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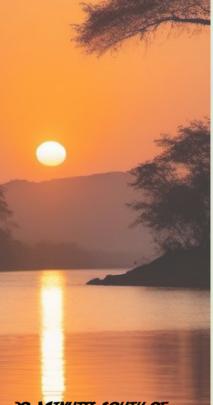
Sea Serpent Tours Inc is a veteran owned company that was established in St. Augustine, FL in 2015, & has provided airboat ecological tours of the freshwater and saltwater tributaries of Northeast Florida to nearly a million visitors from around the world.

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30 MINUTES SOUTH OF DOWNTOWN JACKSONVILLE

Mosquitoes Prevention & Health Risks

A MOSQUITO FREE YARD

Create an environment in your yard that invites animals that like to eat mosquitoes. Some things that enjoy eating mosquitoes are: • Bats • Frogs • Fish • Turtles • Birds • Dragonflies

To help repel mosquitoes, plant some of the different vegetation listed: • Citronella • Geranium • Eucalyptus • Rosemary • Basil • Anise • Mint • Marigolds • Catnip • Wormwood • Tansy • Lavender • Cedar • Cloves

Don't have stagnant water sitting around in things like buckets or tires.

BE SAFE WHILE OUTDOORS

When a mosquito bites you it can leave saliva in your body. If the mosquito is infected it can transfer diseases to you. A few of the more common diseases transmitted to people are: • Dengue • Encephalitis • Malaria • Yellow Fever. Mosquitoes can also transmit diseases to animals. A couple of these diseases are: • Heartworm (mostly to dogs & cats) • Encephalitis. To reduce your chance of getting a disease from mosquitoes you can, apply mosquito repellent to your skin and clothing.

RANDOM MOSQUITO FACTS

- More than 3,000 different mosquito species can be found around the world.
- · Female mosquitoes feed on blood. Male mosquitoes feed on plant nectar.
- Some mosquito species prefer to feed on animals or reptiles over humans.
- All mosquitoes need water to complete their life cycle.
- One female mosquito can lay over 200 eggs at one time.
- Mosquito larvae only need a week in water to hatch.
- Mosquito eggs can survive for more than five years.
- Mosquitoes can fly around 1 to 2 mph.
- Mosquitoes find food by sight, infrared radiation and chemicals in the air.
- Around 1,000 Americans get ill or die from mosquito bites each year.
- Mosquitoes are a huge food source for birds, bats and some reptiles.

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Local Area Events

JANUARY

- Annual Jax Boat Show
- Annual Martin Luther King Jr Breakfast Jacksonville
- Founders Day Celebration Neptune Beach
- Jacksonville Beach Classic Car Cruise
- Jacksonville Beach Farmers & Artisans
 Market
- Jacksonville Beach Local Festival
- Jacksonville Career Fair
- Jacksonville Festival of Laughs
- Jacksonville Restaurant Week
- Memorial Park Centennial Gala -Jacksonville
- Music Heals Festival Neptune Beach
 New Year, New You 5K Run, Walk & Roll-Jacksonville
- North Florida Gun & Knife Show -Jacksonville
- Nothing But Trucks Off Road & Street Show
 Jacksonville
- Urban Book Festival Jacksonville
- Veterans Stand Down Reserve Day -Jacksonville
- WinterJam Jacksonville
- Valentine's Day Love at Lunch Jacksonville

FEBRUARY

- Annual SOAR STEM & Trade Career
 Symposium Jacksonville
- Charity Sporting Clay Shoot Jacksonville
- Community First Sea Walk Music Festival -Jacksonville Beach
- Dogfest Jacksonville
- Jacksonville Holistic Wellness Expo
- Jacksonville Landscape Show
- JAX College Baseball Classic 2 - Duval County • Resident Guide

FEBRUARY (CONTD)

- Love & Music Festival Jacksonville
- Riverside Craft Beer Expo Jacksonville
- Spartan Race Weekend Jacksonville
- World of Nations Celebration Jacksonville

<u>MARCH</u>

- Annual Easter Egg Hunt Jacksonville Beach
- Annual Girl Power Car Show Jacksonville
- Annual Race to Read 1M, 5K & 10K Jacksonville
- B-EGG-ing for More Dog Easter Egg Hunt -Jacksonville
- Collective Con Jacksonville
- Gate River Run Jacksonville
- Jacksonville Annual Springfest
- Jacksonville Women's Expo
- Luck of The Irish 5K Jacksonville
- Mandarin Art Festival Jacksonville
- San Marco Beer Festival Jacksonville
- 7 Creeks Festival Jacksonville
- Art in the Park Jacksonville

<u>APRIL</u>

- Annual Opening of the Beaches Parade -Jacksonville Beach
- Annual Sandcastle Contest -
- Jacksonville Beach
- Annual Special Needs Resource Expo -Jacksonville
- Florida Seafood & Caribbean Music Festival
 Jacksonville
- JYSO Festival of Strings Jacksonville
- Springing The Blues Festival Jacksonville
- Teen Challenge Annual Charity Golf
 Tournament Jacksonville

APRIL (CONTD)

- THINK BOLD Festival Jacksonville
- Turnpike Troubadours Tour Jacksonville
- Veterans Cup Jacksonville
- Jacksonville Science Festival

