This event was "rite of passage" from middle school to high school. Our back tires touched the Gulf of Mexico's salty water; the salt in the air mingled with a soft breeze. There were maybe a thousand thoughts between the 10 bike riders and the two SAG (supplies and gear) team members. Ready, riders and the two SAGs were set before us, split up into two days.

During the last 20 miles it was up to the stronger peddlers to encourage and push the weaker ones up those last hills to the lake house of one of our team. It was an awesome sight to see the whole group going around 19 miles per an hour for the whole of the last eight miles. We kept that speed until we needed to turn and go across the interstate to get on the dirt road leading to the house.

That night we would eat at a steak house and spend some time in the Word of God with our junior high pastor, the man leading the trip teaching us some lessons and giving us some knowledge on living our life for God as we step up into high school.

Saturday would define Sunday. May 2. We had 70 miles to reach Palm Valley Bridge—I hit around 60 mph. On Saturday, May 1, we had to ride 79 miles. Our ride started from Cedar Key, a small oceanfront town on the Gulf of Mexico. If all went as planned we would end up in Starke around two in the afternoon. We met up with our SAG team for a break every 10 to 20 miles. Well it didn’t go according to plan. We had a few flat tires, a hard time getting started and a hard time in general riding a bike for more than a couple of hours at a time.

Meet Mandarin High School’s Volunteer of the Year Brooke Caster

By Amy Olsen

Each year, Mandarin High School honors one student with a Volunteer of the Year award. The 2010 recipient of this award was Brooke Caster, a vivacious senior at Mandarin High who devotes her time to the AICE program, an academic magnet program, the dance team and volunteering. Caster also placed first runner up in the 2010 Miss Mandarin pageant, so she has helped organize the 2011 pageant. However, Caster’s favorite cause to volunteer for is diabetes, because she is a juvenile diabetic.

Brooke does a lot of things for diabetes. She is involved with a charity and she invites all her friends to the events. She really feels like it is her responsibility to help diabetics like herself and in-form people about the cause,” said Fadil Gjvanoivich.

Unfortunately, there are approximately three million Americans like Caster who suffer from juvenile diabetes, which means that every day, 40 children are diagnosed with the disease. The risks associated with diabetes are many and it is the seventh leading cause of death in the United States. Insulin injections treat the disease, but there is no cure—yet.

“It’s good that Brooke wants people to be aware of the facts when it comes to diabetes because it’s sort of an ‘under the table’ charity and nobody really donates to it, so I really appreciate all her efforts,” said Caster.
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The Third Thursday Lecture Series, sponsored by the Mandarin Museum and Historical Society and the Mandarin Community Club, announces the following upcoming programs: June 17, Florida Public Archaeology Network; and July 15, Orange Park Historical Society. All programs take place at the Mandarin Community Club, located at 12447 Mandarin Road. Refreshments are served at 6:30 p.m. with the program/lecture starting at 7:00 p.m. For further information, please contact Andrew Morrow at mandarinmus- eum@bellsouth.net.

The North Florida Acoustic Neuroma Support Group will meet on Monday, June 14 at 9:30 a.m. at Mandarin Republican Club, located at 11924 San Jose Boulevard. For information, please call 287- 8132 or 284-6192 for additional information.

The Mandarin Community Club (MCC) will honor Dr. Bill Bosworth at a tree planting and a tree dedication ceremony on Saturday, June 19. A life member of the club, Dr. Bosworth retired from the university board this year after serving 10 years of service including a term as president in 2002. The ceremony will take place at 4:00 p.m. at the Billiard Com- memorative Park on Brady Road. For further information visit www. mandarincommunityclub.org or call 268-1622.

The June General Meeting of the Star Quilters Guild will be held on Monday, June 14 at 9:30 a.m. in the First Christian Church of Jacksonville, located at 11924 San Jose Boulevard. The program, entitled “Entering Your Quilt in a Quiltfest...the Hows and Why” will be presented by Elaine Stemerski. Visitors are always welcome. For more information, please contact Dot Butler at 642- 6574 and visit us at www.osrgites. com/643/altasquitguild.

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

The River City Women’s Club luncheon meeting will be held on Wednesday, June 16 beginning at 10:30 a.m. at the Ramada, located at 3130 Harley Road. The club will be celebrating their 25th anniversary with the past presidents being honored and “A Walk Down Memory Lane” will be presented. All former members are invited to this silver anniversary celebration. The luncheon cost is $14 and reservations are requested no later than Thursday, June 10. For additional information or to make a reservation, please contact 262-8719.

The Mandarin Museum and Historical Society will host its annual fundraiser on Saturday, June 12, starting at 5:00 p.m. The country/western themed event will be held at the Needland Farms and Castle Company, located at 2202 Bishop Estate Road in NW St Johns County. The event will feature country food, silent auction and music by Grandpa’s Cough Medicine. Tickets are $100 for couples ($75 per couple for muse- um members) and $65 for single tickets ($50 for members). For more information or to purchase tickets, please contact the Mandarin Museum and Historical Society at 268-0784 or email at mandarin- museum@bellsouth.net.

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

Tickets for the Year of the Priest dinner at St. Joseph’s Church are sold out for June 6. The Italian American Club will provide a deli- cious dinner for over 300 people for this special occasion. There will be a 5th Annual Dance at the club in June which is open to all who wish to attend. For further details, please call the club at 268-2882.

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

The next meeting for the South Jacksonville Republican Club will be on Saturday, June 19 at the Mandarin Republican Headquarters located at 10029 San Jose Boulevard South in the Crown Point Shopping Center. The breakfast social will begin at 9:30 a.m. followed by the club meeting at 10:00 a.m. Breakfast will be provided at a cost of $5 a plate. The guest speaker will be a representative of the Jacksonville Sheriff Department who will discuss the current crime situation in Jacksonville and some future steps that are being employed to stop crime in the area. If you are a Republican candidate, and would like to introduce yourself to our club members, please attend.

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Mandarin Museum and Historical Society

The Old Mandarin Village Museum and Library is located at 11924 San Jose Boulevard, Mandarin. The Museum is open Wednesday at 10:00 a.m. and Thursday, Friday and Saturday at 2:00 p.m. with the program/lecture starting at 2:30 p.m. with the museum members ($15 per person for mu- seum members) and $20 for single tickets ($15 for members). For more information or to purchase tickets, please contact the Mandarin Museum and Historical Society at 268-0784 or email at mandarin- museum@bellsouth.net.

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School District Journal
By Contributing Writer Thomas Hazouri
School Board Representative, District 7

Zachary Champagne, a fourth grade math/science teacher at Mandarin Oaks Elementary School, has been named Duval County’s 2010 Teacher of the Year. Champagne was among 160 Teachers of the Year selected by each school in the district. He has been teaching for 11 years, the last eight years being at Mandarin Oaks. He received the highest honor for teachers of mathematics in 2007 when he was presented with the Presidential Award for Excellence in Mathematics and Science Teaching. Champagne is also president of the Duval Elementary Math Council, a board member of the Florida Council of Leaders of Mathematics and an adjunct professor at the University of North Florida.

Our Mandarin schools Teachers of the Year for 2010 are: Elizabeth Dix – Bartram Springs Elementary School; Patricia Ceballos – Crown Point Elementary School; Shira Saltman – Greenland Pines Elementary School; Patricia Miranda – Loretta Elementary School; Zachary Champagne – Mandarin Oaks Elementary School; Catherine Allison-Fenner – Mandarin Middle School; and Katherine Nesudolo – Mandarin High School.

Congratulations to these excellent teachers, their principals and fellow teachers in their selection. Every year our district selects teachers from every school. But know that all of us appreciate every teacher, their professionalism and the great work they do for our students. Now, a very special congratulations to Zach Champagne, again, as he has now been selected as one of the five finalists for the 2010 Florida Department of Education Teacher of the Year. The state’s 2010 Teacher of the Year will be selected at Universal Studios in Orlando in June.

Now that the legislature has concluded its 2010 legislative session, the board can finally put its budget together. While Duval County’s budget was expected to suffer from last year’s legislative funding, we are fast but deliberate, at work hammering out our 2010-11 budget. The superintendent has his directive from the board: at least try to maintain our programs at last year’s level and continue to prioritize reading, art, music and P.E.

This year will take another miracle and that being with budget dollars the legislature continues to undermine. That doesn’t just include our district, but every district (67 total) in the state.

The superintendent’s community meetings held this spring (the last one at Mandarin High School), coupled with community, teachers and staff input, will help guide the board and superintendent as we continue preparing for our children’s future.

Students are just around the corner. Mandarin High School will hold its graduation ceremony on June 11 at 5:00 p.m. at the Jacksonville Veterans Arena. Over 600 of our Mandarin High seniors will graduate.

On the last day of school, June 11, 2010, dismissal times for students who walk or ride the bus to Mandarin area schools are listed below:

Elementary schools: 12:00 noon
Middle schools: 1:00 p.m.
High schools: 10:15 a.m. (Exceptions: Douglas Anderson, 12:55 p.m.; Paxon Advanced Studies, 11:30 a.m.; Stanton, 11:40 a.m.)

Any other special program not listed resumes three hours earlier than normal days. Lunch will be provided at all schools on the last day.

Important Dates:
- June 2: School Board meeting
- June 11: Last day of school for students
- June 14-15: Last days of post-planning for teachers

Thought for the Day:
We all need someone who inspires us to do better than we know how.

- Tommy Hazouri

Local grocery store helps North Florida Land Trust

Since April 12, customers bring their own shopping bags to Whole Foods Market in Mandarin receive 10 cents per bag or can choose to donate the refund to one of two charities. At store registers, cashiers ask customers if they would like to donate the funds to the Whole Planet Foundation or North Florida Land Trust (NFLT) until July 5, 2010.

“ ‘We are thrilled that this national, well-known natural food grocery chain would honor us by being a corporate sponsor,’ says Michael Langton, president of NFLT.

The mission of the North Florida Land Trust is to preserve and protect natural areas and lands adjacent to our watersheds in Northeast Florida. Preservation benefits our community by adding to quality of life values for the residents of our community, preserving precious habitat and the rural character of Northeast Florida for future generations. The Jacksonville-based group works in seven counties in Northeast Florida and its efforts have made sure that over 1,100 acres will be conserved permanently.

Langton says this is an excellent time to form this partnership with the group is working against a tight deadline to create a northern access to the Guana preserve, located in Ponte Vedra at the old Oak House property. The facility will provide outdoor recreational support and an eco-educational center for the community.

The Whole Planet Foundation is a private, nonprofit organization established by Whole Foods Market, providing grants to microfinance institutions in Latin America, Africa and Asia who in turn develop and offer microenterprise loan programs, training and other financial services to the self-employed poor.

The Whole Foods Market, Jacksonville store is now accepting applications for the following three month period scheduled to begin July 5, 2010. To apply, 501(c)(3) non-profit organizations are asked to contact the store or pick up an application at the store’s customer service desk.

