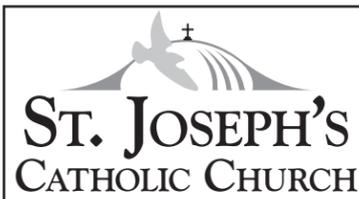
Currently, Reverend Jeff Smith at First Christian Church in Mandarin has applied and received approval to become a designated order pick up location for families that have ordered boxes of food. The on-line process is currently only set up for credit/debit cards, but plans are under way to accept food stamps and cash in the future. This program isn't new to the Jacksonville area, but in the past there have been no locations closer than Orange Park or St. Augustine that

distribute the orders for our area and hopefully more people will be reached with this new location at the church on San Jose Boulevard.

To find out more about this program or order on-line, please go to [www.angelfoodministries.com](http://www.angelfoodministries.com). The entire process and displays of what an actual box of food contains are shown at the website. For pick up at First Christian Church, located at 11924 San Jose Boulevard, the ordering time frame is May 1 through May 14, with a designated delivery day of May 22 at the church between 10:00 a.m. and 11:00 a.m.

Additional information is also available by contacting First Christian Church at 262-1662 or emailing [firstchristianjax@clearwire.net](mailto:firstchristianjax@clearwire.net).

Editor's Note: Faith Corner is a new monthly feature at Mandarin NewsLine. We invite worship leaders of all Mandarin area places of worship to submit an article for a future issue. Please email [editor@mandarinnewsline.com](mailto:editor@mandarinnewsline.com) if you would like to participate!



## ST. JOSEPH'S CATHOLIC CHURCH

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1st & 3rd Sunday - 11:00 a.m. - Historic Church  
**Polish Mass**  
2nd & 4th Sunday - 11:00 a.m. - Historic Church  
**Weekday Mass Schedule**  
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Friday - 8:15 a.m. Main Church  
**11730 Old St. Augustine Rd. Jacksonville, Florida 904-268-5422**

Got news?  
886-4919

## Kids, take gum disease to heart

(NewsUSA) - Teaching your kids to care for their teeth will do more than ensure a healthy smile -- it may also help them avoid health problems later in life.

Many parents consider cavities a normal part of childhood — after all, children eat more sweet foods than adults and often neglect brushing and flossing. But research links cavities and gum disease with serious health problems, including cardiovascular disease.

Research suggests that there is a relationship between gum disease and heart health. The American Academy of Periodontology reports that people with

periodontal disease are almost twice as likely to have heart disease. Likewise, in a study of 657 heart-disease patients published in "Circulation: Journal of the American Heart Association," lead researcher Moise Desvarieux, M.D., Ph.D. of Columbia University discovered that patients with harmful bacteria in their mouths were more likely to have a clogged artery in their neck, a precursor to stroke.

Researchers believe that, when the harmful bacteria that cause gum disease invade the gum line, they also access the bloodstream. Once they enter the circulatory system, these harmful bacteria can cause disease in other parts of the body.

But kids will be kids and some may stop brushing their teeth before they finish singing "The Star Spangled Banner" or forget to floss after eating that ice cream cone. Even if kids are

excellent brushers and flossers, they can't get rid of the harmful bacteria living in every part of their mouths.

Parents can skip the risk by giving their kids probiotics for oral care, like EvoraKids ([www.myeorakids.com](http://www.myeorakids.com)), a chewable that contains beneficial bacteria that are normally found in healthy mouths. When these good bacteria adhere to the teeth, they leave less room for harmful bacteria to grow, helping to support tooth health.

"Daily use of a product such as EvoraKids is an easy way to naturally maintain oral health," says Dr. Jeffrey Hillman, D.M.D., Ph.D. and chief medical officer for Oragenics. "The good bacteria inhibit the growth of the damaging bad bacteria, leading to better health and breath."

For more information, visit [www.myeorakids.com](http://www.myeorakids.com).

