

Mandarin NewsLine

July 2022 Volume 16 Issue 9

A Florida NewsLine Publication



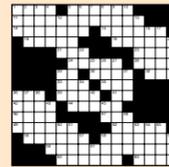
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Photo courtesy University of North Florida
UNF World Bee Day participants show finished bee hotels.

UNF Botanical Garden celebrates Bee Campus USA distinction

By Amanda Ennis
mail@floridanewsline.com

The University of North Florida Botanical Garden has recently earned the distinction of Bee Campus USA Affiliation.

The affiliation, which includes universities around the country, will be renewed on an annual basis and signifies UNF's commitment to raising awareness about protecting pollinators in the Northeast Florida area, creating habitats with native plants and practicing an environmentally friendly pest management plan.

The Bee Campus USA program is affiliated with Xerces Society for Invertebrate Conservation, a nonprofit organization based in Portland,

Bee Campus cont. on pg. 10

Creating community through pen pals



Photos courtesy Mary Eyer
A map activity allowed participants to discuss their birthplace and hometown.



Photos courtesy Mary Eyer
Pen pals meet face to face at the reception on May 18.

By Mary Eyer
mail@floridanewsline.com

Virginia Manning's third grade class at Crown Point Elementary (with the help of Rebecca Mott) has been participating in The Dialogue Journals Project throughout the school year. They have been writing to the members of the Mandarin Senior Center since early October 2021. This program allows the students to use their language arts skills in writing letters and cultivate a sense of community in the process.

In early October, pen pals became paired, and journals were picked up from the school and delivered to the Mandarin Senior Center. After the friends from the Mandarin Senior Center wrote their initial messages, the journals were then returned to the school for reply.

The students enjoyed writing the letters and were excited to receive the replies from the caring friends at the center.

On May 18, a reception planned by Manning allowed the pen pals to meet in Crown Point's Media Center. The reception was filled with several fun activities, including face painting, temporary tattoos, a photoshoot, a friendship-themed word search, and a map activity to allow participants to discuss their birthplace and hometown. Refreshments were provided, and the participants were given a chance to look through their journals together.

At the end of the reception, the journal partners sang along to "You've Got a Friend in Me" from the movie "Toy Story" and stuck name tags on the bottom of each other's shoes, just as Andy put his name on the sole of his friend Woody's boot.



Photos courtesy Mary Eyer
You've got a friend: pen pals stuck name tags on the bottom of each other's shoes.



Photos courtesy Mary Eyer
Everyone was grateful for the opportunity to connect with their friends from the Mandarin Senior Center and share their writing and activities in person.

is adopted from a literacy program Mott began while working as Educational Coordinator for The Commercial Appeal Newspaper in Memphis. The project was remarkably successful there. So, when she moved to Jacksonville, she decided to try it in this area.

Mott is hoping to expand The Dialogue Journal Project into more settings this fall. If you are interested in learning more about the project, contact her at mott.rbh@gmail.com or leave a message at (904) 248-8595.

The Dialogue Journals Project

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Briefs

Army's Second Infantry Division seeks former members for reunion

The Second (Indianhead) Infantry Division Association is searching for anyone who served in the Army's 2nd Infantry Division at any time.

For information about the association and our 99th annual reunion in Kansas City, Missouri from Sept. 28 – Oct. 2, 2022, contact Mike Davino at 2ida.pao@charter.net or (919) 498-1910.

New app helps patients navigate their health care journey

Baptist Health has launched Baptist Access, a new app designed to help patients navigate their health care journey, whether digitally or in-person.

The new app, powered by the Gozio Health platform, provides all-in-one access to Baptist Health hospitals and outpatient locations.

With Baptist Access, patients can:

- Find a Baptist Health provider or location
- Schedule an appointment
- Get directions from their home to their health care destination
- Find any location within hospital campuses including indoor wayfinding with turn-by-turn directions to patient care, parking, food, restrooms, ATMs and more
- View insurance plans

- Access medical records
- Pay bills

"We're excited to introduce the Baptist Access app, underscoring our commitment to innovatively improving patient experiences," said Michael A. Mayo, DHA, FACHE, president and CEO of Baptist Health. "In addition to providing in-person assistance, we are leveraging the convenience of mobile phone technology to make it easier for patients to navigate our health system, inside and out. On our two largest hospital campuses, patients will even be able to find their way from where they parked to their appointment, and back."

Library to host Fall Sale poster contest

The Friends of South Mandarin Library is sponsoring a poster contest to promote its upcoming Fall Sale. Artists aged five to eight; nine to 12; and 13 to 17 are invited to submit their work beginning July 1 through Aug. 22. Winning entries will be displayed in the Library and used to advertise the Fall Sale. Details and rules for submission are available in the library.

Visit <https://jaxpubliclibrary.org/locations/south-mandarin-branch> for more information about the South Mandarin Library.

Annual Backpack Challenge scheduled through Aug. 1

Berkshire Hathaway HomeServices Florida Network Realty will host its 23rd Annual Backpack Challenge

through Aug. 1.

The Northeast Florida real estate firm is collecting new backpacks and school supplies for students in kindergarten through high school at Berkshire Hathaway HomeServices Florida Network Realty offices. The company is also collecting cash and check donations to purchase backpacks and school supplies, which will be provided to local charities that serve Northeast Florida children.