MAY - JUNE

- Annual Sandal & Sneaker Gala -Jacksonville
- Jacksonville Jazz Festival
- Goodwill Festival Jacksonville
- Jacksonville Medical Flair 4 Healthier
 Lifestyles EXPO

JULY - AUGUST

- 4th of July Events & Fireworks Area Wide
- JAX Elite Barber & Beauty Expo
- Summer Showcase Car, Truck & Bike Show
 Jacksonville
- Annual Endless Summer Showcase -Jacksonville Beach
- Jacksonville Caribbean Carnival
- Jacksonville Home Expo
- Jacksonville Summer Beach Run
- JAX Westie Fest

SEPTEMBER - OCTOBER

- Florida Fish Festival Jacksonville
- Riverside Fall Festival Jacksonville
- Jacksonville Taco & Tequila Festival
- NAS JAX Air Show
- JAXFAIR
- WasabiCON Jacksonville

NOVEMBER - DECEMBER

- Dazzling Nights Jacksonville
- Deck The Chairs Area Wide (Nov-Dec)
- Annual Gingerbread Extravaganza Jacksonville
- Gator Bowl Pep Rally Jacksonville
- Gobble Till You Wobble 1M, 5K & 10K -Jacksonville
- Breakfast With Santa Jacksonville Beach
- Holiday Brunch Jacksonville
- Lunch With Santa Jacksonville
- Jacksonville Santa Bar Crawl
- Jingle Bell's Celebration Jacksonville
- Neptune Beach Christmas Tree Lighting
- North Beaches Art Walk Neptune Beach
- Polar Express Cookies & Cocoa with Santa -Jacksonville
- Santa's Big Day 1M, 5K & 10K Jacksonville
- New Years Eve Celebrations Area Wide
- Jax Greek Fest
- Annual Holiday Home Tour Jacksonville

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*Events are subject to change

Residential Services

JACKSONVILLE RESIDENTIAL SERVICES

Administration & Finance: 904-255-8206

ADRC: 904-391-6699

Animal Care & Protective Services: 904-630-2489

Clerk of Court: 904-255-2000

Department of Health: 904-253-1000

Emergency: 911

Emergency Preparedness: 904-253-1270

Emergency Assistance Program: 904-630-3520

Extension / AG: 904-255-7450

Fire & Rescue: 904-630-0527

Non Emergency: 904-255-3280

Health Services: 904-232-3086

Human Resources: 904-630-1287

Humane Society: 904-725-8766

Mayor: 904-255-5030

Mental Health Services: 904-255-3328

Parks & Recreation: 904-255-7907

Public Works: 904-255-8786

Sheriff: 904-630-0500

Social Service Division: 904-630-0696 Substance Abuse Services: 904-255-3328 Veterans Services: 904-255-5550

Victims Services: 904-255-3388

JACKSONVILLE BEACH RESIDENTIAL SERVICES

Animal Control: 904-247-6195 Beaches Energy Services: 904-247-6171 City Clerk: 904-247-6250 City Manager: 904-247-6100 x6 City Attorney: 904-712-6297 Emergency: 911 Finance: 904-247-6274 Fire Marshall: 904-247-6201 Human Resources: 904-247-6263 Parks & Recreation: 904-247-6263 Palaning & Development: 904-247-6107 Public Works: 904-247-6219 Utilities: 904-247-6241

ATLANTIC BEACH RESIDENTIAL SERVICES

 Animal Control: 904-247-5866

 Building Department: 904-247-5800

 City Attorney: 904-247-5813

 City Commission: 904-247-5809

 City Clerk: 904-247-5821

 City Engineer: 904-247-5874

 City Manager: 904-247-5817

 Code Enforcement: 904-247-5855

 Emergency: 911

 Finance Department: 904-247-5859

 Fire & Rescue: 904-247-5859

 Human Resources: 904-247-5890

 Information Technology: 904-247-5858

 Ocean Rescue / Lifeguards: 904-247-5883

 Parks: 904-247-5834

 Planning / Community Development: 904-247-5822

 Police Non Emergency: 904-247-5859

 Public Utilities: 904-247-5886

 Public Works: 904-247-5834

 Recreation: 904-247-5828

 Utility Billing & Customer Service: 904-247-5816

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Before European settlers arrived thousands of years ago, the area was inhabited by several indigenous peoples. In Jacksonville's Timucuan Ecological and Historic Preserve, archaeologists have unearthed remnants of some of the country's oldest pottery, which dates back to 2500 BCE. The Mocama, a Timucuan-speaking people, lived in the region before European settlers arrived. One of the strongest tribes in the area, the Saturiwa, ruled over a large portion of what is now Duval County when the Europeans first arrived. William Pope Duval served as the governor of Florida Territory from 1822 until 1834. Duval County was named after him when it was founded in 1822. Since 1968, the Duval County administration has been unified with Jacksonville, which serves as its county seat. There were 995,567 people living there as of the 2020 census, up from 864,263 in 2010.

CITIES

Jacksonville -971,319 (County Seat) Jacksonville Beach -21,362 Atlantic Beach - 12,985 Neptune Beach -7,124 Baldwin - 1,430

*Populations are approximate.

