

Mandarin NewsLineSM

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October 2014

The cupboards are bare! Mandarin Food Bank needs your help to restock after summer

By Karl Kennell



These helpful volunteers at the Mandarin Food Bank hope you will be able to donate food to refill their cupboards!

Summer is coming to a close and everyone is looking forward to fall and the holidays—but summer has been tough for Mandarin Food Bank.

Summer is the time of the year when the children are out of school and this means that they cannot avail themselves of daily school lunches. Parents

are hard pressed filling those hungry stomachs. This pressure of summer is felt particularly hard by parents in need—and

Food drive cont. on pg. 2

Snippet of Mandarin History Pappy Road and the story behind it

By Contributing Writer Bruce Vacca, Education Director, Mandarin Museum

Jack Pappy was born 86 years ago in the house at the end of Pappy Road; his dad had moved to Mandarin shortly before that. This was a time when Hood Road was a dirt road with only four or five houses on it. The closest store was Ellis Hartley's store about a half mile away at the intersection of Hood and Old St. Augustine Road. Today everyone on the street is a Pappy and they love to garden as Jack Pappy does in his retirement. On Hood Road you can still see handmade signs announcing the crops like black-eyed peas, Queen corn, water-melons or green beans, depending on the time of the year. Jack Pappy's business philosophy is to "treat people right and they will come back."

The Pappy name goes back to the time of the "Minorcan Migration" to North Florida. The Minorcans, collectively were comprised of Spanish or Catalan from the island of Minorca off the coast of Spain. It also contained large numbers of Italians, Greeks and Corsicans.

Shortly after England gained control of Florida in 1763 from Spain, Dr. Andrew Turnbull was given a land grant by the British government to start a "New Smyrna Colony." He wanted to start a colony to grow tropical crops using Mediterranean people and then to import the crops back to England. Indigo was the main cash crop being grown in the colony. It is a blue

Snippet of History cont. on pg. 2



Jack Pappy on his road

Appearing in the
November issue!



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MHS Marching Mustangs begin competition season

By Contributing Writer Lindsey Stuckey

October: the beginning of fall, where many decorate their homes with bright leaf stickers, elaborately decorated pine cones and Halloween decorations—

while others are continuously raking yards full of leaves fallen during the changing season, only to be jumped into just for the fun of it! However, October

is more than trick-or-treating or setting up those new decoration displays for the Mandarin Marching Mustangs. For them, it is the time of adding new horn flashes, perfecting marching show formations and above all else, winning the battle of the bands.

Unlike those who are changing out their wardrobes for warmer clothes, October means the beginning of competition season. Those colder Friday night halftime performances at Mandarin football games are just practices. The real show comes on every Saturday at all-day events hosted by neighboring schools where high school marching bands across Florida compete for the chance to be

Marching Mustangs cont. on pg. 12



The Mandarin Marching Mustangs class of 2015 celebrating their last year of marching season bliss. Photo courtesy of Barbara Olsavsky.

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Snippet of History

Continued from page 1

or purple dye that is created from that plant which was so special that it was referred to as "purple gold." It was only worn by royalty. Other cash crops were citrus, olives and grapes.

Dr. Turnbull promised a "worker's paradise" but the workers were like indentured servants who lived closer to a rendition of "worker's hell." Many were looking for freedom, more money or land, but were faced with poverty, hard labor and

mosquitos. Originally eight ships carrying 1,400 people had come to the New Smyrna, Florida area which is south of present-day Daytona Beach in 1768. Sadly by 1777, only 600 were left and they were allowed to flee to St. Augustine since the colony was being so mismanaged. It turned out to be a win-win situation because the Minorcans brought a new vitality to St. Augustine and they could start over for better opportunities.

Of the 600 who were left, one was Gaspar Papi, a Greek born in Smyrna, Turkey and Ana Pons, a Spanish Minorcan.

They met, married and started a family in St. Augustine that has spread across the United States. These are Jack Pappy's ancestors. These Minorcans were here so early in Florida's history that they have spread all over the North Florida area. Roads and landmarks abound in all surrounding counties with their name. Rogero Road in Duval, Canova Road in Clay and Manucy Road on Amelia Island are all examples of the migration. Old Pacetti's Fish Camp and Pellicer Creek in the St. Johns area are all reminders of the Minorcan influence, too.



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Food drive

Continued from page 1

it immediately translates into pressure upon the cupboards of Mandarin Food Bank. To take a bit from an old saying, "the cupboards are bare."

The call is going out to the neighborhood for donations, both of food and money. Your donations throughout the year help keep the hungry of Mandarin from going without the meals that we take for granted. Even if the cupboards depleted during the summer are refilled, it does not begin to satisfy the coming needs of the fall. These are needs felt right here in our neighborhood during the holiday season, particularly Thanksgiving and Christmas. The Mandarin Food Bank relies exclusively on the charity and generosity of the neighbors and businesses right here in the Mandarin area. It is important that this year Mandarin steps forward to help fill our areas need to see that each of us has enough to eat.

During these times of continued economic stress the number of those seeking a little help has grown exponentially. Just imagine yourself faced with this question, "Do I pay the utilities or do I feed my family?" Thankfully most of us do not have to face that dilemma. The humble groceries that Mandarin Food Bank provides helps answer that question for some neighbors and possibly keep their electricity on. Think about that for a moment.

To help the Mandarin Food Bank and the community, Mandarin NewsLine is asking individuals and local businesses to help meet the need of these families particularly around the upcoming holidays. We must remember that these are our neighbors who find themselves in the very challenging position of just putting food on the table for their children and themselves.

If in doubt, you just need to visit the Mandarin Food Bank on any given Monday, Wednesday or Friday from 9:00 a.m. until 11:30 a.m. when "clients" may come to receive bags of donated groceries. On that morning you will realize the impact the organization has on these families. Families which are like yours.

The volunteers of Mandarin Food Bank are challenged constantly to fill the bags for their clients, carefully stocking from shelves that from day to day hold different quantities and types of food. One bag for protein, which may contain cans of tuna fish, beans and peanut butter and another bag filled with canned vegetables, fruit and soup—hopefully 10



cans total per client. There is a bag for cereal, coffee, tea and other drinks. Toilet paper, soap and laundry are included in another bag.

So how about if you take a closer look at your weekly grocery store flyers and take advantage of a "Buy One Get One" deal and contribute two or more? You can drop off your donations at the Food Bank, located at 11730 Old St. Augustine Road or call 292-1675 for more information. We thank you in advance for your support in helping Mandarin Food Bank share a meal with our neighbors and look forward to you helping keep the shelves stocked as the year goes by.

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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 Italian American Club will celebrate Columbus Day with a big dinner dance featuring a homemade Italian buffet and live accordion music provided by Sonny Padula and his friend Tony. The club is also getting ready for our annual Festa Italiana which will be held at our club on November 7, 8 and 9, so mark your calendars. Don't miss this fun event!

Girls Inc. of Jacksonville announces their **Fall 2014 Daddy Daughter Dance**, to be held on Saturday, October 25 at the Renaissance Resort in World Golf Village, located at 500 South Legacy Trail in St. Augustine. The dance will last from 5:30 p.m. until 9:30 p.m. and all are welcome. The evening will include dinner, dessert, dancing, entertainment, a professional photograph, party favors, raffle prizes and a silent auction and the cost is \$85 per couple. Prepaid reservations are needed no later than October 20. Please visit www.girlsincjax.org to register and for more information.

The Mandarin United Methodist Church is having their 25th annual **Fall Craft Festival** on Saturday, October 4 from 9:00 a.m. until 4:00 p.m. in our Fam-

ily Life Center and throughout our campus at 11270 San Jose Boulevard. We will have 100 crafters with a big variety of handmade items from jewelry and pottery to paintings, clothing and food and lots more. There will also be a Bakery, Country Store and a Kids Store where they can buy their own holiday gifts. So come early, stay for lunch and bring your friends for a fun day!

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

The Duval County Extension Office is offering a pond workshop on Tuesday, October 21 from 9:30 a.m. until 12:30 p.m. Topics are pond design and planting and maintenance of ponds. The workshop will be held at the Duval County Extension Office, located at 1010 North McDuff Avenue. The cost is \$5 to attend. You can pay at the door, but please pre-register by calling 255-7450.

The MOMS Club of Jacksonville/Mandarin-SE invites all stay-at-home and part-time working moms living in 32258 to our Trunk or Treat Open House! Please come by and learn about the many benefits of our club for you and your young children. The event will be held on Friday October 24, beginning at 10:00 a.m. at Veterans Park, located at 1332 Veterans Parkway in NW St. Johns County. For more information, please email semandarinmoms@yahoo.com

Join the Mandarin Museum and Historical Society on Saturday, October 18 at 1:00 p.m. for **Story Time** presented by a museum volunteer who also works at the Mandarin South Library. This program is ideally for children ages three through six, but please feel free to bring siblings as we read our way through some age-appropriate picture books, get active with music and movement and create a fun craft. We do ask that the parent or guardian accompany their child during story time. Mandarin Museum is located in the Walter

Jones Historical Park at 11964 Mandarin Road. For more information, please call 268-0784 or email mandarinmuseum@bellsouth.net. You can also visit www.mandarinmuseum.net.

Safe Kids Northeast Florida, led by THE PLAYERS Center for Child Health/Wolfson Children's Hospital, offers free car seat inspections and help installing your child's car seat. Conducted by certified child passenger safety technicians, the inspections take place at the Safe Kids Buckle Up Inspection Station by appointment only on most Tuesdays. Reduced-cost car seats and booster seats are available. Call 202-4302 for an appointment at the inspection station off Interstate 95 at Emerson or for another location that works for you.

The Toast of Jax Toastmasters meets every Saturday at 7:30 a.m. at the Bahai Community Center, located at 5034 Greenland Road in Mandarin. Everyone is welcome! Please visit www.toastofjax.org for more information.

The Mandarin Council of the Jax Chamber invites you to save the date for the 18th annual Fall Festival and Chili Cook-Off, presented by Jax Federal Credit Union, happening on Saturday, November 15! We're looking for art and craft vendors as well as Chili Cook-Off contestants. Do you have a favorite recipe that will blow our flip-flops off? It's only \$25 to enter. Art and craft booths are \$50—perfect for a boost in sales before the holidays! For questions, please contact Mark Goldwich at 406-7232 or visit our website. Learn more about the Mandarin Council on our Facebook page or at www.mandarinCouncil.org. We live, work and play in Mandarin!

The Sew What! neighborhood group of the American Sewing Guild's Jax Chapter will

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meet on Wednesday, October 8, at 10:00 a.m. at Paula's Fine Fabrics, located at 8358 Point Meadows Drive in Jacksonville. Anyone interested in renewing and refreshing their sewing skills and making new sewing friends are invited to attend. For additional information, please contact Rose Marie Lanpher at 940-6669.

The North Florida O.R.C.A.S. (Operational and Radio Control Association of Shipwrights) host "fun sails" on the third Saturday of each month at Losco Park in Mandarin from 10:00 a.m. to 12:00 noon. The O.R.C.A.S. are a group enthusiasts whose purpose is to promote the building and running of radio controlled model boats. For additional information, please visit www.northfloridaorcas.org.

The Duval County Extension

Office is offering a fall workshop on Tuesday, October 14 from 9:30 a.m. until 12:30 p.m. Topics are fall gardening tips, managing nuisance wildlife and invasive plant management techniques. The workshop will be held at the Mandarin Garden Club, located at 2892 Loretto Road in Mandarin. The cost is \$5 to attend. You can pay at the door, but please

Correction:

Shortly after the publication of the article entitled "Abby's Angels formed to help seniors keep their well-loved pets" in the September 2014 issue of *Mandarin NewsLine*, the group changed their email address.

The new email address is www.abbysangelsanimalaide.com.

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From the City Council Member's Desk

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

Mandarin News: Mandarin is one of the most beautiful communities in Jacksonville, ideal for walking and enjoying the beauty. Do we need better sidewalks? I say yes and so do so many of you. The positive reaction I have received is overwhelming. In fact, one constituent, on his own initiative, went to his neighbors and collected over 40 petitions to extend the sidewalks on Mandarin Road. Another constituent alerted me to the poor condition of the sidewalk on Loretto Road. I will continue to pursue, within budget constraints, adding and repairing sidewalks in Mandarin and I hope you will continue to assist me in this endeavor.

City Hall News: I have been your elected City Council member for three years and have lead the charge in advocating for responsible spending, living within our revenues and not raising taxes. This year, the vast majority of the City Council members agree with me. As vice-chair of the Finance Committee, my colleagues and I have taken the mayor's outrageous budget apart. His election-year spending spree was inappropriate, and gave many people and organizations false hope that they would be receiving additional funding from City Hall. Bottom line: He promised them money when there was no money. The mayor then had the audacity to recommend an additional \$235,000,000 in capital projects; however, I, along with the other Finance Committee members, took action in August to freeze all new spending until we have a handle on the total debt and financial

obligations of City Hall. But to totally understand these financial obligations, you almost have to suspend reality.

Let me explain: In 2008, a banking fund was initiated which has grown from zero to over \$400,000,000 in borrowing. Previous councils have authorized an additional \$164,000,000 in projects, which are currently not funded, but could be. When you add previously approved capital projects to the mayor's proposed projects and the money already borrowed, you have a total of

\$800,000,000 in outstanding debt since 2008. This is irresponsible and unsustainable spending, to say the least. My focus has been, and will continue to be, on making sure City Hall spends responsibly and within its means, just like you and I do with our family and business budgets.

Finally, I will be holding a Town Hall Meeting on Wednesday, October 8 at the South Mandarin Library at 6:00 p.m. I have invited the mayor and sheriff to attend and give you their take on these issues. Also, I understand that the Mandarin Food Bank is in serious need of canned goods and other food items. Please help by bringing these items to the Town Hall meeting and I will deliver them to the Mandarin Food Bank.

Please do not hesitate to contact me at MattS@coj.net or 630-1388.

God bless.

What's New

Continued from page 3

pre-register by calling 255-7450.

The Friends of the South Mandarin Library held a work day recently to sort and box books our next sale. There will be something for every taste and age group! New members are invited to join. Come for the Book Club which meets at 1:15 p.m. on the second Thursday of each month at the library and stay for the Friend's Group which begins at 2:15 p.m. following a discussion of the month's book selection. At the meeting this month we will review the library staff's "wish list" for improving the children's department.

The Mandarin Toastmasters club meets the first and third Saturday of each month in the South Mandarin Library, located at 12125 San Jose Boulevard from 10:15 a.m. until 12:00 noon. The mission of our club is

to provide a supportive, positive learning environment in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth – and to have fun doing it! The meetings are open to all and visitors are always welcome.

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. October's meeting will be held on Friday, October 17 and will feature the Mandarin Food Bank. Visitors are welcome!

Meet the Maple Leaf Divers at Mandarin Museum on Sunday, October 5 and Saturday October 25, from 11:00 a.m.

until 4:00 p.m. Dr. Keith Holland and his key divers who recovered artifacts from the Civil War shipwreck, The Maple Leaf, will be present at Mandarin Museum, located at 11964 Mandarin Road. Currently on display are rarely seen artifacts that represent military items and personal effects of Union soldiers. Hear about the ship, the archaeological expedition and the artifacts from those who know first-hand – the men who actually went into the dark waters of the St. Johns and touched every piece that was retrieved. For more information, please call 268-0784 or visit mandarinmuseum.net.