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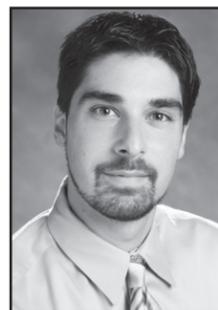
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**Coast Guard Auxiliary update Boat smart. Boat safe.**

By Contributing Writer Ralph Little, Public Affairs, Flotilla 14-8

Recreational boating can be great fun whether you use a craft to fish, hunt, cruise, ski, board, explore or other favorite water pastime. There are a lot of factors, however, that are not usually stressed when buying or using a boat. Various waters present serious and different concerns, including structures, shallows, weather and traffic.

Despite recent requirements for those born on or after January 1, 1988 to have a Boater's ID to pilot a boat, many boaters give no regard that there are no obvious driving lanes and relatively few warning or control signs. Many forget to check the weather or don't notice signs of approaching storms. The water is unforgiving and may deteriorate boat equipment.

You could say there are three characteristics of a sound approach to safe boating. These are a boater's personal commitment to safety, seeking knowledge of how to be safe and assuring their watercraft has adequate safety equipment and is correctly rigged. Having a personal commitment to safety is most important and leads a boat user to

seek the knowledge and equipment to secure their waterborne enjoyment.

The second characteristic of a safe boater is completion of the Auxiliary Boating Safety Training Program. This results in award of a Boater's ID card for all boaters seeking to improve the safety of their passengers and vessel. Flotilla 14-8's program occurs every Monday at 6:30 p.m. at the Stellar building near Interstate 295 at 2900 Hartley Road. The cost is \$20 per participant. Call Bob (721-1346) for specifics and to register.

Finally, boaters in the Mandarin and NW St. Johns area can best arrange for a free vessel safety check by contacting Mike of Flotilla 14-8 (333-0216 or msmorgan221@gmail.com) or use the flotilla website at <http://a0701408.uscgaux.info/>. You can also use the National Auxiliary site at [www.safetysal.net](http://www.safetysal.net). After selecting "I Want a VSC" on the national site, insert your zip code and select from a list of examiners near you. Examiners will meet you at your convenience and boat location. The Flotilla also has



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periodic scheduled vessel exams at local boat ramps, marinas or dealer lots.

In preparation for National Safe Boating Week (NSBW), which runs from May 22 through 28, the Coast Guard Auxiliary has information about safe boating practices, to be handed out to visitors at scheduled events and vessel exams. We're also prepared to talk to the boating public, listen to concerns and answer questions. NSBW is the Auxiliary's special time to talk water safety, emphasizing life jacket wear and pointing out that 90 percent of all boating accident victims who drowned were not wearing a life jacket. We also urge the public to boat sober, as Coast Guard statistics indicate that alcohol use is the number one contributing factor to fatal boating accidents in America.

The United States Coast Guard Auxiliary is the uniformed civilian volunteer component of the United States Coast Guard. The Auxiliary directly supports the Coast Guard in all missions, except military and direct law enforcement actions.

**National Safe Boating Week**



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## I run so I can eat!

By Contributing Writer Wes Greer, Owner, FT Fitness

If you've ever worn (or chuckled at) one of those "I run so I can eat" T-shirts, this information is for you! How you eat goes hand in hand with your workout plans and is proven to bring people's weight loss goals into their grasp more quickly and easily. Try these top nine strategies from the Fitness Together experts to help you spell double trouble for extra pounds!

1. Eat healthy to stay healthy. Studies show that people who eat an unhealthy diet (loaded with fast-food meals, sugary drinks, high-fat snacks, lots of desserts/sweets and low in fruits and vegetables) have significantly higher rates of chronic disease such as high blood pressure and heart disease. The most successful weight loss programs provide clear and uncomplicated nutrition guidance via tools such as "this is a healthier choice than that" food graphics.
2. Lose weight at a safe rate. Weight lost too quickly often returns — sometimes with additional pounds. The safest diets promote weight loss of no more than two pounds (or 1 percent of

- total body weight) a week.
3. Learn how to control emotional eating. Experts estimate that 75 percent of overeating is caused by emotions. Successful weight losers have learned to apply behavior modification tools to help them deal with their emotional eating triggers and learn healthful techniques to help manage these emotions.
4. Control calories and portions. Research has proven time and again that to lose weight you must consume fewer calories than your body expends, regardless of the carbs/fat/protein ratio.
5. Keep a journal. Studies show that people are most successful at maintaining healthy eating habits when they watch and record the type and quantity of food consumed. Take it a step further with an accountability journal to help you track both eating and exercise choices.
6. Weigh yourself often. Frequent weighing is proven to help clients achieve and sustain weight loss. Not weighing in is actually associated with greater weight regain.