Coast to Coast cont. from pg. 1
Another top notch innovation from the most trusted name in ladders.

Introducing the Lock-In Accessory System - the latest innovation from Werner that allows you to customize your ladder top. With the Werner Lock-In System you can expand your work surface and safely secure your tools at the top of the ladder, where you need them. It’s another great feature to increase your productivity helping to make a hard day’s work just a little easier. One more reason why Werner is the most trusted name in professional ladders.

Fits select Werner product.
Many of you may have seen the recent media coverage regarding the budget shortfall we will experience for the remainder of this fiscal year. When we passed the budget in September 2009 for the 2009-2010 fiscal year, it was anticipated that during the course of the year we would be able to bring closure to the negotiations with all of the city unions and that we would realize the savings from the 3 percent across the board wage cuts that the city put on the bargaining table. The negotiations resulted in impasse with the major- ity of the unions and that will require the City Council to act as the final arbiter of the wage issues. However, that will not occur until sometime over the summer.

As such, we have a $12 million dollar hole that needs to be ad- dressed now. What we are looking at are temporary reductions of li- beral maintenance in our city parks. works projects and reducing gen-

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 Hey, Dad! You can still make a difference in your daughter's life. I've been working with Hubbard House for quite some time and it is one of the most positive experiences I have had in my career. The Hubbard House Domestic Violence Hotline is one of the most effective ways to intervene in the lives of individuals affected by domestic violence. If you are interested in finding out more about this program or in becoming a volunteer, please call 354-3114.

Congratulations to the Class of 2010! from your friends at Mandarin NewsLine
The weather is warming up, the school year is coming to a close and now is a perfect time to review some important summertime tips to prevent crimes of opportunity: “Garaging”. It’s a beautiful day and you’ve decided to get some lawn and garden work done...maybe clear out the garage and get ready for a yard sale... halfway through the project you go to the house for a cold drink and to rest awhile...and you’ve left the garage door wide open for “just a few minutes.” This is a perfect opportunity for thieves to grab those garden tools and that edger and mower and before you can put your empty lemonade glass in the sink...they’ve got your stuff and are taking off to go sell it or even into your home uninvited...and no one in sight. What is just a few minutes for a thief cruising a neighborhood? “Garaging.” Opportunity knocks on your door wide open for “just a few minutes” and leave innocents unable to get jobs or loans. They can steal mail, taking information. Absolutely no information about noteworthy arrests, crime alerts and other important information.

Finally, summer is a perfect time to join a Sheriff’s Advisory Council and a Neighborhood/Business Watch group. These groups are very welcoming and have a special program in August, with the National Night Out event. This is one night were neighbors band together to show their solidarity against crime and their pledge to let the police know about it. Many groups have cook outs and covered dessert suppers. It’s a great way to get to know your neighbor and work with the JSO to create the community engagement that has been so successful in driving down the crime rate in 2009! Again, the details for all this and much more, are available on our website at www.jacksonville.org or you can call the Community Affairs Division at 630-2160 to request a crime prevention speaker or you can call the Community Affairs Division at 630-2160 to learn more about these topics or to report a crime prevention speaker at your next meeting or event.

Have a safe summer in 2010!
New weight loss clinic opens

A new physician-supervised weight loss clinic will be opening within Doctors Sekine, Rainer and Brock’s office on San Jose Boulevard in Mandarin in June. Medi-Weightloss Clinics® offers a physician-supervised three-phase weight management program. The medical staff is trained to guide each personalized plan that helps patients reach their weight goal and maintain it. Programs are specifically designed for men, women and adolescents.

The program was developed based on the five keys to wellness:

- Medicine
- Nutrition
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- Education, and
- Motivation

An initial consultation includes a medical examination to evaluate your current health status. The physicians conduct a comprehensive blood panel, blood pressure reading, EKG, weight and body fat index and review your health history and personal health concerns. They assess your weight loss goals and develop a weight loss plan specifically for you. After your initial consultation, the team of medical professionals will meet with you on a weekly basis to provide support, education, and the tools you need to help you reach your goal weight. Medi-Weightloss Clinics® provides resources to help their patients learn how to live a healthier lifestyle and keep the weight off for life. Unlike other programs, there are no contracts to sign and no packaged meals to purchase.

Doctors Sekine, Rainer and Brock invite you to visit with their operations manager. She will show you that unlike many other weight loss programs, Medi-Weightloss Clinics includes an extensive program to help patients regain healthy living. The staff is committed to teaching people how to improve their quality of life!

Increase productivity with new ladder lock-in accessory system

Werner Ladder has always been on the cutting edge of product innovation, designing ladders and accessories that make the lives of professionals who use ladders every day easier. Werner’s new Lock-In accessory system is no different. By taking advantage of these accessories that are designed to work with the HolsterTop® found on new Werner Type I and IA fiberglass ladders, you’ll make fewer trips up and down the ladder to get the tools or parts you need. Less climbing means improved productivity and increased safety.

The HolsterTop itself has a unique design that holds a tape measure, screwdrivers, small parts and much more securely and keeps them in reach. It also has a specially designed holster to hold a drill, hand tools and slots to hold a one-gallon paint can and a paint roller tray.

Once you insert Werner’s Lock-In accessories into the HolsterTop’s socket holes, you can lock them in place, use them and be on your way. Additional accessories that are compatible with new Werner Type I and IA fiberglass stepladders and the HolsterTop are exclusive to Werner ladders.

Werner’s Lock-In accessories are compatible with new Werner Type I and IA fiberglass stepladders and the HolsterTop is exclusive to Werner ladders.

Junior Achievement achievement cont. from page 1

The day was so successful that Principal LaTonya McNeal has requested that the Southside Business Men’s Club and Junior Achievement return to the school again next year.

Southside Business Men’s Club is one of the oldest and largest business clubs in the state of Florida. It was founded in 1932. Currently there are almost 400 members. The club meets at the San Jose County Club every Wednesday at 12:00 noon. Visitors are welcome.

Junior Achievement is the world’s largest non-profit organization that prepares students to be lifelong learners and responsible citizens who are the economic future of our community. Founded in 1919, it is now global and reached over nine million students last year. Junior Achievement programs target career exploration, financial literacy and entrepreneurship.

The teaming of these two groups brings to the community and our schools a unique set of talents—business men and women who have the day to day experience which brings credibility to the lessons, with Junior Achievement providing the platform and access to the young minds who are the economic future of our community. Mandarin NewsLine is grateful for the opportunity to have participated in the day’s teaching experience.
How to have a safe and fun summer road trip.

Perform maintenance on your vehicle. Have your vehicle, RV or travel trailer well inspected and serviced before you leave. Check fluid levels, belts, fan belts, hoses, filters, tires and brakes. Make sure your spare tire is usable and if you’ll be traveling over a rough, gravel roads consider taking along more than one spare tire.

Pack the vehicle for safety and fun. While a summer road trip can be a lot of fun, there will also be times when being in the vehicle for several hours together could get tiring. To ensure everyone stays in good spirits, pack a few items of entertainment and travel-friendly snacks like pretzels, animal crackers, raisins, cereal, fruit, granola bars and trail mix. Stop at grocery stores along the way and stock up on bottled drinks, sandwich supplies and ice.

Keep trip expenses in check. Fuel for your vehicle will be one of the most important expenses for recreation and education. Pellicer Creek has been designated as a State Canoe Trail.

Preparation before repeating entire stretch.

By Molly McKinney

Nearby Getaways: Princess Place Preserve

Princess Place Preserve not only has an intriguing history, it is the site for Flagler County’s oldest standing structure. This preserve, originally named Cherokee Grove, began as a land grant to Francisco Pellicer from the King of Spain in 1791. In 1866 it became home to the state’s first ever orange grove and Henry Curtin added to its fame that year by building an Adirondack camp style hunting lodge. This style was mostly found in states like New York and never Florida, so its uniqueness gave Cherokee Grove a lasting impression on those who came by.

After Curtin died, his now-widowed wife married an ex-Russian prince, Boris Scherbatow and they made Cherokee Grove a popular entertainment spot for travelers from abroad and from the eastern United States. Thus, Cherokee Grove became known as Princess Place. It passed through several other sets of hands up until the 1990s, when it was purchased by the state of Florida to be preserved and rehabilitated. Today, the name Princess Place Preserve can be found in the National Register of Historic Places.

Princess Place Preserve is perfect for recreation and education. Its location at the meeting of Pellicer Creek and the Matanzas River allows it to have several varying ecosystems all contained in its large expanse. There can be found everything from saltwater marshes to oak hammocks, both natural and man-made. Recently the presence of the Preserve drew the attention of the National Estuarine Research Reserve of the United States and the Matanzas River became the 23rd reserve of this organization. Pellicer Creek has been selected as an Outstanding Florida Water and a State Canoe Trail.

Today, Princess Place Preserve, with its rich history and 1,500 pristine acres attracts nature enthusiasts from near and far. Visitors can take in the environment on one of the many hiking trails, spend time fishing in the salt marshes along the Matanzas River and Pellicer Creek or camp out under the stars. The Preserve is a popular spot for equestrian enthusiasts. With an equestrian campsite and plenty of riding trails it is easy to escape nature while enjoying a ride. The picnic area at the lodge may be reserved. Please call (386) 313-6020 for more information.

If you go: Princess Place Preserve is located at 2500 Princess Place Road in Palm Coast, Florida, just off Old Kings Road in north Flagler County. Visit www.flaglercounty.org and select Parks and Preserves for more information.

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Two stretches for cubicle fitness

Like athletes, office workers need condition themselves for the rigors of their job. Here are two easy exercises to keep in shape at your desk:

**Stretch #1** (helps to loosen muscles in your hands, wrists and forearms):
- Separate and stretch your fingers until you feel tension.
- Feel the stretch. Then relax.
- Bend your fingers at the knuckles.
- Hold for 10 seconds.
- Separate and stretch your fingers again and hold for 10 seconds.

**Stretch #2** (helps stretch muscles in your arms and upper back):
- Place your hands behind your head.
- Turn palms away from you as you straighten arms in front of you at chest or shoulder height.
- Feel the stretch in arms and through upper part of shoulder blades.
- Hold for 10 to 20 seconds.
- Relax before repeating entire stretch.

By Akram H. Haddad

**National Sun Safety Week, June 1-7**
As much as 80 percent of our exposure to the sun happens before we’re 18 years old. National Sun Safety Week is part of a campaign to reduce the incidence of skin cancer in the United States. Sponsored by the Sun Safety Alliance: www.sunsafetyalliance.org

**Tuo stretches for cubicle fitness**

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Detect skin cancer early when it’s most curable

(ARA) - Do you know your skin? Beyond your face and hands, which you probably look at every day, do you know what the skin on the inside of your arms or the bottom of your feet looks like? It’s important to know what your skin looks like—every inch of it—so that if a suspicious lesion appears or a mole starts to change, you can make an appointment with a dermatologist to be checked for skin cancer.