Call to Artists: The Art Studio, located at 370 A1A Boulevard in St. Augustine Beach, will have a juried art show on November 7, 2014. Take-in dates for art work will be: Sunday, October 26 from 1:00 p.m. until 4:00 p.m.; Monday, October 27 from 3:00 p.m. until 6:00 p.m.; and Tuesday, October 28 from 6:30 p.m. until 9:00 p.m. The cost per entry for members is \$10 with a maximum of three entries, while the cost per entry for nonmembers is \$20 with a maximum of three entries. For more information and open studio hours for The Art Studio, please visit our website beachartstudio.com or contact Diane Bennett at 460-9256.

The October general meeting of the **All Star Quilters Guild** will be held on Monday, October 20 at 9:30 a.m. in the First Christian Church, located at 11924 San Jose Boulevard. The program will be presented by Dorian Eng on "The Art of Temari Balls." There will also be a collection for the Mandarin Food Bank. Visitors are welcome! For more information, please contact Dot Butler at 642-6574 and visit us at www.orgsites.com/fl/allstarquiltguild and www.facebook.com/allstarquilters.

Mandarin Rotary meets every Tuesday at 7:30 a.m. at the Ramada Inn. Rotary is an organization of business and professional leaders united worldwide who provide humanitarian service, encourage high ethical standards in all vocations and help build good will and peace in the world. For additional information about Mandarin Rotary, please contact

Brian Register at Bregister@insuramerica-fl.com

The fourth annual free Indo-American Medical Association (IAMA) of Northeast Florida Health Screenings and Wellness Fair will be held Saturday, October 25, from 10:00 a.m. until 2:00 p.m. at the Wyndham Downtown Jacksonville Hotel, located at 1515 Prudential Drive. Free screenings include blood pressure, glucose, high cholesterol, body mass index, dental, prostate (men over 40 years), podiatry (foot), cardiac evaluation including echocardiogram and carotid Doppler testing, eye examinations, nutrition counseling, arthritis evaluation, bone density testing, psychiatry and mobile mammography (please schedule mammography ahead of time by calling 308-3780. There may be a cost for this screening.) Continuous lectures will be offered by leading specialists on various medical topics and living a healthy lifestyle. The free screenings and tests are being provided by the Indo-American Medical Association of Northeast Florida in cooperation from Baptist Health and St. Vincent's Hospital. For additional information, please contact Jeanne Torbett at 765-7746 or email jaxiama@aol.com.

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Duval Soil and Water Conservation District Board update

By Contributing Writer Greg Tison

As you are reading this article, fall has now arrived and with it hopefully some seasonal temperatures. As our season changes, so come the yearly rituals of football games, fall festivals, the fair and yes, preparing for the holidays. This year also hosts the November Elections, so please get out and vote.

Also on the November ballot are three open seats for the Duval Soil and Water Conservation District. With the right leadership, this board can play a vital part in many areas of our community from education to conservation. You too as a citizen can get involved by volunteering with them helping with their programs.

One of the programs that folks can volunteer for is to help

with the Envirothon for high school students that will be held in the early spring next year. This program helps students in a competitive atmosphere develop a better understanding of aquatics, forestry, soils, conservation, wildlife and a current event. If you have a student and/or school who might be interested in this event, please feel free to contact me for more information.

As you cast ready to cast your vote in the next few weeks, please research all of the candidates and let's elect individuals who can and will make a difference by continuing the programs as the one mentioned above for the good of Jacksonville community.

See you next month.

E Pluribus Unum: Civics for one and all

By James A. Lee, M.Ed., Ed.D. ABD, Peer Teacher Evaluator, St. Johns County School District, jal@rtpublishing.com

Last month I discussed the idea of legacy in personal and community contexts. This time, let's consider leadership. So much emphasis is put on making everyone a leader. Perhaps you too have heard some version of the parable/joke that ends with the moral that if everyone is leading, then, who's following? I've always enjoyed paradoxes and this is a good one, because, if everyone is the leader then really no one is leading anyone. So, why do we place such emphasis on leadership? Who are the true leaders in our lives?

We're accustomed to hearing stories of great leaders. In world and national politics, examples abound, historical and contemporary. Political pundits put great effort and thought (and sometimes not enough of either) into assessing leaders. In sports, we often determine the leader to be the one with the most recent big win or top award: the Heisman, the Super Bowl, World Series, Final Four, Olympic Gold. The list of sports "leaders" is mind-numbingly exhausting. Other fields have the Pulitzer, Emmy, Oscar, Grammy and the Nobel winners. Maybe Sheldon Cooper will one day receive his Nobel. (Sorry, couldn't resist.)

Of course, an entire encyclopedia could be written for

the purpose of listing all of the awards given in various fields—religion, medicine, space exploration. We look to these people of greatness for inspiration, guidance and perhaps "truth," whatever that may be. As a child in the 1960s, I had several pop culture heroes, most of whom may not be recognized by younger readers. I enjoyed the old "Westerns." No cowboy was greater than Roy Rogers; no horse greater than Trigger. His wife (Roy's, not Trigger's), Dale Evans Rogers, wrote a book, entitled *Angel Unaware* about the tragic death of one of their children; the first inspirational book I ever read.

I thought that the Apollo astronauts hung the moon – and then walked on it. I read a Scholastic Books biography of Bart Starr and became a life-long Packers fan. I still identify quite closely with Charlie Brown. All of these people offered something to be admired, even Charlie Brown's never-quit attitude toward life's endless challenges and questions. They, and others, were my heroes, my leaders and were more than distant or imaginary characters. Like Hobbes for Calvin (comic versions), they shaped my world view.

More importantly, though, the first and "forever" true leader in my life was my dad. His name was Ike and he was a great man. His father, a share-cropper, died when my dad was only six. A child of poverty in the Great Depression, Dad only attended school through the eighth grade. He taught me to enjoy reading, to learn and love history, to follow Christ and to earn my way with self-respect and humility. No one laughed harder or loved more sincerely.

Dad was a great man. He was a Leader; if only among his family. But, when we consider true leadership, where is it more valuable than among our families?

During this election season, let's remember who our true leaders are.

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What your community newspaper crew is up to!



The crew from your community newspaper, *Mandarin NewsLine*, attended the 2014 SAPA/IFPA/CPF Conference for community newspapers in Orlando in mid-September. There we learned many new ideas that we plan to incorporate to stay on the cutting edge of our medium, while continuing to provide you with the best community newspaper possible! Pictured are publisher Rebecca Taus, marketing rep Heather Seay, graphic designer Lisa Felegy, marketing rep Linda Gay and editor Martie Thompson.



Jerry Holland ★ Supervisor of Elections

Dear Duval County Voters,

Nothing is more fundamental to our republic than the freedom to choose who governs us. What you might not know is there are a lot of moving pieces that make the act of voting for American citizens possible. Thousands of election workers are hired each election year so that our voting process is safeguarded and carried forward. We are in need of new patriots to be election workers! We need people like you to ensure Duval County elections are fair, accurate and transparent. You'll be paid. The deadline to apply is October 6th.

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Political Commentary

A more perfect union

By David Milton

America – the last, best hope on earth – provides each of us with an opportunity to work toward a more perfect union. Since our country's inception, many of our fellow Americans have struggled mightily to move America toward that more perfect union. Several recent tragedies highlight the need for us to join the ranks of those visionary Americans.

One of our country's most glaring imperfections is the long-standing division between black and white Americans. In our country's past, this division – a division ordained not by God but created by men – was legal. At one point, the division was affirmed by the highest court in the land. Although the division is no longer legal in the strictest sense of the word, the division, like the worst of bad habits, remains. Whether legal or habitual, the division hasn't been and won't ever be good for our country or our communities.

Case in point: in Ferguson, Missouri, a young black man – unarmed – was shot and killed by a white police officer. Why? Perhaps we'll never know what really happened on that tragic afternoon. But we're all aware of the protests sparked by the shooting and of law enforcement's heavy-handed response. The whole situation revealed an ugly division within that community.

Is that ugly division restricted to Ferguson or does that division exist here in Jacksonville? Without delving into Jacksonville's distant and not-so-distant past, I'm just going to suggest that Jacksonville – like many other cities – might be more like Ferguson than we care to admit.

Our division must end. I'm not proposing that we gloss over our differences, because our differences are real. Indeed, our differences are an intrinsic

and inherently valuable part of who we are. But there's a distinction between appreciating differences and fomenting division.

To appreciate our differences and move past our division, you and I – every one of us – will have to engage in one of the most challenging of human activities (especially in this age of sound bites, round-the-clock news and Twitter): genuine listening to people who have different experiences and ideas. Legislation can help bring us together and is necessary, but legislation, standing alone, is insufficient. We can't create sustainable solutions to any of our problems until we talk to each other, face-to-face and begin to understand one another's fears and frustrations and perspectives and pain.

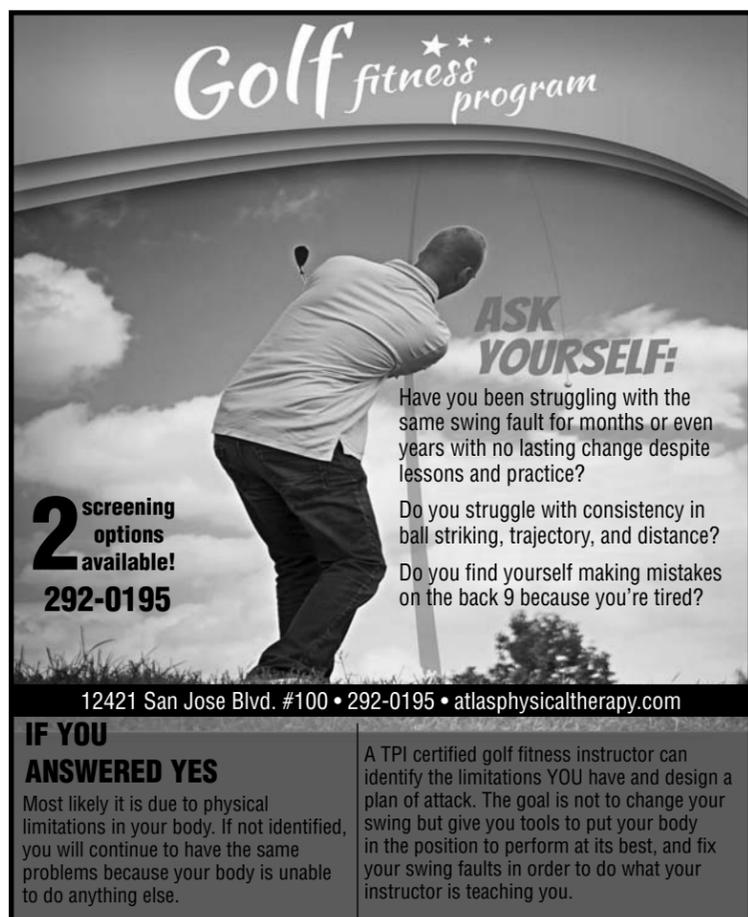
Some people – the people whose power depends on our division – will resist attempts to bridge the divide. We'll never convince all of those people to relinquish any portion of their power. The only way to bypass those obstructionists is for those of us who want progress – regardless of our race or gender or political philosophy – to discover our common humanity. Then we vote.

This is our duty as Americans. Striving for a more perfect union is in our national DNA. But all of us know all too well, progress is not automatic. Progress takes time, progress invites opposition and progress might be uncomfortable, even for those pushing for progress. But as a great leader who had been to the mountaintop might tell us, the dangers of inaction and the perpetuation of division are far outweighed by the satisfaction – and prosperity and security – of a unified community.

Dave Milton is a husband, father and local attorney who's interested in doing his part to make sure Jacksonville is a city where every person feels at home and every person have a chance to pursue his or her American Dream. If you have any thoughts or other comments to share, please email Dave at davidm.milton@gmail.com.

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Political commentary

Liberals – and their ilk – are wringing their hands over Ferguson, Missouri

By J. Bruce Richardson

Liberals – and their ilk – in the media have been panting since August by wringing their hands and wondering whether the mess in Ferguson, Missouri can happen in their hometown. The obvious answer is yes, with the right combination of the race grievance industry, outside agitators joining the fray just because they can, and television cameras looking for dramatic footage.

But, if you dig deeper into Jacksonville, a local Ferguson-like event is unlikely to happen. While Jacksonville has its share

of the race grievance industry, our city has a healthy balance of diversity and respect. In recent history Jacksonville had Florida's first black American sheriff, we have a black American mayor and we've had plenty of black American City Council representation. Our current sheriff has a diversified and well-trained, respectful, law enforcement force.

Jacksonville's other newspaper in September ran a front page story about a tragic death of a black American by a sheriff's deputy. The understandably grieving and upset family of the man are filing suit against the sheriff's office, demanding to know answers about why and how the death occurred. The newspaper did its best to turn the story into high drama and make it sound like a racially-charged situation. In the end, it was a story about a police shooting and how much use of force was necessary.

As has been noted in this space previously, Jacksonville's other newspaper and some of Jacksonville's broadcast news media seem more invested in keeping things racially charged than the population in general. Apparently, the liberalism in them makes them feel better when they run racially-charged stories, as if they are striking a blow for perceived inequalities and the alleged ongoing horror of being a black American. The good news is the generation making editorial decisions and creating these stories to relieve their white guilt is nearing retirement age or simply dying off.

It's probably going to take at least three more generations – recognizing that a generation is defined by some as little as 16 years apart and others as much as 30 years apart – for much of the white guilt and racial angst to fade away and the United

States become like the rest of the world where race is not the first measure of success or failure.

The sad dregs of the great and brave generation of black Americans who stood and accomplished much with Dr. Martin Luther King, Jr. seem to keep alive the notion of the guilt of white America and the victimization of black America, instead of allowing a natural course of events where there is one harmonious America.

One has to only watch a diverse group of children in a kindergarten class enjoying the company of each other to understand how much racism is manufactured and learned rather than a natural occurrence. All little children see are other little children – who may not look like them, but are simply other children to know and play together. It's often their parents and grandparents who are the problem.

J. Bruce Richardson is a longtime journalist and consultant who writes in Jacksonville print publications exclusively for RT Publishing, Inc. He has led projects in Washington as well as Ottawa, Canada, and authors an Internet-based transportation column which is read in more than 60 countries. He lives and works in Jacksonville.

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Vitti named FAEA 2014-2015 Superintendent of the Year

The Florida Art Education Association (FAEA) awards committee has named Dr. Nikolai P. Vitti "2014-2015 Superintendent of the Year," in recognition of his exemplary support for art education in Duval County schools. Research shows that involvement in the arts helps students with gains in core subjects including math, reading, and science. Improvements in student motivation, confidence, concentration and teamwork are also attributed to participation in art-related activities.

"I am incredibly honored to be recognized by the Florida Art Education Association," said Superintendent Vitti. "The award sheds positive light on our district and community for its commitment to the whole child. The honor would not happen without the School Board's support for my vision to ensure that all students are exposed to and inspired by the arts. Due to the recent reform focusing on the whole child, our students will develop critical thinking skills, become better citizens by developing empathy, and forever support and appreciate the arts."

Since arriving almost two years ago, Vitti has led the district in expanding art offerings in schools placing an emphasis on art education with consistent and equitable funding. He has demonstrated his commitment by ensuring that each of the district's 106 elementary schools would have at least one full-time art and one full-time music teacher, a \$15 million investment that increased the number of art and music teachers in Duval elementary schools from 143 mostly itinerant teachers to nearly 240 full-time permanent positions at each school. In addition, there is now an art or music program in every Duval County middle and high school. Each school's art and music materials allocation was

also increased, with a particular focus on high school band programs.