7. Eat small, frequent meals. The more meals and snacks you eat a day, the healthier your weight is likely to be. Eating breakfast and eating frequently increases total calorie burn. Aim to eat a healthy breakfast every morning followed by four or five small meals throughout the day.
  8. Choose the macronutrient content of your meals wisely. The type of food you select can help you boost your metabolism and feel fuller and more satisfied longer. For example, protein reduces appetite and costs your body the most calories to metabolize. Fiber is filling and helps keep hunger at bay, helping you make wiser choices at major meals.
  9. Include strength training, not just cardio. The most successful programs for promoting health and long-term weight control involve combinations of exercise and diet. Balancing cardio exercise with strength training is the best prescription for promoting health, fitness and weight control.
- For additional information, please contact wesgreer@fitnesstogether.com.



# Gardening

## Be choosy when choosing plants

By Contributing Writer Master Gardener Camille Hunter with Duval County Extension, University of Florida/IFAS

I often watch folks picking out plants at a garden center. They almost always choose those with the most flowers or fruit and are happy when they find a plant bursting with open blooms. Undoubtedly, these are the most attractive ones, but they are not necessarily the best ones. The plant with all the open flowers may be at the end of its bloom, whereas a plant just starting to form buds will put on a much longer show.

Also, did you know smaller plants transplant better than larger ones? They suffer less shock from being moved and recover faster. Smaller flowering annuals and perennials that are moved into a bigger pot or into a garden catch up to and surpass larger ones.

If you are buying a tomato plant, pass up those with fruit and flowers. I know you want the tall one with the little green tomato, but you will have a better plant if you choose the stockiest one, sans fruit, with good green color. A tomato, by the way, is the only thing we plant deeply when we transplant it, up to the first true leaves. It will grow roots along the buried stem. Other plants do not do this and should be planted at the same level as they are in the pot.

When shopping for plants, try to buy fresh ones that have just arrived. Ask an employee how long they have been there, and when new stock will be coming in. Pass up any plants with weeds or roots growing out the bottom. And run from any that have bugs or tiny white flies around them. Bringing them into your house or yard can infect other plants. And never leave your purchased plants sitting around in tiny pots. They will quickly become the weedy, pot-bound plants you avoided at the nursery.



If you can, grow your own plants from seed. Many veggies and annuals do well this way. It will cost less, you will have a much larger variety to choose from and many things can be planted directly into the garden. Once they are up, they grow quickly and produce flowers and fruit just as fast, or faster, than transplants.

On the subject of veggies, you will have a much better experience if you avoid heirloom varieties. They are very fashionable right now but lack the disease and pest resistance of modern hybrids. If you must have an heirloom, plant a hybrid as well so you will have something to harvest if the heirloom succumbs.

My last piece of advice is to buy plants at the right time. Warm season crops such as tomatoes, peppers, squash and beans can be grown March through June, so it is already too late to start most varieties. There is another warm season for vegetables from mid-August to frost, but spring is the longest season and the best time.

Correction: A recent column incorrectly listed a link to the University of Florida website for up-to-date lawn and garden information. My apologies to those who tried it and failed. The correct link is [www.solutionsforyourlife.com](http://www.solutionsforyourlife.com), then click on lawn and Garden.

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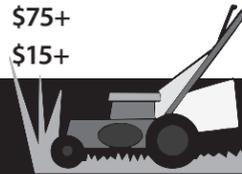


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- Get a windshield shade. Blocking the hot sun in the summer will keep your car's interior cooler and reduce your air conditioning needs.
- Fill up carefully. Don't overfill your tank and allow gas to slosh out. Tighten the gas cap so fuel can't evaporate through any gaps.
- Brake with care. Try to avoid slamming on your brakes. Once in motion, a car doesn't burn as much gasoline as it needs to accelerate, so braking unnecessarily can waste gas

when you need to accelerate again. Keep a safe distance between cars and be alert for anything that might cause you to slow down so you can brake early.