The American Academy of Dermatology (AAD) has two tools available to ensure that you get to know your skin: instructions for skin self-exams and a free skin cancer screening program.

“Substantially more than one million new cases of skin cancer will be diagnosed each year,” said dermatologist Dr. William D. James, president of the American Academy of Dermatology. “Fortunately, when detected in its earliest stages, skin cancer—melanoma, the dreaded form—is highly curable. Skin self-exams and skin cancer screenings are important ways to detect the early warning signs of skin cancer and ensure prompt treatment from a dermatologist.”

It is vital for everyone to perform regular self-exams to look for moles that are growing or changing, or for any unusual marks that could be a sign of skin cancer. A skin self-examination consists of looking over your entire body, including the back, scalp, soles, between the toes and on the palms. To do a thorough skin exam, find a well-lit location and use both full-length and hand-held mirrors so it is possible to see the back of the head, back and buttocks.

While studying your skin, it’s a good idea to keep the ABCDEs of skin cancer screening program.

- Asymmetry (one half unlike the other)
- Border (irregular, scalloped or poorly defined)
- Color (varies from one area to another, shades of tan and brown, black; sometimes white, red or blue)
- Diameter (the size of a pencil eraser or larger)
- Evolving (a mole or skin lesion that looks different from the rest or is changing in size, shape or color)

If you notice any changes in the size, color, shape or texture of a mole, the development of a new mole or any other unusual changes in the skin, you should make an appointment with a dermatologist immediately.

In addition, the AAD’s National Skin Cancer Screening Program provides free skin cancer screenings in local communities and teaches people how to conduct skin self-examinations. Since 1985, dermatologists have screened more than two million people at no cost and detected more than 188,000 suspicious lesions, including approximately 21,500 suspected melanomas.

Since sun exposure is the most preventable risk factor for all skin cancers, the AAD recommends that everyone “Be Sun Smart” by following these tips:

- GENEROUSLY APPLY SUNSCREEN WITH A SUN PROTECTION FACTOR (SPF) OF AT LEAST 30 THAT PROVIDES BROAD-SPECTRUM PROTECTION FROM BOTH ULTRAVIOLET A (UVA) AND ULTRAVIOLET B (UVB) RAYS. RE-APPLY APPROXIMATELY EVERY TWO HOURS, EVEN ON CLOUDY DAYS AND AFTER SWIMMING OR SWEATING.
- WEAR PROTECTIVE CLOTHING, SUCH AS A LONG-SLEEVED SHIRT, PANTS, A WIDE-BRIMMED HAT AND SUNGLASSES, AS WELL AS PROTECTIVE EYEWEAR.
- PROTECT CHILDREN FROM THE SUN: BE SURE TO PLAY IN THE SHADY PARTS OF THE DAY AND USE SUNDRENCHED CLOTHING AND APPLY SUNSCREEN.
- GET VITAMIN D SAFELY THROUGH A HEALTHY DIET THAT INCLUDES FISH AND MILK PRODUCTS.
- WEAR PROTECTIVE CLOTHING, SUCH AS A LONG-SLEEVED SHIRT, PANTS, A WIDE-BRIMMED HAT AND SUNGLASSES, AS WELL AS PROTECTIVE EYEWEAR.
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Nearby Getaways: Devil’s Millhopper
By Molly McKinney

Located in Gainesville, a great preserve is Devil’s Millhopper, a 500-foot-wide, 120-foot deep sinkhole that was created when an underground cavern roof collapsed nearly 14,000 years ago. Devil’s Millhopper Geological State Park is a beautiful preserve of nature, made accessible by convenient boardwalks and trails. A set of 253 wooden steps lead to the bottom of the sinkhole and what appears to be a miniature rain forest. Small streams trickle down the steep slopes of the limestone sinkhole, disappearing through crevices in the ground and lush vegetation thrives in the shade of the walls even in dry summers.

The preserve is a National Natural Landmark that gets its name from the way the cavern collapsed in a funnel shape that resembles the “hopper” farmers used to use to graze grain on in the 1800s and there is a legend that the millhopper fed to bodies to the devil. Since the roof of the sinkhole was literally littered with fossils and bones, early explorers named it Devil’s Millhopper.

The plants and animals that live there are the same kind as those that live in Appalachia, bringing a bit of the north to our tropical state. The great amount of fossils has provided researches and geologists with invaluable information pertaining to Florida’s past.

Guided tours are available on Saturdays, but the park is also open to those who wish to peruse its boundaries freely. The park itself is 63 acres and a full half-mile of nature trails guide hikers along the rim of the sinkhole and the boardwalk will be followed all the way to the bottom. There’s also a visitor’s center that offers a mass of education about the nature and history of Devil’s Millhopper.

The park is open from 9:00 a.m. to 5:00 p.m. Wednesday to Sunday, however, they are closed Monday and Tuesday. To get there, take 1-75 to County Road 222 (Milepost Exit 390, Old Exit 77) and drive east 7.8 miles. At 43rd Street, turn left. At the next traffic light, turn left onto Millhopper Road and the park entrance is about 1,000 feet beyond that on the right. There is a small parking fee. For more information, please visit www.floridastate-parks.org/devilsmillhopper.

Summer ignites Americans’ thrill to grill

Six-out-of-ten Americans say they can’t wait to fire up the grill and kick off the peak outdoor cooking season, according to a new poll conducted by the Hearth, Patio and Barbecue Association (HPBA). In fact, nearly 90 percent say they plan to enjoy grilled food in their own backyard during the warmer months, indicating that Americans are ready to shake off the winter blues and get a taste of summer.

“After an especially brutal winter nationwide, people are ready to cook outside and enjoy the outdoors,” said Leslie Wheeler, HPBA’s director of communications. “While we are seeing an increase in grilling year round, it still remains the quintessential summer pastime. The warmer months bring people together around the grill for outdoor entertainment and delicious food with the benefits of ease and affordability.”

While grilling is a shared pastime, HPBA’s 2010 National Barbecue Month poll reveals that the way Americans dress up or strip down to grill vary as widely as the people who use them. The nationwide poll shows America’s grilling profile and consumer taste preferences.

Dress up or strip down? When it comes to enjoying a meal from the grill, 65 percent of Americans like to “dress it up” with a sauce, marinade or seasoning and 21 percent prefer to “strip it down” and enjoy grilled food au natural.

Some like it hot! Men more than women say they like to turn up the heat with spicy sauce or steak sauce on their grilled meats (42 percent vs. 31 percent). When it comes to grill-side manner, most adults report that they are “all about the meat” (29 percent) or “all natural” (24 percent), followed by “spicy or saucy” (19 percent), adventurous (16 percent) and timid (6 percent).

Top toppings for hamburgers and other grilled meat or vegetable sandwiches:

In the battle of the bottles, consumers report they use ketchup most often (66 percent of respondents), with mustard (62 percent of respondents) close behind. Two-out-of-five Americans say “add cheese, please!” Overall, 74 percent of Americans add lettuce, onion and/or tomato. Women lean toward the veggies more than men (80 percent of respondents vs. 68 percent). Seventy percent of adults say they are all about the buns and prefer a traditional bun to complete their grilled sandwiches.

No matter the preference for mustard or ketchup, bun or none. Americans agree that grilling provides an easy, cost-effective way to get out of the house and enjoybetter tasting food during the warmer months. Specifically, Americans say the top pay-offs of grilling versus eating out or oven cooked meals include:

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No matter the preference for mustard or ketchup, bun or none. Americans agree that grilling provides an easy, cost-effective way to get out of the house and enjoy better tasting food during the warmer months. Specifically, Americans say the top pay-offs of grilling versus eating out or oven cooked meals include:

More flavorful food (81 percent of respondents)
Inexpensive compared to eating out (76 percent of respondents)
Easier clean up (67 percent of respondents)
Healthier (64 percent of respondents)
Less cooking time (53 percent of respondents)

74 percent plan to enjoy grilled food at a friend or relative’s house, 42 percent while picnicking, 39 percent while camping and 20 percent while tailgating.

“Now with more accessories and products for grilling on the go, people are taking the benefits of outdoor cooking beyond the backyard and making any event into a special meal,” adds Wheeler.

The new poll reports that most adults plan to enjoy barbecuing outside of the home this summer:

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Congratulations to the new officers of the Mandarin Women’s Club: Susan Rezsonya – Treasurer; Mimi Grenville – Secretary; Dolly Smoothers – Fourth Vice President, Activities; Tamara McKay – President; Laura Castigelli – Third Vice President, Luncheon Arrangements; Sandy Reynolds – Second Vice President, Programs; Kay Galluzzo, First Vice President, Membership. Absent is Sylvia Barrett – Parliamentarian. For more information about the Mandarin Women’s Club, please call Kay Galluzzo at 521-2524.

Fast paced Daytona

By Contributing Travel Writer Debi Lander

Daytona Beach lies just 90 miles to our south, so a summer-time day trip works well for a family. Known as the Birthplace of Speed, the Daytona 500 auto race will be held on July 3 this year. But, the interactive race-themed attraction, the Daytona 500 Experience is open daily to lure visitors with personal thrills.

Now, I admit I’m not into NASCAR, but that doesn’t matter. Just about anyone would find the action-packed place fun. Admission includes a Speedway Tour via a tram that rolls along the upper rim and lower edge of the asphalt course. The banked 31-degree turns are so steep that cars traveling under 80 miles per hour will slip off. The dramatic incline, as seen from the field, looks much more alarming than what you see on TV. You get a racer’s view of the two and a half mile tri-oval NASCAR course and the 3.56 mile road course used by Grand-Am sports cars and motorcycles. The tour includes the pit area and Victory Lane where kids seemed to love posing with their arms up.

To get a true feel for racing try Acceleration Alley, a head-to-head simulated race that puts you in the driver’s seat. Eight cars are lined up in front of a video screen. Each person gets into their race, adjust seats for height and distance to the pedals, clicks on a seat belt which closes and locks the doors, then waits to hear the announcer say, “Gentlemen, start your engines.”

I flipped a switch and floored it. Except, dumb me, forgot about following the pace car. I rammed into its rear, causing me to flip and roll! Well, not really, but the simulation was amazing. Once my car righted, I re-entered the track and let it rip. I zoomed around slower cars, but nearly smacked into the wall. I tried to remember everything racing champion Hurley Haywood had taught me when I attended Porsche Driving School. I could hear his warning to not over-steer, especially when trying to avoid an obstacle. I held my line steady and nudged past another car, three of us just inches apart on the track. Whew! The experience feels authentic and is totally alarming than what you see on TV. Just imagine what it would be like to beat the clock on a tire change.

“Gentlemen, start your engines.”

Brooke Caster cont. from pg. 1

hope that through her efforts more people will care and we can work toward a cure,” said fellow classmate and diabetic Justin Wright.

To help find a cure, Caster has become an active volunteer with the American Diabetes Association. Founded in 1940, the American Diabetes Association’s goals include finding a cure, supporting diabetics and informing the public about the disease. For the past four years, Caster has volunteered at a special outreach of the American Diabetes Association, Camp Jada, a camp for children with diabetes.

