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Volume 5, Issue 11

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August 2011

Fans give Harry a standing ovation as he takes his final bow

By Alexa M. Velez



Snape, Snape. Severus Snape. Snape, Snape, Snape. Severus Snape. Dumbledore! If this line sounds familiar, then you, along with one hundred million viewers, have seen the widely popular Harry Potter Puppet Pals in their viral YouTube video, *The Mysterious Ticking Noise*. Anyone who's a diehard Potter fan should enjoy this cloth mani-



festation of the wizard gang, along with the eight Harry Potter films, including the final installment, *Harry Potter and the Deathly Hallows - Part 2*, which was released in July. The Harry Potter book series that started it all was brought to life more than 10 years ago by author J. K. Rowling. Today, the series has sold more than 450 million copies, has been translated into 67 languages and has won numerous awards. The last four books in the series have

consecutively set records as the fastest-selling books in history. With the release of the final chapter on the silver screen, it's sad to face the fact that Harry's reign is coming to an end. Nevertheless, his story has left a lasting impression on millions of people across the globe. So what is it that makes the books, excuse the cliché, "magical?" Let's see what a few local fans have to say.

Amanda, a junior in high school, started reading the Harry Potter series when she was nine years old. She's read all the books numerous times—often staying up till the crack of dawn, unable to stop reading.

"It's like you get into it and you want to keep reading because it's exciting. It's thrilling. You get so engrossed in what the characters are feeling and how they are acting that you just can't put the book down because it feels like you're actually there," she shares.

Her favorite book in the series is *Harry Potter and the Order of the Phoenix*.

When asked which of the

Harry Potter cont on pg. 17

Community turns out for all-day celebration Landmark celebrates centennial

An estimated 500 area residents turned out for patriotic music, a children's parade, antique cars, entertainment and free homemade lemonade as part of the 100th anniversary celebration of the Mandarin Store and Post Office on Saturday, July 2.

"The day was perfect," said Karen Roumillat, former president of the Mandarin Museum and Historical Society, which operates the building as a museum. "It was a great celebration of the history of the old store and post office and all these wonderful people came to join the festivities."

The all-day party held on the grounds of the Mandarin Community Club, the event's co-sponsor, started with a children's decorated bike and wagon parade with music from the Northeast Florida Conservatory of Music Community Band. Later, there were twirling demonstrations by Phe-

nomenon, Ladies of the Golden Teacup historical re-enactors, games and original folk music by Ron and Mary.

Five men and women were honored as Mandarin History Markers for their contribution. Centennial celebration cont on pg. 10



Andrew Morrow, Mandarin Museum & Historical Society executive director, visits with Wanda Bosworth, former Mandarin Community Club president, on the steps of the Mandarin Store and Post Office.

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Business community "showers" Mandarin's Divine Mercy House

By Contributing Writer Jodie Cetnar, Executive Director, Divine Mercy House

The Divine Mercy House was the focus of a community baby shower sponsored by Iberia Bank and the Mandarin Council of the Jacksonville Chamber of Commerce in June. The shower was held at the Mandarin Branch of Iberia Bank on Old St. Augustine Road.

Attendees of the baby shower enjoyed delicious sandwiches from Broadway Deli and a scrumptious cake from the Publix Bakery. Guests had a good time mingling with members of the Mandarin community while watching the donations multiply with each new attendee. The Divine Mercy House received a boatload of much needed baby items such as gift cards to Target and Wal-Mart, cash donations, clothing, diapers and wipes and other baby gear. One creative party-goer

also donated a beautiful diaper cake!

The Divine Mercy House is a home for women facing an unplanned pregnancy whose families cannot or will not offer assistance. Women come to the house during pregnancy and will typically stay six to eight months after the baby's birth. Staff helps each woman to develop a life plan, working to secure employment, schooling, housing and



Adriana (bank employee), Jodie Cetnar (Divine Mercy House executive director) and Joyce (bank employee and shower organizer)

any other resources they may need to become stable and self-sufficient. Divine Mercy House cont on pg. 13

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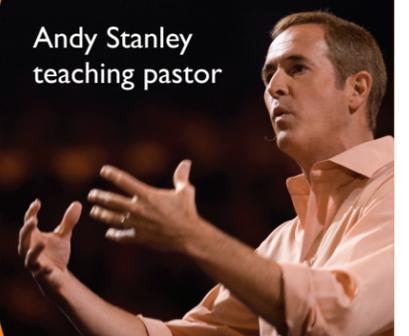
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What's New

Community Happenings

Do you have community or club news you would like included in Mandarin NewsLine? Then contact Martie Thompson at: editor@mandarinnewsline.com or 886-4919.

The 2011 First Coast Heart Walk to benefit the American Heart/American Stroke Association will be held on Saturday, September 24, 2011 beginning at 9:00 a.m. at Metropolitan Park. There is no fee to participate. For more information,

please visit www.firstcoastheartwalk.org.

The Douglas Anderson School of the Arts Alumni Association presents Showtime 25 – an alumni reunion performance celebrating 25 years of

graduates of Douglas Anderson School of the Arts and benefiting the Douglas Anderson School of the Arts Alumni Scholarship Fund. The event will be held Friday, August 19 at 7:30 p.m. at the Douglas Anderson Theatre, located at 2445 San Diego Road. Tickets will be available online beginning July 1, 2011 for suggested donations of \$15 general admission, \$10 for students, Douglas Anderson alumni and current/former Douglas Anderson faculty. For more information, please call 339-5025, email dasotaalums@gmail.com or visit the event's Facebook page.

Grab a glass and toast the First Coast's furriest friends at the Jacksonville Humane Society's 13th annual Toast to the Animals on Friday, August 19, from 6:00 p.m. to 9:00 p.m. at the Omni Jacksonville Hotel. Guests will enjoy more than 100 varieties of wine and beer, gourmet hors d'oeuvres and desserts at the fundraiser. Silent and live auctions will feature fabulous items. Tickets are \$40 per person or \$35 per person for people under 35 years of age. Tickets are available at www.jaxhumane.org or by calling 725-8766. (Tickets for designated drivers are \$30 per person. VIP Preview tickets are available for \$65 to taste premium wines from 5:00 p.m. until 6:00 p.m.)

The North Florida Acoustic Neuroma Support Group will meet on Saturday, August 13, 2011 at 1:00 p.m. at Mandarin United Methodist Church, located at 11270 San Jose Boulevard. Please call 287-8132 or 738-5063 for additional information.

The Mandarin Council of the Jacksonville Chamber of Commerce's largest and best event is the annual Chili Cook-off! Come join us again this year on Saturday, November 12 at the RiverPlace Shopping Center on San Jose Boulevard. Many thanks to Title Sponsor Verizon Wireless as well as Gold Sponsors Robert E. Burke, CPA, Mandarin NewsLine (R.T. Publishing, Inc.) and VyStar Credit Union and Silver Sponsor SunTrust. If you are interested in being a sponsor of this great event or sharing your famous chili recipe by being a cooker, please contact Randy Thomas at 735-9088.

The August general meeting of the All Star Quilters Guild will be held on Monday, August 15 at 9:30 a.m. in the First Christian Church of Jacksonville, located at 11924 San Jose Boulevard. The program will be presented by Group 3 of the members featuring Dawn Overbeck as speaker. Visitors are welcome! For more information, please contact Dot Butler at 642-6574 or visit us at www.orgsites.com/fl/allstarquiltguild.

Sugar Arts Guild of North Florida meets monthly at the South Mandarin Library, located at 12125 San Jose Boulevard. We are an organization of sugar artists, cake designers and con-

fectioners from Northeast Florida who enjoy getting together every month to visit, watch a demonstration and sample each other's creations. Our purpose is to promote creativity and experimentation in cake decorating, sugar art, chocolate, pastries, candies and just about anything edible that can be done decoratively. We welcome anyone interested in meeting other sugar enthusiasts and swapping ideas and techniques to visit www.sagnfl.blogspot.com for meeting dates.

The MOMS Club of Jacksonville/Mandarin-SE offers support for stay at home and part-time working moms living in zip code 32258. With the Club you will have enriching activities for you and your children, during the day when you need the most support. A sample of activities include: park days, beach days, monthly socials, playgroups and field trips to the zoo and museums. For additional information, please email semandarinmoms@yahoo.com.

Shuffleboard is played on Tuesdays at 9:30 a.m. at Mandarin Park (south end of Mandarin Road) next to the tennis courts at the park entrance. Beginners are welcome! Just show up, unless it rains.

The Ramsgate Homeowners Association (RHA) will once again be among those who observe and participate in the 2011 National Night Out scheduled for Tuesday, August 2. A national event, sponsored locally by the JSO, planned activities are designed to strengthen

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The Mandarin NewsLine Community Newspaper is a free monthly publication distributed via bulk mail to all addresses in Zip Codes 32223, 32258 and selected routes in 32257. Submission of articles and photographs are received by mail or email, although email to editor@rtpublishinginc.com is preferred. The writers' opinions do not necessarily reflect the opinion of RT Publishing, Inc. Advertising Rates are available by request.

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School District Journal

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

While there are many summer days remaining, teachers will be back preparing for the 2011-12 school year on August 15, with the students returning for the start of the new school year on August 22, 2011. Some items of interest in the Mandarin community for the coming year include the following:

- This year, the now one-year-old Atlantic Coast High School will have their first senior high class – the graduating class of 2012.
- Mandarin Middle School will have a new principal, Debbie Smith, who comes to the school from First Coast High School. Joy Recla retired this year and we wish her a very happy retirement.
- Caroline Wells, former principal at Abess Park Elementary School, will be replacing

Jud Strickland at Bartram Springs Elementary School. Strickland will become an executive director for elementary schools.

The budget is still to be finalized as of this writing and the district, parents and business community are working diligently with Athletic Director Jon Fox to field athletic programs not funded for this year.

Transportation to our dedicated magnet schools, while not provided this year due to the severe budget cuts, will be provided through various “pay to ride” options. Parents and guardians have been provided information on the options via the mail and the media. For additional information, please check the website at www.duvalschools.org and select the “Magnet 3rd Party Transportation” option on

our home page.

The district is looking forward to working with our new mayor, Alvin Brown and his education liaison. For my part, as a former mayor and now seven year member of the School Board, it is important that the mayor himself take an active role in the education of our children—as it is the great equalizer between success and failure. Mayor Brown has two young boys in our public schools and he and his wife are strong believers in public education. Additionally, the mayor has made education a high priority for his administration.

Important Dates:

August 2: School Board Meeting, 6:00 p.m.; Cline Auditorium, 1701 Prudential Drive
 August 15: First day of pre-planning
 August 22: First day of school for students

Thought for the Month:

If our American way of life fails the child, it fails us all.
 ~Pearl S. Buck

It's time to talk to your teen

By Contributing Writer Ashley Johnson Scott, Hubbard House, Inc.

The new school year is approaching, which is a perfect time of year for parents to sit down with their teens to talk to them about their responsibilities in school like earning good grades, getting to class on time and staying out of trouble. In addition, a very important topic parents should discuss with their teens this time of year is that of dating and the possibility of dating abuse.

Most parents cringe at the thought of their teen being

involved in a romantic relationship and have no idea how to approach the subject. But one of the most important steps parents can take to prevent dating abuse is quite simple: start talking! Talk to your child about what constitutes a healthy, respectful relationship and please assure them that they are not to blame if they are in an unhealthy relationship and that you're available to help them be safe and happy.

While nearly one in three high school students who have been in relationships have experienced the most serious forms of dating violence and abuse, including sexual abuse, physical abuse or threats of physical harm to a partner or self, less than 25 percent say they have discussed dating violence with their parents.

Discussing dating violence with your teen doesn't have to be uncomfortable. Ask how things are going in general and try bringing up the subject by asking what their friends' dating relationships are like. Ask if your teen has seen any type of abusive behavior between dating couples. This brings up an opportunity to discuss the warning signs of dating abuse.