JACKSONVILLE

As of 2020, Jacksonville, the most populous city in the state of Florida and the largest by area in the US. When the local government merged with Duval County in 1968, this location served as their seat.. The Jacksonville metropolitan area is the fourth-largest in Florida, home to 1,733,937 people. Residents on the north side of the Cow Ford opted to design a town, laying out the streets and plats, following Spain's 1821 concession of the Florida Territory to the United States. They called the town Jacksonville in honor of Andrew Jackson, the first Territorial Governor and eventual U.S. President. Jackson was a well-known battle hero. Residents, under the direction of Isaiah D. Hart, drafted a town charter that was accepted on February 9, 1832, by the Florida Legislative Council. With 971,319 residents as of July 2022.

JACKSONVILLE BEACH

Jacksonville Beach is a coastal tourist city located in Duval County. Pablo Beach was the name when it was formed on May 22, 1907, and it would be changed to Jacksonville Beach in 1925. The city is a part of the Jacksonville Beaches, a collection of towns. Mayport, Atlantic Beach, Neptune Beach, and Ponte Vedra Beach are some of these communities. Jacksonville Beach decided to keep its own municipal government, as did Atlantic Beach, Neptune Beach, Baldwin, and the city of Jacksonville when it merged with Duval County in 1968. As a result, Jacksonville Beach residents are also qualified to cast ballots in the city of Jacksonville's mayoral election. The first people to settle in the area around Jacksonville Beach were Spanish settlers. Mayport to St. Augustine saw the establishment of Spanish missions. By treaty, Spain gave up Florida to Great Britain in 1763, but it later gained it back and was given to the United States once more in 1821. There are 21,362 people living in Jacksonville Beach.

\mathcal{D} uval County Communities

ATLANTIC BEACH

Atlantic Beach is the second-biggest city among the Jacksonville Beach towns. Once most of the Duval County villages merged with Jacksonville in 1968, Atlantic Beach, Jacksonville Beach, Neptune Beach, and Baldwin continued to function as semi-independent communities. It has its own municipal government, just like the other towns, but its citizens also have representation on the Jacksonville city council and can vote in the mayoral election. Henry Flagler constructed the railroad's Mayport extension in 1900 and built a station north of the site of the Adele Grage Cultural Center. Not too long later, Henry Flagler and Isaac George constructed the Continental Hotel, a sizable hotel situated along the railroad that connected Mayport with Pablo Beach (also known as Jacksonville Beach). There were 250 guest rooms in this summer resort-style hotel. In addition, there was a fishing pier, tennis courts, and a dancing pavilion. The Atlantic Beach Corporation bought the majority of the property from the railroad in 1913, and it started paving the streets, putting in lights, and running water and sewer lines. 13,513 people were counted in the 2020 census.

NEPTUNE BEACH

Neptune Beach is a seaside community located to the east of Jacksonville. When most of the towns in Duval County united with Jacksonville in 1968, Neptune Beach, Jacksonville Beach, Atlantic Beach, and Baldwin continued to function as semi-independent entities. It has its own municipal government, just like those other towns, but its citizens are represented on the Jacksonville City Council and have a vote in the city's mayoral election. This makes it the smallest of the Jacksonville Beaches municipalities. Originally, Neptune Beach was a part of Jacksonville Beach. Among the few residents at the time, Dan G. Wheeler came up with the name "Neptune Beach" in 1922. Wheeler had to walk the entire distance from Mayport every evening after taking the Florida East Coast Railway train from his job in Jacksonville to his home at the One Ocean Hotel, which is now located in Atlantic Beach. Wheeler constructed his own train station after hearing from a friend who was a railroad employee that if he had a station, the train would have to stop for him. As of the 2020 census, 7,217 people call Neptune Beach home.

BALDWIN

In 1846, the town was originally settled as Thigpen. At the intersection of Baldwin, Mr. Thigpen had opened a tavern to support the stagecoach line. He provided the passengers with food and shelter, as well as horses for the stage. In 1857, the first railroad was constructed through Thigpen, and in 1859, a second railroad crossed it. In honor of Dr. Abel Seymour Baldwin, the president of the Florida, Atlantic, and Gulf Central Railroad, the name was changed to Baldwin. Baldwin's continued growth resulted in the construction of a telegraph line that connected Jacksonville to Baldwin. Baldwin, along with Jacksonville Beach, Atlantic Beach, and Neptune Beach, remained partially independent when the majority of Duval County's communities were merged with the city of Jacksonville in 1968. Baldwin retains its own municipal government, just like the other towns, but its citizens no longer support their own police force; instead, they cast ballots for Jacksonville City Council and the mayoral election. 1,396 people were counted in the 2020 census.



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Myakka Elephant Ranch is a non profit conservation education center focused on global elephant conservation. The nonprofit was founded in 2019 by Lou Barreda after he returned from Africa and saw the need for conservation of the species. All donations aid in supporting the elephants on the ranch as well as conservation projects all over the world.

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HERE ARE A FEW KEY **POINTS TO BE AWARE OF:**

Keep Your Pets Sa

1. Leashing: Always keep pets on a leash, especially near water bodies, to prevent them from wandering too close to potential alligator habitats.

2. Supervision: Supervise your pets when they're outside. This is crucial during dawn and dusk, as alligators are more active during these times.

3. Avoid Water: Keep pets away from lakes, ponds, and marshy areas where alligators might be lurking. Even small bodies of water can pose risks.

4. Training: Ensure your pets have good recall and respond well to commands. This can help you guickly call them back if they venture too close to danger.

