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PUBLISHER'S NOTE

October has arrived, which means cooler mornings, football, pumpkin everything and the annual travel ritual I like to call “leaf-looky season.”

Yes, we live in Florida. No, we don’t get Vermont-level foliage. But give us a few colorful trees, a comfortable breeze and an excuse to get outside, and we’re perfectly happy.

This is also the time of year when Medicare Open Enrollment gets everyone’s attention. From October 15 through December 7, it’s a good idea to take a look at your Medicare coverage for 2027 rather than letting last year’s choices renew themselves. Drug costs, plan benefits, premiums and provider networks can change, so spend a little time comparing your options.

Take the walk. Sit outside with your coffee. Drive somewhere just to see what’s blooming, or changing colors. Meet a friend for lunch. Put down the phone and look around once in a while.

Daylight saving time will soon remind us that we can move the clocks backward. Unfortunately, life doesn’t come with that particular feature.

Enjoy the weather.

And whatever you do, don’t save the good stuff for later.

Later is not guaranteed.



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Florida Press Association

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Published by Longevity Media Network, LLC

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The Early Advantage

Don't Skip the Mammogram

October is Breast Cancer Awareness Month, but for Jacksonville-area physicians and survivors, the message is one that deserves attention all year. Find it early.

Breast cancer remains one of the most common cancers affecting women, but advances in screening, diagnosis and treatment are giving patients more options and, when cancer is found early, a better chance of successful treatment.



Shahla Masood, M.D., UF Health

At UF Health Jacksonville, Shahla Masood, M.D., professor and chair of pathology and laboratory medicine and medical director of the UF Health Breast Center, has devoted her career to breast health. Her research includes early breast cancer detection, minimally invasive biopsy techniques and factors that help physicians

predict how a cancer may behave.

Mayo Clinic Jacksonville oncologist Pooja Advani, M.D., also studies an important issue: racial and ethnic disparities in breast cancer biology and treatment outcomes.

Those disparities are significant. According to the U.S. Preventive Services Task Force, African American women are about 40% more likely to die from breast cancer than White women and are more likely to develop aggressive triple-negative breast cancers.

Jacksonville survivor Chris Fluitt learned firsthand why screening matters. A routine mammogram detected her cancer in 2021. She later persuaded her sister to get her first mammogram and her sister was also diagnosed with breast cancer.

"I want to help as many women as I can and let them know that they're not in this alone," Fluitt said.

Another Jacksonville survivor, Wykina Harris, had no symptoms and no family history when her first mammogram revealed an abnormality. A follow-up examination found three malignant tumors.

The current USPSTF recommendation calls for women ages forty through seventy-four at average risk to receive mammography every two years. Women with previous breast cancer, certain genetic mutations or other high-risk factors may need a different screening.

Don't wait for a lump. Don't assume you're safe because you have no family history. Keep your screening appointments and follow up promptly when something is abnormal. ∞

Northeast Florida Breast Cancer Support

Sisters Network Northeast Florida

Jacksonville chapter focused on breast cancer awareness and support, particularly within the African American community. neflorida@sistersnetworkinc.org | 904-757-6622

UF Health Jacksonville Breast Center

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ufhealth.org/uf-health-breast-center | 904-244-4387

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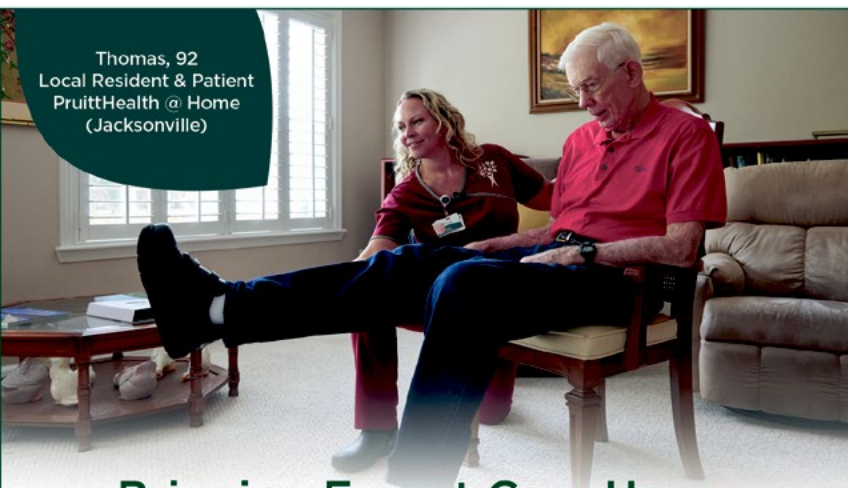
The DONNA Foundation