Your teen may be experiencing dating abuse if they:

- Apologize and/or makes excuses for his/her partner's behavior.
 - Lose interest in activities that he/she use to enjoy.
 - Stop seeing friends and family members and become more and more isolated.
 - Casually mention the partner's violent behavior, but laughs it off as a joke.
 - Often have unexplained injuries or their explanations often don't make sense.
- Your teen's partner may be abusive if they:
- Call your teen names and put him/her down in front of others.
 - Act extremely jealous of others who pay attention to your teen.
 - Think or tell your teen that you, the parent(s), don't like them.
 - Control your teen's behavior, checking up constantly, call-

ing or texting and demanding to know who he/she has been with.

Hubbard House, the domestic violence center serving Duval and Baker counties, would like parents to know the difference between unhealthy versus healthy dating relationships, and to be prepared with safety tips and warning signs to discuss with their teens. Prevention is the key, so start talking!

Resources:

- To speak to a Hubbard House advocate about domestic/dating violence please call 354-3114 or (800) 500-1119 or visit www.hubbardhouse.org.
- Teens can call the national teen dating abuse helpline at (866) 331-9474 or chat online with a peer advocate at <http://www.loveisrespect.org>.
- Test your knowledge of teen dating violence and find out dating abuse facts at <http://loveisnotabuse.com>.

If you or someone you know is in an abusive relationship please call the Hubbard House 24-Hour Domestic Violence Hotline at 354-3114 or (800) 500-1119.



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From the City Council Member's Desk

By Contributing Writer Matt Schellenberg, City Council Member, District 6

On June 30, at a ceremony held at the Times Union Center, I was officially sworn in as your District 6 City Council representative. As I stood on the stage with my father, a former councilman, at my side, I couldn't help but feel honored and humbled that you, the people of Mandarin, have entrusted me with the responsibility of representing you in our city government. I greatly appreciate that trust and I promise to maintain it by always being honest, principled and trustworthy.

As your councilman, it is very important that the lines of communications are always open. I intend to hold monthly town-hall meetings so we can discuss issues facing Mandarin and Jacksonville. Remember, I represent you in City Hall and it is imperative that I hear your voices.

As a resident of Jacksonville for the past 50 years and a small-business owner of 20 years, I have seen many changes in Mandarin and Jacksonville. But one thing has remained steady and consistent: the ever-growing taxes and fees imposed upon us by City Hall. Over the past four years, city government has increased our property taxes (18 percent just in the last two years), added a garbage fee, implemented a storm water fee and imposed a franchise fee on our electric bills. These taxes and fees must stop. City Hall should do with less. Period.

Council members can start by reducing their salaries of \$45,000 a year. At a time when regular families are cutting back and doing with less, when many have lost their jobs and struggling to find new ones, the City Council should tighten their belts, lead by example and also learn to do with less. In the coming months, I will introduce legislation to cut Council salaries by 10 percent. If my legislation does not pass, I will donate 10 percent of my salary to charity. I will also introduce

legislation requiring Council Members to pay more than the current 5 percent towards their health insurance. Finally, I would encourage all elected officials to contribute to "defined contribution plans" rather than the "defined benefit plans," which are crippling the city's finances.

I welcome the challenges ahead and look forward to meeting all of you in the future. Remember, city government is all our responsibility.

Thank you and God bless.

Matt Schellenberg
District 6

VFW announces Patriotic essay competition

President Patricia McQuaig of the Ladies Auxiliary to the Veterans of Foreign Wars (VFW) Charles E. Bennett Post 1689 announced 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 in this area 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.

Students begin by competing at the local Post level. Deadline for entries at the Post is November 1, 2011. Post winners advance to district. 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 patriotic theme. This year's theme is "Are You Proud of Your Country?"

Interested students and teachers should contact the Ladies Auxiliary Voice of Democracy Chairman, Patricia McQuaig, Charles E. Bennett Veterans of Foreign Wars Post 1689 Jacksonville by phone at 743-6767 for more information or visit www.vfw.org.

Attention Mandarin residents!

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www.mappingtherisk.com

to determine your flood zone status based on the newest FEMA Flood maps and learn some helpful tips that may come in handy this hurricane season!



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Board approves property tax reduction

By Contributing Writer Teresa Monson, St. Johns River Water Management District

The St. Johns River Water Management District governing board approved a tentative budget today that reduces property tax revenues by 26 percent as part of Governor Rick Scott's and the Legislature's goals to reduce property taxes and focus on the district's core missions and responsibilities. The tentative 0.3313 millage rate will result in \$85.3 million in revenue that will be part of a total \$209 million budget that will also be funded with prior years' state and carryover funds, timber sales, cattle leases, interest earnings and permit fees.

Under a 0.3313 millage rate - 33.13 cents for every \$1,000 of assessed property value - the owner of a \$200,000 house with a \$50,000 homestead exemption would pay \$49.69 per year in property taxes to the district.

"The tentative budget approved today will allow the district to focus on its core missions, while also providing some tax relief for property owners," said Governing Board Chairman Leonard Wood of Fernandina Beach. "While we will see some reduction in the projects that the agency undertakes and cost-shares in, this budget will fund our highest priorities."

The tentative budget allows the district to focus on projects such as:

- Priority restoration projects to improve water quality and develop alternative water supplies
- Water supply planning, including water conservation and minimum flows and lev-

- els prevention and recovery strategy development
- Monitoring water quality and quantity trends to ensure that appropriate data continues to exist on which to make sound scientific decisions
- Land management activities, such as prescribed burns; control of invasive exotic plants; and operation and maintenance of levees, locks and other structures
- A streamlined and enhanced permitting process

To achieve budget reductions and ensure that core missions and responsibilities are achieved, the district will reduce:

- Contractual services by \$23 million
- Employee salaries and benefits by \$12 million
- Cooperative funding by \$7 million
- Operating expenses by \$3 million

Public hearings on the tentative budget will be held at 5:05 p.m. on September 13 and September 27. Final budget adoption will occur at the September 27 meeting.

**First Day of School
Duval County
Monday, August 22**



Political Commentary

The generous people of Mandarin can make their own better plans

By J. Bruce Richardson

Mayor Alvin Brown, born in 1963, succeeded Mayor John Peyton, born in 1964. By definition – just by a whisker – both mayors are members of the Baby Boomer, post-World War II generation. But, it has been up to them to clean up behind the older Baby Boomer mayors who preceded them. Mayor Brown seems particularly adept at this, even though his administration is only a month old.

We Baby Boomers are one of the least responsible generations in American history. We have squandered the values and mores of the Greatest Generation and forgotten we were taught frugality and the virtues of being personally responsible.

In late June, then Mayor-Elect Brown announced every dollar the city spends would be up for discussion to balance the city budget, including monies to non-profit agencies.

Outgoing Mayor John Peyton had already started reversing the course of city support for non-profits by cutting back annual checks from an aggregate of over \$11 million to over \$2 million. A good start and Mayor Brown is making it better by saying the remaining funds may even be cut completely. It's important there is a wall between government and charity;

allow the best instincts in an ingenious and generous people to solve problems without unnecessary government interference.

The beginning of the Baby Boomer generation far too quickly embraced the counter-cultures of the dismal 1960s, which included the mantra to "make love, not war" and foolishly followed the "creative community" in Hollywood into the sewage pit of the still destructive drug culture. Dreary side effects of this leap into the abyss have included the decimation of personal standards for many, lost respect for most institutions and the creation of the "me" culture, which places personal satisfaction, gratification and comfort beyond other considerations.

The creeping socialism found in every facet of government is traced directly to the debauching of the Baby Boomers in the '60s and '70s. Why worry when government is there to worry for us? Irresponsible fathers don't want to be responsible for a family? No problem! The Great Society will step in and help raise those innocent children. The thought process even extended to charities. You don't want to be bothered to figure out which charities

to give to? No problem! The United Way will take your donation and parcel it out for you. And, if you work for a company which has an annual United Way campaign, prodding and guiltting every employee into giving to make the company look good, that's just competitive icing on the cake.

With all of the affluence found throughout Mandarin, how much of that, if motivated – and not hindered by government – could solve our own neighborhood problems without interference from others who think they know best for us? Mandarin is part of a great city and a great country, but many are often stifled by believing government will take care of everything. Some personal initiative, absent government mandate, can do anything better than government, at half the cost and twice the result.

J. Bruce Richardson, a resident of Jacksonville, has created many successful marketing, advertising, public relations, fund-raising and political campaigns. A former newsroom staffer of the late Jacksonville Journal, Mr. Richardson has an educational background in management and finance. His column appears monthly in Mandarin NewsLine.

What's New cont from pg. 3

each neighborhood, increase crime prevention awareness, police/neighborhood relationships and increase support and participation in neighborhood watch programs run by local law enforcement. The RHA will be holding an ice cream social that evening with JSO Officers invited to attend and speak informally with neighbors. For further information on National Night Out, please contact the JSO Community Affairs Office at 630-2160.

The Italian American Club will reopen August 7 with a BBQ and general meeting. We look forward to our fall lineup of social events such as our Festa Italiana to be held the third week in October. Mark your calendars for this special yearly event. For additional details, please check out our website at iacofjacksonville.com.

The Mandarin Garden Club will be holding a \$1 Clothing Sale on Saturday, August 13, 2011 from 9:00 a.m. to 2:00 p.m. at the clubhouse at 2891

Loretto Road. The sale will include a wide variety of clothing, accessories and shoes for women, men and children. The Mandarin Garden Club 65th Anniversary Cookbook, composed of 500 delicious recipes and helpful cooking tips, will be available for purchase. The garden club is supporting our community by collecting the following items which may be brought to the clubhouse the day of the sale: eyeglasses, sunglasses and cases donated to the Lions Club; cell phones and accessories donated to the Duval County 4-H; and nonperishable, unexpired food items and toiletries donated to the Mandarin Food Bank. Donated ink cartridges will be used to purchase Mandarin Garden Club office supplies. For more information about this event and the Mandarin Garden Club please call 268-1192, e-mail mandaringardenclub@comcast.net or check our website at <http://home.comcast.net/~harper113>.

The MOMS Club – Mandarin chapter is open to moms

living in the 32207, 32217, 32223 and 32257 zip codes. Fun activities for you and your child include park days, beach days, monthly socials, playgroups and field trips to the zoo and museums. For more information, please contact mandarinmomsclub@gmail.com or visit the websites <https://sites.google.com/site/momsclubofmandarin-north/> or <http://www.momsclub.org/>

The Mandarin Chapter of AARP meets the third Friday of every month at 2:00 p.m. at Augustine Landing, located at 10141 Old St. Augustine Road. We are a non-profit, non-partisan membership organization, affiliated with the national AARP. Our activities and programs are designed to help people age 50 and over improve the quality of their lives. Visitors are welcome! For additional information, please call 733-0516 or email alex9520@comcast.net.

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encouragement, information and education to breastfeeding and expectant mothers at several meetings each month. Pregnant women, mothers and babies are always welcome! The Jacksonville group meets the first Wednesday of each month at 7:00 p.m. Please call a leader for directions to the meeting location: Elisabeth, 534-6999; Laura, 994-1896; or Pat, 371-2730. For additional information or help, please go to our website at www.lllflorida.com. All meetings are free.

La Leche League provides information and encouragement to all mothers who are breastfeeding or want to breastfeed their babies. We offer mother-to-mother support,



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Youth Arts Update

Reading Club takes trip of a lifetime

By Danielle Wirsansky

“One belongs to New York instantly; one belongs to it as much in five minutes as in five years.” This quote by early 20th century American playwright and novelist, Thomas Wolfe, proved true for the lucky members of the Douglas Anderson School of the Arts “Reading Club” who got to take a once in a lifetime trip to New York in mid-June.

The Reading Club is a group of theatre students dedicated to reading plays. Every week, the young actors meet to discuss the play they have just read as well as get their copy of the play to be discussed the next week. The plays are all modern pieces, ones that have just debuted on Broadway either in New York or London. Led by theatre teacher Michael Higgins, the students discuss what they liked or didn't like about the play before delving into the deeper issues, meanings and messages of the piece.