- Buy the right gas. Check your owner's manual for the correct octane level. Filling the tank with a higher octane doesn't usually improve performance and it generally costs more.

### 42<sup>nd</sup> annual Mandarin Art Festival 2010

### Children's Art Show Results

(Chairwoman Chris Buckley)

#### Best in Show - School

- 1<sup>st</sup> - Mandarin Middle School
- 2<sup>nd</sup> - Hendricks Day School
- 3<sup>rd</sup> - Pine Forest School of the Arts

#### Best in Show - Student

- 1<sup>st</sup> - Erin Hitchingham, Mandarin Middle
- 2<sup>nd</sup> - Hannah Little, Pine Forest School of the Arts
- 3<sup>rd</sup> - Stuti Patel, Beauclerc Elementary

#### 6-8 Grade Division

- 1<sup>st</sup> - Ruthelen Cox, Mandarin Middle
- 2<sup>nd</sup> - Alexandra Sample, San Juan del Rio
- 3<sup>rd</sup> - Caroline Warden, Hendricks Day School

#### 3-5 Grade Division

- 1<sup>st</sup> - Ellie Northrop, Hendricks Day School
- 2<sup>nd</sup> - Malik White, Pine Forest School of the Arts
- 3<sup>rd</sup> - Orsola Sallaku, Crown Point Elementary

#### K-2 Grade Division

- 1<sup>st</sup> - Myla Hubbard, Pine Forest School of the Arts
- 2<sup>nd</sup> - Leandra Flory, Loretto Elementary
- 3<sup>rd</sup> - Whitney Lee, Hendricks Day School

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## Second annual MS Mud Run exceeds expectations



course race, with most of the obstacles surrounded by or consisting entirely of mud. Individuals, teams of two and teams of five competed for prizes, the feeling of accomplishment and for the simple fun of playing in the mud.

"Every one who crossed the finish line looked triumphant...and dirty!" said Jennifer Lee, chapter president. "There was a real spirit of fun and enthusiasm out there all day. Everyone was excited about the challenge and quite a few told me personally how proud they were of the funds they were able to raise. They definitely never got this dirty for anything this good."

A new addition this year was the Mud Run Fun Run for Kids event, which allowed boys and girls ages seven through 12 to run a three-quarter of a mile course featuring six obstacles, including the large Slip 'n' Slide. More than 60 kids participated and it was hard to tell who enjoyed it more—the kids or their parents who cheered

The North Florida Chapter of the National Multiple Sclerosis Society (NMSS-NFL) successfully completed its second annual MS Mud Run Jacksonville and blew its results from the previous year out of the water. The March 20 event, held at Cecil Commerce Center, attracted more than 2800 participants, tripling the number from the event's inaugural year. In addition, more than \$400,000 was raised for the chapter, exceeding last year's total by more than 300 percent.

The MS Mud Run Jacksonville is a 10K military-style obstacle

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The funds raised from the Mud Run will help the MS Society work towards a world free of MS. The money will support on-going research for MS as well as provide direct services for those living with MS throughout the Northeast Florida area.

Sponsors for this year's MS Mud Run Jacksonville include Suddath, Ring Power, Solantic, the PGA TOUR, Planet Smoothie, Army Navy Outdoors, First Coast News and the Hospitality Inn. In addition, hundreds of volunteers worked to make the event possible, handling tasks from helping to prepare the course prior to the event, to staffing each obstacle, to cleaning the area once the event concluded.

Multiple sclerosis is a chronic, often disabling disease that attacks the central nervous system, which is made up of the brain, spinal cord, and optic nerves. Symptoms may

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be mild, such as numbness in the limbs, or severe, such as paralysis or loss of vision. The progress, severity, and specific symptoms of MS are unpredictable and vary from one person to another. Today, new treatments and advances in research are giving new hope to people affected by the disease.

Since it was founded more than 30 years ago, NMSS-NFL

has grown to serve approximately 18,000 people living with or affected by MS through educational and client programs. The chapter serves 34 counties throughout North Florida and provides information and referral. Visit the chapter at <http://nationalmssociety.org/fln>. medical equipment loan closet; and self help groups. Visit the chapter at <http://nationalmssociety.org/fln>.