Jacksonville-based nonprofit providing support and resources for people affected by breast cancer and funding breast cancer research. thedonnafoundation.org | 877.236.6626

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This is a partial list of support organizations in our area. Screening recommendations vary according to age, family history, genetics, previous cancer and other risk factors. Talk with your physician about the screening schedule that's right for you.



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Do You Really Understand What Your Doctor Just Told You?

You leave the doctor's office with a diagnosis, a prescription, a list of tests and perhaps a head full of medical terms. You nod, say thank you and walk out the door. Then, somewhere between the parking lot and home, you think: What exactly did the doctor say?

October is Health Literacy Month and a good time to ask better questions.

That moment is more common than many patients realize.

Richard O. White III, M.D., M.Sc., an internist and pediatrician at Mayo Clinic in Jacksonville, makes health literacy part of his work with patients.

"I am passionate about empowering my patients to understand and take control of their health when prevention is the focus and to optimize their

outcomes when chronic conditions do arise," White says. "I prioritize trust, communication, health literacy, and mutual dedication to wellbeing seeing the patient-doctor relationship as a team working hard towards a common goal."

Michael Waters, M.D., a family physician with Baptist Primary Care in Jacksonville, offers straightforward advice:

"Speak up if you don't understand something your doctor says."

Baptist Health recommends three questions patients can ask: "What is my main problem?" "What do I need to do?" and "Why is it important for me to do this?" The health system also advises patients to bring a family

member or friend to appointments when helpful and to follow up on test results.

Another useful tool comes from the Agency for Healthcare Research and Quality: teach-back. Instead of asking a patient, "Do you understand?" clinicians can ask the patient to explain the plan in their own words.

Before your next visit, write down your questions. Bring a current medication list. Take notes. Ask what happens next, when test results should

arrive and whom to call if something changes.

And don't worry about sounding uninformed.

A few minutes of clarity can prevent confusion.

Medical terminology may be part of your doctor's vocabulary. Understanding your care should be part of yours. ☞



Michael Waters, M.D., Baptist Health



Richard O. White III, M.D., M.Sc., Mayo Clinic



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Medicare Scammers Are Getting Ready for Open Enrollment

A phone call promising better benefits could cost you your privacy, your coverage and your money.

Medicare's annual open enrollment period runs October 15 through December 7, giving beneficiaries an opportunity to review their coverage for 2027. Unfortunately, scammers also use this time to target older adults with deceptive calls, texts and mailers.

One common tactic? Someone calls claiming to be an "official Medicare representative" and offers to send a new Medicare card, upgrade your benefits or help you qualify for extra care.

Here's what you need to know:

Medicare does not send sales representatives to your home. Be cautious of anyone claiming to be an official Medicare agent offering insurance.

You do not need to provide your Medicare number to an unsolicited caller. Never share personal or financial information with someone who contacts you unexpectedly.

Beware of pressure tactics. Claims that you must act immediately to avoid losing benefits or that you have won a special Medicare allowance should raise suspicion.

Be careful with "free" offers. Free medical equipment, genetic testing or extra benefits may be used to obtain your personal information or bill Medicare for services you did not receive.

Review your coverage before making changes. A plan change could affect your doctors, prescriptions, costs and benefits.

What should you do?

Hang up on suspicious callers. Do not click links in unexpected Medicare-related texts or emails. Verify information using the phone number on your Medicare card or by visiting [Medicare.gov](https://www.medicare.gov).

If you suspect Medicare fraud, contact the Senior Medicare Patrol at 1-877-808-2468 or Medicare at 1-800-MEDICARE.

Remember, you are in control of your Medicare decisions. Take your time, ask questions and never let a stranger pressure you into changing your coverage.