Then, every summer, Higgins takes a number of the members to New York City for a two week trip. Within this short period of time, they see as many Broadway and off Broadway performances as possible. This year the trip took place June 18 through 27. Within this nine day period, the group saw 14 performances. The full list includes the shows *War Horse*, *Master Class*, *Bengal Tiger at the Baghdad Zoo*, *The Normal Heart*, *Sleep No More*, *The House of Blue Leaves*, *The Illusion*, *The Mother****** with the

Hat, *Lysistrata Jones*, *Through a Glass Darkly*, *Unnatural Acts*, *Newsical: Full Spin Ahead*, *Ghetto Clown* and *Play Dead*.

The students were allowed to “stage-door” the performances, where they joined the crowds around the backstage doors of each performance to wait for the shows’ actors to exit. The students could then get autographs of their favorite actors, as well as get a moment or two to talk to them. Students were able to meet such famous actors as Tyne Daly, Robin Williams, Jim Parsons, Chris Rock, Carey Mulligan, Ben Stiller, Edie Falco and John Leguizamo. Pablo Milla, a student on the trip, even met the playwright of *The House of Blue Leaves*, John Guare.

Says Milla, “Of my favorite memories, I would have to say it's a close tie between getting two of Robin Williams’ autographs on my script of *Bengal Tiger at the Baghdad Zoo* and my playbill (as I uphold Mr. Williams as my highest icon as a performer) and shaking hands with John Leguizamo, another artist whom I highly revere, whom also wished me ‘luck on my career.’”

The young actors also got to go behind the scenes of *Bengal Tiger at the Baghdad Zoo*, where they were given a tour of backstage by the stage manager, a former student of Higgins. While backstage they got to meet Robin Williams, an inspiration for many of the students. The students also had a few ce-

lebrity sightings around the city, such as seeing Hugh Jackman in the audience for *War Horse*.

However, the trip is more than an opportunity to celebrity sightsee or just see a couple of plays. It helps to shape these young actors’ lives, to show them a better view of the life they are considering to pursue.

Says Paige Granfield, a rising senior, “This trip has shown me that there is a lot more theatre out there than just those Broadway musicals. I have been teetering on the edge of whether I want to become an actor in the future or not (or to try to be one...) and this experience definitely has me leaning in the direction of theatre. Every show was so unique and left me with a completely different feeling. It is amazing to me that actors can move people so much. I really hope that I can get there one day, too.”

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Duval County Public Schools launches web-based school locator tool

Duval County Public Schools (DCPS) is pleased to announce an innovative addition to our expanding website capabilities. Using our brand new School Locator software, anyone can log on and find their neighborhood's assigned elementary, middle or high school. This will be the first time the district has streamlined its school feeder pattern program to make it accessible to anyone with a computer. In the past, parents or guardians had to call the district

office or schools directly. Now, all that's needed is a home address and the system does the work for you.

This new addition to www.duvalschools.org will provide a quick response for our community and save numerous hours of staff time for school choice and transportation. It has the latest search tools, including changes in boundaries and point and click distance calculations.

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Schools operates 172 schools and serves approximately 123,000 students. The school district is committed to providing high quality educational opportunities that will inspire all students to acquire and use the knowledge and skills needed to succeed in a global economy and culturally diverse world.



Resurfacing project starts on Philips Highway near Greenland Road

The Florida Department of Transportation (FDOT) began paving on a \$2.25 million resurfacing and improvement project Saturday, July 16 along two miles of Philips Highway (US Highway 1). The project limits are just south of Greenland Road from Philips Indus-

trial Boulevard to Gran Bay Parkway. The project also includes drainage improvements and installing new guardrail.

The project should be finished by the end of this year. The contract specifies 140 days to complete the work and allows extra time for holidays,

weather delays and unforeseen field conditions. APAC-Southeast of Jacksonville is the contractor.

For more information on this project, please call the FDOT Public Information Office at 800-207-8236 (ext. 5457).

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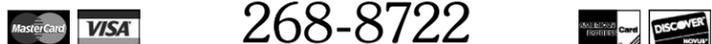
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SENIOR NEWSLINE

NEWS & VIEWS FOR SENIOR ADULTS

10 ways to prevent hearing loss

(ARA) - Hearing loss affects more than 34 million Americans. If detected early, it may be a preventable chronic disease. Here are 10 ways to help prevent, delay or reduce the extent of hearing loss.

1. Noise exposure. Are you one of the more than 22 million American workers exposed to excessive levels of noise in the workplace? Are you one of those listening to iPods, shooting firearms, riding motorbikes or working with lawn and garden tools? These devices are causing hearing loss at alarmingly high rates. Most noise is painless, progressive, permanent and preventable. Noise exposure is the second most common cause of hearing loss worldwide and is the most preventable. You should wear hearing protectors or avoid exposure to loud sounds. Turn down the volume and reduce the length of time you listen to your iPod or mp3 player. Studies show that people who wear noise canceling or noise reduction earphones with iPod or mp3 players typically listen to music at safer levels.

2. Cotton swabs. Why take a chance on making matters worse? Cotton swabs and ear candling are unhealthy practices to remove earwax, to clean or scratch your ear canals. Don't use cotton swabs to clean inside your ear canal. It can push the earwax in further and you could puncture your

ear drum.

3. Smoking. Smoking tobacco and second-hand smoke can contribute to hearing loss. Studies suggest that chronic nicotine exposure impairs the brain's ability to "hear" and interpret sound. Along with the other reasons to stop smoking, you can reduce your likelihood of greater hearing loss if you quit or stay out of smoky places.

4. Diabetes. Diabetics are twice as likely to have hearing loss. Eating a healthy diet, maintaining proper weight and daily exercise can help you avoid type 2 diabetes.

5. Alcohol. Too much alcohol can contribute to permanent hearing loss. Recently, researchers found that drinking two beers in a half an hour can cause temporary hearing loss for up to 16 hours.

6. Solvents. Avoid organic solvents. Organic solvents (such as styrene and toluene) are commonly found in paints, lacquers and industrial printing inks. Studies have shown that these substances have a negative effect on your hearing.

7. Medications. There are at least 96 different drugs that may cause permanent or temporary hearing loss. When you stop taking aspirin and aspirin-containing drugs, your hearing may come back. Excessive use of Nonsteroidal Anti-Inflammatory Drugs (NSAIDS), cisplatin

(a cancer drug) and erectile dysfunction drugs can also cause hearing loss.

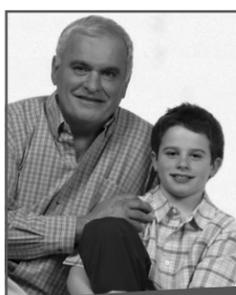
8. Antioxidants. Antioxidants and vitamin supplements may help prevent hearing loss. Hearing loss due to aging may be prevented with a combination of antioxidants, mineral and vitamin supplements such as folic acid and magnesium. A healthy diet of fruits and vegetables and meats may protect hearing in later life.

9. Your heart. Maintain a healthy cardiovascular system. There is a strong correlation between heart health and good hearing. Newly published reports show that a healthy cardiovascular system increases the likelihood of maintaining hearing, particularly among older adults.

10. See an audiologist. If you think you may have hearing loss, an audiologist will test, monitor and offer solutions to help you function better. An audiologist is a licensed health care provider who is trained to diagnose and manage your loss, as well as offer preventative measures. To find an audiologist in your area go to www.audiologyawareness.com or call (888) 833-EARS (3277).



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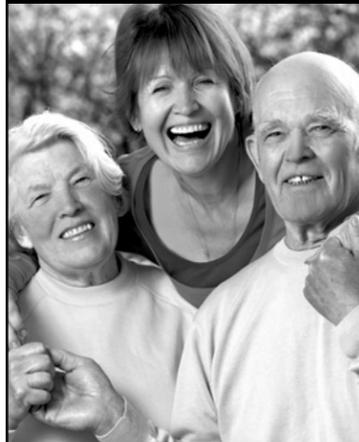


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Protect your financial future by thwarting identity theft

(ARA) - With a combination of good decisions and some luck, you've managed to build a tidy little nest egg for retirement. Having enough saved for retirement can help ensure your golden years are the best they can be. But what are you doing right now to protect the nest egg that's essential to your future financial well-being?

"Retirees are a favorite target for identity thieves," says Jennifer Leuer, general manager of Experian's ProtectMyID. "Seniors usually have more investments and cash reserves, and are less likely to check their credit regularly. Identity thieves target seniors in a number of ways, from phone scams in which they pose as a relative in need, to raiding 401(k) accounts."

Your nest egg doesn't have to be at risk from common types of identity theft. Be aware of the ways in which thieves can make use of your personal information, check your credit report regularly, and take these steps to thwart identity theft:

Monitor your credit. Your credit will be an important part of your financial health even after you retire. Just because you stop working doesn't mean it's safe to stop checking your credit report. Review your report regularly and consider enrolling in a protection product like Pro-

tectMyID, which is designed to detect ID theft, protect against it and help resolve the situation if you're a victim while enrolled. It works by monitoring your credit daily, performing daily internet scans for your personal information and alerting you when key changes occur.

Watch over your 401(k). Employer-administered retirement accounts are becoming increasingly popular targets for thieves, who can defraud these funds of millions of dollars. Always thoroughly read your 401(k) statements. If you only get a quarterly statement, ask for more frequent account summaries and review them with a financial professional. Review your account online regularly so that you can quickly detect any activity that doesn't look right. And once you retire, consider rolling your 401(k) into an IRA.

Take care of your Social Security. You probably protected your Social Security number throughout your professional life. Continue protective measures in retirement, including not carrying your Social Security card in your wallet and being cautious about whom you give your Social Security Number to. As a retiree, your Social Security Number is particularly valuable to identity thieves, who can use it to pilfer

Protect yourself cont on pg. 9



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Encore!

A summer treat at Theatre Jacksonville

By Betty Swenson Bergmark, Professor Emeritus, Jacksonville University

After a particularly exciting and successful season, concluding in June with an excellent production of the unique “musical within a comedy” “The Drowsy Chaperone,” Theatre Jacksonville has not only announced their mainstage offerings for 2011 – 2012, but also a scheduled “Summer Classic in San Marco” – the renowned drama “Our Town” by Thornton Wilder. For the first time, Theatre Jacksonville, having listened to the desires of so many residents who have expressed their dismay at the lack of regular arts offerings during the summer months, is offering this additional presentation August 19 through September 3.

Thornton Wilder’s “Our Town” is recognized as one of the greatest American plays ever written. It follows the everyday lives of a group of people in a small town called Grovers Corners. Set in a period around the middle of the 20th century, it is seen in three stages. The first “Daily Life” is followed by

“Love and Marriage” and finally “Death and Eternity.” It features a narrator who guides the audience through the lives of two families. “Our Town” was the winner of a Pulitzer Prize and it was recently revived yet again in an off Broadway production in New York. To quote the New York Post, it is “beautiful and remarkable, one of the sagest, warmest and most deeply human scripts to have come out of our theatre. A spiritual experience!” How fortunate we are to have this opportunity to enjoy this inspiring production. Subscribers to the Mainstage Season can purchase tickets for \$10! (General admission is \$15).

The Mainstage Season, which commences in October, will present the usual variety of offerings. It will start with a production of the unique drama “Welfarewell” by Cat Delaney, which won the 2009 Samuel French Canadian Playwriting Competition. This will be followed in December by one of the longest running off Broadway musicals in history –

“I Love You, You’re Perfect, Now Change,” with book and lyrics by Joe DiPietro and music by Jimmy Roberts. The season will continue in March of 2012 with a courtroom drama by the renowned Ayn Rand, followed in April by a comedy, “Twentieth Century” by Ben Hecht and Charles MacArthur. The season will end on an upbeat note with a 1940s style update of the renowned Gilbert and Sullivan’s “The Mikado,” featuring an intoxicating mix of styles and influences.

As you can see, there is a unique season ahead at Theatre Jacksonville, which deserves its reputation as one of the oldest continually producing community theatres in the nation. Thank you, Executive Director Sarah Boone, for your inspirational leadership and guidance!

For specific dates, information on subscriptions and individual tickets, (none of which I might add have been increased in price), you can call 396 – 4425 or visit their website at www.theatrejax.com.



