

NFHC

UPCOMING EVENTS:

- Super Bowl Party—Feb 7th
- The ARC Jacksonville Valentines Dance—Feb 12th, 5:30-9:00 pm at the Romona Pavilion
- Valentines Dance held by the Down Syndrome Association— Sat Feb. 13th from 6-9pm at St. Paul's Catholic Church
- Service Project with Habijax on Saturday, Feb 20th
- Volunteer making hands for booth at Summer Camp Expo—Saturday Feb 20th from 8:30am to 4:30pm
- Service Project with YMCA—The Highland Games on Feb. 27th from 9am to 6pm

Member Highlight:

Mark Bialas
Site: JaxHATS

My career goal is to become a general surgeon in a community hospital. My experience with JaxHATS has enlightened me to the demands of a physician working with a medically underserved demographic. As I currently am applying to medical school, my experience working in a university health facility with patients who have chronic health disabilities will serve me well as a student during my 3rd and 4th year rotations. I'm also confident that my NFHC service is giving me a better overall perspective as a doctor and as a person.

By: Mark Bialas

AmeriCorps Newsletter

February 2010

NFHC Members celebrate MLK Day through Service

By: Mark Bialas

North Florida Health Corps members recently gathered on a rainy Saturday morning to participate in the Martin Luther King Jr. Day of Service on Jacksonville's north side. The day started around 8 am at St. Clair Evans Academy, and coffee and donuts were donated for the event just in case any NFHC members needed an early kick start to the day. Even though the rain continued to fall, spirits were high as volunteers from the community and from various organizations came together in the name of service to clean up parks and community centers. "It's really great to see so many smiling faces ready to pitch in and help for a good cause", mentioned beaming NFHC member Charisse Fox as she prepared to head out for the day.

Members participated in several different activities which included restoration of an adult day care

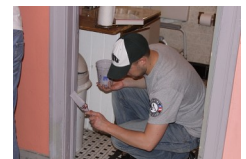
center, the park beautification project, tree and flower planting, and children's reading activities. Those participating in the landscaping activities braved the rain as they got their hands dirty.



NFHC member and proud Oregonian Dacey Storzbach quipped "the weather didn't bother me at all, this is just a drizzle compared to what I'm used to back home". Fellow NFHC member and dampened landscaper Elisabet Eppes also participated in the park clean up, and she felt that it was a great learning experience. "I thought the project was a good way for us to become ac-

quainted with a neighborhood in need and to appreciate the beauty hidden within seemingly careworn areas."

Following their day of service, all volunteers were invited back to St. Clair Evans Academy auditorium for lunch and a bit of debriefing. Volunteers were asked to fill out surveys about their experience, gauging the usefulness of the activities and the likelihood of participation in future events. The MLK day of service was capped with musical performances by local school children. All in all it was a great day for service, as the North Florida Health Corps members worked side by side with the community members to get things done. The day's events were organized and sponsored by Hope Worldwide, Hands on Jacksonville, and American Express.



Holiday Traditions—cont'd from December newsletter

By: Dacey Storzbach

Chanukah is the Jewish Festival of Lights, which generally falls sometime in November or December. It is a minor festival that commemorates the victory of the Maccabees over their Syrian/Greek conquerors. According to the story, the Syrians had pillaged the Temple during their conquest. When the Maccabees reclaimed the Temple, they wanted to light the ner tamid, the sacred "eternal" light that

must never go out. However, only one day's worth of oil remained, not enough for the eight days required to make new oil. The Maccabees lit the ner tamid anyway, and miraculously it remained lit for 8 days. This is the so-called "miracle of Chanukah" that is celebrated every year.

Traditionally during Chanukah, Jewish families light a menorah (a candleholder that holds 8 candles), lighting one new candle

every night. They also eat food cooked in oil - latkes (potato pancakes) and suf-ganiyot (Israeli doughnuts) are the most popular. A dreidle is a four-sided top with a Hebrew letter on each side; during Chanukah, Jewish families play a gambling game with the dreidle.