“Jada and I were at the Daytona 500 because I love helping out young diabetics to help them realize that they are not the only ones who have diabetes at their age and to help them know that they can be whatever they dream to be even though they have diabetes,” shared Caster.

Through her efforts at the American Diabetes Association and other charitable pursuits, Caster has spent over 600 hours volunteer- ing in high school. However, more than the quantity of hours she has invested in the community, it is her determination to fight diabetes and her big heart that qualifies her to be the volunteer of the year.

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With enthusiasm, dedication, and determination to battle diabetes and more than the quantity of hours she has invested in the community, she has helped shape the lives of children and adults with diabetes.

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Nearby Getaways: St. Augustine forts
By Martie Thompson

Certainly a list of “one tank of gas” getaways has to include a trip to the Nation’s Oldest City, located a brief car trip to our south. You’ve probably explored the historic district of St. Augustine (well worth a trip) and maybe even the beautiful beaches located over the Bridge of Lions. But how about a trip back in history to the Castillo de San Marcos and Fort Matanzas?

Castillo de San Marcos is located on the shores of the Matanzas River in the heart of the historic district. After the city of St. Augustine was founded by the Spanish in 1565, the city was defended by nine wooden forts in its first 100 years. But after an attack in 1668 by the English pirate Robert Searle, it was decided by Mariana, Queen Regent of Spain, that a masonry fortification needed to be constructed to protect the city. In October 1672, construction began on the fort that would become the Castillo de San Marcos. The Castillo is a masonry star fort made of a stone called coquina, literally “little shells,” made of ancient shells that have bonded together to form a type of stone similar to limestone. Construction lasted 23 years and was completed in 1695.

Today, the Castillo comes alive with a brief car trip to our south. You’ve probably been to the beach, but how about a trip back in history to the Castillo de San Marcos? It’s a trip back in time to 1672 when construction began on the fort that would become the Castillo de San Marcos. The Castillo is a masonry star fort made of a stone called coquina, literally “little shells,” made of ancient shells that have bonded together to form a type of stone similar to limestone. Construction lasted 23 years and was completed in 1695.

Today, the Castillo comes alive for visitors hoping to learn about our history through a wide range of programs which include historical reenactments, ranger talks, museum exhibits, historical weapons demonstrations and special events.

Approximately 12 miles south on the Matanzas River lies the smaller Fort Matanzas National Monument. Built as part of the outer defenses to St. Augustine, Fort Matanzas offers both historical insights and natural barrier island beauty. Back in 1740, Governor James Oglethorpe of Georgia used the inlet to blockade St. Augustine and launch a 39 day siege. St. Augustine endured the siege but the Spanish realized the need to protect the inlet. Thus, Fort Matanzas was constructed on Rattlesnake Island with a commanding position over Matanzas Inlet in 1742.

Today, the National Park Service offers ferry rides across the Matanzas River to the fort as well as fort tours, history talks and nature walks.

If you go... The Castillo de San Marcos is open to the public from 8:45 a.m. to 5:15 p.m. every day of the year except December 25. The ticket booth closes at 4:45 p.m. The Park grounds are closed from midnight until 5:30 a.m. The Castillo de San Marcos is located at 1 South Castillo Drive in St. Augustine. Fort Matanzas National Monument is open every day of the year except December 25 from 9:00 a.m. to 5:30 p.m. and is located at 8635 A1A South in St. Augustine. For additional information about both forts, visit www.nps.gov/cast

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Springtime in the gardens of Savannah and nearby Tybee Island

By Contributing Travel Writer Debi Lander

**Seductive Savannah, Georgia’s first city, beckons with stature: iron fences and balconies adorn stately antebellum mansions, renovated townhouses abut cobblestone streets; green squares blossom and aged live oaks drip with Spanish moss. She flaunts mystery with tales of murder and ghosts. Neighboring Tybee Island, a 20-minute drive, bears an altogether different aura, tempting visitors with tiny raised cottages, marsh grass, tidal beaches and sea breezes. Where Savannah displays Southern charm and elegance, Tybee prefers laid back relaxation. Both vacation spots are approximately two hours from Jacksonville, offer ideal getaways.**

Savannah’s historic district is divided into a grid. Walk or hop on a tour bus to review her past and visit expensive antique shops, quirky boutiques or art museums. Fans of John Berendt’s Midnight in the Garden of Good and Evil will enjoy touring sites from the book, including The Pink House, serves elegant southern cuisine. If you want to splurge check into The Mansion on Forsyth Park or consider numerous bed-and-breakfast inns at www.historicsofsavannah.com.

Cross the causeway and let your hair down. Tybee Island boasts Fort Pulaski and Tybee Lighthouse, the tallest lighthouse in Georgia. Sign on for deep-sea fishing charters, perhaps a dolphin cruise, rent a bike or kayak, bird-watch, surf or simply rest on her shores. The beach is perfect for dibble sandcastles and many couples choose to wed along its 13 miles of sandy dunes.

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**Book Review**

Alex Cross’s Trial


Review by T.G. Stanton

From Washington D.C. to Eudora, Mississippi in the early 1990s, the times they are a chang-ing…or at least President Ros-venvelt intends for them to begin the change process. Ben Corbett is a Washington attorney who was in the army, serving with Teddy Roosevelt. This young lawyer is well known for cases that serve those who cannot help themselves. He is also from Eudora, where there have been many reports of unexplained situations. These occurrences are increasing in frequency across the country, but here is a chance for changes to hap-pen and Ben is sent to investigate by his previous commander and now President.

Estranged from his father and returning home being challenges to Ben. He is sent to find out if the black community is truly plagued by those who harass, torture and Lynch. Here Ben meets Alex Cross, great-uncle, Abraham and his granddaughter Moody. These folks will change Ben’s world. Moody teaches him that truth and justice do not always go hand-in-hand and Abraham guides him through one of the most meaningful situa-tions of his life.

His family situations are strained as he takes on yet an-other crisis. The knight-in-shining armor mantel he has worn through much of his career will be tested and befriended re-examined. Eudora is proving to be a place where old friends are now members of the Klan or not to be trusted and new friends are supportive in dangerous situations. The discoveries made by Ben lead him to find the true meaning of being lynched and how trials in small towns can be manipulated and still present a chance for change.

James Patterson is writing many novels now, guiding new novelists through the various genres of novels he writes. This book has much less personality than many other Cross novels and moves slowly. The characters have some charm and believability for today, but are hard to place in the early 1990s. Though there were hints of Patterson’s normal Cross novels, this new writer should maybe try another path.

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**If you go: please visit www.SavannahVisit.com.**

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**St. Johns River Water Management District**

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Alex Cross’s Trial


Review by T.G. Stanton

From Washington D.C. to Eudora, Mississippi in the early 1990s, the times they are a chang-ing…or at least President Ros-venvelt intends for them to begin the change process. Ben Corbett is a Washington attorney who was in the army, serving with Teddy Roosevelt. This young lawyer is well known for cases that serve those who cannot help themselves. He is also from Eudora, where there have been many reports of unexplained situations. These occurrences are increasing in frequency across the country, but here is a chance for changes to hap-pen and Ben is sent to investigate by his previous commander and now President.

Estranged from his father and returning home being challenges to Ben. He is sent to find out if the black community is truly plagued by those who harass, torture and Lynch. Here Ben meets Alex Cross, great-uncle, Abraham and his granddaughter Moody. These folks will change Ben’s world. Moody teaches him that truth and justice do not always go hand-in-hand and Abraham guides him through one of the most meaningful situa-tions of his life.

His family situations are strained as he takes on yet an-other crisis. The knight-in-shining armor mantel he has worn through much of his career will be tested and befriended re-examined. Eudora is proving to be a place where old friends are now members of the Klan or not to be trusted and new friends are supportive in dangerous situations. The discoveries made by Ben lead him to find the true meaning of being lynched and how trials in small towns can be manipulated and still present a chance for change.

James Patterson is writing many novels now, guiding new novelists through the various genres of novels he writes. This book has much less personality than many other Cross novels and moves slowly. The characters have some charm and believability for today, but are hard to place in the early 1990s. Though there were hints of Patterson’s normal Cross novels, this new writer should maybe try another path.

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Mandarin Christian School celebrates 15 years, kicks off capital campaign
By Contributing Writer Chantelle Kammerdiener

The corner Old St. Augustine and Livingston roads has been a bustling site in the community since Mandarin Christian School opened its doors in 1995 and on the evening of April 16, it was especially busy with festivities celebrating the school’s first 15 years. The evening featured a fine arts gala with performances from the Off ensemble, All Kids Chorus, band, dance team and drama program as well as exhibits of the students’ artwork.

“Our Fine Arts Department made sure that every student’s talents were showcased at the gala,” said Mary Street Schurz, interim head of Mandarin Christian School. “We have an exceptional fine arts program and our students really shined as we celebrated 15 years of Mandarin Christian School.”

Schurz was head of school when Mandarin Christian School first opened at what was then Mandarin Christian Church. Now known as Christ’s Church, Mandarin, the church has since moved to another location on Greenland Road, but the school continues to be one of its outreach ministries.

“When we first talked about starting a school, we wanted to be good stewards of our property,” said Dennis Bratton, retired pastor of Christ’s Church, Mandarin. “We set out to provide the Mandarin community with a school that offered high-quality academics and taught Christian values and we have been amazed watching the growth of Mandarin Christian School these past 15 years.”

Mandarin Christian School now has 580 students in kindergarten through 12th grade. Grades were added throughout the years, with the high school starting in 2005. Last fall, the football team played its first season on the school’s new home field on Livingston Road. In addition to its growing sports program, Mandarin Christian School students at all levels are earning fine arts and academic honors with 100 percent of the 2010 senior class earning college acceptances and more than $500,000 in scholarships.

“I remember that first day of school in 1995,” Schurz said. “We were all so anxious, but now I can see how God has worked through this school over the years. We are excited about what we have accomplished with His help, but we also recognize the work we have ahead of us. We very much want to expand this ministry so that we can accommodate 1,000 students as we grow and educate tomorrow’s community leaders.”

Mandarin Christian School’s expansion plans include the need for additional facilities, and the 15th anniversary celebration also kicked off the school’s capital campaign with the theme “Prepare 4 Rain.” Officials have been in negotiations with the Jacksonville Seventh Day Adventist Academy for the possible purchase of those facilities, which would broaden Mandarin Christian School’s campus across Livingston Road, but officials are also considering other sites and opportunities that might meet the school’s expansion needs.

More information on Mandarin Christian School’s capital campaign can be found online at www.prepare4rain.com.
**Become the jolly green giant in your neighborhood**

By Contributing Writer Bob Hardie, General Manager, Air Engineers Service Experts

Relax! No one’s asking you to fill the shoes of a mythical giant, but your neighbors here on the big blue planet are asking that you make an effort to reduce the size of your carbon footprint. It’s not as difficult as you might think. There are a lot of little things you can do to become a towning figure in your green-minded community and these are the top five actions you can take from this short list of energy-saving tips for everyone to see.