The Bunco group of the Mandarin Women’s club played Bunco at Tess Ross Hart’s house last month. The programs for the club take a siesta June, July and August. Some of the activities continue through the summer like Bunco, Mah Jongg, Mexican Train, dining out and coffee and matinee. The club is for women only but has no restrictions on boundaries or how long one has lived here. September through May we meet at the Ramada Inn on the fourth Thursday of the month for our programs. For more information, please call Kay at 521-2524 or Laura at 268-8905

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Protect yourself cont from pg. 8

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Centennial celebration cont from pg. 1



The Community Band from the Northeast Florida Conservatory of Music entertained. Photo by Carol Wood.

tions to historic preservation. Roumillat, who is the great granddaughter of Walter Jones who opened the store in 1911, presented certificates to Sarah Bailey, former St. Johns County Commissioner and environmental advocate; Dick Kravitz, former Jacksonville City Councilman and Florida legislator; Beth Meyer, former president of the Mandarin Museum and Historical Society; and Shorty Robbins, Jacksonville parks and recreation official. Carl Davis, also a former president of the society and the Mandarin Community Club, was honored as well but unable to attend.

Local organizations, including the Sierra Club and Mandarin All-Star Quilters provided information and demonstrations and the Flying Dragon Citrus Nursery gave away ice cold free lemonade made with lemons from the nursery's trees.

The store and post office

was the hub of village life from 1911 until 1964. The Mandarin Store and Post Office was built by William Monson in 1911. Walter Jones, who operated a general goods store and the community post office nearby on the St. Johns River, leased the building and moved his business to the location. He operated his business until his death in 1928. Jones's daughter, Agnes "Miss Aggie" Jones, continued to operate the store and served as postmistress until 1964, when she retired and closed the store. Following the

closing of the Mandarin Store and Post Office, the building was used as a retail and office space. During the late 1970s and early 1980s, it was used by the local newspaper The Mandarin Advertiser. Later it was converted into a residence and became a dilapidated building in the 1990s. The Mandarin Museum and Historical Society restored the building in 1998. The building was listed on the National Register of Historic Places in 2001.

For additional information, please visit www.mandarinmuseum.net.

Did you know...

By Contributing Writer Lynn Cuda, Mandarin Community Club Board Member and 2011 MCC Membership Chairwoman

...that Harriet Beecher Stowe, best known as the author of *Uncle Tom's Cabin*, was once a part time resident of Mandarin? Indeed, the Stowe family

wintered in Mandarin in the 1870s and 1880s at a location along the St. Johns River just off what is currently known as Mandarin Road. Stowe wrote

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Mandarin Rotary presents major donation to Mandarin Food Bank

Each year Mandarin Rotary provides funding to local organizations. This year the Laugh For Charity event, sponsored by the club in connection with the Ramada Inn Comedy Zone, raised money for the support of local charities.

All of the proceeds from the ticket sales went to the Mandarin Food Bank. Mandarin Rotary President Mark Mouro presented a check in the amount of \$13,500 to Bonnie McNulty and Mary Kaminski from the Mandarin Food Bank.

In addition, Mandarin Rotary supported 11 other local charities: First Coast Dolphins swim team, Clarke Schools for the Hearing and Speech Impaired, Judy Nicholson Foundation, Williams Family YMCA, Ronald McDonald House Charities of Jacksonville,



Mandarin Rotary President Mark Mouro with Bonnie McNulty and Mary Kaminski from Mandarin Food Bank.

Mandarin Museum and Historical Society, Inc., The DePaul School of Northeast Florida, Rotary's Camp Florida Kids at Camp, Team Focus, Northeast

Florida Conservatory and Duval County Public School Sponsored Library.

Total gifts donated by Mandarin Rotary were \$30,000.



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Palmetto Leaves while living in Mandarin. Published in 1873, the book describes Northeast Florida and its residents.

In 1870, Stowe founded an integrated school in Mandarin for children and adults. The building that is now home to

the Mandarin Community Club was built in 1872 for use as the Mandarin School after a fire destroyed an earlier building on the site. Stowe herself spearheaded the building project.

An official Florida state historical marker commemorating the Stowe family in Mandarin is located in front of the Mandarin Community Club on Mandarin Road. This makes it near the former site of a church where Calvin Stowe, Harriet Stowe's husband, once served as a minister and across the street from the approximate location where of the Stowes' residential cottage once stood.

The Mandarin Community Club was founded in 1923 and the school building, located at 12447 Mandarin Road, was presented to the club as a gift in 1936 by Edwin and Carr Mina Jones.



Stowe Marker taken by Lynn Cuda.

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Arizona Hopi Land adventures

By Contributing Travel Writer Debi Lander, www.bylandersea.com

My knowledge of the Hopi people in Arizona was small and I wasn't even sure how to pronounce the name. It's hopeful and it means peaceful person.

Tourists are welcome to visit the Hopi villages on their own, but the best way to explore is with a tribal certified guide.



Prophecy Rock

Our host, anthropologist Micah Loma'omvaya, offered an entrée to enchanting Hopi traditions and culture and also provided access to otherwise restricted areas. My group was ushered through ancient sites and our guide arranged for a traditional meal and gave interpretive lessons on petroglyphs at limited-access Prophecy Rock and Dawa Park.

The day began with a drive to the First Mesa and the village of Walpi, the oldest and most historic. Walpi stands 300 feet above the valley on a stone ledge. The tiny cluster of adobe buildings have been continuously inhabited for more than 1100 years. Walpi does not have running water or electricity and remains virtually unchanged—primitive clay structures accessed by ladders. The view gives the impression

of standing on the top of the world with endless sky and distant horizons. Visitors are asked not to photograph, video tape or explore in non-designated areas which frees them to concentrate on the setting and feel the history as it permeates the air.

We headed back to Second Mesa for the Hopi Cultural Center, a modern museum which promotes understanding of the complex Hopi lifestyle. Rare photos of ancient dwellings and ceremonies line the walls and cases hold handcrafted kachina dolls, pottery, baskets and tools.

At lunch we feasted on blue corn tamales, baked corn stew with lamb, authentic piki bread—a thinly layered staple that melts in the mouth. Side dishes of beans, green chilies, yeast rolls and watermelon completed the meal.

Ancient Prophecy Rock rests nearby without signage or a protective fence. The inscribed boulder is watched but Micah immediately noted vandals had struck, coating the petroglyphs with black charcoal. The etched figures represent a fascinating story of the past, present and the future. Micah said its true message is how to live and prosper with the land and not mistreat it. How true.

While Prophecy Rock was a thrilling read, guarded Dawa Park became an illuminating encyclopedia: an awe inspiring collection of over 10,000 ancient drawings, believed to be the second-largest concentration of petroglyphs in the country. Two thousand year-old sandstone cliffs are covered like subway walls jammed with graffiti.

Simple depictions of animals, spirals, people and celebrations reveal messages which Micah again interpreted; at times making us lean our heads back to see carvings chiseled 400 to 500 feet up the wall. Once we began to assimilate the most elementary understanding, the shrine came alive. The history of the ancient tribes' whispers from the reddish rock and the experience was as thrilling as if the Rosetta Stone was deciphered before my eyes.

To top off the day we drove to Coalmine Canyon offering a panoramic landscape of sunshine and color. The distinct stratum of the coal blazes on the limestone walls—a photographer's dream.

A day with a Hopi guide on their native land is a travel treasure. I knew so little of about the culture and left feeling like Pandora's Box was opened. I saw genuinely caring individuals who, as Micah explained, "are not trying to please [all]; just trying to survive." Let's hope they do.

If you go: Hopi Tours, www.experiencehopi.com.



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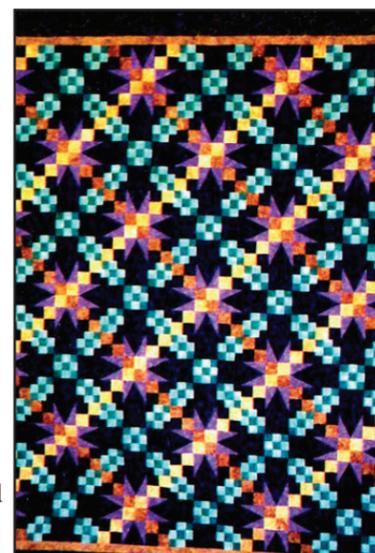
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QuiltFest 2011 "The Sky's the Limit"

By Contributing Writer Dot Butler, All Star Quilters Guild

Plans are underway for QuiltFest 2011 at the All Star Quilters Guild along with the other sister guilds in the Northeast Florida area. Our entry and raffle quilt for QuiltFest 2011 is "Comet Shower" and a portion of the proceeds will be donated to Safe Harbor Boys Home (www.boyshome.com). This all-volunteer show is the largest in the Southeast featuring over 400 quilts, guild raffle quilts, silent auction, quilt sale booth, quilters' walk, kids' corner, quilt appraiser, charity corner, vendors and free demonstrations. QuiltFest 2011 will be held at the Prime Osborn Conference Center, located at 1000 Water Street in downtown Jacksonville on September 22 and 23 from 9:00 a.m. to 6:00 p.m. and on September 24 from 9:00 a.m. to 5:00 p.m. For information on QuiltFest 2011, please visit www.quiltfestjax.com.

The All Star Quilters Guild has also completed quilts for "Quilts of Valor" to be presented at the VA Hospital in Tampa in October. We continue to support Daniel, Inc. with quilts and Christmas stockings for the



children. We also support the Mandarin Food Bank and Meals on Wheels. The All Star Quilters Guild meets at the First Church of Jacksonville, located at 11924 San Jose Boulevard. For more information, please visit us at www.orgsites.com/fl/allstar-quiltguild.

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The Lifestyle Guru

Bored this summer? Go to cooking school!

By Joy Hartley

Area foodies are suiting up and going back to school. Out there on the food radar screen, cooking schools are the latest soup de jour! This puts training “hands on” to cook like a chef in their own home. Can’t roll sushi? Roll your eyes at the thought of doing a mousse – get in the class room. The closest cooking lab is just around the corner from you and you didn’t even know it!

Employers are gathering up their office crews and challenging them to cook together for a team-work exercise – along with some healthy camaraderie and competition. Women’s clubs are booking their monthly meetings in the kitchens for a fun hands-on outing. Brownie troops are experiencing the art of cooking for the first time. “Girls night out” has moved from the bars to the sink – prepping a great aperitif and drink menu while they have a fun evening together. Even physicians and dietary specialists are suggesting cooking school programs to their patients to

teach them lifestyle changes in their diet after being diagnosed with disorders like diabetes or heart disease.

A friend of mine opened The Cooking School over in Palatka several years ago; with a PhD in nutrition and years of expertise in hospital kitchens, she had the vision of a health-related operation. But when the telephone rang with so many other fun requests she just went with the flow. She ran the show by herself so she let the public teach her what they wanted; the flexibility was there so she was off and running in all kinds of directions.

Whole Foods has a Lifestyle Center complete with a specialist. Myra Jean Haslam runs the show and is the contact for fun and creative activities in her store’s kitchen. They have a complete birthday party menu for children, ranging from a Gross-Out Cooking Party to a Tea for Tots event. I joined in one of their Lunch and Learn classes a few Fridays ago and really had fun. The attendance



Cooking class at A Chef’s Cooking School

was almost capacity with several of the gals being “regulars” for this event. Chef Andrew was both interesting and entertaining as he whipped up a scallop delight for the group. We learned how to lighten up a cream sauce by using up veggies already in your crispier and also neat tips on seasonings. I plan on doing more of the noon classes to shake up my menus this summer. Call Myra Jean at Whole Foods San Jose Boulevard location; the number is 288-1111.

Aprons Cooking School was born over at Publix on San Jose Boulevard. The school was designed to give the customers a kitchen in which to learn, practice and have fun with food. I spoke with resident chef, Patrick Walley, just the other day; he shared the school’s summer schedule with me and emphasized that they loved to do customized classes. The

school chefs are also available to customers shopping in the gourmet cooking area of the store, making recommendations on items stocked in the store for purchase. For more information about Aprons, call 262-4187.