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## MHS Sports Roundup

By Phillip Heilman, MHS Student

Baseball, at its core, is a game with a bat and a ball. However, the patience, perseverance and teamwork required to be great at baseball makes the game what it is. Baseball is the only sport where a player fails a much greater amount of times than he succeeds. Therefore, it requires those traits to be successful. It also requires talent. This season, the talent of the Mustangs baseball team is busting at the seams.

The Mustangs opened up the year winning five times in as many tries. Following this strong opening, the boys hit the skids by losing their next three games. This put them at a record of five wins and three losses. The third loss was an unimpressive game by the Mustangs, as they fell to the hands of Creekside five to one. Since then, the Mustangs have rolled off an impressive stretch of baseball. Winners of nine of their next 11 games, the boys improved their record to 14 wins and five losses.

Victory number 14 brought the Mustangs home from South Florida as the Baseball Fever Classic champions. The Mustangs showed some of their resiliency in the championship game of the tournament. Following 11 innings of tied baseball against Arlington Country Day, the Mustangs went into a "tie breaker" with the Apaches. In this scenario, each team starts their respective inning with the bases loaded and no outs. Each team is given the opportunity to score as many runs as they can in their half of the inning. The Apaches were able to come through with three runs in their half of the inning. In a hole, the Mustangs needed at least three runs to continue the game. They did just that and with a sacrifice fly by junior Clint Tolbert, scoring Spencer Herrmann, the Mustangs walked off the field both physically and emotionally drained, but as champions.

The Mustangs look to use that momentum to fuel a long run into the playoffs. With the scholarship

athletes they have, as well as the underclassman who are proving their worth, the Mustangs should be a difficult out in the playoffs.

The success of the baseball team is being matched by the softball team. The girls, under Coach Gonzalez, have once again posted a strong regular season mark. The girls ended their own spring break tournament with an overall record of 17 wins and five losses. After dropping their first game back to Eagles View, the girls look to rebound and continue their strong season.

Interestingly enough, the team has only one senior, Lindsay Kelly, on their roster compared to nine for the baseball team. Hopefully, the leadership of Kelly can propel the talented, youthful team to a strong playoff push.

As always, good luck to all of the Mandarin athletes competing and Go Mustangs!

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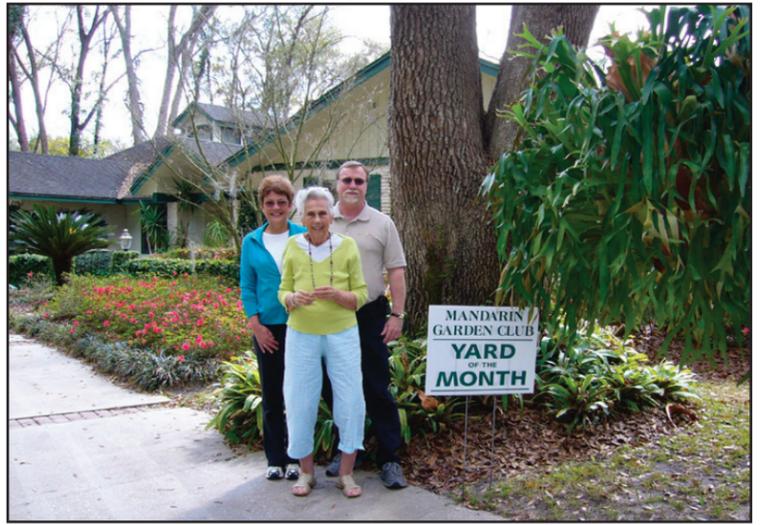
## Mandarin Garden Club's Yard of the Month A yard designed with size and proportion in mind

By Contributing Writer Darlene Gantt, Mandarin Garden Club

Carol and David Smith are being recognized by the Mandarin Garden Club with its April Yard of the Month award. Their Old Mandarin property is large and unusually shaped. With careful planning, they have established a beautiful setting that is not labor intensive.