**Tip #1:** Replace all of your incandescent bulbs with compact fluorescent bulbs. Believe it or not, this simple act can save you somewhere in the neighbor- hood of $2,000 over the life of the bulb ($56/pe bulb). Speaking of light, this should shed some on a raging debate: What’s more reprehensible—leaving the lights on in a room that’s unoccupied or switching them on and off every time you enter or leave a room? As a general rule of thumb—albeit a green one—you should turn off the lights if you’re going to be away more than 15 minutes.

**Tip #2:** Turn off appliances and electronics not in use. Seems obvious enough, but there’s a catch. Off doesn’t necessarily mean it’s off. As long as it’s plugged directly into a wall outlet, it con- tinue to draw energy. In fact, 75 percent of the energy consumed this year by these products takes place when they’re not in use. So use a power strip that makes it easy to turn the on/off switch. Keep in mind that a laptop computer is more energy-effi- cient than a desktop and a screen saver isn’t an energy saver.

**Tip #3:** Lower the thermostat on your hot water heater. Some units arrive from the factory with high temperature settings. Lowering them as little as 10°F can re- duce your energy bill by 3 percent or 5 percent. Properly insulating your hot water tank and pipes can raise the water temperature as much as 4°F and result in addi- tional savings. Draining a quart of water from your tank every three months will also remove the sedi- ment that obstructs the transfer of heat and overall efficiency.

**Tip #4:** Landscape your yard. Planting trees and shrubs around your home doesn’t just increase your curb appeal. It can also de- crease your energy bills significant- ly during the summer and winter months. Saplings typically provide partial shade within two years and a roof canopy within five to 10 years, whereas shrubs planted 10 years ago may have a three-inch thick layer of insulation. For more details, visit www.energy.gov/land- scaping.htm.

**Tip #5:** Schedule a furnace and air conditioning tune-up every two years. In roughly an hour’s time, a skilled heating and cooling expert can help lower your monthly ener- gy bill up to 30 percent, extend the life of your system and eliminate costly repairs. Installing a program- mable thermostat can save you an estimated $20 a year.

So the next time you’re faced with a sky-high energy bill, a light should go on upstairs. Just make sure it’s a green one. And everyone will feel jolly good.

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**Easy cherry recipes are a sweet treat to summer**

(ARA) - The pleasures of summer—its warm temperatures, its hot days, its holidays—offers a bounty of fresh foods—make it an infinitely lovable season. It’s time to start harvesting all of it throughout the year.

Many people plant fruits and veg- etables in late spring, after the last danger of frost has passed, but the wait to harvest those treats can be long. Luckily, a bounty of fruit is ready at the start of summer, in the form of sweet Bing cherries.

One of the easiest summer treats—requiring no more prep than a good rinse—is to sit down with a big bowl of cherries and simply enjoy them in their natu- ral form. The results will be a bit more flavorful than that and they make even simple recipes shine. Even the most dedicated cooks often look for simplified recipes in the summer, to avoid standing by a hot oven or stove top. But whether you’re a beginner or an art- tiste, foodie, you can easily put together dishes from the main course to fresh Bing cherry pie for dessert—that will impress family and friends.

**Main dish:** Don’t be afraid to try out cherries in unexpected ways. A dressed-up salad can be a perfect summer evening meal.

While greens and grilled chicken work a little easier and combine with a cherry pitter to make the prep work a bit smoother. But the baking- end—whether you’re a beginner or an art- tiste, foodie, you can easily put together dishes from the main course to fresh Bing cherry pie for dessert—that will impress family and friends.

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**Flag Day June 14**

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Mandarin NewsLine

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So the next time you’re faced with a sky-high energy bill, a light should go on upstairs. Just make sure it’s a green one. And everyone will feel jolly good.
by Contributing Writer Betty Svenson Bergmark, Professor Emeritus, Jacksonville University

Many consider the soothing sounds of the ocean crashing against the shore, the rain tikkling down or even the ethereal song of the whale to be the most restful. But for a group of students at Pine Forest Elementary, the notes of strings will be an eclectic blend—classical, rock, folk, and blue grass at the concert.

The music to be performed at MOSH, and immediately confronted with beautiful art work—abstract canvases as well as works depicting areas of nature by Jim Draper, Princess Rashid and David Montgomery. Is this a Museum of Science and History? Walk a bit further and you will soon be involved in outstanding exhibitions featuring the Florida Naturalist's Center, both indoors and out and the joy of learning for visitors of all ages in science, astronomy and the history of our region.

At times it is almost too overwhelming to take it all in. This just gives you an excuse to return and absorb some more of the superb exhibits at a future time. The whole program is family oriented, and certainly not just for children as was indicated in one of its former titles—The Jacksonville Children's Museum.

Originally located in the Riverside Avondale area, it has gone through several phases and several titles. Renamed The Museum of Science and History in 1988, the facility we know now was designed by William Morgan and built on the Southside by the river on Museum Circle.

Arts Magnet Schools update
Strings Across the Ages to be performed at Pine Forest

By Danielle Wisnarsky

The purpose of the Strings Across the Ages program is to showcase the performers of the elementary schools, as well to cast a vision of who the students are and not only where they are, but where they can continue," says Ralph Coleman, head of the strings program at Pine Forest and organizer of the concert.

The name Strings Across the Ages was chosen because it was "a name that would generate a sense of shared experience on each and every visit. It would offer visitors the opportunity of the many special programs involving care of MOSH’s "scaly, feathered, and furry friends." You can even plan a birthday party at MOSH! And for the older folk, there is “Senior Day” once a month at 10:30 a.m., featuring a welcome reception, planetarium show, brown bag lunch and program.

You walk in the door of MOSH and are immediately confronted so beautiful art work—abstract canvases as well as works depicting areas of nature by Jim Draper, Princess Rashid and David Montgomery. Is this a Museum of Science and History? Walk a bit further and you will soon be involved in outstanding exhibitions featuring the Florida Naturalist’s Center, both indoors and out and the joy of learning for visitors of all ages in science, astronomy and the history of our region.

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Ideally houses the varied exhibits and one can wander from one world to another with ease and excitement. Of the many special programs MOSH offers, one of the most exciting is their Intern Program, where students are paired with mentors in their field of interest. For other young people ages five to 18, there is “Become a Junior Naturalist,” an exciting behind the scenes instructional program, involving care of MOSH’s "scaly, feathered, and furry friends." You can even plan a birthday party at MOSH! And for the older folk, there is “Senior Day” once a month at 10:30 a.m., featuring a welcome reception, planetarium show, brown bag lunch and program.

This is just one of the many lecture series for all ages. If the above isn’t enough to tempt you to plan a visit to MOSH, starting on May 15 and continuing through the summer until September 12, a very special presentation will be offered: “The Chronicles of Narnia.”

Based on the blockbuster film series and C.S. Lewis’ beloved fictional books, the 5000-square foot, state-of-the-art entertain-
If you really have a problem regular away from your family and friends.

screen time and do activities that technology is interfering with your

Huna, the ancient Hawai- ian system of consciousness that I

The term “green washing” was first used by the environmentalist Jay Westerveld in 1986. He coined the pejorative term to describe hotels that were placing notices in their guest rooms to encourage the reuse of towels during a guest’s stay. It turned out that the only goal of this practice was to save the hotels money, as the towels were hope-
aldehyde. This sin was seen in 196 products.

Fibbing: Products falsely claiming to be certifi ed by an third-party endorsement where no such endorsement actually exists;

Sharing: Some products claim to be chlorofluorocarbon (CFC) free—even though CFC was banned more than 20 years ago.

Hidden Trade-Offs: T outing environmental claims.

Fibbing: Products falsely claiming to be certifi ed organic, without providing verifi able evidence that the product is organic.

No Proof: Many shampoos that claim to be “bio-degradable” and then shipped more than 8000 miles from its source!

Are you falling for the lies called green washing?

Many shampoos that claim to be “bio-degradable” even though the water had been bottled false or misleading green marketing

It turned out that the only goal of the green washing was the paper tag hanging around the neck of the bottle. It claimed that the water was “carbon neutral” and “Every Drop Is Green”—even though the water was “carbon neutral” and “Every Drop Is Green” — even though the water had been bottled

Don’t miss your chance to make your more aware, below is a list compiled by TerraChoice of the seven sins committed by 998 products and in 57 percent of all environmental claims.

According to the marketing from TerraChoice, green washing means the act of misleading con-

many shampoos that claim to be “bio-degradable” and then shipped more than 8000 miles from its source!

The Seven Deadly Sins of Green Washing:

Are you falling for the lies called green washing?

Part two of a four part series

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Energy Star or Green Seal. This means the act of misleading con-

The Seven Deadly Sins of Green Washing:

by reducing, reusing, recycling or other ways.

It turned out that the only goal of the green washing was the paper tag hanging around the neck of the bottle. It claimed that the water was “carbon neutral” and “Every Drop Is Green”—even though the water had been bottled

were making purchasing decisions. Hopefully it will at least prompt you to think about these claims, steer clear of some of these products or even better—to contact the manufacturers and tell them how much these practices deeply offend you.

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Congratulations to Zachary Champagne
Mandarin Oaks teacher selected as Teacher of the Year

Zachary Champagne, a fourth-grade math/science teacher at Mandarin Oaks Elementary School, has been selected as the 2010 Duval County Teacher of the Year. The announcement was made by a colleague and coach of Champagne’s, Robert Schoen, who is the associate director for research in science, technology, engineering and mathematics and formerly the mathematics specialist in the Office of Math and Science at the Florida Department of Education. The event, held on Thursday, April 29 at the Hyatt Regency, was hosted by the Schultz Center for Teaching and Leadership and the Jacksonville Public Education Fund.

“The Duval County Teacher of the Year program honors a dedicated and highly skilled representative of all the wonderful teachers in our district and I congratulate Zachary on this well-deserved recognition,” said Duval County Public Schools Superintendent Ed Pratt-Dannals. “He is preparing his students for success and has a dedication to teaching that is second to none.”

Champagne has been teaching for 11 years, teaching first at West Jacksonville Elementary for eight years before switching to Mandarin Oaks Elementary. He received the highest honor for teachers of mathematics and science in 2007 when he was presented with the Presidential Award for Excellence in Mathematics and Science Teaching. Champagne is also president of the Duval Elementary Math Council, a board member of the Florida Council of Teachers of Mathematics and an adjunct professor at the University of North Florida.

In one of the essays in his application, Champagne said, “I feel that my role as a teacher is to expect excellence from each and every one of my students. This expectation will allow each student to reach his or her greatest potential. I also believe that it is not only my responsibility to educate every student that I have the pleasure of teaching, but also to inspire them to become productive members of society. I believe that it is the inspiration and dedication that encourages all of my students to reach their fullest potential.”