Andrea Rosenblatt over on US Highway 1 opened her kitchen up to the public several years ago calling it A Chef’s Cooking School. This was her dream to reality experience, after graduating from the First Coast Tech’s Culinary School. Along with teaching customized classes in her facility, she also has an evening event called the Chef’s Table Dinner which is open to the public. Her dining area seats a maximum of 16 people who can watch their gourmet meal being cooked right in from of them by the cooking school’s staff. Some hands on fun is experienced too, like the sushi rolling event. The food is served family style and the dress for the evening is casual. So you could take your own crowd if you will, for a great weekend experience. Call Andrea at 827-1350.

After experiencing just one cooking class and writing this article, I have certainly expanded my horizons! Words like Gardemanger, Oaxacan and Fondant are now in my reper-

toire! Enjoy the recipe below, it won’t rave reviews at our last dinner party!

Bon Appetit!

The Claremont Hotel Salad
Chop 1 medium head cabbage, 3 large cucumbers and 1 large onion.
Add 3 grated carrots and 4 cloves of garlic, sliced.
Mix dressing: 1 ½ cups white vinegar, 5 tablespoons Westson oil, ¾ cup water, 1 cup sugar, 2 ½ tablespoons salt. Pour over veggies.
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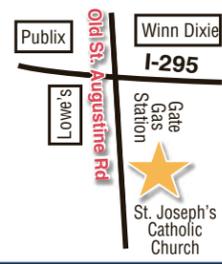
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Yoga for Runners Workshop in August!

It's time for grilling!

By Contributing Writer Adrienne M. Cartagena, Director, Marketing and Community Relations, Whole Foods Market – Jacksonville

Summer grilling season is in full-swing and if your mouth waters at the thought of a juicy steak, chicken or sausage hot off the grill, then you and Travis Turner will get along like grass fed beef and organic potatoes. Turner is the Meat Team leader at Whole Foods Market on San Jose Boulevard and his passion for slicing and serving up great-tasting, high-quality meat is fueled by his customers' increasing demand for information about the quality and origins of what's in his case.

"More and more our customers are asking questions—they're concerned about how the meat they're feeding their families is raised, processed and handled," Turner said. "They understand and appreciate that the way an animal is raised affects its taste."

Because great-tasting meat comes from healthy animals, Turner emphasizes that when shopping for a tasty cut for the grill, it's important to pay attention to where the meat is from and how it was raised.

"Since our store uses the 5-Step™ Animal Welfare Rating Standards, we can tell you everything about how the animal was raised," said Turner. "Basi-

cally, they have one bad day."

The 5-Step™ Animal Welfare Rating Standards were developed by the Global Animal Partnership, a non-profit organization dedicated to continually improving the lives of farm animals. The standards ensure that the animals are raised with care and live their lives the way nature intended.

But superior animal welfare standards aren't the only practice putting the Whole Foods Market meat and poultry offerings a cut above the rest.

"We require all of our meats and poultry to come from animals that are raised with no antibiotics* and on diets with no animal by-products," Turner said. (*Federal regulations prohibit the use of hormones in raising pork and poultry.)

"You can be confident that it is the highest-quality meat and poultry available," Turner concluded.



Meat Team leader Travis Turner with Southern raised 100 percent grass fed beef from White Oak Pastures located in Bluffton, Georgia.

Come see Turner and his team of butchers next time you're in the store and get fired up about grilling season with a valuable coupon in this issue!

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Jacksonville Humane Society Joins Forces with Pets for Patriots

The Jacksonville Humane Society (JHS) and Pets for Patriots, Inc., a not-for-profit organization that connects shelter pets with United States service men and women, have partnered to increase the adoption of adult and special-needs pets.

Pets for Patriots provides United States armed forces personnel with information about pet adoption, discounts on veterinary care and a gift card for pet food and supplies. Individuals from any United States armed forces organization on active or reserve duty and veterans are eligible. United States armed forces personnel can adopt dogs and cats two years and older, dogs 40 pounds or larger (regardless of age) and special needs dogs and cats through the program. Participation in Pets for Patriots is free to service members and veterans.

"Our goal is to help our adoption partners re-home harder-to-place pets that still have years of love and life to give," says Beth Zimmerman, founder and executive director of Pets for Patriots. "Companion pets are known to provide real physical and emotional benefits to their guardians, including those suffering from post-combat stress, depression, isolation or physical disability. We're delighted to work with the Jacksonville Humane Soci-

ety to give these at-risk pets a second chance at life and, in so doing, to enhance the lives of veterans living in the community."

Service men and women interested in the program must apply through Pets for Patriots

(www.petsforpatriots.org) and provide proof of their military service. Approval typically takes one or two business days, after which the military member can visit the Jacksonville Humane Society for assistance in choosing a new pet.

American flags collected at Mandarin Community Club

By Contributing Writer Susie Scott, Mandarin Community Club

Mandarin Community Club is once again providing a valuable service to the community and club members by collecting United States flags which are worn, damaged, faded or otherwise in need of proper and respectful disposal. The club is collecting the flags and hosting a flag retirement ceremony to be held by the Sons of the American Revolution (SAR) and Daughters of the American Revolution (DAR) and their junior affiliates Children of the American Revolution (CAR) on Saturday, August 6 at 2:00 p.m. at the Mandarin Community Club, located at 12447 Mandarin Road.

Flags can be dropped off on Saturday, August 6 prior to the 2:00 p.m. ceremonial flag retirement. A collection box will be placed on the front porch of the club and all flags will be accepted for proper

disposal. Due to the volume of flags contributed, only a small number will be disposed of on Saturday with all others properly retired at a later date and site.

The Mandarin Community Club is dedicated to the preservation and beautification of

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Divine Mercy House cont from pg. 1 sufficient.

In August, the staff of Divine Mercy House is having an enormous garage sale with a little something for everyone! The sale will take place on Saturday, August 27 at the corner of Old St. Augustine Road and Loretto Road from 8:00 a.m. until 1:00 p.m. One hundred percent of the proceeds from the sale will

go towards Divine Mercy House services and programs. The DMH staff is currently accepting donations for the sale, which are all tax deductible!

For more information, please see our website at www.divinemercyhouse.org, sign up for our e-newsletter or call 268-6282.

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BACK TO SCHOOL

Local eye surgeons welcome new pediatric ophthalmologist

Clay Eye Physicians and Surgeons recently welcomed an eighth physician to their practice. Lawrence Levine, M.D., a fellowship trained pediatric ophthalmologist, joins Clay Eye from the faculty at the University of Florida. He provides complete pediatric eye care. Additionally, he performs specialty eye care in treating eye muscle disorders for both children and adults.



Dr. Levine has been caring for patients in the Southeast for over a decade and is nationally known, having lectured and published extensively over his career. He is also active in national education with the American Academy of Ophthalmology.

"Dr. Levine brings a strong and unique background to Clay Eye and we are fortunate to have him within our own community," said Donald Downer, M.D., ophthalmologist with Clay Eye Physicians and Surgeons. "One of the many benefits for the patients of Clay Eye, is the fact that we have in-house sub-specialists, which allows us the ability to consult with one another about diagnosis and treatment options. With the addition of Dr. Levine, we now expand our specialties even further."

Clay Eye Physicians and Surgeons offers comprehensive eye care in the following specialties: cataract surgery, cornea surgery, medical retina, diabetic eye disease and macular degeneration, glaucoma surgery, LASIK surgery, cosmetic eye procedures, pediatric ophthalmology, and pediatric eye exams. In addition, they offer comprehensive eye exams, contact lenses, and boutique eyewear for the entire family.

Clay Eye Physicians and Surgeons was established in 1977 and is an eight physician group. They currently have offices in Orange Park, Fleming Island and Mandarin. Look for their ad in this issue of *Mandarin NewsLine*!



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Back to School 2011



Duval County
First Day of School
Monday, August 22

2011 Nutcracker audition dates announced

The First Coast Nutcracker Ballet with the Jacksonville Symphony Orchestra, presented by VyStar, will hold auditions at Douglas Anderson School of the Arts located at 2445 San Diego Road, in the Dance Building. Audition dates are as follows:

- * Friday, August 26: Advanced Dancers (male and female, age 15 and older with at least five years of classical ballet training and strong pointe work for girls), 4:00 p.m. to 5:30 p.m.; Intermediate Dancers (male and female, ages 11 to 14, girls on pointe), 5:30 p.m. to 6:30 p.m.; Adults for Party Scene (street or dance attire with appropriate dance floor shoes), 6:30 p.m. to 7:30 p.m.
- * Saturday, August 27: Dancers age 11 and older (girls not on pointe and boys), 10:00 a.m. to 11:00 a.m.; Dancers age

nine and 10 (girls and boys): 11:00 a.m. to 12:15 p.m.

Registration will be in the lobby of the Douglas Anderson School of the Arts Dance Building, 30 minutes prior to the date and time assigned to your age group. Female dancers must be dressed in pink tights, black leotards and pink pointe or ballet shoes, with hair secured in a bun. Boys under 12 may wear black gym shorts and a white tee shirt and black or white ballet shoes. The audition fee is \$10.

Parts will be announced Saturday, August 27 at 1:00 p.m. in the Douglas Anderson Auditorium, followed by the orientation meeting.

The performance dates for this year's show will be December 15, 16, 17 and 18, 2011.

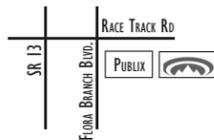
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Continued from previous column

exemplify the Boy Scout Oath and Law – we are proud to have them represent our team within the scouting community as the official Giants patrol.”

Troop 250 is chartered out of the First Christian Church located in Mandarin and is a unit from the North Florida Council, Riverbend District of the BSA. The Boy Scouts of America is one of the nations largest and most prominent values-based youth development organizations. The BSA provides a program for young people that builds character, trains them in the responsibilities of participating citizenship and develops personal fitness.

The Jacksonville Giants ABA basketball team are proud to be undefeated during their first regular season play. No other ABA team has held such a record. The Giants final regular season record was 23-0. In its seventh game in the ABA, the Jacksonville Giants established the historic ABA record of “Most Points Scored in a Single Game” with a total score of 206 points. In April 2011, the Giants traveled to Beijing, China, for a three game invitational and tour.



Jacksonville Giants present Troop 250 as their honorary Boy Scout patrol

By Contributing Writer Shana Herrin, Scout Leader, Troop 250



members also hand painted nearly 300 children's faces during each game. Scout leaders Shana Herrin and Denise Seymour were the troop organizers that ensured the scouts were able to be at every

game and support the team. These originally designed patches were donated by Richard Miller at Miller on Sports and radio sports talk host – TV play by play announcer of the Jacksonville Giants who got to know the scouts of Troop 250 personally throughout the season. In addition to making Troop 250 as their official scout patrol, the Giants also sent the scouts on a complimentary fun-filled day at Universal Orlando's Islands of Adventure theme park after the season ended thanks to all the money they earned selling the team's memorabilia. Ron Sholes, owner of the Giants, when asked about the scout's support, said, “These scouts and their leaders were instrumental in the success of our first season. They truly

Continued in next column

Continued in next column

Continued in next column

Continued in next column

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Movie Review

X-Men: First Class

Directed by: Matthew Vaughn. Starring: James McAvoy, Kevin Bacon, Michael Fassbender, Jennifer Lawrence, Rose Byrne and many others. Review by T.G. Stanton

Rating: Great Movie
May See It Again (5 out of 5)

This month's review belongs to the recently released *X-Men: First Class*, an Action-Comic Book film, packed with action and special effects.

The movie begins in Europe with the discoveries of special abilities during World War II. As time moves on Professor X, starring James McAvoy, becomes a specialist in genetic mutations. Michael Fassbender delivers the character of Magneto and Jennifer Lawrence plays Mystique, both characters tortured from childhood. They and Nicholas Hoult, who portrays Beast, are a

part of the team that is brought together by CIA agent Dr. MacTaggerte, played by Rose Byrne. As there is war throughout time, the mutant populations seem to have groups with opposite goals. Kevin Bacon depicts Sebastian Shaw; he plays this movie's villain, a megalomaniac that begins with the testing perpetrated by the Germans to unlock the powers of hidden mutants. He is also able to absorb energy and has great plans to rule or destroy the world. He of course has his own team of mutants and they are at cross-purposes with the X-Men.