Sources: Federal Trade Commission; Centers for Medicare & Medicaid Services; Senior Medicare Patrol.



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Old Rockers Who Won't Quit

Some Legends Are Still On The Stage

At what age should a musician stop touring?

It's a provocative question and one that seems increasingly relevant. Bob Dylan is 85. Ringo Starr is 86. Smokey Robinson is 86. Tom Jones is 86. Dionne Warwick is 85. Paul McCartney is 84. Yet they're still answering the call of the stage.

Barry Manilow, 83, performed what was promoted as his final concert this past August at Jacksonville's VyStar Veterans Memorial Arena. He has dealt with his own health challenges, including surgery for lung cancer. "My voice, I don't know whether it's coming back," he said after hearing his changed voice following surgery.

Rod Stewart's "Forever Young" makes the question particularly interesting. He



Barry Manilow

Rod Stewart

Lionel Richie

Gene Nordan

plans to take the stage on March 16th of 2027 at the St. Augustine Amphitheatre, and has spent more than 50 years performing. But this summer, Stewart canceled tour dates following a coronary stent procedure.

Lionel Richie, 77, also experienced a health scare this summer when he became dizzy during a performance, later postponing two concerts. He subsequently returned to the stage.

Then there is the First Coast's own Gene

Nordan.

Nordan has spent decades behind a piano, becoming a Beaches institution after arriving at Atlantic Beach's Le Chateau in 1970.

He played five nights a week, later performing at private events, charity affairs and other venues.

His career even inspired the musical Piano Bar.

Maybe that's the distinction.

Should older musicians stop performing or stop touring?

There's a big difference between flying city to city or walking onto a familiar stage or doing a residency.

Growing older doesn't mean putting away the microphone. Maybe it means choosing the stage more carefully. ☺



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Breezy

Nancy Ruth Barber lives her dream every day in a yellow beach house.

"It's a community that brings people of all ages together. Everyone is comfortable here and that's what I was going for," she said of Breezy Coffee Shop Wine Bar that she opened in Jacksonville Beach in 2011, recalling an elderly woman who came in after daily Mass and became chummy with a bikini-clad girl who rolled up on a skateboard.

Barber, 62, delights in providing a place that fosters camaraderie, especially for older adults. "They can feel comfortable coming in by themselves to have a cup of coffee, glass of wine, lunch or whatever," she said. "When we do dinner on Friday nights we have about eight seniors bellied up to the bar. They're all friends now and have each others' backs."

She maintains that staying active and having a network of supportive friends keeps you young.

"Today is 'someday.' Live life now," she said, sharing the untimely death at 74 of her friend Karin Tucker, co-founder of Biscotti's and bb's restaurants, as an example. "She always had that glorious smile and took on any adventure that came her way."

Barber had no thoughts of owning a restaurant while growing up in Dallas. She moved to Atlanta as a teen, went to the University of Georgia, got married and moved to Jacksonville 36 years ago. Divorced, she has two daughters, a son and a granddaughter.

A media analyst with a degree in journalism, she worked for a small newspaper in Atlanta, then in public broadcasting and commercial television after moving to Florida. She worked in sales and management before starting her own advertising agency. Meanwhile, the idea of opening a coffee shop had been percolating. "This is it! I can make this work!" Barber recalled thinking when her ad job took her to a meeting in a two-story house on Third Street South. "I went across the street and wrote out a business plan and 15 years later, we're still here."

Breezy, named after her family's happy summers at Breezy Point, Long Island, took over the first floor until January 2020 when Barber started leasing the whole building to cater parties upstairs.

Barber seldom slows down at play or work, where she does it all—cooking, baking, serving, purchasing, dishwashing,

Y

Where Everybody Knows Your Name

By
Lorrie
DeFrank

accounting and more. A beach-themed breakfast and lunch restaurant decorated with photos and caricatures of customers, Breezy offers baked goods, pita sandwiches, salads, café drinks and more. It stays open for happy hour and dinner on Fridays when Barber serves gourmet selections and her acclaimed Peruvian chicken pizza.