Champagne will now go on to compete for the state-wide title of Florida Teacher of the Year. The selection process began with 159 school representatives throughout the district who were selected as their school’s Teacher of the Year. The 159 were narrowed by the District Selection Committee to 15 semi-finalists and then five finalists.
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Get green by going green

Here's a quiz for you:
Do you have obsolete electronics lying about? Are they taking up needed space? Do you really think you, or anyone you know, will ever use them again? Could you use a little cash? If you answered yes to any or all of these questions, read on. This column is for you!

With new gimmies and gadgets being introduced at the speed of a credit card charge, what can you do with those you already have? Of course recycling is a great option, but what if you could get paid for it in the process? Best of both worlds!

Go to www.carz11.com for the most complete information on recycling. It introduces The Recylopedia, which explains how to recycle most everything from electronics, hazardous waste products, paper, plastics and household items, to a gazillion things more. Although much of this site is devoted to donations, it also offers www.RIPMobile.com, which will buy most working cell phones and pay you with gift certificates. And who doesn't have empty ink cartridges! Visit www.freecycle.com where they will pay $3.50 for each cartridge sent and even covers shipping. For your extra surplus equipment, iPods and cell phones, try www.urecycleink.com, which pays and covers shipping costs. The website www.cyclegoups.com is another resource you might try. Left over iPods? Go to www.nextworth.com.

A distant relative of recycle is precycle—before the fact. Although you won't get a monetary reward, the benefits are "priceless." And if you think junk mail is the bane of your existence, but believe it's too toxic to recycle, think again. Perhaps a service offered through www.planetgreen.com is worth your consideration! With www.tonic.com, for $36 you can stop that pesky junk mail for three years and as a bonus receive a reusable Chico Bag that weighs in at 1.5 ounces, fits into a three inch by four inch pouch and has a 25 pound hauling capacity and two compact fluorescent bulbs! Amazing. This is the deal of the month!

So, now that you're flush with cash, have streamlined your life, you may want to help out a less fortunate "creature." Consider Pets Meals on Wheels. In conjunction with Duval County Animal Care and Protective Services, Meals on Wheels will be providing pet food as well as their regular services. You can do your part by donating one gallon sized zip lock bags and unopened dog and cat food to 2020 Forest Street in Jacksonville.

As a regular feature of this column, our famous chef Robert Tullo presents a fabulous addition to any summer meal – and one specific to Jacksonville. Any plain, lackluster dinner would be an event with this salsa like salad treatment! This is one of the most colorful additions imaginable:

Jacksonville Caviar
2 (15 ounce) cans of black-eyed peas, drained and rinsed
2 fresh tomatoes, chopped
1 medium sweet onion, chopped
6-8 oz. of Caesar salad dressing
Cayenne pepper to taste

Combine all the ingredients and garnish with the avocados.

Tips for inexpensive outdoor entertaining

(NewsUSA) – Celebrate the warmer days by hosting an outdoor summertime party or barbecue. It’s easy to add pizzazz to an outdoor party and stay on budget, with accessibility and color. Here are some inexpensive ways to add character to your outdoor get-togethers:

1. Make it colorful. For a fast way to give your party a sense of style, color-coordinate your bowls, plates and cups in attention-grabbing colors. These items are inexpensive enough to buy in multiples, so if you plan on hosting several parties, you can use one color per occasion then invite guests to your "pink party" or "orange party."

2. Pop up your decor with peppers. Add a memorable touch by serving condiments or finger foods in hollowed-out green, red and yellow peppers. Simply cut the stems and fill the peppers with ketchup, mayonnaise, barbecue sauce or any other condiment. Depending on the peppers’ colors, you may be able to coordinate them with the rest of your tableware.

3. Create a field of dreams. Silk flowers can create a beautiful centerpiece or be used in smaller arrangements around the table. Add a whimsical touch by putting a variety of silk flowers and planting them upright in the ground. Use them to mark paths through the yard or to the food tables and seating areas. Silk flowers are inexpensive and are economical enough to buy in large quantities. They’re also more durable than real flowers and can be used again and again.

4. Find unique ways to deter bugs. Certain herbs and flowers repel insects. For instance, sprigs of parsley or tansy may help keep ants at bay, while lavender or mint could drive flies away. Set up decorative bowls of herbs in various spots near the guests’ seating. A larger bowl can be the striking centerpiece of a table. Keep your food safe from unwanted company with mesh food covers.

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Business etiquette for the new graduate

(ARA) - After years of studying, new graduates must find something else to do. And while most grads know how to dress appropriately, have their resume in order, and have solid experience, most are nervous about the initial steps when meeting interviewers.

As grads get ready to take on the job market, here are some etiquette tips from Peggy Post, the great-grand-daughter-in-law of Emily Post, today's leading authority on etiquette and 1-800-FLOWERS.COM’s etiquette expert that will give grads a leg up. By following these five simple steps with everyone they meet, grads will be well on their way to success:

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thing before you so you know how long it takes to get there and then add ten or twenty extra minutes.

Be prepared: Read up on the company (go to the Internet or request the company’s latest annual report), know your own strengths and weaknesses, know your resume by heart and do research. Ask yourself the questions you are likely to be asked and respond out loud. You’ll be surprised how different answers sound when spoken aloud.

Dress appropriately: Research the company, know what the dress code is and then dress one notch up.

Names: Introduce yourself to the receptionist and your interviewers. Remember your interviewers’ names and use them.

Handshakes: Make sure you give a firm handshake: no limp fish or bone-crushers.

Say “Thanks!” At the end of the interview, stand, thank the interviewer for her time, look her in the eye and shake her hand. A short note of thanks is also a must.

Looking for more tips? Take a look at “The Etiquette Advantage in Business” by Peggy Post and Peter Post and “How Do You Work This Life Thing” by Lizzy Post.

Both books make great graduation gifts.

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Some restrictions apply
Summer is Here! How Do You Feel About Your Body?

Before
9/9/09

After
12/15/09

Dear Elizabeth,
I am having a surprise birthday party for my husband. I have addressed this question in an upcoming issue of R.S.V.P. What should I do?
Lauren
Plantation South

Dear Lauren,
If you were planning a sit-down dinner, you might want to follow up with a phone call. If you were planning a buffet type of party then go ahead and plan for 20-25 people. I have addressed this in my column before: No matter what you should always respond to an invitation. You do not necessarily have to give a reason for your regret.
Julington Creek

Dear Stacey,
You really should try to get a gift off of her no later than two months after the birth of the new baby. Now, if you are going to see her in person within three months then it would be all right to wait and give it to her then.
Good Luck!
Elizabeth

Dear Elizabeth,
You mentioned previously that Camp Safe Haven is designed to educate, encourage and empower young people to experience and deal with grief in a healthy and safe environment.

Camp Safe Haven is designed to educate, encourage and empower young people to experience their grief in a healthy and safe environment. Pain is a real, natural emotional response to loss and kids are not immune. The goal is for the kids to have some fun while learning some tools to help them through the pain. campsafehaven.org

Date nights can be a household idea.

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Date nights can be a household idea.
Church celebrates anniversary

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

Shepherd of the Woods Lutheran Church and School is coming up on their 30th anniversary this month! They have grown from a small family gathering of folks that began meeting in 1980 at St. John’s Lutheran Church to a small 300 square foot building on Southside Boulevard and now their ministries are located on two campuses including a five acre tract near Orange Picker Road and Phillips Highway. Along the way they have added a preschool and elementary school and currently serve more than 300 families from Duval and St. Johns counties. Word and service have spread all over the world through 5 different services, three of which are traditional and two or contemporary.

Shepherd of the Woods strongly supports the belief that they, as a church, are to serve those in their local, national and international communities. They share their beautiful facilities and property with many non-profits and groups that need meeting space and they also support ministries through Lutheran Social Services, the Lutheran Children’s Home, Lutheran World Relief, and Bible for Peace’s Paint the Town, the Florida-Georgia Blood Alliance, Mission House, Meals-on-Wheels, Habitat for Humanity and Lutheran Disaster Recovery.

Each year a team supports a mission trip to Alabama to continue their service ministry rebuilding homes from Hurricane Katrina and every summer a team pays their own way to travel to Lima, Peru and then on to Tarma where the church has established a Social Service organization to serve needy children and elderly clients. Whether internationally or right here in Jacksonville, this community church is serving others in many wonderful ways.

Have a stress-free family vacation

Summer’s here and that usually means it’s time to hit the road for a vacation. Whether your idea of relaxation involves rock climbing or lounging by the pool, you can enjoy a stress-free trip (or at least minimize the hassles) with some basic planning:

- Involve your children. Whether you’re traveling with toddlers or teens, get them engaged in the preparations. Asking them what they want to do and incorporating their wishes as much as possible will lead to a smoother experience.
- Pick your time. Flight delays as much as possible, will lead to a smoother experience. Pack some snacks. Kids and adults get cranky when they’re hungry. Carry along something sweet like granola bars, raisins or other dried fruit, peanut butter crackers, and treats for when you or your kids need something special.
- Schedule some downtime. Don’t try to cram too many activities into one day. Rushing through one museum to get to the next one and the one after that will quickly grow exhausting. Allow some time to relax, watch TV, read or take a leisurely stroll.
- Make the culinary arts accessible. For small children, making the culinary arts accessible. For small children, make the culinary arts accessible. For small children, make the health ministry of Philip R. Cousin AMC Church will host a Free Community Health Fair on Saturday, July 10 from 9:00 a.m. until 1:00 p.m. at the church, located at 2625 Orange Picker Road. There will be a blood drive sponsored by The Blood Alliance as well as blood pressure checks, glucose checks and full cholesterol screenings by Shands of Jacksonville. For additional information, please contact the church at 262-3083.

Mandarin Women’s Connection will be having a lunch from 12:00 noon until 1:30 p.m. at the Ramada Inn, located at 3143 Harley Road. The guest feature will be Chris Walley from Publix Apron’s Cooking School. Whether you’re a beginner or an experienced cook, the renowned chefs of Publix can help you learn something new and fun. Bobbie Angstrom from Naples will close the luncheon with inspirational tips and cooking tips about “Unsure Footing in Sure Places.” The cost of the lunch buffet is $15. Registration deadline is Friday, June 4. Please call 904-965-0529 or email mandarincw@yahoo.com or sweetleespoiled@comcast.net for more information or to reserve your space.

Mandarin United Methodist Church will present the production “Broadway Nites” on June 11, 12 and 13 beginning at 7:00 p.m. The event will be held in the Family Life Center at the church located at 11270 San Jose Boulevard. Come and enjoy a cast of 80,000 for the price of one of your favorite Broadway tunes. Adult tickets cost $6 and ticket for children under 12 cost $3. For additional information, please contact the church office at 265-5459.