The movie has great special effects throughout and is one of the best prequel movies to date. This movie answers many questions regarding the X-Men,

their development, their trials and tribulations to live and excel as a mutant. The fact that it was a mutant in the CIA who develops Cerebro was a fascinating twist, as well as the manufacturing of the helmet that will one day be worn by Magneto. James McAvoy brings new range and playfulness to Professor X that many would have never imagined while holding on to his impeccable loyalty and honor, just as Michael Fassbender delivers the rage and wounds that create Magneto. So many of the other characters just want to lead a normal existence in a world going crazy and the movie brings out how their mutations make them who they are and who helps save the future.

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The inaugural Florida Blue 5K Stadium Challenge, a new fundraising event with proceeds benefiting Duval County Sports to help save athletic programs in Duval County Public High Schools, will be held on Saturday, August 13, 2011 and will take place in the evening "under the lights" at EverBank Field. The run will include all seven levels of EverBank Field and is fit for all ages complete with a fun run and walking courses. T-shirts and medals will be available for everyone.

Florida Blue will be the title sponsor of this event through its sponsorship with the Gator Bowl Association.

"We're a proud supporter of the Gator Bowl and the Jacksonville community," said Mark Lee, vice president, brand development and marketing communications, Blue Cross and Blue Shield of Florida. "The Florida Blue 5K Stadium Challenge is a great opportunity for us to show our strong support for Duval County Schools' athletics and another way we can promote the health and wellness of all Floridians."

The race will begin and end

at the Pepsi Tailgate Zone outside of the stadium. Runners will begin the course in waves every 20 minutes. Entry fees for the full challenge (until August 7) are \$30; August 8 through 12, \$35; and day of the race, \$40. Kids under 13 and adults 65 and over may register at a discounted rate. To register and obtain full details visit www.1stplacesports.com.

While the Florida Blue 5K Stadium Challenge is going on, there will be fun and activities in the Pepsi Tailgate area with elements of Teal Town. There will be live entertainment and food and beverages for sale. Fans and participants will also be able to experience the Florida Blue interactive mobile display.

The three major supporters at EverBank Field, the Jacksonville Jaguars, the Gator Bowl Association and SMG, are working together to kick off of the Florida Blue 5K Stadium Challenge. In addition, other supporters include 1st Place Sports, PRI Productions, Guest Service Team of EverBank Field, Levy Restaurants, Ovations Food Service, Home Field Events, CSC, SAFE Management, Game-Day Merchandise and Team SMG.

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Rowing: A new community sport in Southside Jacksonville

Evans Rowing Club will be opening August 15 to all individuals who are interested in the sport of rowing. The club rows on the pristine waters of Julington Creek and welcomes people of all ages to join whether you have experience or not. We offer private lessons, a masters program for adults and a competitive youth development program aimed at serving middle and high school students throughout Duval, St Johns and Clay Counties. We provide a comprehensive training environment to develop fitness, team building skills, leadership and sportsmanship.

Rowing is a sport that embodies grace, power and symmetry. People who participate in the sport learn valuable life lessons and acquire a sense of well-being and confidence that

will remain with them throughout their life. Athletes develop endurance, mental and physical toughness and discipline. They learn to work together in groups, gain communication skills, build lasting friendships, become healthy and grow to be active members of their communities.

Rowers are among the best conditioned athletes in the world and tend to be more successful in school, make the honor roll and earn college scholarships.

Athletes row in boats, called shells, which are made out of carbon fiber. An eight-person shell is 55 feet long and a four-person shell is 43 feet long. The oars are also made out of carbon fiber and are about 12 feet long. There are approximately 42 rowing clubs and 12 colle-

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giate teams in Florida.

Evans Rowing Club will compete in several races in Florida and will travel throughout the country during the fall and spring season.

Whether you want to make new friends, have fun, row competitively or just get in shape, Evans Rowing Club has something for you. Look for their ad in this issue of Mandarin NewsLine!

Local Sports Scene

By Chad Cushnir

The road to the ArenaBowl goes through Jacksonville: The Jacksonville Sharks have advanced to the playoffs in each of their first two seasons. After an early exit in the first round a year ago, the Sharks have their sights set on winning it all this season. The Arena Football playoffs begin on Friday, July 29. That's when the Sharks host a first round match up that will be nationally televised on the NFL Network beginning at 8:00 p.m. Should the Sharks win that game, they will be at home again for the American Conference Championship Game on Monday, August 8. The winner of that game will advance to the ArenaBowl which will be played on Friday, August 12.

Exciting promotions at upcoming Suns games: The season is winding down for the Jacksonville Suns who have some exciting promotions at this month's games. Sunday, July 31 is the annual "Dog Dayz of Summer" in which dogs are welcome to attend the game if they bring their owners. On August 6, the first 3,000 fans to arrive at the Baseball Grounds will receive a free bobble head doll of former Suns slugger Mike Stanton who is currently playing for the Florida Marlins. "Elvis Himselvis," an Elvis Presley impersonator, will perform during the games from August 16 through August 18. On August 19, there will be some used cars given away during the game and on August 20, the ZOOPERSTARS make their final appearance in Jacksonville this season.

Football season begins! Local high school football teams begin practicing on August 8. Mandarin High School's varsity team will visit Bartram Trail on

August 26 for a preseason kick-off classic. The regular season begins the following week when the Mustangs host Atlantic Coast on September 2. Mandarin's junior varsity team visits First Coast High School in the season opener on September 1.

All college football teams will begin practicing in early August with most teams playing their season openers during the first week of September.

Local connections in Football and Basketball Halls of Fame: The Pro Football Hall of Fame in Canton, Ohio will welcome seven new members on Saturday, August 6. Former Seminole Deion Sanders is one of the inductees.

On August 12, former Jacksonville University standout Artis Gilmore will be inducted into the Naismith Memorial Basketball Hall of Fame in Springfield, Massachusetts. Gilmore led the Dolphins to the championship game of the NCAA Tournament in 1970. His professional career lasted 18 years.

Former tennis pros team up to save high school tennis in Jacksonville: Former professional tennis players MaliVai Washington, Todd Martin and Brian Gottfried along with current ATP pro and Wolfson High School graduate Amer Delic will be donating their time on Saturday, August 13 in hopes of saving tennis in Duval County public high schools. The tennis pros will be giving lessons throughout the day which will be capped off with a doubles exhibition match at 6:30 p.m. This fundraising event will take place at San Jose Country Club and more information can be found at www.firstcoasttennis.com.

Harry Potter cont from pg. 1

characters she would most like to meet, she laughs and jokingly says, "Voldemort—because he shares my true nature for being evil. No, but seriously, he is the Big Bad in the series and he embodies all that is truly evil in the wizard world. I just think it would be exciting to meet him."

Even though the Potter series' target audience is youth through young adult, the books have transcended the age barrier. Amanda is a firm believer of that.

"I imagine myself being 80 years old, sitting in a rocking chair and reading *Harry Potter*. It's a timeless classic that people will read over and over again, no matter how old they are," she says.

So, I guess it's safe to say that Harry and his friends will be sticking around for a little while longer. Hey, they even have their own theme park. Last summer, Megan, a senior in

high school, visited the Wizarding World of Harry Potter at Universal Orlando Resort. She reports, "It was very surreal. When I first walked in through the exhibit, it looked exactly how I had envisioned the world of Harry Potter."

Her favorite attraction was the rollercoaster simulator, Harry Potter and the Forbidden Journey. "It was a long wait, but we really didn't mind because there were a bunch of things to look at as you were walking through the line. There were moving pictures that stared back at you and holograms of Harry, Ron and Hermione. It was awesome. If I could, I would definitely go back.."

And so, as the curtain closes on an era when witchcraft and wizardry dominated our bookshelves, movie theaters, Halloween costumes and imaginations, we just have one thing left to say: We will never forget you, Harry Potter. Thank you.

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United States Coast Guard Auxiliary Update
A dark and stormy night

By Contributing Writer Ralph Little, Flotilla 14-8

From our flotilla history we commemorate an event 31 years past:

At 7:00 p.m. on July 6, 1980, a Hobie Cat was knocked down just north of the Buckman Bridge on the St. Johns River by wind gusting to 50 mph preceding a rapidly moving thunderstorm. The wind and waves carried the downed sailboat under the bridge. Helmsman John Duncan had the sheet tied to his wrist and stayed with the boat. Bobbie Lee Johnson, an avid sailor who could not swim, lost hold of the boat when under the bridge, but was able to grab a piling and held on by keeping her back to the wind and waves. She was not wearing a life preserver.

The Hobie drifted south into the breakwater at Club Continental in Orange Park. Duncan immediately reported the missing woman to the Rudder Club at 7:30 p.m. The Rudder Club manager called the Coast Guard Auxiliary facility *Dolphin*, which she had heard on Channel 16. The *Dolphin* was assisting a disabled sailboat northeast of the bridge which

the crew immediately anchored and then proceeded to start a parallel search line south of the bridge. The wind was 30 to 40 knots from the north, the seas were running three to four feet and the *Dolphin* was a 21 foot inboard/outboard cuddy-cabin cruiser.

Using spotlights, the crew located the exhausted woman at 9:00 p.m. still clinging to the bridge pier just over a nautical mile from the western shore and 25 feet in from the bridge's south edge. At that point the bridge is too low for the *Dolphin* to safely pass under. Although the storm had passed, Johnson was afraid to turn loose of the pier. Auxiliarist Howard (Buz) Palmer, wearing a life jacket, tied a line and a ring buoy to himself and jumped into the river and swam to her. Palmer finally convinced her to take hold of the ring buoy. Skipper Field and crewman Earl Turpin pulled the pair back to the boat and then turned off the engine. While the *Dolphin* drifted, Field climbed onto the swim platform and pulled Johnson aboard while Turpin held him

to the boat. Together, the men lifted the exhausted woman into the boat where Turpin wrapped her in a blanket.

The *Dolphin* took the woman to the Rudder Club and a waiting rescue squad at 10:00 p.m. Without the *Dolphin* and its three competent and daring Auxiliarists, this woman would most certainly have lost her life on this dark and stormy night.

To honor her dedication to sailing, the Rudder Club awards the Bobbie Lee Johnson trophy to the first all female crew to finish their annual Mug Race. The remaining *Dolphin* crewman, Palmer, recently retired after 40 years of Auxiliary service, but is still active in the Florida Tackle and Gun Club.

Dedicated volunteers gave Bobbie Lee Johnson the edge she needed. Clearly, she would firmly advise any boater, swimmer or not, to wear a life preserver.

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Faith News

Freedom Christian Fellowship invites everyone to our Summer Jam with the Jubilee Gang, to be held Friday through Sunday, August 5 through 7 at 6:00 p.m. each evening. The Jubilee Gang is a high energy multi-media event with interaction and participation. It includes a high-tech state of the art lighting system, adrenaline-blasted nickelodeon style games and hilarious skits. Freedom Christian Fellowship is located at 3423 Loretto Road in Mandarin. For more details, please call 268-2244.

Kehillah Chadashah had a full year its first year and has planned an exciting and spiritual second year. Anyone is invited

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to attend and participate! Upcoming events include: Shabbat Services on August 12 at 7:00 p.m.; Open House on August 21 at 10:00 a.m.; and Havdalah Services on August 27 at 7:00 p.m. For details, please call 208-5191 or email kehillahchadashah@gmail.com or visit our website at kehillahchadashah.org.

The Jewish Federation's Jewish Java is the perfect entry point for newcomers and those newly interested in our community to make connections in a casual setting with friendly locals. New people have so many questions and our seasoned locals and Java regulars have the answers. It doesn't matter how long you have lived in Jacksonville, you have an open invitation to join us the first Wednesday of every month from 9:00 a.m. until 10:30 a.m. at Let's Nosh on San Jose Boulevard. It's the perfect place to find out the latest happenings in the Jewish and general communities. For additional information, please contact Isabel Balotin, Shalom Jax coordinator, at 448-5000 x 206 or shalomjax@jewishjacksonville.org.