The property includes a long dogleg of land off the large yard that is the site of their home. They have created a park-like setting on the dogleg by planting dogwood, azaleas and ferns. The home's front yard has a small patch of grass that is enhanced by a small fish pond and an impressive array of very large plantings. The azaleas are tall and full and are complimented by a multi-colored collection of tall ginger plants. There are red, pink, white, yellow, blue and purple plants; some have deep green foliage and others are variegated. The accents of crepe myrtle trees, bromeliads, liriopie, camellias and holly fern give the yard texture and depth.

One real eye catcher is the stag horn fern hanging from a large oak tree. The fern, a gift from David



Carol Smith, Marge Gould, David Smith

Smith's mother, has multiplied in size thanks to the shaded and protected area where it hangs. The grassy back yard is framed by tall bamboo that produces a pleasant sound in the wind. The patio is a good spot for potted specimen plants such as orchids, a pony tail palm, bougainvillea and ficus.

Carol Smith's mother, Marge Gould, lives with the Smiths. She moved to Miami in 1945 and

fondly recalls the natural beauty of the area at that time. She still visits south Florida to spend time with family, but she is always happy to return to the beautiful setting of the Smiths' home.

To make a Mandarin Garden Club Yard of the Month nomination or find out more about membership, please email mandarin-gardenclub@comcast.net or call 268-1192.

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## Koi Joy: The pleasures of water gardening

By Contributing Writer Dale Whaley



Dragonflies and damselflies have begun showing up at my pond. To me this signifies the end of winter and the full launch of spring. Ooh-Rah! As they say in the Corps.

There are over 5000 species of dragonflies found all over the world. They have been around since the beginning of time and are the source for lots of folklore. The one I grew up with was that you never close your eyes around them—the result being they would sew your eyes shut. Hence the folklore names Devil's Needle, Darnier and Serpent Doctor.

Another folklore yarn in the Appalachians is if you kill a dragonfly, its serpent will seek you out. My husband's third biggest fear in life is snakes, so dragonflies are a protected species at our house just in case there's a little bit of truth to this one.

Dragonflies are the sign of a healthy pond. They are especially abundant in ponds stocked with plants. So if you have a water lily pond you'll probably have dragonflies. The plants in the pond provide a perfect setting for the

dragonflies to lay their eggs. The eggs hatch into nymphs who spend their lives entirely under water feeding on mosquito larva. Ooh-Rah! Toward the end of their lives they will crawl out of the water onto a reed or plant and morph into a mature dragonfly. It's sort of like the caterpillar into a butterfly with a twist.

The mature adults are especially beneficial to us in they continue in life as little mosquito eating machines. In fact several years ago a parish in Louisiana released thousands of dragonflies in lieu of sending out mosquito spraying trucks. I didn't follow up to see how successful the program was but a natural solution over a chemical one deserves an honest chance, so I applaud their effort regardless of their success.

We usually have a couple pairs of dragonflies that live at

our ponds all summer. The male dragonflies are larger and more colorful than the females and are very territorial. They continually patrol their territory, defending their ground and chasing off male intruders.

Damselflies are similar to dragonflies but appear much smaller and slimmer and hold their wings collapsed over their backs while dragonflies hold their wings extended to their sides.

Hold the first weekend in June for the First Coast Koi Club's annual pond tour. Information about the pond tour will be posted soon on the First Coast Koi Club website, [www.firstcoastkoiclub.com](http://www.firstcoastkoiclub.com). If you have any questions feel free to email me at [Dale@DWhaley.com](mailto:Dale@DWhaley.com).

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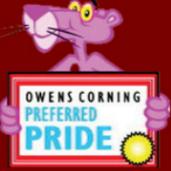


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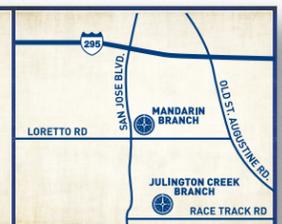
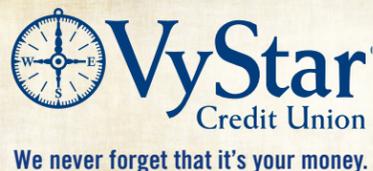
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