5. Feeding and Food Storage: Do not feed alligators or leave pet food outside, as this can attract wildlife and increase the likelihood of encounters with alligators.



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Parks and Recreation

With facilities and services available at over 337 locations across more than 80,000 acres spread throughout the city, Jacksonville, Florida, is home to the largest urban park system in the country.

<u>PARKS</u>

Adams Park 3419 Riverside Ave. | Jacksonville

Alimacani Park and Boat Ramp 11080 Heckscher Drive | Jacksonville

Bay and Broad Pocket Park 529 Bay St. West | Jacksonville

Betz-Tiger Point Preserve 13990 Pumpkin Hill Road | Jacksonville

Big Talbot Island State Park 12157 Heckscher Drive | Jacksonville

Brackridge Park 8650 Newton Road | Jacksonville

Bull Memoir Park 716 Ocean Blvd. | Atlantic Beach

Cisco Gardens Park 4238 Jones Road | Jacksonville

Cradle Creek Reserve 15th St. S & Fairway Lane | Jacksonville Beach

Dinsmore Park and Community Center 7330 Civic Club Drive | Jacksonville

El Faro Memorial at Dames Point Park 9101 Dames Point Road | Jacksonville Fouraker Park 8140 Lenox Ave. | Jacksonville

Garden City Park 11246 Lem Turner Road | Jacksonville

Gonzales Park 2nd Ave. & 10th St. N | Jacksonville Beach

Huguenot Park & Tennis Facility 218 16th Ave. S | Jacksonville Beach

Huguenot Memorial Park 10980 Heckscher Drive | Jacksonville

Historic Kings Road Park 1972 Kings Avenue | Jacksonville

Isle of Palms Park 3780 Eunice Road | Jacksonville

Jarboe Park 510 Florida Blvd. | Neptune Beach

Joe Davis Memorial Park 2545 Larsen Road | Jacksonville

Julington-Durbin Creek Preserve 13130 Bartram Park. Blvd. | Jacksonville

Kathryn Abbey Hanna Park 500 Wonderwood Drive | Jacksonville

Parks and Recreation

Kayak Amelia 13030 Heckscher Drive | Jacksonville

Little Talbot Island State Park 12157 Heckscher Drive | Jacksonville

Lonnie C. Miller Sr. Regional Park 7689 Price Lane | Jacksonville

Marvins Gardens Park 1609 Coquina Pl. | Atlantic Beach

Murray Drive Playground 1187 Murray Drive | Jacksonville

Northbank Riverwalk & Corkscrew Park 201 East Coastline Drive | Jacksonville

Oceanfront Park 1st St. S, Between 5th & 6th Ave. S | Jacksonville Beach

Our Community Club Park 6200 Old Middleburg Road South | Jacksonville

> Powers Park 3153 Green Street Jacksonville Raymond E. Davis Park 3011 Spires St. | Jacksonville

Rotary Park 2293 2nd Ave. N | Jacksonville Beach

South Beach Park & Sunshine Playground 2514 S Beach Pkwy. | Jacksonville Beach

Springfield Playground 949 Hubbard Street | Jacksonville

Tall Pines Park 9th Ave., West of N Penman Rd. | Jacksonville Beach

Tidewater Acres Park 7140 Berry Avenue | Jacksonville

Veterans Park 1 W 1st St. | Atlantic Beach

Victoria Park 6335 Barnes Road South | Jacksonville

Westbrook Center and Park 905 Westbrook Road | Jacksonville

Yerkes Park 3927 McGirts Blvd. | Jacksonville

Zeta Phi Beta Park 3721 Owen Road | Jacksonville

DOG PARKS

BrewHound Dog Park & Bar 1848 Kings Cir. S | Neptune Beach | 904-372-7266

This is a membership based dog friendly bar that serves coffee, craft beer & wine on tap. The off leash dog park features shaded areas with turf grass, a doggie splash pad & separate area for small dogs.

Ed Austin Dog Park 11751 McCormick Rd. | Jacksonville 4 acre off leash dog park.

John Gorrie Dog Park of Riverside Park 631-745 College St. | Jacksonville This off leash dog park features 2 separate play areas for small & large dogs, water fountains, tennis balls & shade trees.

Julington Creek Animal Walk 12075 San Jose Blvd. | Jacksonville 904-338-9480 A veterinarian facility that features a 9 acre dog park with wooded hillsides, an agility course, doggie swimming pools & much more.

Kanine Social

580 College St. | Jacksonville | 904-712-6363 Memberships are available at this indoor/ outdoor dog park with coffee bar & craft beer for the human companion. Indoor climate controlled with separate play area for small dogs & 3 self washing stations. **Pet Paradise Park**

1 TIAA Bank Field Dr. | Jacksonville | 877-387-7529 This is the 1st NFL dog park that features artificial turf, bone shaped pool & shady palm trees.

Springfield Dog Park

956 Hubbard St. | Jacksonville This is a fenced in, off leash dog park that has a separate play area for small dogs and features benches, pavilions, doggie drinking fountains & waste disposal bags.