In addition, under Vitti's leadership, the district implemented the Science, Technology, Engineering, Art and Math (STEAM) Cultural Passport program, which ensures that every child from the PreK-5 grade level at 60 Title I elementary schools experience three cultural events a year in the city. This includes visits to the Cummer Museum of Art and Gardens, the Florida Ballet and the Jacksonville Symphony Orchestra. Restrictions district-wide on cultural field trips were also lifted to ensure "testing" was not used as an excuse to prevent participation in cultural experiences.

Led by Superintendent Vitti and other city and non-profit leaders, Jacksonville was also selected to participate in the "Any Given Child" program from The John F. Kennedy Center for the Performing Arts in Washington, D.C. This initiative has allowed the city to improve, expand and align arts programming.

The Florida Art Education Association (FAEA) is a professional organization for educators in art that promotes visual arts education in Florida through professional development, service, advancement of knowledge and leadership. The "2014-2015 Superintendent of the Year" award will be presented to Vitti at the awards breakfast during the 2014 FAEA Conference on Saturday, October 4 at the Hilton Daytona Beach Resort in Daytona Beach.

got news?

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What's happening at the Senior Center?

By Contributing Writer David Wunder, Center Activities Specialist, Mandarin Senior Center

Join us for our annual Chili Cook-off Dinner on Friday, October 10 from 5:30 p.m. until 7:30 p.m. Grab the family, your friends and neighbors to come out for the best deal and meal in town! We'll have numerous types of chili, corn bread, drinks and dessert. We'll have music and a raffle for great gift baskets. Hit the game room and make it a family game night as you enjoy playing board games after dinner. Can't stay? You can take your meal to go! The cost is only \$5 for adults and "to go" or \$3 for kids 10 and under.

The Mandarin Senior Center has evening activities for those seniors with a busy daytime schedule. On Wednesday's you'll find Bingo or dinner and a movie and line dancing. Thursday evenings feature Zumba Gold from 5:00 p.m. until 6:00 p.m. and our dance with music by 2nd Time Around from 7:00 p.m. until 9:30 p.m. Beginning in October, join us for square dancing on Tuesday evenings from 7:00 p.m. until 9:00 p.m.

A Hoedown will be held Tuesday, October 7, from 7:00 p.m. until 9:00 p.m. at the Mandarin Senior Center and again on October 14. Everyone (dancers and non-dancers alike) is welcome! Come on down, kick up your heels, dance a little, laugh a little or maybe just watch the festivities and tap your feet to the lively music provided by Ernie "Rockin'" Rollen.

Looking for some new and interesting activities? Come by and see what we have for you. Bingo, bridge, ceramics, dancing, exercise classes, speakers, trivia, trips...the list goes on and on and we're always looking to add new activities. Visit us at the Mandarin Senior Center, located at 3848 Hartley Road or call us for additional information at 262-7309.

HAPPY FALL!

From your friends at
Mandarin NewsLine



Greenland Pines invites you to their Fall Festival!

Greenland Pines Elementary School, located at 5050 Greenland Road in Mandarin, announces their annual Fall Festival, to be held on Saturday, October 11 from 3:00 p.m. until 6:00 p.m. at the school. Join them for games, inflatables, food trucks, raffles, prizes, a silent auction and fun!

Entrance to the festival is free and tickets for the various festivities range from \$5 for 10 tickets to \$20 for 52 tickets if preordered at the school. Tickets will be \$1 each at the festival.

Greenland Pines Elementary will be using this event as a fundraiser to help supplement some of the school's upcoming educational programs this year, such as Math and Reading Festivals, a Health and Safety Fair and their Cultural Arts Festival.

This is also a great opportunity for businesses to be able to promote themselves to the school's families and community. For a small donation (\$20), businesses may set up a booth at the fair! Vendors may bring any carnival game to play and decorate the booth with their businesses promotional items (signs, banners, flyers.) Vendors may also give out prizes for their game that promotes their business. The school will provide the tickets that the students will need to play the

games.

If you are interested in becoming a vendor, please contact Leanne at gpeptapresident@gmail.com or 563-6769

Don't miss out! See you at the Fall Festival!

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Local hospital is first to enroll patients in global study to treat brain aneurysms

Baptist Medical Center Jacksonville is the first hospital in the world to enroll a patient in an international study that is assessing a new way to treat brain aneurysms. Baptist Jacksonville is one of 20 sites globally that will be studying a device that has traditionally been used for larger aneurysms in the brain. A cerebral aneurysm is an area where a blood vessel in the brain weakens, resulting in a bulging or ballooning of part of the vessel wall.

The study hopes to expand the use of the Pipeline™ Embolization Device, a braided cylindrical mesh also called a flow diverter, which slows the flow of blood into the aneurysm and allows the diseased vessel to heal. The study will evaluate the device in the treatment of small and medium unruptured brain aneurysms. The device is inserted through a microcatheter into an artery in the groin and threaded through the body to the brain.

Baptist Jacksonville is playing a leadership role in the Premier Prospective study sponsored by Covidien and providing advanced training for many visiting physicians on the device using elaborate simulators.

“Being the first to enroll a patient in this trial demonstrates the commitment of Baptist and Lyerly Neurosurgery to clinical research and expanding options for brain aneurysm treatment in the region,” said Ricardo Hanel, MD, PhD, director of the Stroke and Cerebrovascular Center at Baptist Jacksonville and neurovascular surgeon with Lyerly Neurosurgery.

Baptist Jacksonville treated the first patient at the end of July. Baptist is the lead enrolling center with three patients treated in Jacksonville, including Dana Bean, 52, of Fernandina Beach. She had the procedure after having her small aneurysm monitored the past six years.

“I was sitting on a time bomb of not knowing. That is the scary thing about it,” Bean said, whose mother and grandfather died from an aneurysm. “The question of when and if it was going to happen was always there. It’s one of those things where you wake up in the middle of the night and think ‘what if’ and you start thinking about the people you love.”

The study looks at using the pipeline technique for aneurysms 12 mm and smaller and in various locations of the brain.

“This study will show the benefit of this breakthrough technology for smaller aneurysms and that patients can do well with these treatments,” Dr. Hanel said. “This will make it widely available for use by more patients.”

The pipeline procedure is more efficient, Dr. Hanel added, compared to other techniques such as coiling because once the aneurysm is closed off, the possibility of the aneurysm reoccurring with the pipeline is close to zero.

The Baptist Stroke and Cerebrovascular Center hopes to enroll 20 to 25 people during the next six months, ages 22 to 80 and will continue to enroll patients for two years. Patients will be followed for a five-year period.

Every year, an estimated 40,000 people in the United States experience a ruptured cerebral aneurysm and about 4 percent of the population may be living with an unruptured aneurysm.

Native Sons and Daughters wrap up summer with bowling competition

By Contributing Writer Brian Quirk, Flaming Arrow

For six weeks each summer, the Native Sons and Daughters parent/child program participate in their annual summer bowling event. The teams are made up of either a dad/daughter or a dad/son and each grouping participates in scotch doubles. This event is a great way to conclude the long hot days over the summer and the children really look forward to seeing their friends and competing for recognition.

The pairings are broken down into three categories: 8-and-under, 9-and-over and the Pathfinders. Each week, the teams have the opportunity to bowl two games and their highest six scores are calculated for their averages. As in recent years, some extremely close scores separated the top award winners.

Event host Justin “Big Tree” Ellenberger states, “Close to 100 of the program’s children enjoyed the summer-long event and had a great time bowling with their fathers. One of the great joys of being an event

host is seeing all the smiles on the kids’ faces.” He went on to stress how tight the competition was and how close the scores were in the final results.

After careful calculations, the 2014 Summer Bowling results are as follows:

Age 8-and-Under:
 First Place, Charlie Denson, Sneaking Snake, 131 average
 Second Place, Isabella Hutchins, Bright Rainbow, 127 average
 Third Place, Evan Johnson, Mountain Falcon, 126; tied with
 Third Place, Fulton Woodlief, Red Lightning, 126 average.

Age 9 and Over:
 First Place, April Lyncker, Little Monkey, 134 average
 Second Place, Elizabeth Markoski, Jumping Jaguar, 133 average
 Third Place, Katie Redway, Giggling Bear, 108 average.

Pathfinders:
 First Place, Michael Ryan, Screaming Eagle, 122 average

Second Place, Justin Aho, Chomping Gator, 120 average
 Third Place, Matthew Smith, Riding Thunder, 110 average.

The Native Sons and Daughters program is a non-profit, parent/child organization focused on building life-long memories between parents and their children. Our activities vary by season and we actively invite membership for children ages five to 12 years old. Upcoming events include our City Wide Pow Wow, costume bowling and our fall campouts.

For more information on our unique parent/child organization, please visit our website at www.timucuan.org



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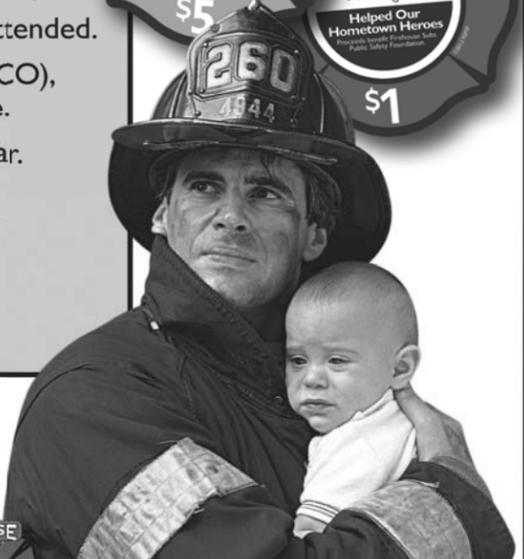
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History of Jacksonville presented to River City Women's Club

By Contributing Writer Betty Waldrep

Emily Lisska of the Jacksonville Historical Society and president of the Mandarin Community Club will speak to the River City Women's Club on the history of Jacksonville on October 15. The club will meet at the Mandarin Ramada Inn at 10:30 a.m. for a social time and lunch at 11:00 a.m. Guests are welcome to join the club for lunch or the program. Please contact Florence Hird at 262-8719 for reservations.

Helping others while having fun was the motto of the club at their September meeting. The group played Bingo to raise funds for the charities they support. Gift baskets worth at least \$50 were the prizes for winning. There was lots of laughter and friendly competition. Three times a year the club's meetings include a major fundraiser. Every fund raiser is planned for the members to work together forming friendships while working to help others in our community. The club is made up of an active group of women of all ages who love their community, their friends and their club. All women are welcome to join the

club. Please contact Nardine Koester at 636-7573 for membership information.

If you are interested in joining the club, you will find activities to meet your interests. The Social Committee has planned quarterly socials including cocktail parties, picnics, ice cream socials, wine and cheese tastings, casino night, a '50s party and many others. There are Bunco groups, an arts and crafts group, a lunch bunch, and shuffleboard at Mandarin Park. The club is open to starting new groups when members show an interest.

We hope you will join us on October 15 to learn about the history of Jacksonville and to have a lot of fun with the River City Women's Club!

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Update on breast cancer and upcoming Pink Ribbon Symposium

By Contributing Writer Linda Sylvester, MD, co-founder, The Pink Ribbon Symposium

Exciting new immunotherapy agents are giving impressive results in the treatment of all breast cancer and other cancers. As scientists learn more about the molecular pathways in the genesis of cancer and resistance to treatment, individualized treatment of a person's specific cancer becomes more and more essential. Advances in technology are helping to make diagnostic testing economical so that each person can be treated according to the abnormal pathways found in his/her cancer. Reinforcing this knowledge is the excitement in research circles of anti-cancer strategies that actively harness the immune system. The breakthrough in immunotherapy treatment came in the treatment of melanoma using checkpoint blockade agents that are monoclonal antibodies to attack pathways that tumors use to hide from the immune system's recognition of cancer cell.

In the normal state our body's immune system can attack tumors by activating T cells that migrate and kill the tumor. Cancer cells can bind a certain receptor on the T cells called the PD-1 receptor. These PD-1 binders or ligands as they are called, which the cancer cell makes bind to the PD-1 receptor on T cell and deactivate the immune response and cannot attack the tumor thereby allowing the tumor to continue to grow. We can now restore the

immune response with antibodies directed against these PD1 ligands.

At the seventh annual Pink Ribbon Symposium to be held Saturday, October 4 at the Thrasher- Home Conference Center from 8:00 a.m. to 1:00 p.m., you will be able to find out more about these new treatments and breakthroughs in breast cancer therapy. Melissa Ross, radio host from WJCT, First Coast Connect is our guest speaker, sharing her concerns about having a family history of breast cancer.

New to the Symposium this year is the offering of CME and CEU credits to healthcare professionals. In response to requests by our attendees, panel sessions will be dedicated to screening, prevention, good health, wellness and survivorship.

You might want to join us for Chair Yoga starting at 7:30 a.m. hosted by the Christina Phipps Foundation. There will be over 50 exhibitors, as well as a silent auction. Our "Pretty in

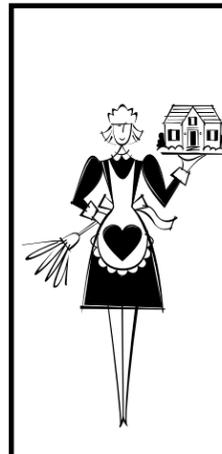
Pink" room is a good place to stop by and get pampered!

Whether you are a patient, survivor, caregiver, healthcare professional or just want to learn about leading a healthy lifestyle, the Pink Ribbon Symposium will have information for you. We welcome you to attend and celebrate life. The event is free and open to the public; however, seating is limited, so registration is required at www.pinkribbonsymposium.org.

Be sure to see the Pink Ribbon Symposium ad in this issue of *Mandarin NewsLine*!

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~Chuck Swindoll



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have time to stay for lunch or dinner, we will gladly honor this news article giving 10 percent of your check to help this fine organization for your take-out order. Don't forget to tell your family and friends.

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Tinnitus explained

Do you hear that? It sounds like a million crickets. No, I can't be hearing crickets, I'm inside. It is tinnitus. Tinnitus is the medical term for the perception of sound in the ear or ears or head when no external sound is present. It sounds different to everyone. My patients describe it as “ringing,” “whooshing,” “whistling” or “crickets.”

What causes tinnitus? The precise cause of tinnitus is not fully understood. It is generally accepted that tinnitus is a side effect of damage to the auditory or hearing system. It is a very personal condition and there is not one cause. It is not uncommon, 10 to 15 percent of the population experience tinnitus. One in five people between 55 and 65 years old report some tinnitus symptoms.

Our auditory system consists of the outer ear, middle ear, inner ear and the auditory center in our brain. Ear wax, an ear infection or even a brain tumor can cause tinnitus. Certain medications cause tinnitus, but the most common cause is inner ear hearing loss.

Reduced hearing is thought to cause increased activity within the auditory system. Eighty percent of people with tinnitus also have hearing loss. In some cases this loss is so mild that the person does not even know it exists.

The best place to begin is the complete evaluation which includes hearing testing and reviewing of your medical history. A Doctor of Audiology will develop a management plan tailored to your hearing, tinnitus and lifestyle. There are

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MHS student featured for Learn2earn college program

Mandarin High School senior Anida Pollo joined Jacksonville Mayor Alvin Brown at a recent news conference to announce a \$40,000 contribution from AT&T in support of Learn2Earn, which provides a week of college admissions counseling and a residential college experience for first-generation and low-income prospective college students.

“I was born in Albania. Today, I am a proud citizen of the United States. Albania is a very poor country. College is the exception, a luxury afforded to only a few. In my family, I will be the first to attend and graduate college. This incredible opportunity is a gift I treasure,” Pollo said. “Thanks to Learn2Earn, I know the college life is for me. I have been given so many amazing opportunities to succeed and I intend to use every one of them to help me accomplish my goal.”