How to choose the right charity to support

You don't have to be rich to be a philanthropist. Most of the money donated by individuals in the United States comes from people with income under \$60,000. You should be discerning, though, when you give to charitable organizations. Ask these questions before you write your check:

- Do their actions match your principles? Giving away a lot of money doesn't automatically mean an organization is making a real impact. Explore where their money goes and how that matches up to what they say they stand for—and what you want to support.
- Is the organization original and imaginative? Look for ideas and strategies that make you say, "Wow!"—or make you laugh appreciatively. Creativity is a good indica-

tion that you've found an organization worthy of your support.

- Does the organization back an unpopular cause? If an organization is working for a cause that many people disagree with, it probably needs your support more than others. Look for organizations that work for what you believe in, especially if that truth is unpopular.
- Do they take the long view? Find organizations that take a strategic view of what they want to accomplish in the future, not just how they hope to solve today's problems.
- Do they keep a low profile? Smaller organizations are good to fund, because they're less likely to be influenced by other donors who give big money.

Local Mormon congregation celebrates Independence Day



John and Dayna Miller

Members of the Mandarin First Ward of The Church of Jesus Christ of Latter-day Saints celebrated Independence Day with an annual flag-raising and bike parade on July 4, 2011. The group first stood around the flag pole located at the front of the building on Old St. Augustine Road. The flag-raising and color guard was presented by boys from the church's Boy Scout Troop 117 and Cub Scout

Pack 117. After the pledge of allegiance was recited, the congregation sang "The Star Spangled Banner" accompanied by a father-daughter French horn duet by John and Dayna Miller. John Miller is a member of the Northeast Florida Conservatory Community Band and Dayna Miller is a member of the advanced band at Twin Lakes Academy Middle School.

Words of inspiration and gratitude to the many people throughout history who have stood for freedom were expressed by the congregation's new leader, Bishop Wayne Reading. The flag raising event held each year by the Mandarin congregation includes a bike parade with the children circling the building on their decorated bikes. A pancake breakfast and socializing followed the parade.

Invite

the community to your House of Worship

editor@mandarinnewsline.com

Purposeful Parenting Summer safety for kids

By Allie Olsen

Summer is in full swing and our children are having a blast! Pool mornings, beach days, family visits and extra time with friends make for happy kids and great summer memories. With homework and early bedtimes in the past, it's possible to focus so much on fun that children become careless. Right now, in the middle of summer diversions, is the perfect time for a family refresher on summer safety.

In all honesty, I would usually gloss over an article like this. I mean, I've been parenting forever. I have six kids who have never broken a bone. Do I need a basic safety lesson?

Yes, yes I do. A few weeks ago our family had an accident that reminded me of the importance of safety.

What was your most recent family disaster? Sunburns or jellyfish stings? A kitchen fire? A lost child for three... five... 20 minutes? Maybe a bike accident resulting in stitches or broken bones? Whatever the trauma, being prepared can make the difference between panic and desperation and managing the chaos in a careful, orderly way.

One of the most important things for children to know is that it is always okay to come straight to you. We've taught our children to stop, take a deep breath, think and pray and come straight to Mom. Having a clear head in an urgent matter is crucial!

Of course, most summer safety issues are relatively benign. Remembering sunblock when surfing, staying hydrated

in the Florida heat... these are easy when friends are looking out for each other. Being aware of rip currents and always using the buddy system when in the water, knowing how to treat a sting and who to trust (stranger safety) should be reviewed at age-appropriate times.

When Ben severed a tendon and fractured his toe at the beach, Ben's friends wisely carried him straight to me. I have never been so grateful for the well-stocked first-aid kit we keep in the van! We were able to clean the wound, glob on antibiotic ointment to keep the gauze pads from sticking and minimize infection and then tape with enough pressure to reduce bleeding until we could get to the fire station and urgent care center then orthopedic surgeon.

No matter how prepared you or your children are, crazy accidents (like a shovel slipping from the hand and resulting in surgery!) can catch us by surprise. 2 Corinthians 12:9 offers comfort. Jesus said, "My grace is sufficient for you, for my power is made perfect in weakness." Ask God for guidance while doing what you can and getting to help. The wisdom of knowing who to turn to can help keep your family safe this summer!

For Summer Safety Details, including Red Cross First Aid recommendations, St Johns Lifeguards' jellyfish and rip current safety recommendations and Stranger Safety suggestions, please visit www.graceful-lmom.com.

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Gardening Tough plants for dry times

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

There are good reasons for landscaping with drought-tolerant plants: ethical reasons such as protecting the environment and conserving water and monetary reasons, such as the cost of irrigating with city-supplied water. There is also the chance you could lose moisture-loving plants when rain is scarce.

Water is already in short supply in many areas of the country and our own Florida aquifer is shrinking. The solution, for now and especially for the future, is to seek out plants that are hardy enough to survive drought conditions.

Xeric plants are those with the absolute lowest water requirements of all. This group includes agaves, aloe, cacti, yuccas and sedums. Many of the plants in these categories are too cold sensitive for us, but some do well here in Jacksonville. I especially like Goldmoss Sedum (Sedum acre), a succulent, light green ground cover, two to five inches high, bearing small yellow flowers in spring. "Autumn Joy" is a hybrid Sedum that grows one to two feet high, producing pink flowers in fall that turn to copper as they age. Both of these sedums are cold hardy in our area.

We use the term "drought-tolerant" for tough plants that survive spells of infrequent watering once they are well established. Maybe not as tough as xeric plants, they are still able to survive short droughts. Some common ones you may already have in your yard are crepe myrtle, blue plumbago, juniper, pyracantha, holly and oleander. These are well known but there are many more, under-utilized plants that can

subside on less water. Chaste tree (Vitex spp.), for example, is a hardy, drought-tolerant, pest-free shrub or small tree seldom seen in Jacksonville. Sometimes called "lilac of the South," it is a handsome plant that produces beautiful spikes of blue-to-lilac flowers in summer.

Another drought-tolerant shrub often overlooked is pineapple guava (Acca sellowiana). Useful as a screen, hedge, small tree or espalier, it has glossy green leaves with a silvery underside, petite but exotic edible flowers and small, sweet fruit.

If it's a hardy flowering vine you want, consider planting Lady Banks rose, Sweet Autumn clematis or yellow jessamine. Some tough flowering perennials would include day lilies, blanket flower, beach sunflower and stokes astor.

The St. Johns River Water Management District has estimated that nearly 50 percent of all water used daily in a typical Florida home goes outdoors, much of it for irrigation. Selecting plants for your landscape with water use in mind can reduce your water bill while protecting our water resources.

For more suggestions of water-wise plants for your yard go to SolutionsForYourLife.com. Search "drought tolerant plants" and click on Drought Tolerant Plants for North and Central Florida.

Obstacles
are the things we see when we take our eyes off our goals. ~Zig Ziglar

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Your brain and why you need to protect it

By Contributing Writer Tracy Porter, Founder and Executive Director, Mothers Against Brain Injury, Inc.

Most of the general public is unaware about how the brain works even though it is the decision, communication center of the whole body. The central nervous system is made of the brain and the spinal cord and the peripheral nervous system which are made up of nerves. Together they control every part of your daily life, from breathing and blinking to helping you memorize facts for a test. Nerves reach from your brain to your face, ears, eyes, nose and spinal cord... and from the spinal cord to the rest of your body. Sensory nerves gather information from the environment and send that information to the spinal cord, which then speeds the message to the brain. The brain then makes sense of that message and fires off a response. Motor neurons deliver the instructions from the brain to the rest of your body. The spinal cord which is made up of a bundle of nerves running up and down the spine is similar to a superhighway speeding messages to and from the brain at every second.

A deep furrow divides the brain into two halves, known as the left and right hemispheres. The two hemispheres look mostly symmetrical yet it has been shown that each side functions slightly different than the other. The right hemisphere is thought to be associated with creativity and the left hemisphere as-

sociated with logic. The corpus callosum is deep down in the center of the two and is made of a bundle of axons which connect these two hemispheres allowing them to communicate with each other.

Following are the main functions of each lobe of the brain and the temporary or permanent impairments/disabilities that a trauma to your head could cause. Note that many of the impairments are not easily seen by those not closest to the individual suffering the injury thus, the nickname "Invisible Injury."

Frontal Lobes are located right under the forehead. The frontal lobes are involved in tracking and sense of self:
Executive functioning and judgment
Emotional response and stability
Language usage
Personality
Word associations and meaning
Memory for habits and motor activity
Impairments caused by TBI:
Sequencing - difficulties planning and completing complex tasks in correct order, such as making coffee.
Perseveration - repeating same actions and comments over without conscious awareness of having done so.
Loss of spontaneity in interacting with others.

Loss of flexibility in thinking.
Distractibility - easily distracted
Attention - difficulty focusing on tasks
Concentration difficulties
Mood swings
Changes in personality and social behavior
Diminished abstract reasoning and imagination
Difficulty with problem solving
Expressive difficulties - language usage and word
Loss of simple movement of various body parts

Parietal Lobes are located near the back and top of head. The Parietal lobe is involved in:
Visual perception
Tactile or touch perception
Object manipulation
Integration of sensory information that allow for understanding of a single concept
Goal-directed voluntary movements
Impairments caused by TBI:
Difficulties naming objects
Difficulties writing words
Inability to attend to more than one object at a time
Inability to focus visual attention
Problems with reading
Poor hand-eye coordination
Confusing left-right orientation
Difficulty performing math calculations
Difficulty drawing
Poor visual perception
Lack of awareness of certain body parts and/or surrounding space that leads to difficulties in self-care.

Temporal Lobes are located on the side of the head above ears. The temporal lobes have to do with intellect:
Auditory perception (hearing)
Long-term memory
Some visual perception
Object categorization
Impairments caused by TBI:
Difficulty remembering names and faces
Difficulty understanding spoken words
Difficulty with identification of, and verbalization about objects.
Difficulty with concentration
Short-term memory loss
Interference with long-term memory
Aggressive behavior
Change in sexual interest
Persistent talking (damage to right lobe)
Difficulty locating objects in environment.
Inability to categorize objects

Mandarin Council's Janice Meisel Scholarship 2011 winner



Congratulations to the Mandarin Council's Janice Meisel Scholarship 2011 winner, Mandarin High School senior Craig Faix. He will be attending Florida State University in the fall. Pictured are Lisa Sawyer, board member and scholarship committee chair; Craig Faix; Laura Lancaster, 2011 council president; and Jim Murphy, 2011 Council treasurer.

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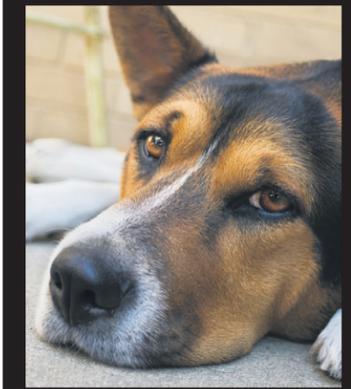
Occipital Lobes are located at the back of the head. Functions:

Visual perception
Limitations:
Visual defects
Difficulty recognizing colors
Hallucinations
Visual illusions - inaccurately seeing objects.
Word blindness - inability to recognize words
Difficulty recognizing drawn objects
Difficulty perceiving movement
Loss of academic skills (reading, writing)

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Looking ahead: Top three Jaguars storylines of 2011 season

By John Oehser, jaguars.com senior writer



The 2011 NFL season isn't exactly upon us, but with the lockout news a bit brighter in recent days, it may be coming up relatively quickly. Here are three key storylines:

1) When will Gabbert play? This one's pretty obvious, but also pretty important, so it has to be the first. The Jaguars with the No. 10 overall selection in the 2011 NFL Draft selected Blaine Gabbert, a quarterback from the University of Missouri. It has been suggested by observers and people within the team that the selection could define the tenure of Gene Smith as general manager. That's almost certainly true.

That being said, there's no indication that there's a rush to play the rookie. The Jaguars, from owner Wayne Weaver, to Smith, to Head Coach Jack Del Rio, have been pointed in their insistence that veteran David Garrard is the team's starting quarterback. There has been no word inside the walls that that won't be the case.