"She is the perfect host. She is so friendly and remembers everyone who comes in," said longtime customer Bina Patel, 78, who helps Barber prepare such dishes as butter chicken, sauteed okra and basmati rice for Breezy's occasional Indian night. When Patel, who is from India, learned of Barber's desire to learn to cook Indian food she invited her home to teach her how.

"Nancy is a real gem. She cares about people and it shows," said Evan Jones, 75, who often rides his bike a few miles to Breezy.

Jacksonville Beach City Councilman John Wagner, 59, calls Breezy "the heartbeat of the community." He frequently meets people there because of its warm, comfortable beach style and to support a local business. Wagner said Breezy is also a place to find government, political and business leaders he admires, like Richard Bowers and Richard "Dick" Brown, who Barber remembers chatting with customers about issues to discuss on their former radio talk show, Salt Air.

For the past decade, Bowers, Brown and retired Beaches florist Harry Schnabel met at Breezy twice a week. Well into their 80s, they call themselves The Board and reminisce about their long-gone youth and solve the world's problems. "The beauty of The Board is that they are on opposite sides of the political spectrum but are always respectful," Barber said.

Barber attributes her positive attitude to staying active and always looking for the good in people. "I love life. I love people. I love food. I love all the things about Breezy," she said. "Having been here this long, now I can't see myself not being here."



The Great Southern Porch Tour

Four Stops for a Cool Road Trip

Florida may not deliver much in the way of brilliant red leaves, but that doesn't mean Northeast Florida has to sit out fall. Point the car north, slow down and take the Great American Porch Tour, a road trip built around small towns, historic streets, good food and the pleasure of sitting awhile.

Micanopy: Old Florida Under the Oaks

About eighty miles from Jacksonville, Micanopy feels like a town that decided somewhere along the way that bigger wasn't necessarily better. Stroll Chulokka Boulevard beneath massive live oaks draped in Spanish moss, browse antique shops and settle in for lunch.

Nearby Paynes Prairie Preserve State Park adds a dose of wild Florida, with opportunities to spot wildlife, including wild horses and bison. For a literary detour, visit the Marjorie Kinnan Rawlings Historic State Park at nearby Cross Creek.

October is also a good time to visit the Micanopy Fall Festival, scheduled for Oct. 31-Nov. 1, 2026.

PORCH ASSIGNMENT: Find a rocking chair and resist the urge to check the time.

Thomasville: Southern Charm, Served Slowly

Cross into Georgia and head toward Thomasville, a polished small city with historic brick streets, independent shops, restaurants and tree-lined neighborhoods.

Start downtown and find The Big Oak, one of the city's signature landmarks. Then explore the Thomasville History Center or wander through the shops before heading outdoors. Birdsong Nature Center, a 565-acre conservation area, offers trails and a chance to experience the South Georgia landscape at a slower pace.

Fall is particularly appealing here. The air begins to cool, the trees provide shade and dinner somehow tastes better when you're not rushing.

PORCH ASSIGNMENT: Order dessert. Take your time.

Madison: Rocking-Chair Country

Madison, Georgia, is about a five-hour drive from Jacksonville and deserves at least two nights. Its historic district is filled with

beautifully preserved homes, churches and buildings, making it perfect for an unhurried walking tour.

Explore the shops, tour a historic home and find a restaurant for a long dinner. Then do something radical: nothing.

PORCH ASSIGNMENT: Sit outside with coffee the next morning before getting back in the car.

Washington: Small-Town America, Unfiltered

Washington, Georgia, offers historic homes, museums, local restaurants and a picturesque downtown square. Its Revolutionary War history adds another layer to the trip, while the surrounding countryside makes the drive part of the experience.

Don't rush through. Talk to a shop owner. Ask where locals eat. Walk the square. Take the scenic route.

PORCH ASSIGNMENT: Ask someone what you shouldn't miss. Their answer may be better than anything in your guidebook.

Fall Travel Tip

Get ready for interesting excursions this season.

Pack comfortable shoes, a lightweight jacket and an empty afternoon. The Great American Porch Tour isn't about seeing everything. It's about seeing something and having enough time to enjoy it. Find a few days, a few good friends while discovering beautiful southern porches. ☁



Arm Yourself With Strong Guns

Want stronger, more defined arms after 55? You don't need a gym full of equipment or hours of exercise. According to recent guidance from Harvard Health, targeted strength training can help rebuild muscle, improve everyday function and make activities such as carrying groceries, opening doors and getting up from a chair easier.