As one of Mayor Brown's signature education initiatives, Learn2Earn's goal is to raise the percentage of college educated adults in Jacksonville and prepare students to join the workforce ready to meet the challenges of a global economy. Though only 24.7 percent of adults in Jacksonville hold a bachelor's degree or higher, 93 percent of Learn2Earn alumni who graduated from high school have matriculated at a college or university since completing the program.

“Learn2Earn is about helping to open the doors of educational opportunity for Jacksonville's young people,”

said Mayor Brown. “We want to support and encourage our young people to pursue their dreams and achieve success in life. Jacksonville is blessed with a public-spirited business community and we're grateful to AT&T for its generous investment in support of our young people and their future.”

The Learn2Earn program has hosted more than 300 students, including Pollo, who was a part of the inaugural Learn2Earn class in 2012. The weeklong residential program features seminars outlining the college application process, choosing a major and applying for financial aid, as well as skill-building opportunities in public speaking, civility, and writing. The program is funded through the generous support of local community allies like AT&T and is provided at no cost to individual students.

In addition to the residential component of the program, participating students also tour Florida colleges and universities. This summer, the 2014 cohort visited the University of Florida, Florida State University, Florida A&M University and the University of Central Florida. These visits offer students a first-hand look at the campuses, as well as an improved understanding of admissions requirements, degree offerings, specialized programs and campus life at each school. Seminars for the Learn2Earn program will begin for the 2014 cohort later this fall. Applications for the summer 2015 program will be available at coj.net/education this spring.



MHS student Anida Pollo, Education Commissioner Dr. Annmarie Kent-Willette, Mayor Brown, AT&T Florida Regional Director Heather Duncan, Stanton College Preparatory School student Alfonso Soria and Douglas Anderson School of the Arts student Manasseh Lewis at Friendship Fountain.

Patriot's Pen essay contest announced

Scholarship Chairman 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.

What is Patriot's Pen? Conducted nationwide, this VFW-sponsored youth essay competition gives students an opportunity to write essays expressing their views on democracy. We invite you to join the more than 104,000 students who participated last year in this contest. The

top 46 national winners all receive at least \$500. The first-place national award is currently \$5,000, 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, 2014. Post winners advance to District. District winners compete in the state competition.

Interested students and teachers should contact the Ladies Auxiliary scholarship 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.



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Did you know? October is ADHD Awareness Month

By Contributing Writer Sandra M. Bounds

Attention Deficit/Hyperactivity Disorder (ADHD) affects millions of children, adolescents and adults in the United States. Nearly 9 percent of children ages three through 17 have been diagnosed with ADHD. One of them is my seven-year-old son.

When my son was a preschooler, I would often hear, "Boy, you've got your hands full!" or "He's all boy isn't he?" These were harmless comments from strangers, but also early warning signs of things to come. Although he is an extremely bright, kind-hearted boy, notes from school about disruptive behavior and daily battles over homework became the norm in our household as he entered school.

Getting him diagnosed was the first step in recognizing that he needed help—that he wanted to succeed and hated being constantly corrected. Diagnosis changed my approach as a parent, from feeling like his behavior was something he was doing willfully, to understanding that he has a verifiable neurodevelopmental difference that has challenges but also unique benefits, such as exceptional creativity and problem-solving abilities.

ADHD's core symptoms include:

- **Forgetfulness:** Forgets or loses routine items, such as a lunch box or back pack.
- **Difficulty paying attention:** Appears off in his/her own world, struggles with directions.
- **Impulsivity:** Acts without thinking, blurts out answers in class, constantly interrupts.

- **Hyperfocused at times:** May get "stuck" on certain things and have difficulty with transitions.
- **Constantly fidgets, talks excessively, difficulty with regulating voice.**
- **Problems making friends, complains "no one likes him/her."**
- **Problems controlling emotions, overreaction to insignificant events.**

Many parents delay diagnosing their child with ADHD because they fear their child being labeled as "different" or because they would never make the decision to medicate. Giving a child medication to treat ADHD is certainly a serious decision that no parent relishes making. It can be an effective treatment for ADHD symptoms, but it is by no means the only answer. Cognitive therapy is another approach, teaching caregivers new behavioral strategies to improve daily life functioning. Changes in nutrition and neurofeedback are two other routes parents can take. Whether a parent chooses to medicate or not, the important thing is to seek help for your struggling child and to strive to learn more about the condition.

Please visit ADHDAwarenessmonth.org to learn more about this real and serious health condition. The website has a wealth of information to help affected individuals and their families cope with the daily challenges and also celebrate the qualities that make ADHD individuals so incredibly special.

Other resources for parents include: additudemag.com and CHADD.org.



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Local student to attend national competition



Jasmine Morgan, daughter of Alicesent Newton, has earned

the opportunity to attend the national competition of the National American Miss Pageant through her placing as third runner up Miss Photogenic in the recent state event. Morgan also received the Silver Award level for advertising and was a state finalist.

The National American Miss Pageant will be held in Anaheim, California at Disneyland during Thanksgiving week and Morgan will have the opportunity to win a share of over \$500,000 in cash and prizes. The National American Miss Pageants are dedicated to celebrating America's greatness and encouraging its future leaders. Each year, the National American

Miss Pageants award \$1.5 million in cash, scholarships and prizes to recognize and assist the development of young women nationwide. National American Miss has added the ultimate door prize to Nationals 2014, as each girl that qualifies to attend has a chance to win a new 2014 Ford Mustang Convertible.

National American Miss is dedicated to developing the success of young women across the country with a program that is designed to be age-appropriate and family oriented. Pageants are held in each state for girls ages four to 18 in five different age divisions. For additional information, please visit www.namiss.com.

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Storing Halloween Candy

Some children amass quite a pile of candy from their trick-or-treating efforts. It may be too much to eat in the next few weeks, even for candy lovers.

According to "Better Homes and Gardens," many different types of candies can be frozen to preserve their freshness. Fudge, pralines and caramels freeze well and even chocolate-covered candies can be frozen with ease.

Use an airtight freezer bag or container to keep frozen candies as fresh as possible and not susceptible to moisture infiltration.

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Tasty Lexington, N.C.: Barbecue Capital

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



Lexington, North Carolina, population less than 20,000, keeps its pork lovin' residents content with 17 barbecue restaurants, all at very reasonable prices. While folks bicker over who makes the best in town, others argue about the best style: Memphis, Kansas City, North Carolina. No matter what, Lexington barbecue is legendary and you need to taste it. The town was named "One of Ten Great Places to Celebrate Food" by *USA Today*.

The annual Lexington Barbecue Festival draws near 200,000. This year the festival takes place on Saturday, October 25 in Uptown Lexington, which I would call the downtown area. A nine-block stretch of Main Street is closed to traffic. Over 400 exhibitors sell everything from handmade crafts to handmade fudge, plus there's a juried competition for artists and craftsmen. Six stages of entertainment

showcase local and national performers.

The festival attracts people of all ages and includes a special section of rides and games for children. You'll also find an antique car show, the "Hogway Speedway"- racing pigs, bicycle stunt show, 50-ton pig themed sand sculpture, Corvette display, "Festival Chop Shop"- Lumberjack sports show, rock climbing wall and more.

The main feature, the barbecue, is served out of three main tents, one at the square and the two others on the ends of the festival. The tents are amazing places where no fewer than 35 people chop meat, fix slaw and serve pigtail French fries.

Lexington barbecue is pit cooked. Pork shoulders undergo long and slow cooking (about an hour a pound) over hickory wood until the meat falls apart. The shoulders are basted with

"dip," a mixture of vinegar, water, salt and pepper. (In Lexington the word dip is drawn out into three syllables - ddd-eee-ppp.) As the dip and fat drip onto the coals, smoke is created that rises up, surrounds and permeates the meat and gives it a rich, smoky flavor. The meat is served chopped, although sliced can be requested, with more of the basting sauce on the side.

Besides consuming barbecue, consider visiting the RCR Racing Museum which showcases cars and memorabilia from famed NASCAR owner Richard Childress. He teamed with Dale Earnhardt in 1981 and their partnership continued until Earnhardt's tragic death on the last lap of the 2001 Daytona 500.

Another option for touring is Childress Vineyards. They offer great bistro fare at lunch. The tasting room is open from 10:00 a.m. until 5:00 p.m. Monday through Saturday and 12:00 noon to 5:00 p.m. on Sunday.

Artist Bob Timberlake is a famed painter from Lexington. Browse the Timberlake Gallery that showcases his watercolors and Giclee (fine art) reproductions as well as his line of home furnishings and accessories.

Lexington also hosts a BBQ Cook-Off, coming on April 24-25, 2015. The town is located just 20 miles south of Winston-Salem. The drive takes about six hours from Jacksonville.

For more information: barbecuefestival.com or visitlexingtonnc.com.

Marching Mustangs

Continued from page 1

called the best of the very best. Those after-school practices on Tuesdays and Thursdays in the grueling Florida heat are what make these competition performances possible, especially when it comes to the Marching Mustangs defending their reputation of being one of the very best.

After every competition, whether they win or lose, the Mandarin Marching Mustangs are reminded that these competitions are only practice for the grand finale of all of competi-

tion season—marching band districts, where high school bands from all across Duval County congregate at Fletcher High School every year to be graded by judges. Districts not only ends competition season, but also reveals the best marchers, the best auxiliary and most importantly, the best music.

Join the Mandarin Marching Mustangs this competition season of 2014-2015 at their various competitive performances along with football game halftime show performances—for viewing these intricate displays of music and motion is a remarkable experience.



The South Mandarin Branch hosted the Incredible India program on Saturday, September 6 featuring performances by Indian dancers from Renuka's Indian Dance Academy and stories from noted India storyteller, Mr. Garge. Seventy people enjoyed crafts, henna tattooing and refreshments donated by House of Spices India Cuisine Art.

Mandarin Women's Club announces October luncheon

By Contributing Writer Sharon Weed

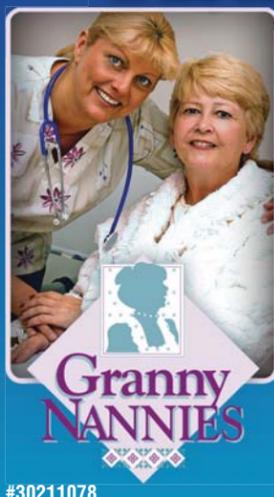
Since October is Breast Cancer Awareness Month, the Mandarin Women's Club will be honored to have Jeannie Blaylock, a weekday anchor on First Coast News, as the speaker at their luncheon on Thursday, October 23. In 1992 Blaylock created "Buddy Check 12," a program to help women overcome breast cancer through early detection. She started doing Buddy Check with her mother in Missouri. Now, the program has grown to reach more than 540,000 local Jacksonville women and 1,000,000 women internationally. We will celebrate and honor all of the breast cancer survivors in attendance.

We are also encouraging everyone to wear pink! We will be collecting Buddy Bears to donate, so hit the toy stores or raid

your grandchildren's toy boxes. The luncheon will be held at the Ramada Inn, located at 3130 Hartley Road in Mandarin. The price to attend is \$16.50, with doors opening at 10:30 a.m. For information on how to make reservations and where to send checks, which must be received by Thursday, October 16, please call Judy at 292-0128.

This would be a good luncheon to attend if you are interested in joining a group that keeps busy and enjoys many activities! We are open to all ladies living in the Jacksonville area and offer a variety of things to do, such as Bunco, bridge, Mexican Train dominoes, antique shopping and day trips, just to name a few. For more information about the club and how to join, please call Suelynn at 571-0730.

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Mandarin residents asked to participate in beloved holiday tradition



Bakery, a first year entrant in 2013, was awarded a blue ribbon for its Gingerbread creation "The First Noel."

Mandarin resident Jocelyn Gonzalez and her extended family have participated for several years and are past

a.m. to 5:00 p.m. It's held at the historic headquarters of the Jacksonville Historical Society, Old St. Andrew's, located at 317 A. Philip Randolph Boulevard, across from the Veteran's Memorial Arena. The charity event asks for entry donations, \$3 for children and \$5 for adults. Tours are arranged for groups and schools.

award-winners. They've created Christmas themed "Goldilocks and the Three Bears" and in 2013, "Snow White and the Seven Dwarfs." It's a family affair with the extended family—adults and children—working together.

The Mandarin Community Club showcased its own historic building in the 2013 Gingerbread Extravaganza focusing on the building's earlier years as the area's one room school and community meeting house. Fashioned from fondant, gingerbread and other confections, the historic clubhouse in miniature included an orange grove and the old shell road, paved in tiny dried peas. This year the club hopes to expand its confection entry to include the old Mandarin Post Office and Store, another historic site owned by the club.

The Jacksonville Historical Society is seeking Mandarin residents to build edible creations for the 2014 Gingerbread House Extravaganza. Last year, Mandarin was represented by Gilmon's Bakery, the Gonzalez family and the Mandarin Community Club. The Gingerbread Extravaganza attracts thousands of visitors and in its 13 years has become a Jacksonville holiday tradition.

"The Jacksonville Historical Society hopes more Mandarin builders step forward this year," said the historical society's executive director and Mandarin Community Club president, Emily Lisska. "The gingerbread creations are due after Thanksgiving and it's not too early to start now."

"It's great fun when we receive entries that showcase Mandarin," she added.

In fact, Mandarin's Gilmon's

Mandarin residents and businesses interested in creating for the Gingerbread Extravaganza should contact the Jacksonville Historical Society at 665-0064 or go to gingerbreadjax.org. Professional and amateurs alike are encouraged to participate individually or in groups. School classes and groups are also encouraged to create for the event.

The Gingerbread Extravaganza is open to the public from December 3 through December 23, daily except Sundays, from 11:00



Pilates and physical therapy studio opens to serve Mandarin

Arch Pilates and Physical Therapy opened its doors in January 2014 and is located in Mandarin, five minutes north of Interstate 295 behind the Bono's Barbeque restaurant. Fully equipped with the Pilates reformer, Cadillac, Combo chair, Ladder Barrel, Core Body Reformer and various small apparatus, Arch Pilates offers programs for private and semi-private group apparatus sessions.

Mat Pilates group classes also include a variety of options. Classes include Mixed Level Mat Pilates, 50/50 Beginner mat/Core

Body reformer and a boot camp style Pilates class, Props n Boots. There are classes for moms, too such as Mommy 'n Me Pilates, for babies age six weeks to 18 months and prenatal/postnatal classes. Children's programs include Bendy Bodies (yoga/Pilates) for ages two and a half to eight years old and Tweens/Teens mat Pilates. Since January, the studio has grown to include classes for restorative yoga and Tai Chi Gung.

Owner and Operator Theresa Scully is an orthopedic physical therapist of 14 years and Pilates

instructor for nine years. She specializes in scoliosis, fibromyalgia, tension headaches, manual therapy and neck and back pain. She is a Jacksonville native who attended high school at Bishop Kenny High and graduated from the University of North Florida. She also performed as a Jacksonville Jaguars Roar cheerleader in 2003-2006. She is proud to have her modest studio in Mandarin to improve and heal the bodies of her fellow Jacksonville residents!

Be sure to see their ad in this issue of Mandarin NewsLine!

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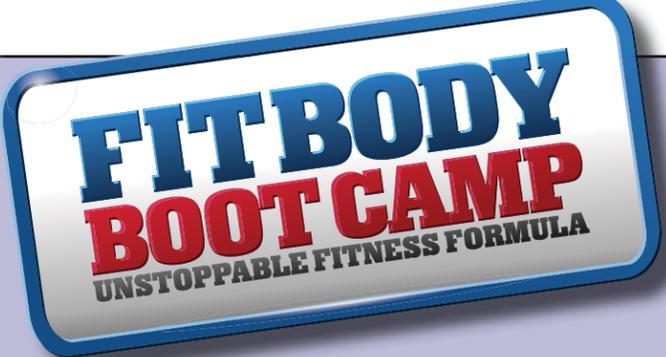
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Benito is back in Mandarin!