A Community Tailgateight will be held the fourth Saturday of every month at First Christian Church, located at 11924 San Jose Boulevard. In order to assist our community we are offering our parking lot and First Christian Church will present the production “Broadway Nites” on June 11, 12 and 13 beginning at 7:00 p.m. The event will be held in the Family Life Center at the church located at 11270 San Jose Boulevard. Come and enjoy a cast of 80,000 for the price of one of your favorite Broadway tunes. Adult tickets cost $6 and ticket for children under 12 cost $3. For additional information, please contact the church office at 265-5459.

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Looking stylish for spring
By Donna Keahey, dkeahey designs

“In the Garden” is the look for Spring 2010. Telltess of flowers and other garden-inspired elements are everywhere. Sundresses in poppies, sheets swiss, Swiss dots and chiffon prints are the ticket. Hues are spring-themed too, like geranium, azalea and blue sky. Flowers are painted at the neck and in the hair. A handbag, shoes or necklace with a flower motif is the fron-trow detail of the year.

Flirty skirts with feminine de-tails are some of the other lady-like silhouettes around. The hemlines range from uneven to bell to hand-kerchief. The good news here is that hem length is all over the place from short-short to bo-bo long, over the knee, at the knee or below the knee—what’s good for you works! Keeping the lines at the top simple and to the minimum is a must with the decorative skirt.

Accessories are over the top; multiple chains in a mixture of metals and layered with pearls make for the bold neck you will see this year. The arm candy of choice is brightly painted enamel bangles worn layered as well. Lucite cuff bracelets are layered as well for more icy drama.

Shoes paired with spring “things” are teetering leather wrap-up sandals made up in a Sophisti-cated package. Natural elements make up the footwear like fringe, wood and snake. Jeweled sandals with beads or rhinestones bring back the reminiscent “Jelly” style footwear.

Handcrafted interesting tops with one-of-a-kind details are up-dating our closet. I purchased one complete with a straw sunflower in the center—hope laundering is not a nightmare! Origami folds, pleats and ruffles added to tops make things interesting too. A soft cot-ton blouse with a ruffled cap sleeve sporting a little bow in robin’s egg blue was quite a knock-out the last fashion show I viewed.

Drapey jersey dresses in solids and geometric prints are in all kinds of shapes like sheath, kimo-no, wrap-front and bandeau. The prints come in seashore colors like coral, sand, white, pearl and gray. But black and white still gets the nod for Spring 2010. One runway girl I spotted this spring glammed up her black and white knee skim-ming knit shift with a hot to trot pair of Kelly green elastic sandals. Wow!

A little note here from my younger (Fashionable Florida Friends) FFFS: no more matchy-matchy with shoes and bags and outfits. This is very OY (“Old lady”). No more black shoes with black outifts…try mocha, gray or beige, even yellow. Your handbag could be that pop of color for spring—go ahead and try it!

A little info to add to our on- going “Thinner by Tonight” series match your shoe color to your top. When you coordinate tones to elongate your leg it really works in making you look slimmer and taller! Use winter white, bone, cara-mel or buff shoes with high heels to achieve this trick. Try it out in your mirror today!

The University of North Flor-ida honored two students with an outstanding record of volunteer-ism when it handed out close to The University of North Florida honored two students with an outstanding record of volunteer-ism when it handed out close to

UNF students honored for service at spring commencement

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service award, while UNF senior and a 3.98 GPA, was recognized Bronzo, who graduated with a engineering major who lives on Noel San Antonio, an electrical engineering major who lives on the Southside, was recognized as the recipient of the Albert D. Ernest Jr. Caring Award.

The UNF Alumni Associa-tion presents the Senior Service Award to a graduating senior for outstanding volunteer service to the University or community. The Caring Award recognizes a student who demonstrates the spirit of caring, humanitar-ianism and volunteerism exemplified by Albert Ernest. The Caring Award was presented during the 12:30 p.m. ceremony, while the Senior Service Award was presented dur-ing the 4:00 p.m. ceremony.

Bronzo’s contributions to the university community are many. A student committed suicide during her freshman year, which affected her deeply. She realized that many people aren’t aware of the signs or actions that one could take to prevent a suicide from happening. As a result, Bronzo helped form and became a found-ing member of Active Minds, a student-run organization that focuses on de-stigmatizing mental health and bringing awareness to mental health issues, particularly on college campuses.

She held several key positions, serving as the organization’s presi-dent this past year and was recog-nized by the national organization for her contributions, with UNF receiving its first 5 Star Chapter Award for outstanding perfor-mance in the areas of administra-tion, communication, leadership, meetings/events and outreach.

Bronzo has also made signifi-cant contributions through the UNF Honors Program, where she became involved in undergraduate research. She was selected from several applicants to join a prestigious interdisciplinary research team and was selected as the Advanced Research Intern for the Honors Program, where she served as a guest lecturer, mentor and editor.

She also became a volunteer peer mentor to other undergraduates pursuing research in the social sciences, providing feedback on drafts and conference presenta-tions, mentoring as many as eight team members at a time. She did this while completing her own undergraduate Honors thesis and working with UNF’s On Campus Transition Program, providing social and academic support to students with developmental dis-abilities.

San Antonio’s commitment to humanitarianism began in his village in the Philippines. Coming from a small village where oppor-tunities were limited, he realized that education would be the key to his success. It was a long jour-ney from his home to UNF but this instilled in him the motiva-tion to return to his village and build a school for the children.

The first school building was constructed in 2006 and St. Anthony’s school opened to 60 pre-kindergarten and kindergart-ten students. Last summer, San Antonio and five UNF students returned to build a second build-ing for first- and second-grade children, allowing 80 more chil-dren to attend school. Through his hard work, as well as through the generosity of many volun-teers, these Philippine students now have access to a quality ed-ucation, but also free uniforms and books. San Antonio’s dream is to one day expand the school to grade 12.

The University of North Florida awarded 1, 054 bachelor’s de-grees, 217 master’s degrees and 33 doctorates this term.

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Fashion Update

Lianne Bronzo

Mandarin resident Lianne Bronzo, who graduated with a service award, while UNF senior

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Lianne Bronzo

the UNF Arena on campus.

Mandarin resident Lianne Bronzo, who graduated with a bachelor’s degree in psychology and a 3.98 GPA, was recognized as the recipient of the Senior Service Award, while UNF senior

Noel San Antonio, an electrical engineering major who lives on the Southside, was recognized as the recipient of the Albert D. Ernest Jr. Caring Award.

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Sessions 8:30 a.m. - 5:30 p.m.
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Serving youth ages 8-10 (rising 3rd and 4th graders)
$225 tuition

Space is limited

At the Walter Jones Historical Park in Mandarin
For information or registration contact:
Marianne White
230-7977
11904 Mandarin Road, Jacksonville, FL 32223

If you’ve ever struggled to stick to a plan to get fit or lose weight or achieve any other plan that required a substantial change in your normal patterns, you might consider an evidence-based approach that is proving successful in supporting positive change with lasting results. This is a scalable approach addressing problems as large as eliminating diseases impacting countries, to individual results concerning personal issues such as losing weight or smoking cessation.

Even with the best of intentions, change is difficult because your environment is designed to support your current choices. From work to home, you can begin to tally why successful change is a rare occurrence. The pizza your family has delivered, the beloved station of sports etc. This lifestyle design can begin to tally why successful change is a rare occurrence.

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Ten steps to turn your hobby into a small business

(ARA) - Given the state of the U.S. economy, you might assume that turning your hobby into a small business right now isn’t a good idea. Before you launch your own small business in a down economy, you have to be ready and set yourself up for success from the start.

Here are 10 tips that all budding entrepreneurs can follow to make their dreams of owning a small business a reality in 2010:

1. Develop a business plan. While preparing a business plan is never easy, it’s critical. While preparing a business plan will help you decide what business you want to run, it will also help you prepare for the future.

2. Consider incorporating your business or forming an LLC. While some entrepreneurs choose never to incorporate, there are many benefits to doing so. “Incorporating your business or forming an LLC are two of the most important things you can do to ensure that you have a successful and profitable business,” says Karen Kobelski, general manager of BioFilings, a full-service online in-house and independent legal service provider offering small business owners fast, easy and economical ways to form a corporation, and develop a business structure online or by phone.

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4. Get necessary tax identification numbers, business licenses and permits. If your small business will rely on employees, a federal tax identification number or employer identification number (EIN) is required. Most businesses will also require licenses and/or permits to operate in your city, municipality, county and/or state.

5. Insure your business and investigate other protections. Some industries have specific insurance requirements—do your homework. It’s also important to research additional business insurance and risk management requirements that may apply to your business, particularly if you plan on having employees.

6. Open a business bank account. When you own your own business, it’s crucial to separate business finances from personal ones, so opening a business account is key. If your business is not incorporated or does not want to incorporate, most banks will require a DBA (doing business as), contact your bank about requirements prior to opening an account.

7. Apply for business financing. Your ability to start your business and meet your business goals will likely require office space, which could lead to the purchase/lease of furniture and office equipment. Planning for this in advance will ensure that you have enough money to cover these costs.

8. Establish a business line of credit. Establishing a business line of credit will help reduce the number of times your company prepays expenses for purchases/products/services and helps establish a strong credit history, a beneficial practice when negotiating vendor and supplier relationships.

9. Ready your workplace. For home-based small businesses, make sure that you are meeting the zoning requirements for your area. Non-home-based businesses should also make sure that their office space is legally prepared for purchases/products/services and helps establish a strong credit history, a beneficial practice when negotiating vendor and supplier relationships.

10. Create a brand identity. Use the brand to publicize your business. Are you an accountant or handle the finances yourself. If you don’t have the time or inclination to start a business, seek funding from banks or through Small Business Administrations (SBA) loan programs.

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May 17, the fifth awards ceremony was held at Bishop John Snyder High School and on Thursday, May 20, 100 students graduated at the Thrasher Horne Center for the Performing Arts in Orange Park. These 100 students qualified for $1,956,197 dollars in scholarship money from colleges and universities throughout the United States.

Highlights of the award ceremony are as follows:

Nico Waler, Valedictorian, St. John Woodward.

Kara Joseph and Jonny Barton

Megan Baker, Salutatorian, St. Joseph Catholic School (Mandarin)

Pepsta, Jasmin Ortiz, Walker Taylor, Chelsea Corrigan, Tim Paul Oklevitch

Andesin, Cameron Collins, Garrett

Honor Roll status every quarter

recognized for having maintained a GPA of 3.5 or higher, nominated by their teachers.

Students must maintain a 3.5 or higher GPA, be involved in four or more extracurricular activities and have at least 160 hours of community service. The winners are: Jonathan Barton Cecilia Cara-


Bishop John J. Snyder High School opened in 2002 with an inaugural class of 78 freshman. The school has nearly 500 students in grades nine through 12 with graduates accepted to many prestigious colleges and universities throughout the United States.
With the year quickly coming to a close, it is time for the last sports article of the season. However, some of the most exciting times of the year have been found in the month of May.