Upper Arm Strength

And don't overlook your triceps. A Harvard Women's Health Watch article published in August 2026 points out that the triceps account for about two-thirds of the muscle in the upper arm. Strong triceps aren't just about appearance, they help with pushing, lifting and reaching. They can even help you push yourself up from a sofa or bed.

Physical therapist Mary Kate Miller, PT, DPT, MBA, OCS, clinical supervisor at Harvard-affiliated Spaulding Rehabilitation,



recommends gradually building resistance rather than trying to lift heavy weights immediately. **Resistance bands and body-weight exercises can be effective alternatives to dumbbells.**

Start with light weights, 2 to 5 pounds for some exercises. Begin with one set and gradually work toward three as your strength improves.

Guidance recommends starting slowly and working toward two to three sessions per week. Resistance bands can provide an inexpensive, convenient way to strengthen the arms at home.

Strong arms help preserve independence. If you're lifting a suitcase, putting dishes away, gardening or pushing open a heavy door, upper-body strength can make everyday life easier.

If you're new to strength training, or have shoulder, elbow, wrist or other joint problems, talk with your physician or physical therapist before beginning a new program.

It's never too late to get stronger. Start light. Start slowly. And keep going. 🐾

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Medicare 2027

What You Need To Know



Medicare's annual Open Enrollment season arrives October 15, and there's a good reason not to let your current coverage renew on autopilot. Medicare Advantage and Part D plans can change their premiums, benefits, drug formularies, pharmacies and provider networks from one year to the next.

Here are several 2027 changes worth putting on your radar:

- The Part D out-of-pocket threshold rises to \$2,400. In 2026, the threshold is \$2,100. Once you reach the 2027 limit for covered Part D drugs, you pay \$0 for covered prescriptions for the remainder of the year.
- The standard Part D deductible increases to \$700, up from \$615 in 2026. Your actual deductible can differ depending on your specific drug plan.
- Another 15 negotiated Part D drug prices take effect January 1, 2027. Medicare says the negotiated prices apply to the next group of Part D drugs selected for negotiation. Check your plan information to see whether medications you take are included.
- Prescription prior authorization is getting more digital. Beginning January 1, 2027, Medicare says plans may process prior-authorization requests electronically, with beneficiaries potentially able to view decisions through a patient portal.
- Medicare Advantage plans are changing, too. CMS finalized 2027 payment and risk-adjustment policies affecting MA plans. These changes are primarily directed at insurers, but they can contribute to changes in individual plans' benefits, networks and costs.

What should you do?

Don't assume your 2026 plan will look the same in 2027. Review your Annual Notice of Change, check your prescriptions, doctors and pharmacies, and compare available plans at [Medicare.gov](https://www.medicare.gov). Open Enrollment runs October 15–December 7, with changes generally taking effect January 1.

One important reminder: Medicare Advantage benefits and costs vary by plan and location, so there is no single "typical" 2027 plan.

For the most up to date information about Medicare 2027, please visit [Medicare.gov](https://www.medicare.gov).



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By Alex Maceda, Edward Jones Financial Advisor

MONEY

Inflation Fighting Strategies for Retirees

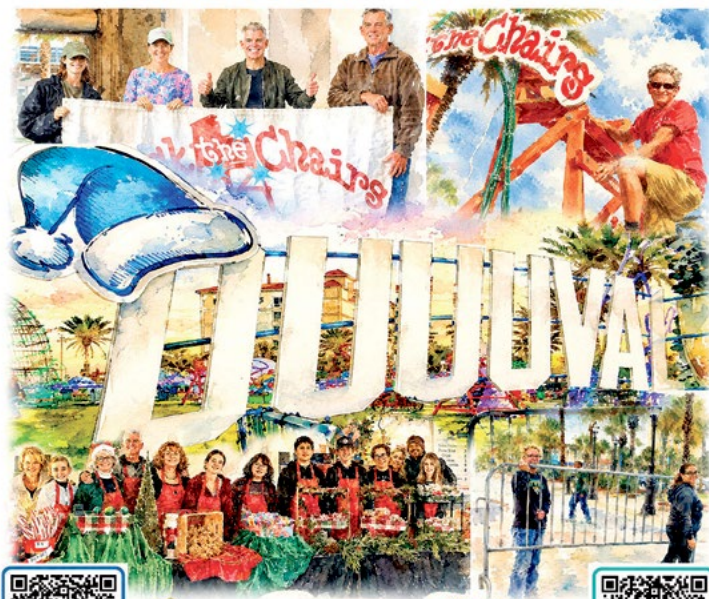
At different times, inflation may be high or low, but, except in those rare periods of deflation, it's always with us. During your working years, when you may receive boosts in your salary but what happens when you retire?