At Benito's Pizza and Pastabilities, every dish is authentic Italian and made fresh daily.

"I grew up in my grandmother's kitchen," he said.

Benito grew up in Avelino, Italy, located near Naples. He and his brother owned their own restaurant called La Piramide. He came to the United States 27 years ago and settled in New Jersey, where he started his own restaurant.

"I love this country; it's great," he said. "After only 15 months in New Jersey, I was able to buy my own place."

In 1990, Benito moved to Jacksonville and partnered in a restaurant called Martello's. After selling his half of the partnership, he was able to open Benito's Pizza in Mandarin.

"I've always worked in a restaurant," he said. "I like food and I love to cook."

"Whatever you want" is a phrase often used by Benito when trying to accommodate his customers.



Come and see Benito and his family soon at Benito's Pizza and Pastabilities!

Thirteen years ago, Benito fell in love with the Vilano area and decided to make a move there opening Benito's Pizza and Pastabilities.

"I took a big chance moving there, but things turned out really great," he shared. "The area has been good to me over the last 13 years."

But, now he's back in

Mandarin! The secret to Benito's success has always been the freshest and best ingredients. Every morning his dough and sauce are made by him for the day.

"Nobody makes dough and sauce like I do!" says Benito.

Be sure to see his ad in this issue of *Mandarin NewsLine*!

Local sixth grader wins essay contest

By Contributing Writer Blake Barkoskie, Girls on the Run



This summer, Shaylee and her family stayed active during a vacation in Utah by hiking Mount Timpanogos, the second highest peak in Utah.

Shaylee, a current sixth grader at Duval Charter School, won Secret® deodorant and antiperspirant's annual es-

say contest. The contest invites Girls on the Run participants to write essays about "How Girls on the Run gives you confidence to pursue your dreams."

Girls on the Run is a life-changing, non-profit program for girls in the third through eighth grade. Its mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

"Girls on the Run has helped me and other young girls to think positively and never give up," writes Shaylee. She participated at the Losco Park program site.

Shaylee was one of only four essay writers chosen from across the United States. She received \$500 and the local council, Girls on the Run of Northeast Florida, received \$3,500 to benefit its Lace It

Up Scholarship Fund. This will allow 24 girls in financial need the opportunity to experience the power of Girls on the Run.

Girls on the Run of Northeast Florida runs programs in Clay, Duval, Flagler, Nassau and St. Johns counties. The 10-week autumn season started in September and meets twice a week at participating sites. Each site is led by certified, volunteer coaches. Registration for the spring will begin in January.

"This is the largest season in our 10 year history. Over 900 girls will be participating at our 60 sites this fall. We take tremendous pride in the fact that no girl is turned away due to financial hardship. Shaylee's passion for Girls on the Run allows us to continue that," Girls on the Run Executive Director Laura Lasko said.

"For many years I had thought that to make an impact on the world you had to be someone famous, someone recognized. Girls on the Run showed me otherwise. Even the smallest person can change

the world... Girls on the Run strives to make the world a better place and each participant impacts the success of this community," writes Shaylee in her winning essay.

At each season's conclusion, the girls and their running buddies complete a 5k running event. Completing a 5k gives the girls a tangible sense of achievement as well as a framework for setting and achieving life goals.

"Running a 5K is a lot like following your dreams...you set a pace and press on," Shaylee said.

For more information on Girls on the Run of Northeast Florida, please visit www.gotrnefl.org.



Shaylee is joined by her Girls on the Run coaches, Stephanie Gibbons and Kathleen Ngo for the check presentation.

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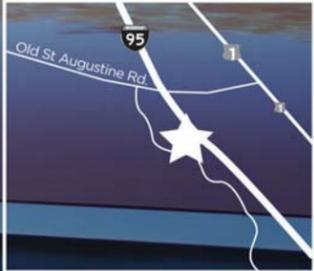
Celebrates Yesterday

Brooks Rehabilitation at Bartram Park Saturday, October 18th From 10 a.m. – 1 p.m.

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Please RSVP to Janet Giraitis at 904-528-3505
or email Janet.Giraitis@BrooksRehab.org



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Community helpers embraced at Mandarin Oaks

By Contributing Writer Margaret Rogero-Hastings, Fourth Grade, ELA, Mandarin Oaks Elementary

For first grade students, the past several weeks have involved getting familiar with their new teachers and back to school rules. However, Malisha Hospital and Jennifer Brown at Mandarin Oaks Elementary wanted to start their year off differently.

With the help of volunteers, students have met the Director of Community Education, a nurse, an engineer, and a musician. This is not your typical Career Day that you might remember though. With a learning goal of teaching how we help one another and how it takes a community to give us all the essentials that we need to survive, these two teachers thought it would be a great experience for the students to have hands on learning with the tools of the community helpers. When the neighborhood visitors came to class, they read a book that pertained to their area of expertise and did a craft or show-and-tell with the students that highlighted their occupation.

During the second week of school, Brenda Haye stopped by to read *Cook-A-Doodle-Do* (Janet Stevens and Susan Stevens Crummel) and then made strawberry shortcakes with the class.



Michelle Titze pipes Cool Whip for strawberry shortcake.

Sharing her passion for baking, she directed them on creating their own pastry. Students were active participants by following oral directions and working on fine motor skills with the icing bag full of Cool Whip.

"I love eating when I learn!" and "I want to be a cook when I grow up!" were some of the many comments made by students that day.

To date, students have made individual First Aid kits, built bridges with spaghetti noodles and miniature marshmallows, and played with a variety of musical instruments. This might make one wonder, what great things these classes will be doing next!

Storing Halloween Candy

Some children amass quite a pile of candy from their trick-or-treating efforts. It may be too much to eat in the next few weeks, even for candy lovers.

According to "Better Homes and Gardens," many different types of candies can be frozen to preserve their freshness. Fudge, pralines and caramels freeze well and even chocolate-covered candies can be frozen with ease.

Use an airtight freezer bag or container to keep frozen candies as fresh as possible and not susceptible to moisture infiltration.

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Mandarin Women's Club takes a trip to the Cummer Museum

By Contributing Writer Sharon Weed

A trip to the Cummer Museum in Riverside was the first excursion of the new club year for the Travel Group of the Mandarin Women's Club. Mimi did her research and discovered we had a "once-in-a-lifetime" opportunity to see favorite pieces of art of almost 30 private collectors, which are usually kept behind closed doors, but are being shown for a short time for all to enjoy.

We met at our usual place and carpooled downtown, arriving as the doors were opening. We thoroughly enjoyed wandering through and gazing at the splendor of paintings and sculptures not usually open to the public and then wandered out into the sunshine to enjoy the wonderful gardens overlooking the St. Johns River. After snapping some photos in the gardens and browsing through the gift shop, we moved on down the street a few blocks and enjoyed a wonderful lunch at a local



restaurant. Everyone thoroughly enjoyed getting back into the swing of things and looks forward to more of the wonderful activities offered by our club.

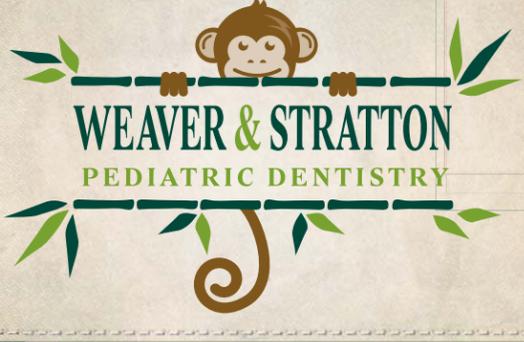
The Mandarin Women's Club is a social club open to all women living in the Jacksonville area. We have a lot of fun and make new friends at

the luncheons held September through May on the fourth Thursday of each month, plus the many activities that are available throughout the year.

If you are interested in more information about the club or think you might like to join, please call Suelynn at 571-0730.

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Busy fall at Mandarin Libraries: Something for everyone!

By Contributing Writer Lynne Baldwin, Branch Manager, Mandarin Branch Library

Volunteer Briana Moore was honored on Thursday, August 21 at the Mandarin Branch Library for her six years of service and commitment to the Jacksonville Public Library. Moore is a big supporter of both of the Mandarin Libraries, working each Wednesday at the South Mandarin Branch and Thursday and Friday at the Mandarin Branch. She received a JPL Innovator Award for helping the children's staff at Mandarin reach its annual goals in collection management, programming and promoting educational resources. SE Region Manager Michael Sullivan was on hand to show his support and the staff welcomed Moore's parents to the festivities. Everyone enjoyed cake, donuts and fresh strawberries. Congratulations, Briana!

Teen volunteers! Earn volunteer credit and have some fun with the teen trivia program as a member of the Teen Advisory Board on Saturday, October 11 at 2:00 p.m. This program is for teens and tweens ages 10 to 18. Please contact Don Carpenter at 262-5201 for more information.



Mandarin Branch Library recently honored volunteer Briana Moore for her service. She is pictured with her parents.

Be a full blown chemist! Get tips for a winning science fair project at the Mandarin Libraries. Explore interesting ideas, learn the latest research techniques and discover online resources at Science Fair Help presented at the Mandarin Branch Library on Saturday, October 4 and on Saturday, October 11 at the South Mandarin Branch Library. Each program begins at 11:00 a.m. and is designed for students in grades six through 12. Registration is not required. For more information about the programs, please

contact the Mandarin Branch at 262-5201 and the South Mandarin Branch at 288-6385.

Got problems with math? At the South Mandarin Branch Library, math can be manageable and even fun. Each Thursday from 4:00 p.m. until 6:00 p.m., Janet McInall will work with you to understand the problems and find the answers. She has a degree in nuclear engineering so no math problem is too tough for her! The free tutoring sessions cover all math subjects up

to and including Pre-Calculus. This program is designed for grades six through 12. Please call 288-6385 for more information.

Programming fun! The Mandarin Library Children's Department has a full schedule of fun programs in October starting off with Wednesday We Play on October 8 and October 29 at 4:00 p.m., Art Club on Tuesday, October 14 and 28 at 4:00 p.m., the Graphic Novel Book Club on Thursday, October 23 at 4:00 p.m. and Saturday Sunshine on Saturday, October 25 at 2:00 p.m. Please call 262-5201 for more information.

Monster Mash! Monsters of all ages are invited to celebrate Halloween with spooky games, refreshments and a costume contest (with prizes) at the Mandarin Branch Library on Wednesday, October 29. The fun begins at 4:00 p.m.

The Mandarin Branch Library and the South Mandarin Branch Library are both Early Voting locations as well as Election Day Polling sites. Early Voting runs from Friday, October 20 through Sunday, November 2 from 10:00 a.m. until 6:00 p.m. each day. The General Election is on Tuesday, November 4 with the polls open from 7:00 a.m. until 7:00 p.m. For more information, please contact the Office of the Supervisor of Elections at 630-1414.

October is my favorite month of the year with fall colors, sweater weather and the Great Pumpkin. October is a great time to sit down with your loved ones and read aloud the *Legend of Sleepy Hollow* by Washington Irving or celebrate trick or treat with the Peanut gang in *It's the Great Pumpkin, Charlie Brown* or scare each other watching the original *Dracula* with Bela Lugosi or "See Dead People" with Haley Joel Osment in *The Sixth Sense*. All these titles are available at the Jacksonville Public Library.

Halloween! Halloween! Oh what scary things are seen? Witches, bats, cold black cats! Oh what fun is Halloween! Happy Halloween from the Mandarin Libraries!

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Mandarin oncology practice announces name change



First Coast Oncology recently announced it is changing its name to Ackerman Cancer Center. The Mandarin oncology practice will begin working under the name effective immediately.

Ackerman, M.D., medical director of Ackerman Cancer Center. "For 25 years, we've been committed to providing personalized, compassionate care with the most advanced treatments available to fight cancer," said Dr. Ackerman. "There are many pieces to the cancer puzzle, with each patient having a unique and distinct puzzle. A real strength of our practice is our ability and desire to put all the pieces of the puzzle together. Our Board Certified Radiation Oncologists and oncology trained support staff are all here to put our patients on the path to wellness."

"We recognize the need for a clearer identity with a name that patients and our community know, trust and already

"The name is changing, but our mission and commitment to patients and their families remains the same. 'New name, same focus.' It's that simple," said Scot

associate with us," explained Aryn Lentz, community relations specialist. "Dr. Ackerman has invested a lot of time in the community developing important outreach relationships. When people hear the Ackerman name, they naturally associate it with quality oncological radiation care."

The updated identity reflects the center's philosophy of providing patient-centric care and offering the most advanced technology to those fighting cancer. The name change also brings increased visibility with an eye-catching signage system, designed to complement the building's sophisticated and welcoming architecture.

Be sure to see their ad in this issue of *Mandarin NewsLine!*

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Have you seen the Gingerbread Man?

By Contributing Writer Mary J. Eyler, Inclusion Teacher, Crown Point Elementary

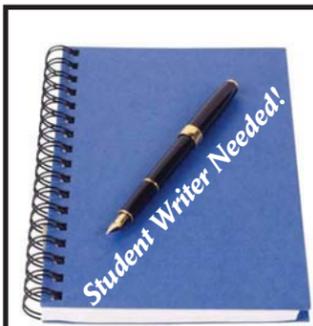
On the first day of school, Kimberly Hickox's kindergarten class at Crown Point Elementary school was on a mission

to find their class Gingerbread Man, who was loose in school. After they listened to the story *Gingerbread Man Loose in the*

School by Laura Murray, the students made a class gingerbread man and decided to take him with them to tour their new school. Unfortunately, they left him behind!

When they went back to get him, the Gingerbread Man was gone! The students then set out looking for him. They searched places around the school: the cafeteria, the office, the clinic, even the principal's office, following clues that the Gingerbread Man had left behind. They finally found him, back in their classroom with a tray of gingerbread men cookies for them to decorate and enjoy.

The first day of school was a memorable day filled with fun and excitement for Hickox and her little ones!



Mandarin NewsLine is seeking an Atlantic Coast High School student for a paid position to report this school year on ACHS school sports (*ACHS Sports Roundup*) for our community newspaper.

Email the editor for more information today!

editor@mandarinnewsline.com

Square dancers invite you to help them celebrate 30 years

By Contributing Writer Mary Lewis



Celebrating 30 years of teaching America's national folk dance, the Mandarin Marauders Square and Round Dance Club announce lessons beginning at their Open Houses Tuesday, October 7 and 14 at 7:00 p.m. Also in the news is the Marauders' move to Tuesday nights and a change of venue to the Mandarin Senior Center, located at 3848 Hartley Road, effective September 30.

Anyone who can listen, can square dance. The most basic level, Mainstream, consists of approximately 60 movements learned over the course of 20 to 30 lessons. What seems like a daunting task, dancers say, is mastered much like one would learn to type—through repetition. New dancers are surprised to find they know enough after the first few lessons to engage in a fairly intricate dance. Experienced dancers, called Angels, are on hand to assist at every lesson. The Marauders' caller is Ernie "Rockin'" Rollen, whose smooth, velvety voice is a real treat to hear. Line dances are expertly taught and led by Bev and George Treiber.

There's no question square dancing is a mental challenge. It's also great aerobic exercise

and burns about 300 calories per hour—enough to burn off some calories accumulated from the goodies served. It's no longer mandated that women must wear the short, petticoat-laden outfit. Dress rules are relaxed, allowing for casual wear for all, but comfy shoes are a must.