From a winning percentage perspective, the Mustangs flag football team was arguably the most successful team the school had ever had to offer. Winning through the competition, the Mustangs did not lose a regular season game. Led by head coach Ally Lee, Ashley Bennett and Nia Thomas, the Mustangs faced little resistance from local schools all year long. During the conference championship, the Mustangs defense pitched a shut out in each game, resulting in the team becoming conference champions. Continuing from there, the girls played off to the state championship and shortly after. Their amazing run propelled them into the final four against Seminole Ridge.

The Mustang defense once again played a strong game, limiting their opposition to only 13 points. Unfortunately, the powerful offense that had gashed teams all season long was nowhere to be found. The Mustangs were only able to put six points on the board and fell in the state final four. Even with the loss, a trip to the state final four is something to be celebrated by any team in the history of Mandarin. Congratulations to all of the girls who worked hard to put in the offense that had gashed teams all year long. During the year, I would like to say congratulations to all of the athletes who participated in athletics this year. It has been a pleasure to witness the talent and dedication shown by each athlete.

Continuing from there, the girls were scheduled to host Timber Creek in the regional finals. The softball team had an unkind send off to four year varsity player Lindsay Kelly, losing to Fletcher in the district playoffs. The girls had high hopes in making a run in the playoffs like the baseball team was able to do, but could not get past rival Fletcher. Unfortunately, the disappointing loss will have the returning players even hungrier to be a contender next year.

As this is the last article of the year, I would like to say congratulations to all of the athletes who participated in athletics this year. It has been a pleasure to witness the talent and dedication shown by each athlete.

Dental disease is serious business. A rotten tooth is as detrimental on the body as a gangrenous foot is. Their breath is really telling you something is not right. Another misconception is having a “pocket tooth.” Frankly if a tooth can be removed by simply pulling on it, then it was rotten to the point of severe and extensive bone loss. This tooth x-rays are absolutely necessary to make sure the pet’s jaw is not already broken before any extraction begins. There also are a lot of tooth roots that have a nice little hook shape on the end of them. These roots cannot be removed without x-rays and careful surgical removal of bone on the side of the root to lift it out sideways. If root tips are left in the jaw, they love to abscess even further and cause further bone loss, infection and pain.

When we go to the dentist it is routine to have your gums probed, pockets checked and your teeth x-rayed to look for disease under the gum line. This is where the real problems are. Your veterinary office should be doing the same. Just having the crowns cleaned up and looking nice and white is the least important step in a thorough dental procedure. Practitioners trained in advanced veterinary medicine now use the term ATP instead of a “prophy” cleaning. The letters stand for Assessment, Treatment and Plan. You need to make sure your vet and their staff know how to do more than just clean crowns.

For additional information, please contact wlovey@mandarinlandingah.com.
If you have a koi pond with at least a male and a female that are eight inches long you most likely have had some spawning. While the dictionary definition of spawn is the mass of eggs deposited by aquatic animals such as fish, I think Todd McFarlane was more on track naming his comic book crime fighter reincarnated from hell as Spawn.

Spawning usually occurs in the spring when water temperatures rise to 63 to 68 degrees. It begins in the morning, lasting four to six hours and generally goes unnoticed by the pond owner. If you do happen to catch the spawning it is wise to observe the fish periodically to check for injuries.

As the spawning begins the males chase the females using their snouts to bump her into the sides of the pond forcing her to release her eggs. Multiple males will sandwich the female between them in an effort to get her to release the eggs. Once the eggs are released, all the males then release their spermatoma all over the surrounding area. At our house we call this the “drive by shooting.” The releasing and fertilizing of the eggs causes such turbulence the eggs are sent everywhere. Also, we did not put in any type of spawning mat or brushes. This can be a commercially available spawning mat from an aquatic company or a new non-chemically treated mop head. Adding these to your pond helps cut down on injuries by providing a soft surface on which to lay their eggs. This I will do next year just to assist in the egg removal process. My females laid so many eggs I experienced water quality problems. Professional estimates establish koi can lay 45,000 eggs per pound of fish or in my case five females equals 2,250,000 eggs. After several days of intense work, I did manage to remove them and correct the water quality problem. I was completely unprepared this year but have learned to not let it get out of hand in the future.

When the spawning is finished your pond is stirred up, cloudy, has a unusual smell and tapioca looking fish eggs everywhere. The fish will eat some of them but if you have large fish the number of eggs spawned is unbelievable. After the fish have settled down it is important to perform up to a 50 percent water change depending on the situation. For the next few days you will want pay special attention to your skimmers and filters to be sure they stay clean.

We had quite a spawn this year. Our fish have gotten large and we were not as prepared as we should have been. We experienced five full days of spawning and in spite of our efforts we couldn’t keep up. There were eggs everywhere. Also, we did not put in any type of spawning mat or brushes. This can be a commercially available spawning mat from an aquatic company or a new non-chemically treated mop head. Adding these to your pond helps cut down on injuries by providing a soft surface on which to lay their eggs. This I will do next year just to assist in the egg removal process. My females laid so many eggs I experienced water quality problems. Professional estimates establish koi can lay 45,000 eggs per pound of fish or in my case five females equals 2,250,000 eggs. After several days of intense work, I did manage to remove them and correct the water quality problem. I was completely unprepared this year but have learned to not let it get out of hand in the future.

Email me with questions at Dale@DWhaley.com. Mark your calendars for the First Coast Koi Club’s annual pond tour on Saturday, June 5 from 9:00 a.m. until 4:00 p.m. Check the website for more details. www.firstcoastkoi-club.com. "Drive by shooting” The releasing and fertilizing of the eggs causes such turbulence the eggs are sent everywhere. Also, we did not put in any type of spawning mat or brushes. This can be a commercially available spawning mat from an aquatic company or a new non-chemically treated mop head. Adding these to your pond helps cut down on injuries by providing a soft surface on which to lay their eggs. This I will do next year just to assist in the egg removal process. My females laid so many eggs I experienced water quality problems. Professional estimates establish koi can lay 45,000 eggs per pound of fish or in my case five females equals 2,250,000 eggs. After several days of intense work, I did manage to remove them and correct the water quality problem. I was completely unprepared this year but have learned to not let it get out of hand in the future.

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It is very rewarding to nurture something from seed to dinner plate and a great way to experience this is to grow summer herbs. Many grow easily from seed, but starter plants are also available in garden centers, often costing less than a single package of fresh herbs from the supermarket. Plus, herbs growing in your yard will supply you for several months and some, like rosemary, can be maintained year round.

The herbs I find most useful in my kitchen are basil, parsley, rosemary, thyme and more basil. As you may have noticed, basil is a favorite. When my thoughts turn to herbs, visions of yummy pesto and more basil. As you may have noticed, basil is a favorite. When my thoughts turn to herbs, visions of yummy pesto.

The secret to full, bushy plants is to harvest basil regularly, cutting off the top of stems and leaving one or two sets of leaves. If you don’t do this regularly you will have single-stemmed, skinny plants and few leaves. Also remove any buds. Basil stops growing big leaves when it flowers.

Parsley is one of the easiest herbs to grow. Tolerant of sun and shade, heat and cold, sand or clay, it grows just about anywhere. Flat-leaved parsley is preferred by most, but the curly variety is also nice. Thyme is able to thrive under a citrus tree in my back yard. Gardeners will tell you “there is never enough thyme.” It is a play on words, but also meant literally; thyme plants are small and the leaves are tiny. Thyme is susceptible to disease if kept too wet and heavy rains can do it in. Potted plants usually out perform plants in the ground. Harvest only one or two stems at a time from any one plant. Over winter, place your pot of thyme under a leafy tree next to the rosemary.

Sunshine and the natural nourishment of rich soil produce the best, most aromatic herbs, but if your soil is poor, fertilize lightly during the growing season with an organic fertilizer. Then combine your first basil trimmings with cheese and juicy ripe tomatoes to make a delicious Caprese salad. Minnow,…. The Mandarin Garden Club would like to thank the community for the support of our annual plant sale held on Saturday, April 24. Our event was like a charming small town festival from a time gone by. Attendees were shopping for plants, strolling the grounds, catching up with friends and neighbors and enjoying a leisurely lunch outside. Your response to support our sale and our vendors was outstanding. As a result of your kindness and response to helping others, 43 pairs of glasses were collected for the Lions club, four cell phones are on the way to the Duval County 4-H and delivery of your donations was made to the Mandarin Food Bank.

Upcoming events for the Mandarin Garden Club will be a $1.00 Clothing Sale on August 13 and 14 and a Trash to Treasure Sale on October 2. In conjunction with the upcoming 65th anniversary of the Mandarin Garden Club in the fall, there will be a 65th year anniversary cookbook for sale later this year with recipes from our members. These make great gifts for all occasions.

The Mandarin Garden Club looks forward to continuing in their tradition of being a part of the Mandarin community. Our gardens are open for your enjoyment, and membership is open to all. Thank you again for your continued support of our club and your generous donations.

Mandarin Garden Club news
By Contributing Writer Yvonne Corbett, Mandarin Garden Club

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Mandarin NewsLine bids farewell to senior high school writers

With Duval County high schools’ graduation ceremonies upon us, we at Mandarin NewsLine find that it is time to say farewell to a truly talented trio of senior writers who have penned articles for us for the past couple of years. It has been a pleasure working with these aspiring journalists who have displayed professionalism and a grasp of editorial knowledge well beyond their years.

We hope that they have learned and expanded their writing talents as a result of their association with Mandarin NewsLine and wish them all the best in their future endeavors!

Philipp Heilman: MHS sports writer

Heilman has written the MHS Sports Roundup column monthly since 2008. At Mandarin High, he was enrolled in the academically rigorous AICE Program. Heilman was president of the Sixth Man Club for his senior year. After graduation, he will attend Judson Women’s College in Marion, Alabama to pursue a degree with a major in early elementary education and a minor in communications.

Chelsea Kelley: MHS features writer

Kelley has written the MHS Happenings column monthly since 2008. While at Mandarin High, she was enrolled in the academically rigorous AICE Program and placed on the A/B Honor Roll. She was a member of the school’s yearbook and newspaper staffs. Kelley won a Duval County JADA competition for designing a bumper sticker for speaking out against drinking and driving and she was also the third runner up for the national Princeton University summer writing exposition. This fall, Kelley will attend Judson Women’s College in Marion, Alabama to pursue a degree with a major in elementary education and a minor in communications.

Amy Olsen: Youth Scene writer

Olsen has written the Youth Scene column, covering youth events from all over the Mandarin community, since 2009. She is graduating from Mandarin High School, where she was enrolled in the academically rigorous AICE Program. She served as editor-in-chief of the MHS yearbook in addition to playing on the basketball and volleyball teams. Olsen will attend Auburn University in the fall on an academic scholarship. She plans to major in public relations. When she “grows up” she hopes to be employed as a public relations officer by a non-profit Christian organization like Compassion International or World Vision. Best wishes from all of us at Mandarin NewsLine to these graduating seniors! Editor’s Note: As we say goodbye to this year’s senior writers, we now have a few student writer positions available for underclassmen. Please contact us at editor@mandarinnewsline.com.

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