St. Johns Town Center Dog Park 4663 River City Dr. | Jacksonville | 904-998-7507

BEACHES

Big Talbot Island Boneyard Beach Jacksonville

Black Rock Beach Jacksonville

Jacksonville Beach Jacksonville

Little Talbot Island State Park 12157 Heckscher Dr. | Jacksonville | 904-251-2320

Seminole Beach Jacksonville

St. Johns River Jacksonville

Area Attractions

Adventure Landing 1944 Beach Blvd. | Jacksonville Beach | 904-246-4386

The Alhambra Theater & Dining 12000 Beach Blvd. | Jacksonville | 904-641-1212

Beaches Museum 381 Beach Blvd. | Jacksonville Beach | 940-241-5657

Beaches Town Center O Atlantic Blvd. | Neptune Beach

Betsy Lovett Arts Center 2264 Bartram Rd. | Jacksonville | 904-554-2722

Blue Jay Listening Room 2457 3rd St. S | Jacksonville Beach | 904-318-3020

Catty Shack Ranch Wildlife Sanctuary 1860 Starratt Rd. | Jacksonville | 904-757-3603

Clara White Mission / Eartha M.M. White Museum 613 W Ashley St. | Jacksonville | 904-354-4162

The Creative Exchange 50 North Laura St. #175 | Jacksonville | 904-479-9777

Cummer Museum of Art & Gardens 829 Riverside Ave. | Jacksonville | 904-356-6857

Daily's Place 1 Daily's Place | Jacksonville | (904) 633-2000

Durkeeville Historical Society 1293 W 19th St. | Jacksonville | 904-598-9567 Eartha's Farm & Market 4850 Moncrief Rd. | Jacksonville | 904-354-4162

First Coast Comedy 2292 Mayport Rd. | Jacksonville | 904-316-9292

Flight Adventure Park 7022 A. C. Skinner Pkwy #200 | Jacksonville | 904-551-4035

The Florida Theater 128 Forsyth St. | Jacksonville | 904-355-2787

Florida Mining Gallery 2756 Park St. | Jacksonville | 904-438-3483

Fort Caroline National Memorial 12713 Fort Caroline Rd. | Jacksonville

Funbox 10300 Southside Blvd. | Jacksonville | 904-536-2955

Hands on Children's Museum 8580 Beach Blvd. | Jacksonville | 904-642-2688

Jacksonville Arboretum & Gardens 1445 Millcoe Ave. | Jacksonville | 904-318-4342

Jacksonville Beach Action Sports Park 2514 S Beach Pkwy. | Jacksonville Beach

Jacksonville Center for Performing Arts 300 Water St. | Jacksonville | 904-632-5000

Jacksonville Children's Chorus 62 N Main St. | Jacksonville | 904-353-1636

Jacksonville Zoo & Gardens 370 Zoo Pkwy. | Jacksonville | 904-757-4463 James Merril Museum 317 A Phillip Randolph | Jacksonville | 904-665-0064

Jax Makerspace 303 N Laura St. | Jacksonville | 904-255-2665

Kingsley Plantation 11676 Palmetto Ave. | Jacksonville | 904-251-3537

Kona Skatepark 8739 Kona Ave. | Jacksonville | (904) 725.8770

Mandarin Museum & Historical Society 11964 Mandarin Rd. | Jacksonville | 904-268-0784

Mind Bender Escape Rooms 1500 Beach Blvd. #212 | Jacksonville | 904-853-6192

Murray Hill Theater 932 Edgewood Ave. | Jacksonville | 904-388-3179

Museum of Contemporary Arts (MOCA) 333 N Laura St. | Jacksonville | 904-366-6911

Museum of Science & History (MOSH) 1025 Museum Cir. | Jacksonville | 904-396-6674

Museum of Southern History 4304 Herschel St. | Jacksonville | 904-750-1950

Norman Studios 6337 Arlington Rd. | Jacksonville | 904-742-7011 Players by The Sea Theater 106 6th St. N | Jacksonville Beach | 904-249-0289

Ritz Theater & Museum 829 N Davis St. | Jacksonville | 904-632-5555

Riverside Arts Market 715 Riverside Ave. | Jacksonville | 904-389-2449

Sally Dark Rides 745 W Forstyh | Jacksonville | 904-355-7100

Seawalk Pavilion 75 1st St. N | Jacksonville Beach

St. Johns Town Center 4663 River City Dr. | Jacksonville | 904-9987-7156

Southlight Gallery 1 Independent Dr. Ste#113 | Jacksonville | 904-434-9864

TIAA Bank Field 1 TIAA Bank Field Dr. | Jacksonville

Tree Hill Nature Center 7152 Lone Star Rd. | Jacksonville | 904-724-4946

WJCT Soundstage 100 Festival Park Ave. | Jacksonville | 904-355-2787



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?WC License Centers

You can purchase hunting and fishing licenses online <u>https://myfwc.com</u>, call (850) 488-4676 or visit one of the FWC agents available throughout the area:

Academy Sports & Outdoors #104 11901 Atlantic Blvd. | Jacksonville | 904-564-5010

Academy Sports & Outdoors #194 9041 Southside Blvd. | Jacksonville | 904-363-6720

Dicks Sporting Goods #1041 14964 Max Leggett Pkwy. | Jacksonville | 904-757-9602

Duval TC - Hogan 7120-15 Hogan Rd. | Jacksonville | 904-255-6310

Duval TC - Kernan 12220-102 Atlantic Blvd. | Jacksonville | 904-255-4371

Duval TC - Mandarin 10035 San Jose Blvd. | Jacksonville | 904-255-4210

Duval TC- Neptune Beach 1505 Atlantic Blvd. | Neptune Beach | 904-255-4361 Duval TC - Roosevelt 6331-10 Roosevelt Blvd. | Jacksonville | 904-255-4386