In the Jacksonville area, clubs generally charge nominal membership dues (around \$10 to \$20 annually) and about \$5 per person per dance. The first two lessons at 7:00 p.m. on October 7 and 14 are free. Special event dances (Halloween, Christmas with Santa, St. Patrick's, Chili Cook-off, to name a few) are sponsored by the Mandarin Marauders. Throughout the year, members also visit other local club dances and the Florida State Square and Round Dance Convention in May. Many clubs dance year-round.

If your goal is to meet nice people, forget your troubles and have a fun, inexpensive evening, come and check out the Mandarin Marauders in their new home at the Mandarin Senior Center. Couples and singles are welcome and refreshments are served. For more information, please contact Joe or Barbara at 268-8221.

got news?

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Concussion management in youth sports

By Contributing Writer Garry Gillis, ATC, LAT, Atlas Physical Therapy and Sports Medicine, Inc.

Traumatic brain injuries (TBIs) and concussions (mild TBIs) have garnered a lot of attention from both the healthcare profession and the public. And for good reason! The prevalence of concussions is evident and can occur outside of sport activities. No matter how a concussion occurs, it needs to be managed appropriately by a qualified healthcare professional. Keep in mind that not all physicians are experienced in or comfortable managing concussions.

So where does management of concussions begin? Assessing a child's neurocognitive baseline is a good start. Baseline tests can be computer-based, such as the popular ImPACT test or paper and pencil (King-Devick). The test will score verbal and visual

memory, processing/visual motor speed, reaction and impulse control. Establishing baseline scores assist in knowing when a child has returned to their normal neurocognitive state.

Returning to "normal" includes being symptom free. A daily Symptom Checklist is used to establish that the child has had no symptoms during the previous 24 hours. Physical therapy is appropriate when strains/sprains, balance or vestibular/ocular symptoms are present.

The physician may release the child for progression to normal activities at this point if they are not involved in sport or recreational activities. If they play sports, it is recommended (and mandated by FHSAA for all high school athletes) that the child pass

progressive exertional testing which will determine their physical preparedness for return to sport. Each phase of test must be completed with no symptoms during or for the following 24 hours. Once exertional phase is completed, with no symptoms present, the child has to be cleared by an MD or DO for return to play.

Atlas Physical Therapy and Sports Medicine has a complete Concussion Management Program that includes ImPACT baseline and post-injury testing, physical therapists specializing in treating all symptoms related to concussions and exertional phase testing appropriate for all sports/activities.

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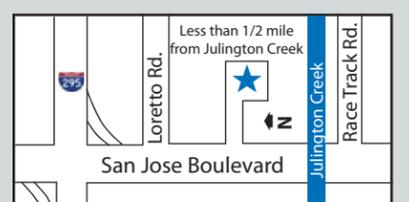
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Church's women's group celebrates 50 years



Fredi Olson, Nancy Rushton, Jodi Hunter and Susann Turner are hard at work planning for the MUMW 50th anniversary celebration.

Mandarin United Methodist Women (MUMW) will be celebrating 50 years of working together as a community of women with a supportive network for their members while supporting the global ministries of the church.

"This will be a celebration of women and their role in the ministries of the church," says Nancy P. Rushton, chairwoman of the event steering committee.

On Saturday evening, October 18, a catered dinner will be served and the program will highlight 50 years of mission work while reviewing 50 years of changes world-wide and locally with a narrated history that includes a fashion show with live models of the last five decades. The event begins at 5:30 p.m. with a social time and the serving of punch while visiting displays of memorabilia.

Mandarin United Methodist Women are known for their traditional fall Craft Festival and "Kickin' Pickles," with all proceeds going to support charities and missions. This year the

Craft Festival will be held the first weekend in October, on October 4, which represents a change from prior years of the third weekend in October.

The 50th anniversary celebration will be held Saturday, October 18 in the Family Life Center at Mandarin United Methodist Church, located at 11270 San Jose Boulevard in Mandarin. Tickets are \$15. For additional information, please email nprushton@comcast.net.

Family fun picking your pumpkins

By Contributing Writer Jackie Hudson, Shepherd of the Woods Lutheran Church

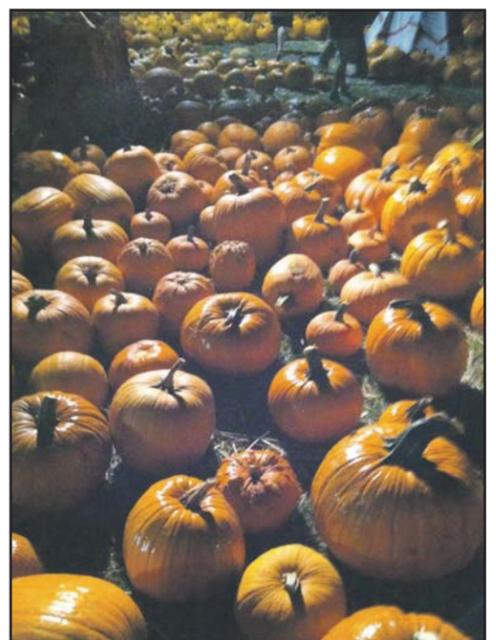
Join us this autumn at Shepherd of the Woods Lutheran church for our annual Pumpkin Patch. Nestled among 40 acres of beautiful trees with our beautiful seven-acre lake in the background, you and your family will find the perfect outing. We have pumpkins of all sizes, hay bales for decorating and lots of settings for great photos of the kids. It is a real destination. Bring a picnic lunch or dinner and spend some time walking around the lake, bird watching or just relaxing as the sun sets across the water. There are plenty of picnic tables for you to use.

Our patch is a little different as we have Pumpkins with a Purpose. All of the proceeds will be used for various ministries and not for general operations. This means when you shop for your fall pumpkins with us, you are helping our mission church in Peru and helping to buy uniforms for children there so they can attend school. You might be helping our teens as they do both domestic and international mission work. You might be helping with our local efforts with the food bank, a battered women's shelter and ministries

with the homeless and at-risk youth. These funds touch countless lives and make impacts that we will never fully see or understand.

So check your calendar and set aside some time to come out and have a leisurely afternoon or evening with us. We'll have the perfect pumpkins for you to take home and you will leave with precious memories as well. The Pumpkin Patch opens on Tuesday, October 14 at 3:00 p.m. Our hours will be Monday through Friday from 3:00 p.m. to 7:00 p.m., Saturdays from 10:00 a.m. to 7:00 p.m. and Sundays from 11:00 a.m. to 7:00 p.m. and we will be open through October 30. We also host preschool field trips on weekdays from 9:30 a.m. to 12:00 noon. This is a no-fee outing that includes story time, a maze, a hayride and time in The Patch. If you are interested in making a reservation for your organization, please call Jackie Hudson at 728-0890

The Pumpkins with a Purpose Patch is located at 6595 Columbia Park Court, which is near the intersection of Philips Highway and Greenland Road. Please check the Shepherd of the Woods Lutheran Church



website for maps and directions as well as worship times for both our Columbia Park Court location and our Southside Boulevard location. All are welcome!

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Faith News

The band "Consumed by Fire," along with the bands "Elms District," "Bonray" and "Kalea" will be performing at **Freedom Christian Fellowship** on Thursday evening, October 2 from 7:00 p.m. until 9:30 p.m. Doors open for seating in our Youth Chapel at 6:30 p.m. A freewill offering will be taken. Freedom Christian Fellowship is located at 3423 Loretto Road in Mandarin. For more details, please call 268-2244 or visit www.FCFJAX.org.

The Episcopal Church of Our Saviour, located at 12246 Mandarin Road, will host a Historical Country Church Bazaar on Saturday, October 25 from 10:00 a.m. until 3:00 p.m. The day will include local artisans, arts and crafts, books and technology and an old fashioned white elephant sale as well as antiques and collectibles, plants

and a silent auction. Delicious food from the Our Saviour kitchen crew and tours of our historic church will complete the day. More information can be found on the church's website (oursaviourjacksonville.org) or by calling the church office at 268-9457.

Y'all come to the country market - bazaar, presented by **First Coast - Jacksonville Women's Connection, affiliated with Stonecroft Ministries**. This special event will feature homemade baked goodies, jams, jellies and a "Cash N Carry" table. There will also be other vendors and a balloon bust and silent auction. Join guest speaker and former plus-size model, Holly Berry from Marietta, Georgia, as she glides down life's runway in search of the truth. The event will be held on Wednesday, October 8 with doors opening at

10:30 a.m. for shopping at the Ramada Inn on Hartley Road in Mandarin. The cost of \$18 includes lunch and the program. Please RSVP by October 3 by contacting Linda at 262-2170 or lc.bowman@att.net. For additional information about Stonecroft Ministries, please visit www.stonecroft.org.

Mandarin United Methodist Church will hold a **Blessing of the Animals** on Sunday, October 5, beginning at 4:30 p.m. in the Outside Chapel of the church, located at 11270 San Jose Boulevard. All are welcome to attend! For additional information, please visit www.mandarinumc.com.

Join **Lifetree Café** friends weekly to participate in a conversational life study where personal experiences about one of life's many perplexing issues are

shared - a different issue every week. These conversation events are held at Lifetree Café right here in Mandarin. You will meet friendly people and share experiences, opinions, and stories about the "topic of the week" in a small, intimate setting. Admission and refreshments are free. Your thoughts are welcome, talk if you like, listen if you prefer. Take a break, join the experience and enjoy the conversation. During October, we will discuss: October 7, "Allergic to Food?" Living in this incredible inedible world; October 14, "The Bible" Real? Relevant? Reliable?; October 21, "Living a Lie" The perils of a double life; and October 28, "Zombies!" What's the Fascination? Lifetree Cafe is held on Tuesdays at 3:30 p.m. at Mandarin Senior Center, located at 3848 Hartley Road. There are no age restrictions - all are welcome! Find out more about topics and location from the MandarinNewsLine online calendar entry or call George Treiber at 731-0731.

On Wednesday, October 1 at 7:00 p.m., Freedom Christian Fellowship will begin a **Bible Study for men** called, "Man Alive - Transforming Your 7 Primal Needs into a Powerful Spiritual Life" by author Patrick Morely and a Bible Study for women called, "Stepping Up" by author Beth Moore. Freedom Christian Fellowship is located at 3423 Loretto Road in Mandarin. For more details, please call 268-2244 or visit www.FCFJAX.org.



ST. JOSEPH'S CATHOLIC CHURCH

Main Church Mass
Saturday—5:30 p.m.—Sunday Vigil
Sunday—8:00 a.m., 10:00 a.m., 12:00 noon

Reconciliation
Saturday—4:30 p.m.—Marian Center
You may also call the office for an appointment, 268-5422

Historic Church Mass in Polish
10:00 a.m. on the 2nd and 4th Sundays of each month

Mass in Portuguese
Sunday—6:00 p.m.

Mass in Spanish
Sunday—8:30 a.m.
Thursday—7:00 p.m.

Traditional Mass in Latin
Sunday—11:15 a.m.

Daily Mass
Monday-Saturday—8:00 a.m.
(During the school year, Friday Mass is in the Main Church at 8:15 a.m.)
Tuesday and Thursday—6:00 p.m.

11730 Old St. Augustine Rd. Jacksonville, Florida 904-268-5422

Canned goods, candy and community

This marks the 13th year in a row that Mandarin Presbyterian Church (MPC) has offered the Mandarin community and surrounding areas an event for families to enjoy free of charge. Each year nearly 1000 people come out to the "Pumpkin Jam" at MPC to partake in bounce houses, hayrides, games, cotton candy and the always popular Trunk-or-Treat. Kids of all ages come dressed in their favorite costumes and spend the afternoon enjoying being a kid.

Kris Murphy, MPC children's ministry director, has been leading this event since its inception in October of 2001. Murphy felt the community needed a safe place to trick-or-treat following the 9/11 terrorists attacks in New York and this event was the perfect solution. Every year since then, MPC has continued to offer a safe environment for families to come and have fun together.

Murphy states, "What means the most to me is the joy that I see on families' faces when they are here having an afternoon of fun and catching up with friends in a safe neighborhood environment."

The event is open to the community and the only

request is that each family participating contributes a non-perishable canned food item for the MPC Daily Bread Food Pantry.

In addition to this yearly community event, MPC recently began assisting needy families in the Mandarin area with its Daily Bread Food Pantry. Since April of 2013, the Pantry has served 1,898 households of 5,672 of our neighbors in need and has distributed just over 100,000 pounds of dry staple groceries and fresh produce. The requests for service continue to increase as the Food Pantry is averaging over 35 households a week and often giving away over 2,000 pounds of food each week.

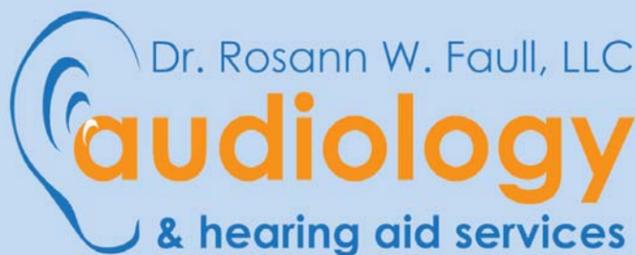
The Pumpkin Jam takes place on Sunday, October 12 from 2:30 p.m. until 5:30 p.m. on the West Campus of Mandarin Presbyterian Church, located at 12001 Mandarin Road. The community is invited to attend!

If you would like more information on the MPC Pumpkin Jam or the MPC Daily Bread Food Pantry, please visit mandarinpres.com/pumpkinjam or mandarinpres.com/daily-bread or call the church office at 680-9944.

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Maintain your productivity when working from home

Telecommuting has grown more and more common over the last decade. Thanks in large part to advancements in technology that make it easier than ever before to connect remotely with coworkers, telecommuting is now something more and more companies are embracing. According to Global Workplace Analytics, a consulting and research firm that focuses on emerging workplace strategies, the total telework growth from 2011 to 2012, the most recent year for which statistics are available, was 3.8 percent. But those figures don't tell the entire story, as the rise of telecommuters increased considerably since 2006, when the number of teleworkers grew by 26 percent over the year prior.

Telecommuting can pay dividends for workers and businesses alike. Workers benefit from telecommuting in a variety of ways. Working parents find telecommuting drastically cuts back on or even eliminates childcare costs, saving them thousands of dollars per year. Working from home also saves workers' vehicles from the everyday wear and tear of driving to and from work, potentially adding years to a vehicle's life expectancy.

Businesses also benefit from allowing employees to work remotely. Small businesses may need less office space if many of their employees work from home, saving them substantial amounts of money in rent. In addition, businesses who allow workers to telecommute may not need to spend as much on computers and other tools for their employees, as many telecommuters use their own personal computers when working from home.

While telecommuting can benefit employee and employer, the success of such an arrangement depends largely on the

employees who will be working from home. Men and women who work from home often find they have more freedom at home than they did when working in an office and how they handle that freedom will go a long way toward determining how successful they are at telecommuting. The following are a handful of strategies telecommuters can employ to ensure their work-from-home experiment is a productive success.

- **Stick to a schedule.** Workers who still commute to work adhere to a schedule and so should telecommuters. Sticking to a schedule will allow you to maintain the same level of productivity you aspired to when working in the office and a schedule will ensure your personal life does not encroach on your professional life.
- **Let others know your schedule.** Though you're now working from home, your schedule likely has not changed. You may be able to sleep in a little later because you no longer have to commute, but your workday is likely still eight hours. Once you have established your schedule, let others in your household, whether it's a spouse, your children or roommates, know when you will be working on a daily basis. This reduces the likelihood that your housemates will distract you or walk into

your office while you're on a video chat or conference call with colleagues or clients.