Here are a few suggestions:

- **Keep some growth potential in your investment portfolio.** During your retirement years, you may want to move your portfolio toward a somewhat more conservative approach by owning investments that offer significant protection of principal. However, these same investments offer little in the way of growth, which means they are susceptible to inflation. Consequently, you'll also need to own a reasonable amount in growth-oriented investments, such as stocks and stock-based securities.
- **Consider inflation-adjusted bonds.** You might want to consider Treasury Inflation-Protected Securities (TIPS), which are indexed to the Consumer Price Index, so the principal increases with inflation (and decreases with deflation). Another inflation-adjusted Treasury security is the I bond, which differs from TIPS in that the principal doesn't change but the interest rate does, every six months, based on a combination of a fixed interest rate and the inflation rate.

- **Delay taking Social Security.** You can start collecting Social Security benefits at 62, but your monthly checks will be much bigger if you wait until your full retirement age, likely between 66 and 67. You would receive the maximum amount if you waited until 70 before collecting.
- **Don't hold too much cash.** During your working years, it's a good idea to have an emergency fund containing several months' worth of living expenses in liquid, low-risk accounts. And when you're retired, you might want to have up to year's worth of expenses in such a fund. But be careful about holding too much cash, as it will lose purchasing power each year due to inflation.
- **Think about extending your employment.** If you like what you do, you might want to consider working a few years longer than you had originally intended. Not only will you be bringing in more income, but you could also continue to contribute to retirement accounts, including your IRA and 401(k). Even if you don't want to continue working full time, you could do some part-time work or consulting. You can't control the cost of living, but by making some of the moves described above, you can help yourself mount a defense against the effects of inflation. For more information contact Alex at (904) 671-0216. ☎

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Things To Do *this month*

October 3, 1:30 PM - 2:30 PM

Author Event: Life in Captivity

Story & Song Center for Arts & Culture, 1430 Park Avenue, Fernandina Beach, FL 32034

Author Eliza Young shares the remarkable story behind her memoir, including childhood illness, more than 20 surgeries, parental kidnappings and the lasting health effects of being near the World Trade Center on September 11. Free admission.

storyandsongarts.org

October 3, 2:00 PM - 3:00 PM

History Chat: Jacksonville's Gullah Geechee Heritage

Jacksonville Public Library, 303 North Laura Street, Jacksonville, FL 32202

Authors Ennis Davis and Adrienne Burke will discuss the people, places and traditions that shaped Jacksonville's Black coastal communities. A book sale and signing will follow the presentation. Free admission; registration requested.

jaxpubliclibrary.org



October 9, 7:30 PM

Atlanta Rhythm Section and Firefall

Florida Theatre, 128 East Forsyth Street, Jacksonville, FL 32202

Two bands closely associated with the sound of the 1970s share the stage. Atlanta Rhythm Section's hits include "So Into You" and "Imaginary Lover," while Firefall is known for "You Are the Woman" and "Just Remember I Love You." Ticket prices vary.

floridatheatre.com

October 10, 9:00 AM - 4:00 PM

Graveside Chronicles:

Tales of Life, Love and Legacy

Bosque Bello Cemetery, 1321 North 14th Street, Fernandina Beach, FL 32034

Costumed presenters share stories about notable



Fernandina residents during a 90-minute walk through one of Florida's oldest cemeteries. The historic setting and personal stories

make this much more interesting than an ordinary cemetery tour. Tickets \$25

ameliamuseum.org

October 10, 7:30 PM - 9:30 PM

Jacksonville Symphony: Selections from Swan Lake

Lewis Auditorium at Flagler College, 14 Granada Street, St. Augustine, FL 32084

The Jacksonville Symphony opens the EMMA Concert Association season with familiar orchestral music, including selections from Tchaikovsky's Swan Lake, Dvořák's Slavonic Dances and Smetana's The Moldau. Tickets \$45. emmaconcerts.com

October 11, 4:00 PM

Phaeton Piano Trio

St. Paul's by-the-Sea Episcopal Church, 465 11th Avenue North, Jacksonville Beach, FL 32250



Three internationally recognized German musicians—violinist Friedemann Eichhorn, cellist Peter Hörr and pianist Florian Uhlig—perform chamber music in an intimate setting. Doors open at 3:15 p.m., and a reception follows the concert. Free admission.

beachesfinearts.org

October 16, 7:00 PM

Jacksonville Icemen Opening Night

VyStar Veterans Memorial Arena, 300 A. Philip Randolph Boulevard, Jacksonville, FL 32202

The Jacksonville Icemen begin their 10th-anniversary season against the South Carolina Stingrays. Tickets \$32 and up.

jacksonvilleicemen.com



October 22, 6:30 - 7:30 PM

The Living Garden:

Designing with Nature

Cummer Museum of Art & Gardens, 829 Riverside Avenue, Jacksonville, FL 32204

Landscape designer Larry Weaner will explain how working with natural processes can produce gardens that are beautiful, resilient and better for wildlife. The illustrated talk offers useful ideas for experienced gardeners as well as people who simply enjoy spending time outdoors. Tickets \$25 for members and \$40 nonmembers.

cummuseum.org

October 22 - November 8, times vary
To Kill a Mockingbird

Limelight Theatre, 11 Old Mission Avenue, St. Augustine, FL 32084

Limelight Theatre brings Harper Lee's classic novel to the stage, following Scout Finch as her father defends a Black man falsely accused in 1930s Alabama. The story's questions about prejudice, courage and empathy remain as timely as ever. Tickets \$30 for seniors and \$35 for general admission. limelight-theatre.org

October 25, 8:00 AM

EverGreen Pumpkin Run

Evergreen Cemetery, 4535 North Main Street, Jacksonville, FL 32206



Choose between a 5K and a 10-mile course through Evergreen Cemetery, where pumpkins line the route beneath mature oak and magnolia trees. Both runners and walkers are welcome, and the morning includes a costume contest, finisher medals, food and

drinks, and a chance to take home a pumpkin after the race. From October 1-17, registration is \$40 for the 5K and \$45 for the 10-mile race; prices increase after October 17. Participants 65 and older receive a \$10 discount through October 24. 1stplacesports.com

PARTING SHOT

By Carol Doyle

Jacksonville Watercolor Society Brings a Decade of Creativity to Westminster Woods on Julington Creek



For more than ten years, members of the Jacksonville Watercolor Society have volunteered to teach watercolor painting to residents of Westminster Woods on Julington Creek. What began as an outreach

effort has grown into a welcomed tradition.

The participants who gather for these sessions come from remarkably varied backgrounds. Some arrive with years of artistic experience, eager to refine their skills or explore new techniques. Others bring business expertise, approaching watercolor with the same curiosity and problem-solving mindset that shaped their careers. One participant, a former scientist, delights in the interplay of water, pigment, and paper. Each person contributes a unique perspective.

Participants learn techniques such as washes, layering, color mixing, and brushwork, but they also learn to embrace the unexpected, the way pigment blooms on wet paper or how

a small mistake can transform into something beautiful. The benefits extend far beyond the paintings themselves.

Over the last decade the Jacksonville Watercolor Society's volunteers haven't just taught painting they've nurtured confidence and connection. Their dedication has left a lasting imprint on Westminster Woods, proving that a few brushes, some color, and a willingness to share can enrich a community in profound and lasting ways. The 2026 JWS Fall Juried Show will be exhibited from October 27 at Christ Episcopal Church located at 400 San Juan Drive in Ponte Vedra. 🍷



Award-winning "Lurking" painting by Emily Long from Westminster Woods on Julington Creek.

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