Shooters Firearms & Accessories 5085 University Blvd. | Jacksonville | 904-737-4495

St. Johns TC - Julington Creek 725 Flora Branch Blvd. | Jacksonville | 904-209-2250

WalMart #1082 10991-1 San Jose Blvd. | Jacksonville | 904-260-4402

WalMart #1083 6830 Normandy Blvd. | Jacksonville | 904-786-0390

WalMart #1090 6767 103rd St. | Jacksonville | 904-772-0011

WalMart #1172 13490 Beach Blvd. | Jacksonville Beach | 904-223-0772 WalMart #1173 8808 Beach Blvd. | Jacksonville | 904-642-4999

WalMart #1219 12100 Lem Turner Rd. | Jacksonville 904-764-2855

WalMart #1444 9890 Hutchinson Park Dr. | Jacksonville | 904-721-4941

WalMart #3309 4250 Phillips Hwy. | Jacksonville | 904-737-7007 WalMart #3702 13227 City Square Dr. | Jacksonville | 904-751-5552

WalMart #4444 10251 Shops Ln. | Jacksonville | 904-288-8211

WalMart #5054 11900 Atlantic Blvd. | Jacksonville | 904-994-2800

WalMart #6978 7075 Collins Rd. | Jacksonville | 904-365-2555

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7ishing Licensing

For specific zone areas, dates & details check online: https://myfwc.com, Telephone: (850) 488-4676, or scan the QR code.



Recreational Freshwater or Saltwater Fishing License Prices: Resident Annual: \$17.00 Resident Five-Year: \$79.00 Non-Resident Annual: \$47.00

Non-Resident 3-Day: \$17.00 Non-Resident 3-Day: \$17.00 Non-Resident 7-Day: \$30.00 Resident Annual Saltwater Shoreline License: No-Cost Annual Resident Military Gold Sportsman's License: \$20.00 Annual Resident Gold Sportsman's License: \$100.00 Five-Year Resident Gold Sportsman's License: \$494.00 Annual Resident Silver Sportsman's 64+: \$13.50

Five-Year Resident Silver Sportsman's 64+: \$61.50

Resident Youth Fishing License: \$17.00 Resident Youth Gold Sportsman's License (available with completion of hunter education requirements): \$100.00 **Promotional Prices, Freshwater or** Saltwater: Annual Gold Sportsman - \$50.75, plus applicable fees 5-year Gold Sportsman - \$247.75, plus applicable fees Lifetime Sportsman: Age 0-4 - \$201.50, plus applicable fees Age 5-12 - \$351.50, plus applicable fees Ages 13-64 - \$501.50, plus applicable fees License-free Freshwater Days First consecutive Saturday & Sunday in April Second consecutive Saturday & Sun. in June **License-Free Saltwater Days** First consecutive Saturday & Sunday in June First Saturday in September Saturday following Thanksgiving

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Florida is renowned for its abundance of freshwater fishing opportunities, with numerous lakes, rivers, and streams teeming with a wide variety of fish species. Here are some of the top freshwater fishing locations in Florida:

OF FIESDUS

1. *Lake Okeechobee*: The largest freshwater lake in the state. Anglers can target largemouth bass, crappie, bluegill, & catfish.

2. *St. Johns River*: One of the few major rivers in the United States that flows north. It's a prime location for bass fishing, particularly in the upper stretches.

3. *Lake Tohopekaliga* (Lake Toho): The lake is famous for its trophy-sized largemouth bass. It's a popular destination for bass anglers seeking the thrill of catching big fish.

4. *The Kissimmee Chain of Lakes*: Comprising several interconnected lakes, the Kissimmee Chain offers diverse fishing experiences. Anglers can target bass, crappie, bluegill, and more in these interconnected waters.

5. *The Harris Chain of Lakes*: Consists of several lakes interconnected by canals. It's known for its bass fishing, with Lake Harris being one of the most popular spots for anglers.

6. *Rodman Reservoir*: Created by the damming of the Ocklawaha River, Rodman Reservoir is known for its trophy bass fishing. Anglers come here seeking the chance to catch monster-sized bass in a picturesque setting.

Beach flags are commonly used to communicate important information to beachgoers. The color-coded flag system may vary slightly from one location to another, but the following are commonly recognized color meanings:

Blue Flag: This flag is used to signify that lifeguards are on duty and that the area is being actively monitored for safety.

Green Flag: Indicates that it is safe to swim. The water conditions are generally calm, & there is a low risk of hazards such as strong currents or high waves.

Yellow Flag: Caution is advised. This flag suggests that there may be some hazards present, such as moderate surf or currents.

Red Flag: A red flag indicates high hazards & potentially dangerous water conditions. It is a warning that strong currents, high surf, or other dangers are present. It is advised to stay out of the water.

Double Red Flags: This is a more severe warning, & it typically means that the beach is closed to the public. Dangerous conditions, such as strong rip currents or severe weather, pose a significant threat.

Purple Flag: This flag is used to indicate the presence of dangerous marine life, such as sharks or jellyfish. It is advised to exercise caution.