- **Ask for a work phone.** Many companies who allow employees to telecommute will provide a phone for such workers. This phone is linked to the same network workers use in the office and it's a wholly separate line from your personal lines at home. It's important that telecommuters keep a separate phone solely for work so their personal and professional messages do not get mixed up, which can make it more difficult for men and women to do their jobs.
- **Use the technology at your disposal.** One of the ways technology has made it easier to work from home is by providing a number of ways workers can stay in constant and instant contact with their coworkers. But such technology is only useful if telecommuters make it work for them. Video conferencing allows telecommuters to conduct "face-to-face" meetings with coworkers, while instant messaging is a valuable tool to stay in touch with coworkers who you work with directly. Use these programs to your advantage, and you'll notice you're not only more productive but also still able to maintain a personal connection with your coworkers.



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The traditions of Halloween

October 31st is nearly here and soon the streets will be filled with costumed revelers eager to get their share of the free-flowing candy and other prizes. Year after year, trick-or-treaters don their costumes and parade from home to home. But have you ever wondered where this and other traditions began?

Trick-or-treating and wearing costumes seem like odd traditions to those unaccustomed to Halloween. Halloween customs are actually a blend of Celtic, Catholic, Pagan and ancient Roman traditions. It is thought that Halloween celebrations date back to roughly 800 to 600 BC, when they originally were observances of the harvest season and nature before the arrival of winter, which marked the barren state of the landscape. The Celtic festival of Samhain was a major influence

on modern day Halloween.

On October 31, Celts also believed the door to the underworld was opened and could let in deceased spirits. Feasts were held and place-settings were left for deceased relatives, as they were believed to return home for a visit. In addition to friendly spirits, mean spirits also could cross over. Bonfires were lit to ward off spirits, and extra candles would be used in homes and churches to keep evil away.

Even the custom of wearing costumes has its roots in keeping evil spirits at bay. Costumes and masks were worn to confuse bad spirits and frighten them so that they could not bestow misfortune on the more fortunate. People also wore masks and ventured out after dark so that envious ghosts who were cold and outside could not recognize residents of warm

and inviting homes.

The trick-or-treating custom may have blended origins. Druids believed the dead would play tricks on mankind during Samhain, causing destruction and panic. To appease the spirits, people would give the dead food and other treats.

Another custom, called "soul-ing," can be linked to Halloween as well. Early Christians would walk from village to village asking for "soul cakes," which were square pieces of bread with currants. The more cakes received, the more prayers the faithful would promise to say on behalf of the dead relatives of the cake donors to expedite a soul's passage to heaven.

Irish trick-or-treating customs may be traced back to collecting supplies door-to-door for the festival of St. Columbkille.

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Captain David's Fishing Report

By Contributing Writer Captain David Lifka

Finally, it all seems to be coming together. Shrimp are in the river and so are the fish that follow. Due to this year's weather, we seem to be in a pattern that was more common in decades past, rather than what we have seen in more recent summers. If the current pattern continues to hold, shrimping should only get better in coming weeks, followed by some pretty good fishing into early or late fall.

Our spring and summer weather are major contributing factors to our shrimping seasons each year. Too much rain could mean little or no shrimping, while a lack of rain could mean an earlier, longer and more widespread shrimping season. This year's regular reoccurring summer rains are more in line with the weather patterns of the '70s through the early '90s when you didn't even bother to

get the net out of the shed till August.

With the shrimp being on schedule you can assume the fishing will follow suit. In decades past you didn't expect croaker to show with any size or numbers till late July. This has already been the case this year with Virginia Croaker making the scene at the end of July and first days of August of this year. The croakers have steadily gotten bigger and more plentiful and should continue to do so as the long as the shrimp run thrives.

Just like decades past you had to wait till after the shrimp had begun to run for the other species of fish that love to eat shrimp to make their presence known. And if you haven't been fishing lately, it too is already happening. From black drum to redfish, flounder to trout, black bass and channel cats, both freshwater and saltwater species are biting everywhere from Green Cove to downtown Jacksonville.

Yes, it's finally coming together, the shrimp, the fish and the weather. Barring any tropical deluges, the upcoming weeks looks promising just as they did decades ago.

Fishing Report: Time to shrimp and load the freezer (save and freeze the smaller ones for bait). Fish everywhere in the river. Docks, bridge pilings, points, holes and sandbars all will produce a variety of fish. Be sure to use live or fresh caught dead shrimp from the river. Live shrimp can be fished anywhere you fish by using them on a float rig, jig head, split shot and leader or a deep water bottom rig.

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

An hour of moderate exercise a day may decrease heart failure risk

Exercising each day can help keep the doctor away. In a new study reported in the American Heart Association journal *Circulation: Heart Failure*, researchers say more than an hour of moderate or half an hour of vigorous exercise per day may lower your risk of heart failure by 46 percent.

Heart failure is a common, disabling disease that accounts for about 2 percent of total healthcare costs in industrialized countries. Risk of death within five years of diagnosis is 30 percent to 50 percent, researchers said.

Swedish researchers studied 39,805 people 20 to 90 years old who didn't have heart failure when the study began in 1997. Researchers assessed their total- and leisure time activity at the beginning of the study and followed them to see how this was related to their subsequent risk of developing heart failure. They found that the more active a person, the lower their risk for heart failure.

They also found:

- The group with the highest leisure time activity (more than one hour of moderate or half an hour of vigorous physical activity a day) had a 46 percent lower risk of developing heart failure.
- Physical activity was equally beneficial for men and women.
- Those who developed heart failure were older, male, had lower levels of education, a higher body mass index and waist-hip ratio, and a history of heart attack, diabetes, high blood pressure and high cholesterol.

"You do not need to run a marathon to gain the benefits of physical activity — even quite low levels of activity can give you positive effects," said Kasper Andersen, M.D., Ph.D., study co-author and researcher at the Uppsala University in Uppsala, Sweden. "Physical activity lowers many heart disease risk factors, which in turn lowers the risk of developing heart failure as well as other heart diseases."

Study participants completed questionnaires that included information about lifestyle, physical activity, smoking and alcohol habits and medication use. Researchers looked at total physical activity, which included job-related activities, and leisure activities. Participants'

self-reported leisure physical activity was divided further into three categories: light, such as casual walking; moderate, such as jogging or swimming; and heavy, such as competitive sports. Diagnoses, hospitalizations and deaths were verified using participants' medical records.

"The Western world promotes a sedentary lifestyle," Andersen said. "There are often no healthy alternative forms of transportation; in many buildings it is hard to find the stairs; and at home television and computers encourage sedentary behavior."

"Making it easier and safer to walk, bicycle or take the stairs could make a big difference. Our research suggests that everyone could benefit from getting out there and moving every day."

Although the relationship between heart failure and exercise has not been broadly studied, the study's findings reaffirm the importance of continued physical activity for all adults and support the American Heart Association's recommendations of 150 minutes of moderately intense physical activity every week. For those who need to lower their blood pressure and cholesterol the association recommends 40 minutes 3-4 times per week.

In the United States, heart disease, a major risk factor for heart failure, remains the leading cause of death, claiming 380,000 lives every year. An estimated 5.7 million Americans have congestive heart failure and about half die within five years of their diagnosis.

For additional information, please visit www.heart.org.

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MHS Sports Roundup

By Hazel Odell, MHS Student

Shiny sneakers, new team members and clean uniforms: these are the things that a new school year brings for student athletes at Mandarin High School.

Most students find it challenging to re-adjust to the routines of school after their long summer breaks. MHS's fall athletes might seem to have it worse, because they are also committed to doing their best in their sports, but most of the athletes seemed energized by

the new possibilities that accompany the new school year.

The Mustang varsity football season kicked off on Friday, August 29 at Terry Parker. Mandarin beat Terry Parker High School 57-7. The first home game was on Friday, September 9 and MHS beat Wolfson 44-14. The student section showed off their orange and green hues and echoed new cheers in support of the team.

According to senior Jacob Douglas, their toughest games are going to be their district games against First Coast, Sandalwood, and Flagler Palm Coast.

"As a team we've all been working hard in the weight room and have become a lot bigger, faster and stronger," said Douglas.

Students are excited about how well we've been doing so far, as last year we had six wins and five losses. And as always, students are hoping for a win against rival Atlantic Coast, who MHS plays at the end of the season, on Friday, November 7.

The football field might look empty on Friday nights if it were not for the Mustang cheerleaders.

"It feels great cheering our boys on to victory and getting the crowd involved!" said Gianna Gunderson, a sophomore.

In addition to cheering on football and basketball, the team will be participating in competitions this year.

"We've been working skills all summer, especially at cheer camp. We have been preparing more intense stunts, sharpness and cleanness. We have added a day and 30 more minutes to each practice from last year and have been working with an all-star cheer gym," Gunderson added.

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The boys' and girls' swim teams have had a strong start to the season, with three wins already under their belts.

"I'd say the team's goal is to improve everyone's times as well as place first in conference and districts," said junior Bryana Pillipow.

There are also MHS athletes working hard to perform their best in girls' volleyball, boys' and girls' golf, girls' bowling and boys' and girls' cross country. It will be a joy to see what the teams can accomplish.

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Gardening: Would you like to be more Florida-friendly?

By Contributing Writer Master Gardener Lesley Arrandale with Duval County Extension, University of Florida/IFAS

Master Gardeners often are called upon to answer questions from the public. Recently a gentleman who was disillusioned with his 9,000 square feet of St. Augustine grass wanted to turn the area into something more Florida friendly—something more truly beautiful and connected to nature. And I was really heartened. Grass is one of the hardest plants to keep looking good, often needing supplemental irrigation (although not during this particularly rainy summer!) as well as regular fertilizing and it can sometimes require harsh chemicals to tackle insects, weeds and disease.

However much – or how little – real estate we control, the nine Florida-Friendly principles I've written about before are really helpful and bear repeating: right plant, right place; water efficiently; fertilize appropriately; mulch; attract wildlife; manage yard pests responsibly; recycle yard waste; reduce

storm water runoff; and protect the waterfront. <http://ffl.ifas.ufl.edu/materials/FYN-Handbook-v1-2012.pdf>

For those of you intending to redesign some or all of your yard going into the fall, don't forget *The Florida-Friendly Landscaping Guide to Plant Selection and Landscape Design*. http://fyn.ifas.ufl.edu/pdf/FYN_Plant_Selection_Guide_v090110.pdf

As well as tables listing all types of Florida Friendly plants, you'll find detailed guidelines on how to choose those plants. Under a window? Choose a shrub that won't need pruning constantly. By a hot sidewalk? How about that pretty daisy, the native gaillardia, which will stand up to all the abuse the sun can give. And what about that shed over there that looks less than charming? How about an evergreen holly in front, with the added bonus of beautiful red berries come winter.

Native plants are often touted as low-maintenance and fool proof, but they should be used only if they fit the right plant, right place requirement. Otherwise they are as vulnerable as the next wrongly placed plant. The advantages can be that they often require minimal fertilization and irrigation, once established.

Sourcing native plants isn't always simple; there are a few retail nurseries in our area which specialize, namely Native and Uncommon Plants in Ortega and Reflections of Nature in Fernandina. Trad's and Earthworks both carry some native plants. Mail Order Natives operates out of Lee. (I only mention these companies to give an idea of what is available, not as particular recommendations.) If you use a landscaping company they will have access to wholesale growers with a wide variety and sizes of plant material. You might be interested in the Association of Florida Native Nurseries website.

Remember, if you haven't yet made the move to Florida-Friendly landscaping, it's never too late to begin and it's about the right time of year to do so. And of course, timely tips can be found in the September/

October edition of *A New Leaf* newsletter: <http://duval.ifas.ufl.edu/documents/ANewLeafNewsletterSept-Oct.2014.pdf>

As always, enjoy.

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Work begins for business leaders behind Bright Holidays

The increased excitement, anticipation and hard work that typify Jacksonville's back-to-school season aren't lost on John and Leigh Forrester, though their own children are grown and gone. As the school year revs up, the Ponte Vedra couple works full-throttle for Bright Holidays, raising funds, updating communications and distributing detailed information packets to Title 1 and other schools with disadvantaged students. Their purpose is to partner with faculty and staff to identify students whose families likely will need help at the holidays.

Each year, Bright Holidays provides gifts of food, clothing and essential items, such as sleeping bags and school supplies, to nearly 900 public school children and their families. Typically a time of celebration, the holidays can spell added angst to families already struggling to make ends meet. This year, as in 2013, Bright Holidays will include recommended, age-appropriate books for children as well as clothing, food and other common necessities.

"Every year in August, we begin reaching out to local public school principals and encourage them to identify students who are in need of basic necessities. This year, we expect the

number of participating schools to exceed 50. We are working hard to increase donations, so that we can expand our outreach to even more local schools whose students are in need of assistance," John Forrester said.

His efforts help students like Diego, 9, who attends Chets Creek Elementary and received gifts from Bright Holidays in past years, along with his 13-year-old brother and three-year-old sister. The organization helps not only students identified by their school, but all additional siblings in the family, as well.

"We were all very emotional and happy to see all the blessings that were gifted to us," said Diego's mother, Laura Chavez, through a Spanish translator. "The children are still using many of the items they received, including the sleeping bags and clothes. These gifts were very helpful to us."

One Mandarin Middle School family found itself homeless last year, but turned its outlook around with help from Bright Holidays.

"I did not anticipate our holiday season being very happy due to our family being homeless," said the single mother of two daughters. "I was also unemployed and had very limited



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resources to buy gifts. Through the generosity of kind and giving people, we had a wonderful holiday with gifts for my family and a feast we were able to buy with gift cards. Our family will always be grateful."

Said one of her daughters: "Our Christmas was amazing. I wasn't expecting to be happy because we were in a homeless program. It was one of the best ever!"

Founded in 2003, Bright Holidays has grown its charitable reach every year. Last year, despite a troubled economy, the organization raised \$97,733, a modest increase over 2012. Bright Holidays operates without fixed overhead costs and returns virtually 100 percent of every dollar raised to the community. In addition, the group reported that 74 percent of its 2012 donors rejoined their efforts in 2013 and, of those who repeated, 82 percent matched or exceeded their prior-year contribution.

Bright Holidays draws on 350 community volunteers to handle the shopping, sorting, wrapping and delivery of gifts at each school. In addition to gifts from individuals, local businesses and foundations, Bright Holidays received substantial donations from these

sustaining sponsors: Baptist Health, Frances King Insurance Agency; Hallmark Partners; the Kirbo Foundation, the Neviasser Foundation; On Ideas; Publix Charities; Sawgrass Asset Management; and Spectrum Installations.

To donate, volunteer or learn more, please visit www.brightholidays.org. Bright Holidays is a 501 (c)(3) corporation using all monies raised to help those in need.

We are all faced with a series of great opportunities disguised as impossible situations.

~Chuck Swindoll

Local man excels at Sunshine State Games



Congratulations to G. Patrick Marino!

On September 14, 2014 the State of Florida's top prone rifle shooters met at the Hollywood Rifle and Pistol Club to see who would be the state's best small bore prone rifle shooter in the 35th annual Sunshine State Games.

It was a hot and muggy Saturday with temperatures in the high 90s and a soggy range after days of continuous rain. Shooters from all over the state came out to muster the heat in their wool shooting sweaters, heavy leather and canvas coats and shooting gloves to shoot the 160 shot prone match shooting targets at 50 yards, 50 meters and 100 yards. The competition was stiff with all the shooters laying down some pretty impressive scores on the first match with scores in the high 390s out of a possible 400.