The plan entering training camp is to give Garrard about 40 percent of the repetitions, with Gabbert receiving slightly less and veteran Luke McCown about 20 percent. The idea is to give Gabbert adequate time to prepare and learn – and adequate time to show he is ready to play if that is indeed the case – while at the same time allowing Garrard the chance to prepare for the season.

Look for Garrard to start, and if the Jaguars can develop some consistency early, it wouldn't be surprising to see Garrard keep the job until that changes. If he's up and down – particularly if the downs come as often as they did at times last year – there could be a different storyline by season's end.

2) Will the defense have time to improve? The off-season focus around the Jaguars understandably has been on a

defense that struggled much of last season. Jaguars coaches understand this and they expect it. This is an area in which the lockout could play a role.

Smith has been candid in his assessment that the Jaguars will address defensive needs in free agency, with the plan to address safety and linebacker in that route. The hope is to acquire a starter at each position, with the idea to solidify areas that were weak last season.

Solidifying a roster in free agency is a difficult enough in a normal season. The ongoing lockout has made this route even tougher for the Jaguars this season. Free agency won't begin until the lockout ends. Whatever happens, the players won't have an off-season with the team, and the longer the lockout lasts, the less time they'll have in training camp.

3) Is simpler better? Jaguars defensive coordinator Mel Tucker throughout the off-season consistently has said he isn't thinking about free agency

when it comes to improving the defense. The reason is that free agency is the future and it's an unknown. During the off-season, Tucker's stance is that the Jaguars can, must and will improve with the players already on the roster. With or without free agency, Tucker said a theme for the Jaguars' next season will be simplicity.

He has stressed throughout the off-season that the Jaguars' defense will be less complex, the idea being to allow young players and new players to learn the defense more quickly. Tucker said, will be playing faster, with more confidence. Tucker's belief is that players playing faster and thinking less also make fewer errors and tackle better.

Observers often equate simpler schemes with being vanilla and easy for opposing units to solve. The reality is that more NFL games are lost than won and for a young defense trying to improve, simplicity should be a good thing.

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Captain David's Fishing Report

By Captain David Lifka

Depending on a variety of factors mostly weather related, July is the beginning of the annual shrimp migration up the St. Johns River. Although impossible to predict the length and quality of the run each year, now through the end of September are usually the most productive months with the shrimp getting larger as the season progresses. Last year may have been one of the best years ever in our area, with an abundance of shrimp to be caught in the St. Johns and Julington Creek well in to November.

Shrimping can be done at both day and night, although daytime shrimping requires a boat and night time shrimping does not. A cast net will be your weapon of choice regardless of when you shrimp.

During daylight hours shrimp leave the shallow waters where they spent the night and travel the channel edges of the river. When looking for these day time concentrations, try areas around creek mouths, channel markers, where other

boats are or use your fish finder. Remember to tie extra rope to your cast net as you will probably be in 10 to 25 feet of water with a moving current. Duct taping your net on both sides just above the weights will also help your net blossom in the deeper water.

As the sun begins to set the shrimp will leave the deeper water and head to shallows to feed and spend the night. This is when you would chose an area from a dock or boat in just a few feet of water for your night time shrimping. After baiting the area with a mixture of fish meal (available at feed and hardware stores) and flour made into balls, give the shrimp a half hour or so to show. A lantern will be handy to have as both a shrimp attractor and light source. Old Shands Bridge (Pier) in Orangedale (east side) and Green Cove (west side) and County Dock Mandarin all provide public access for shrimping.

Fishing Report: Enough shrimp showing up in Julington Creek and the river for

bait. With the shrimp, croakers and yellowmouth trout are starting to show in deeper holes. Stay in the shade and fish the creeks for bream.

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



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Residents have an affinity for lilies

By Contributing Writer Celia Rehm, Mandarin Garden Club



Ginkgo bonsai on pedestal

has turned into a full-blown hobby including purpose-driven research related to the hybridization of lilies.

"I wanted to learn, I wanted to grow my own," says Ronnie Spradlin. The backyard reflects impressive dedication and knowledge successfully applied.

As we explored the various species of lilies, Ronnie Spradlin talked about the genetic

makeup of the plants. He led me to a yet un-named bright yellow seedling, the result of an effort to produce a rust resistant lily. Moving on, he proudly held up the "royal rumble," a deep purple double stemmed specimen. He spoke on the process of cross-pollination including the anticipation of the new hybrid, and the excitement of seeing the color of the new lily for the first time. He explained the difference between a "standard" lily and a hybrid lily which is produced when two standard lilies are crossed to produce a new variety. Once produced, the hybrid lily plant can self-propagate by digging and separating the bulbs to grow a second plant of the same hybrid. He also demonstrated the cross pollination of hybrids which grow in clusters on several round mounds of cultivated soil.

"Soil is as important as water to a plant, yet, often it is a neglected thing," says Ronnie Spradlin. Not so, in this back yard! Bags of top soil, mushroom compost, black cow compost, organic fine pine mulch and slow release fertilizer are stored in enclosed areas of the back yard. By preparing his own soil, Ronnie Spradlin ensures the desired balance of nutrients, water retention and the important porous qualities of

the composition that goes into the raised garden plots. He spoke on the use of weed barriers to allow plants to grow only on prepared soil.

An opposing feature to the lilies is a juniper with sprawling branches growing horizontally in a garden plot along a hosta plant and boxwood underneath a tall rosemary bush. As I commented on the juniper, we turned to the bonsai displayed on tiered shelving, individual shelves and on tables.

A boxwood bonsai estimated to be 36 years old is prominently displayed on its own corner shelf affixed to the wooden fence at the side entry to the backyard. I later learned the boxwood was acquired from

an old nursery that went out of business. Hardy woody perennials with small leaves are suitable specimen for the practice of



Gold-Villa del sol lily

bonsai along with juniper, pines and other small evergreen trees. Some of the juniper and other evergreen bonsai on display

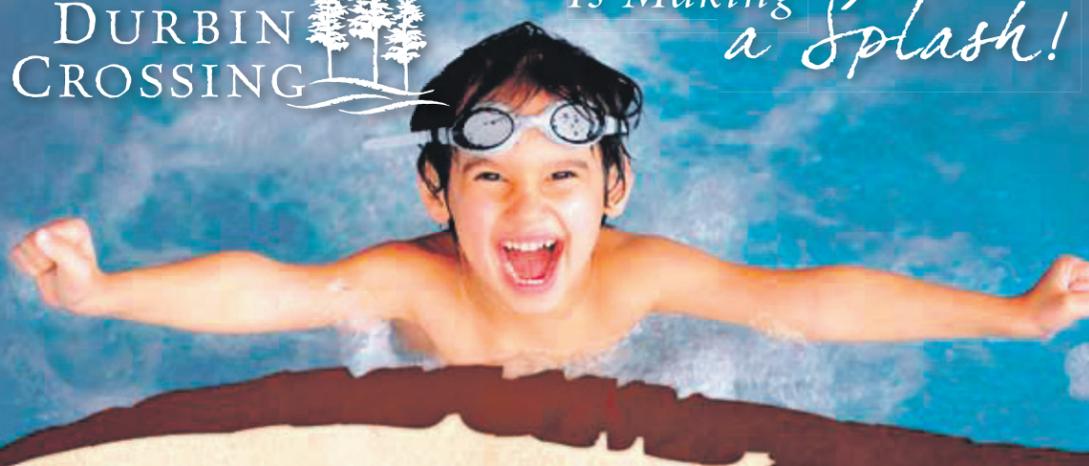
were transplanted from the South Carolina mountains where they once grew wild.

Before ending our tour, Spradlin left for a minute to come back with a large ginkgo bonsai indicating the plant also grows wild in the South Carolina mountains. The curved design of the ginkgo bonsai with an exposed horizontal root was fascinating.

"The root structure is important in the awarding of points at a show," he said.

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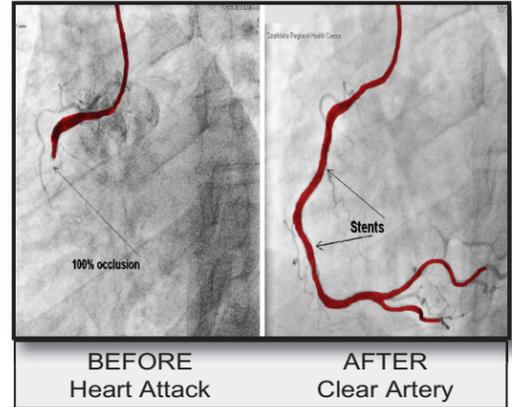
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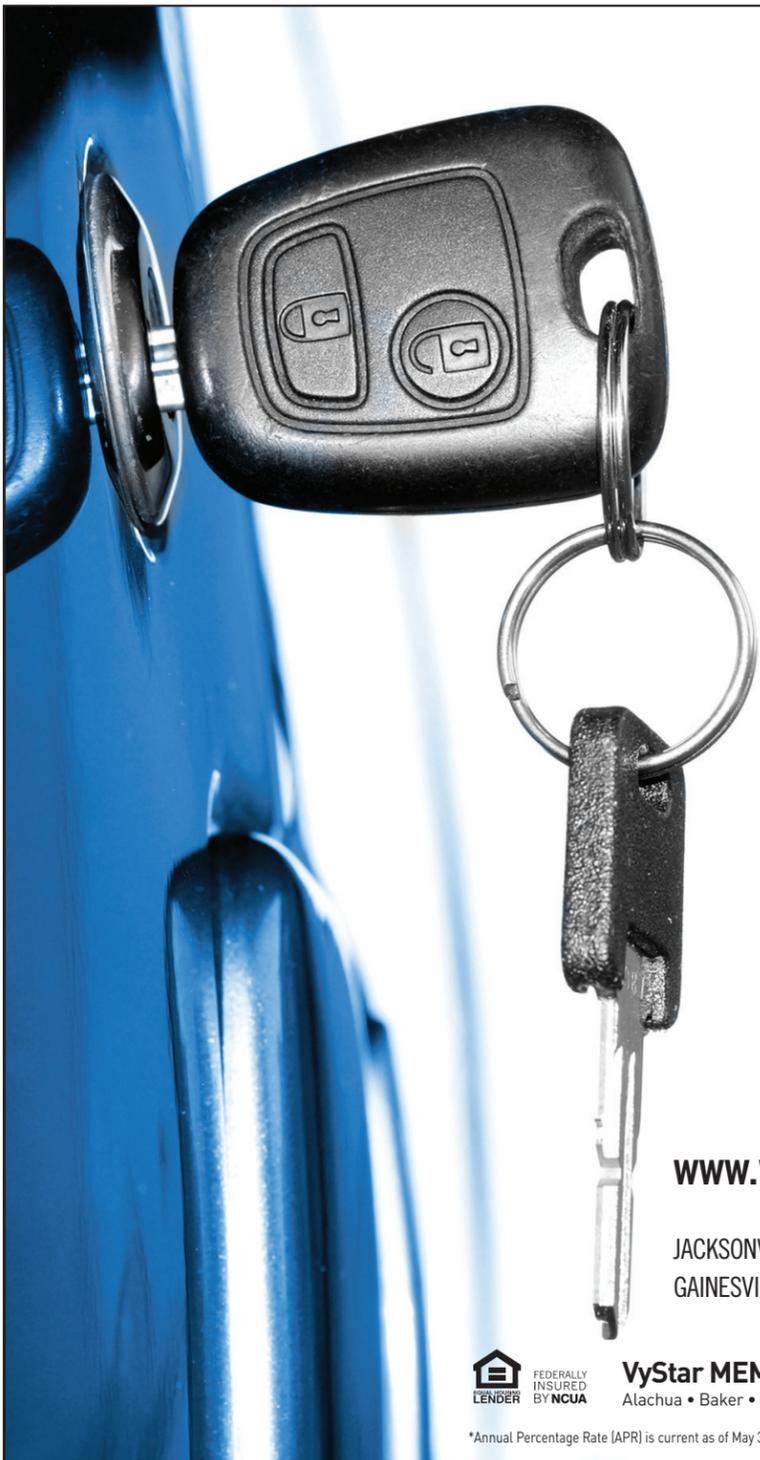


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