Rip currents are powerful, narrow channels of fast-moving water that can pose a danger to swimmers and surfers. Getting caught in a rip current can be frightening, but knowing how to recognize and handle them can help you stay safe. Here's how to avoid or get out of a rip current in the ocean:

1. Stay Calm & Don't Fight the Current: If you find yourself caught in a rip current, stay calm and try not to panic. Remember that rip currents do not pull swimmers underwater; instead, they pull them away from the shore. Avoid fighting against the current by swimming directly back to shore, as this can lead to exhaustion.

3. Swim Parallel to the Shore: If you feel confident in your swimming abilities, swim parallel to the shoreline instead of trying to swim directly back to shore. Rip currents are typically narrow, so swimming parallel to the shore can help you escape the pull of the current. Once you're out of the rip current, you can then swim back to the shore at an angle.

5. Seek Assistance if Needed: If you're unable to escape the rip current on your own or if you're feeling exhausted, continue to signal for help and wait for assistance from lifeguards or other beachgoers. Don't hesitate to call for help if you need it, as prompt action can prevent a dangerous situation from escalating. 2. Float & Conserve Energy: If you're unable to swim out of the rip current, conserve your energy by floating or treading water. Signal for help by waving your arms and calling for assistance if you see lifeguards or other beachgoers nearby. Most rip currents are narrow, and you will eventually be carried out of the current and into calmer waters.

4. Use Waves to Help You Escape: Wait for waves to push you towards shore and use them to assist your escape from the rip current. Time your movements with the breaking waves, and use the momentum to swim towards the shore. Be patient and persistent, and don't exhaust yourself by attempting to fight against the current.

Always swim at beaches with lifeguards present, heed warning signs, and follow any instructions or advice given by local authorities.

Feeder Current

Sandbar

Beach

Sandbar

Feeder Current

Health Benefits of Physical Activity Major Research Findings

from the Center for Disease Control and Prevention

- Regular moderate-to-vigorous physical activity reduces the risk of many adverse health outcomes.
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
- Substantial health benefits for adults occur with 150 to 300 minutes a week of moderate-intensity physical activity. Additional benefits occur with more physical activity.
- Both aerobic and muscle-strengthening physical activity are beneficial.
- Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
- The health benefits of physical activity occur for people with chronic conditions or disabilities.
- The benefits of physical activity generally outweigh the risk of adverse outcomes or injury.

Guidelines for Adults

- For substantial health benefits, you should do at least 2.5hrs a week of moderate-intensity, or 1.25hrs a week of vigorous-intensity aerobic activity, or a combination of the two activities. Aerobic activity should be performed in episodes of at least 10 minutes, and should be done throughout the week.
- For even better health benefits, adults should increase their aerobic physical activity to 5hrs a week
 of moderate-intensity, or 2.5hrs a week of vigorous-intensity aerobic physical activity, or a
 combination of the two activities.

Guidelines for Children and Adolescents

- · Children and adolescents should do an hour or more of physical activity daily.
- Aerobic: Most of the hour or more a day should be either moderate- or vigorous-intensity aerobic physical activity.
- Muscle-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- Bone-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually *get much physical activity* and then all of a sudden do vigorous-intensity aerobic activity, like shoveling snow. That's why it's important to start slowly and gradually increase your level of activity.

Intensity Examples

Moderate Intensity

- Walking briskly (3 mph or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10mph
- Tennis (doubles)
- Ballroom dancing
- General gardening

• Race walking, jogging, running • Swimming laps • Tennis (singles) • Aerobic dancing • Bicycling 10mph or faster • Jumping rope • Heavy gardening (continuous digging or hoeing)

• Hiking uphill or with a heavy backpack

CREAMY

INGREDIENTS

4 boneless, skinless <mark>chicken breasts</mark>

KITCHEN

Easy • Fresh • Delicion

- Salt and pepp
- l tablespoon olive oil
- I tablespoon butter
- I/2 cup chicken broth
- /2 cup heavy cream
- 1 tablespoon Dijon mustard
- 2 teaspoons dried dill weed
- /4 cup chopped fresh parsley

Enjoy your delicious

creamy dill chicken

Simple *meal* with a *Gournet* Feel

INSTRUCTIONS

- Season the chicken breasts with salt and pepper on both sides.
 Heat the olive oil and butter in a large skillet over medium-high heat.
 Add the chicken breasts to the skillet and cook for 6-7 minutes on each side, until browned and cooked through. Remove the chicken from the skillet and set aside.
 Pour the chicken broth into the skillet and
- use a spatula to scrape up any browned bits from the bottom of the pan.
- **5** Stir in the heavy cream, Dijon mustard, and dried dill weed. Bring the mixture to a simmer and cook for 2-3 minutes, stirring frequently, until the sauce has thickened.
- 6 Return the chicken breasts to the skillet and spoon the sauce over the top. Allow the chicken to cook in the sauce for an additional 1-2 minutes, until the chicken is heated through.
- **7** Sprinkle chopped fresh parsley over the top of the chicken before serving.

Recipe For a chance to be published in our next guide!

JAII Favorite

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PREP: 7 MIN • TOTAL: 30 MIN

Local Area Trails



If authorities issue evacuation orders, follow them promptly. Delaying evacuation can put your life and the lives of emergency responders at risk. They have the most up-to-date information on the storm and can provide guidance on the safest course of action. Remember that each hurricane is unique, so it's essential to stay informed and adapt your plans accordingly. Preparedness and early action are key to minimizing risks and ensuring the safety of yourself and your loved ones

CAT 3-4

during a hurricane.