On the second match on the 100-yard line, the scores were still about neck and neck with the shooters only dropping a couple of points. At the turn of the match with the targets now on the 50 meter line and the 10 ring getting smaller, it was G. Patrick Marino from Mandarin who held off the rest of the pack by dropping only one point and firing a 399.

Marino said "I knew I had to fire a perfect score in the

very last match on the 50-yard line to hold off reigning champion Fred Scielzo, who happens to be a national record holder, to come out on top with a win."

Poised and focused and with the targets now on the 50-yard line, it was Marino who fired a near perfect score with a very impressive 400 and 38 Xs to take the Gold with a final score of 1595-93Xs. Roger Seitz from Miami took the Silver with a score of 1593-105 Xs and Fred Scielzo from Tampa took the Bronze with a score of 1592-108 Xs. Austin Fletcher, shooting out of Orlando, took the top honors for the Juniors with a score of 1587-92 Xs.

To see the various scores and activities from other Sunshine State Games events, please visit www.flasports.com.

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Mandarin Garden Club announces fall events

By Contributing Writer Betty Waldrep



The big event at Mandarin Garden Club in the month of October is the Trash to Treasure Sale. The sale is October 4 from 8:00 a.m. to 2:00 p.m. Every Fall, the garden club has an enormous garage sale for the community and every year the crowds get larger and larger. One of the treats people look forward to at the sale is a hot cup of free coffee and the baked goods that will be for sale. The "goodies" are made by the wonderful cooks of the garden club. Once you find your treasures and check out, don't forget to pay a visit to the "Garden Cafe" and get your muffin or brownie and a cup of coffee. Then take a stroll outside, find a bench and enjoy the gardens and wildlife while you relish your breakfast or morning snack.

The Master Gardeners, who maintain the club's gardens, will be honored at the general meeting of the club on October 16. There are 15 to 20 Master Gardeners who help keep our gardens so beautiful. The gardens are open to the public and last year there were over 6,000 people who toured the gardens. The meeting will start at 10:00 a.m. and Lisa Rinaman, the St. Johns Riverkeeper, will be the featured speaker. Everyone is invited to attend the meeting and the club will make a donation to the Riverkeeper program.

Another fantastic event in the Fall is the Craft Fair.

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This year it is scheduled for November 8 from 9:00 a.m. to 4:00 p.m. This is the fifth annual Craft Fair. There are outside spaces still available for vendors. Please contact Marvine Thompson at 262-0520 or at stamptompson@aol.com if you are interested in reserving a space. There will be baked goods, barbeque sandwiches, cold drinks, chips for sale and free coffee throughout the day. Some of the vendors will have jewelry, cheese straws, whirlybirds, decorative pavers, holiday ornaments and wreaths, centerpieces, stone pots, potato bags and so many other items.



Several circles have very interesting programs planned for October. The Dogwood Circle will enjoy a field trip to Jim Love's home for a garden tour of his succulents and other plants. Live Oak, the night circle, will present a program on African Violets with Sharon Gartner on October 23. The Food Park Project with Valerie Herrmann will be the program of the Magnolia Circle on October 9. Guests are welcome at any circle meeting. Please check our website at www.mandaringardenclub.org for meeting times.

The Junior Gardening group will meet at 4:30 p.m. on October 15. Children between the ages of five and 17 are encouraged to join. This group main-

tains the Bumblebee Garden at the rear of the property. The garden is divided into slices of color and is to help teach our younger generation the joy of gardening. The kids who participate in this group really enjoy learning how to grown their own food, flowers and how to create a wildlife habitat. If you have a child or grandchild who might enjoy junior gardening, you can get additional information by calling 268-1192 or emailing info@mandaringardenclub.org.

Happy Fall and don't forget to join us at Mandarin Garden Club on Loretto Road for all of our fun events.

Mandarin Rotary builds another handicap ramp

By Contributing Writer Ladson Montgomery, Mandarin Rotary

On Saturday, August 20 and August 27, Mandarin Rotarians built their second handicap ramp in two months. As one of our many local volunteer projects, we completed the construction of a new handicap ramp for Mr. Robinson



on 14th Street in Jacksonville. The ramp will allow him access in and out of his house so he can get out and about. This is one of many service projects Mandarin Rotary participates in on an annual basis as part of our "giving back to the community."

Rotary is an organization of business and professional leaders united worldwide who provide humanitarian service,

encourage high ethical standards in all vocations and help build good will and peace in the world.

Mandarin Rotary meets every Tuesday at 7:30 a.m. at the Ramada Inn. Future speakers include local political leaders and business people of interest. For additional information about Mandarin Rotary, please contact Brian Register at oregister@insuramerica-fl.com.



Mandarin NewsLine is seeking an Atlantic Coast High School student for a paid position to report this school year on ACHS school sports (*ACHS Sports Roundup*) for our community newspaper.

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United States Coast Guard Auxiliary Update That time of year

By Contributing Writer Ralph Little, Flotilla 14-8

As the water cools and attention to sports grows, boating activity declines. Not entirely so with the Auxiliary. True, one of our signature activities, public education, takes a break for December and January, but that relates more to the preoccupations of big holidays. Autumn will see us engaged in many events – fellowship, training, elections and special events.

Fellowship. As a pillar of membership, monthly meetings include socializing time and refreshments and we often meet at a Mandarin restaurant, Sun game or picnic to relax together. Our December meeting is usually a special holiday dinner.

Training. Our new members now attend a session at USCG Station, Mayport where Coast Guard personnel orient Auxiliary members to the Active Component. Begun in September, a new Boat Crew class will refresh our patrol crews. Other members continue learning through online and live classes for specialties like Vessel Examiner and Radio Watch, as well as basic requirements such as Boating Safety and Emergency Management.

Elections. October brings our annual election of new officers to guide us for the next

year. We get to choose who leads and have opportunities to specialize or change functions as we wish. The ceremony marking the change of leadership is accompanied by a celebratory dinner.

Events. October 19 will find many of us at Epping Forest Yacht Club for an evening sponsored by the North Florida Cruising Club. We will hear insights on the pending globe-circling sail of Dr. Stanley Paris and his 63' Kiwi Spirit, to depart from St. Augustine. We'll have a booth and patrols assisting with security for the NAS Sea and Sky Air Show on October 25-26. Patrols will also work the Florida-Georgia Game on November 1 and the Jacksonville Boat Parade on November 29.

Experienced boat operators teach our About Boating Safety course at the Florida Tackle and Gun Club, located at 9010 San Jose Boulevard. Please call Bob at 721-1346 to reserve a place in either the October 11 class or the final class of the year on November 8. Check our website at <http://SafeBoatingJacksonville.com> for safety issues, vessel exams, weather, float plans and links to boating charts and sites. Meet us there in our great newsletter and see what we do.

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NF Bicycle Club and Flagler College receive grant to implement One Road Campaign

The North Florida Bicycle Club (NFBC) and Flagler College are pleased to announce a CSX Corporation award for \$10,000 in support of the One Road Campaign. One Road, A Cyclist Safety Campaign, is aimed at reducing the number of crashes between motorists and bicyclists in northeast Florida. The campaign is an outgrowth of efforts begun several years ago by Bert Shaw, bicyclists' advocate and general director for NFBC, to improve the safety of cycling in northeast Florida.

Jacksonville and Florida have ranked poorly for years in the Bicycling and Walking Benchmarking Reports. In the 2014 Report Jacksonville ranked 49th worst of the 52 largest cities in the country for bicycle safety. NFBC has addressed

infrastructure (Engineering) concerns through contacts with City of Jacksonville and JTA, county officials and state (FDOT) and regional agencies (NFTPO). Enforcement has been addressed working with JSO. Sorely lacking has been an effective, consistent and sustained Educational effort directed towards both motorists and cyclists in northeast Florida.

The One Road Campaign is an interactive health communication campaign that was designed by Flagler College students under the supervision of Dr. Eric W. Hoffman in a senior level strategic communication campaigns course.

Mark Atkins, MD, president of NFBC, said, "The CSX grant will allow us to immediately air radio spots promoting cycling safety. We are hopeful other

northeast Florida businesses will join CSX in supporting our campaign."

To find out more about the One Road Campaign, visit facebook.com/oneroadcampaign.

North Florida Bicycle Club is a Jacksonville-based recreational cycling club. The NFBC is committed to support bicycling through social activities, education and leadership by example.

For more information on the NFBC, visit www.nfbc.us/.

The Alliance for Biking and Walking in conjunction with the Centers for Disease Control and

Prevention's Healthy Community Design Initiative publishes biennial reports on biking and walking. To find out more about the reports, visit www.bikewalkalliance.org/resources/benchmarking

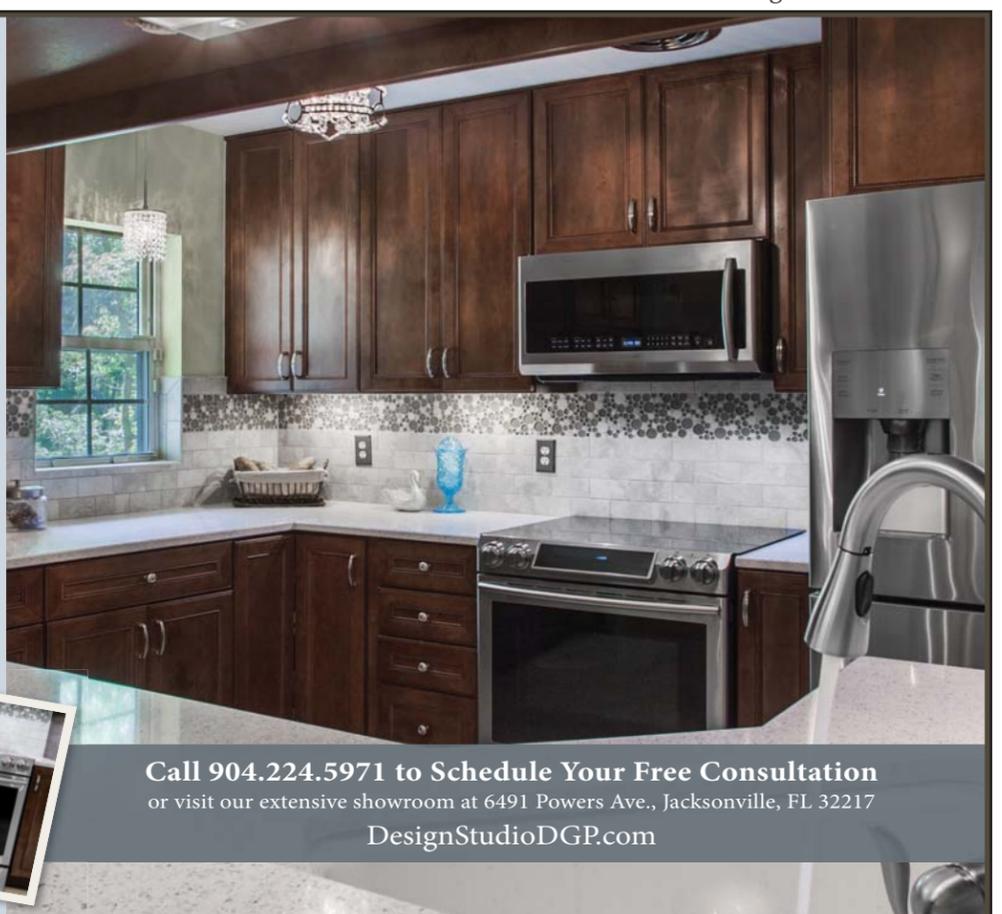
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CCA and Bishop Snyder go pink for Catie

By Cassy Fiano



Captains from both teams are shown with their pink, worn in honor of Catie Carter.

On September 5, Christ Church Academy and Bishop Snyder High School went pink. The two football teams played each other in a special game to celebrate the life of former Christ Church Academy student Catie Carter—and raise funds for a great charity at the same time.

Catie's life changed forever on 9/11 and it was also a life-changing day for Lori Guadagno. Her brother, Richard Guadagno, was on board Flight 93 and after losing her brother, Guadagno moved to Jacksonville and started Art With A Heart in Healthcare. Catie was diagnosed with Stage 4 neuroblastoma at the age of seven on 9/11 and was one of Art With A Heart's very first patients. Art With A Heart's mission is to provide art and art supplies to children in both Wolfson Children's Hospital and Nemours Children's Clinic.

"They helped Catie more than I could possibly tell you," Kerri Carter, her mother, explained. "Her wish was for every child in the hospital to have art and art supplies. It was very important to Catie."

After being diagnosed, Catie fought for almost nine years. Art With A Heart was there every step of the way and Catie flourished.

"She painted a piece that was shown at an art gallery and Mayor Peyton's brother bought it for over \$800 for his office," Carter said.

Catie also participated in other Art With A Heart fundraisers, such as making Christmas ornaments to sell.

"I think it took her mind off of what she was going through and she was really good at it," Carter explained. "So much of her treatment and disease was pain-ridden and it helped take her mind off of that and let her be a regular kid. Even missing as much school as she did, she was still a 'straight A' student."

Tragically, Catie lost her battle at 15, shortly before her 16th birthday. Before her passing, there had been lots of sports games dedicated to her, but now the football game has become an annual tradition. Players on both teams wore pink in Catie's memory. The cheerleaders wore pink rib-



CCA moms with art from Art with at Heart

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bons which said "Catie Cares" in their hair and gave out pink lollipops.

"It was exactly what we hoped it would be, with both teams involved," Carter said.

Christ Church Academy also collected art supplies throughout the week and held a \$2 dress-down day as a fundraiser.

Over 900 bags of art supplies have been donated to Art With A Heart through the annual game in Catie's memory, meaning over 900 children have been touched through Catie's love of art and the support of the schools.

"It's huge, because it touches lives continually," Carter gushed. "One of our nurses talked to us about a patient she had and over the weekend someone left a bag of art supplies for her, which said 'Catie Cares About Art With A Heart.' The little girl tried to give it back to the nurse - she didn't have things like this and it was just a total shock that she was going to be given art supplies that were her very own. Even now, Catie is still giving back."

For more information about Art With A Heart in Healthcare, please visit www.artwithaheart.info/

Full moon!

Many Halloween images are depicted with a full moon in the background. Full moons evoke visions of werewolves bay-ing or vampire bats fluttering by. But a full moon on Halloween is actually quite rare.

A full moon that occurs on Halloween is actually most often a "blue moon," or the second full moon of the month. On average, a full moon appears once every 28 days or the time it takes for the Moon to orbit around Earth and be on the other side of the Sun. Very rarely a blue moon can occur when the full moon appears twice in one month.

The last time a full moon appeared on Halloween was in 2001. The next time Halloween revelers will be treated to a full moon on Halloween is Saturday, October 31, 2020.

Check out the new dollar store in Mandarin!

Not your average dollar store, Vine Dollar is a new locally owned and operated store on San Jose Boulevard in Mandarin near Crown Point Road that has been open for less than a month and is already earning loyal customers. With most items priced at \$1 and no item priced higher than \$9.99, you are sure to find what you're looking for at a great value.

This store features something for everyone from household items, toys and health and beauty items, to gifts, jewelry and more! There is also an excellent selection of gift bags,

cards and balloons to help you celebrate any occasion.

After working in healthcare for 13 years, store owner Ruth needed a change. Following her faith led her to open Vine Dollar. She is excited to start a new career and bring small town charm to busy Mandarin by offering something a little different from the corporate stores.

Stop by and visit Ruth today, where you can shop, chat and slowdown from your hectic day.

Be sure to see their ad in this issue of *Mandarin NewsLine!*

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121 Financial Credit Union - 12250 San Jose Blvd.

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SmartyArtz - 11363 San Jose Blvd.

Jax Fit Body Boot Camp - 10210 San Jose Blvd.

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