CATI-2

STAY INFORMED SECURE YOUR HOME FOLLOW EVACUATION ORDERS & GUIDELINES EMERGENCY SUPPLIES EVACUATION PLANNING

Top Five

TIDS

HURRICANE SAFETY

CAT 5 157+MPH

HURRICANE CATEGORIES

> The Highest Recorded Wind Speed of a Hurricane is 215 mph

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pesticides/fertilizers. Also benefits mental health and provides fresh food.

Composting: Decreases the amount of trash in landfills and reduces carbon emissions.

Plant Trees: Planting trees is a classic Earth Day activity. Local Food: Buy local sustainable food.

Clean-Up Events: Organize or participate in local clean-up efforts.

Upcycle Crafts: Get creative by turning old items into new useful objects. www.LincolnMarketing.us 33

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So, You want to adopt a dog...BUT WHAT BREED? If the breed is important to you, please consider the following.

• Lifestyle Assessment: Consider your lifestyle and daily routine. Different dog breeds have varying exercise needs, energy levels, and temperament. If you lead an active lifestyle and enjoy outdoor activities, a more energetic breed might be a good fit. If you prefer a more laid-back lifestyle, a calmer breed might be more suitable.

• Living Space: Assess your living space. If you live in a small apartment or have limited outdoor space, a smaller or low-energy breed might be more appropriate. Larger and more active breeds might require more space and access to a yard for exercise.

• Allergies: Consider any allergies that you or your family members might have. Some dog breeds are more hypoallergenic and produce fewer allergens, making them better choices for allergy sufferers.

• **Time Commitment:** Evaluate the time you can dedicate to training, grooming, and general care. Some breeds require more training and grooming, while others are relatively low-maintenance.

• Family and Children: If you have young children or other pets, look for breeds known for their compatibility with kids and other animals. Some breeds are more patient and gentle, making them better companions for families.

• Temperament and Personality: Research the typical temperament and

personality traits of different breeds. Some breeds are more independent, while others are highly affectionate and crave attention. Consider what type of personality would best complement your own.



• **Health Considerations:** Some breeds are more prone to certain health issues. Research the common health concerns for the breeds you are interested in and be prepared for potential medical expenses.

• **Rescue or Purebred:** Decide if you want to adopt a dog from a shelter or rescue organization or if you prefer a specific purebred dog. Both options have their merits, and there are wonderful dogs available in both categories.

• **Meet the Breed:** If possible, spend time with dogs of the breeds you are considering. Attend dog shows or local events where you can interact with different breeds and get a sense of their personalities.

• **Talk to Experts:** Consult with veterinarians, breeders, or experienced dog owners to gather insights into specific breeds. They can provide valuable information about breed characteristics, care requirements, and potential challenges.

• **Consider Adoption:** Keep in mind that adopting a mixed-breed dog or a dog from a shelter can be incredibly rewarding. Mixed-breed dogs often combine the best traits of different breeds and can make excellent companions.



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For more than 50 years, Design Works has been at the heart of Florida's home transformations, redefining spaces with an unrivaled selection of tile, flooring, cabinetry, and outdoor living solutions. With a reputation built on innovation, craftsmanship, and personalized service. Design Works turns houses into dream homes and ordinary projects into extraordinary ones. Over the years, Florida Design Works has completed more than 30,000 successful projects, earning a reputation for excellence and reliability. Their commitment to transparency, open communication, and exceptional service has made them a favorite among homeowners and industry professionals alike.

Florida Design Works has set the standard for tile and flooring products across Florida. Whether you're envisioning a sleek modern kitchen, a rustic outdoor patio, or a cozy bathroom retreat, the company's vast selection of materials from top manufacturers ensures there's something for every style and budget. But what truly sets Design Works apart is its commitment to collaboration. Their deep relationships with skilled tile and flooring installers across the state mean your project is always in the best hands. Florida Design Works doesn't just focus on interiors, they're redefining outdoor living, too. From elegant pavers and outdoor kitchens to high-performance windows and doors, the company offers solutions that enhance both the aesthetics and functionality of exterior spaces. Their expertise in blending style with durability ensures that every outdoor project becomes an extension of the home's personality.

Each of the Florida Design Works showrooms across the state located in Fort Myers, Jacksonville, Miami, Naples, and Sarasota, are hubs where homeowners and remodelers can explore a curated selection of high-quality products, including elegant tile, natural stone, and cabinetry. For those with specific tastes, the team specializes in sourcing and customizing materials to create one-of-a-kind designs. Whether you're looking for a rare tile pattern, cabinetry, or high quality stone, Florida Design Works can turn even the most ambitious ideas into reality.

Whether you're planning a small update or a complete home makeover, Florida Design Works is ready to guide you through the process. With over 50 years of experience, a team of passionate professionals, and a dedication to quality, they make every project a success. Visit a showroom today to explore the possibilities and let Florida Design Works help you bring your dream home to life. At Florida Design Works, your vision becomes their mission. For any questions or concerns about Florida Design Works, feel free to reach out to Joan at our Jacksonville location. Contact Joanna today at 904-231-9497!



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