Donations may be dropped off at the following office locations:

- Mandarin/St. Johns - 12636 San Jose Blvd., Jacksonville
- MuraBella at World Golf Village – 196 Capulet Drive, Suite 3, St. Augustine
- Ponte Vedra/Nocatee – 333 Village Main St., Suite 670, Ponte Vedra Beach
- St. Augustine - 112 Sea Grove Main St., Suite 210, St. Augustine Beach
- Beaches/Intracoastal West/Southside - 375-1 Atlantic Blvd., Atlantic Beach
- Fleming Island/Orange Park - 3535 Highway 17, Suite 10, Fleming Island
- Home Office, 4190 Belfort Road, Suite 475, Jacksonville
- Avondale/Ortega/San Marco - 3627 St. Johns Ave., Jacksonville

Mesh and clear backpacks are appreciated since some schools have adopted a

clear bag policy. Label the outside of the backpack(s) with the suggested grade level. Visit FloridaNetworkRealty.com/Backpack for a list of recommended school supplies by grade level.

"Age Your Way" educational series for LGBTQ seniors offered

Age Your Way is the name and theme of a new five-part series of online educational series for LGBTQ older adults. The third in the series, "Accessing the Best Caregiver Support Services," is scheduled for Wednesday, July 13 live at 11:30 a.m. until 1 p.m. The workshop is free, but registration is required by going to MyElderSource.org/AgeYourWay. The 90-minute workshops will be presented live using Zoom online meeting software.

Whether you are the caregiver or the person receiving the caring, it is important to know the wishes of your loved one and how to plan for your care in the event you cannot care for yourself. Issues discussed in this session include the resource available to make sound decisions for you or your loved one. Subject matter experts include Jackie Boyd, author of the Caregiver Guide and long-time aging specialist and LGBTQ advocate; and ElderSource CEO Linda Levin.

The recording and resources presented in the first two workshops are available on the ElderSource website. The sessions, sponsored by the LGBTQ Fund at the Community Foundation

Briefs cont. on pg. 5

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BFF Best Furry Friend of the month

Meet Poochie Bear!



Breed:
Miniature longhaired dachshund.

Favorite activity:
Sniffing his way through the park.

Favorite food:
Meat, any flavor

Favorite friend:
Dixie, a female border collie who thinks she's his mom.

How did your BFF get their name:
Poochie Bear was a term of endearment that I called my kids when they were young.

Do you have a cute pet? Send us your pet's picture and the answer to the five questions above before the 10th of the month. Also tell us you saw the BFF contest in Mandarin NewsLine. Your pet could be our BFF of the month and appear in Mandarin NewsLine! Email editor@floridanewsline.com to enter your pet.

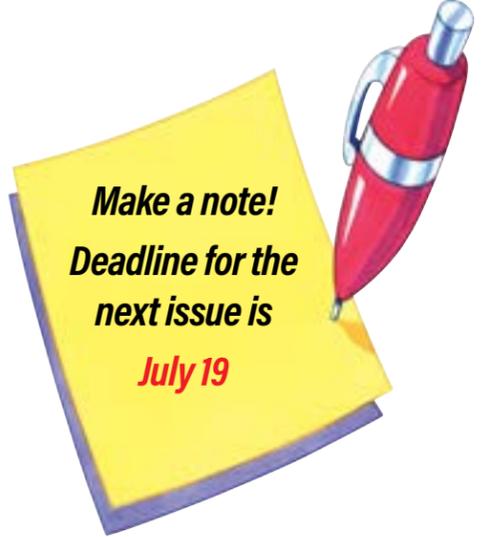


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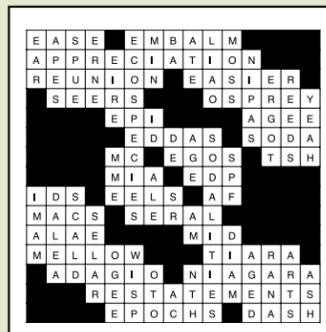


MYSTERY PHOTO



Can you guess where this is?
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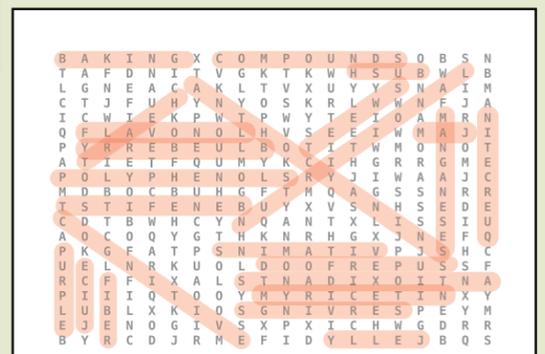
Last month's Mystery Photo was Prime Car Wash on San Jose Boulevard. Our winner was Cynthia Montgomery. Congratulations!



Answers to our Puzzles
PG 10



Answers: A. health B. berry C. nutrients D. delicious



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July

Community Calendar What's Happening in Mandarin

Shuffleboard is played on Tuesdays at 9:30 a.m. at Mandarin Park. The courts are at the park entrance next to the tennis courts. Try to get there a few minutes early for court assignments. Beginners are welcome. Just show up (a few minutes before playing time), unless it rains.

Acoustic Jam Session is held on Tuesdays at 7 p.m. in the Annex Building of Trinity Mandarin, located at 2955 Orange Picker Road. This jam is open to everyone and all levels of ability are welcome. Come to play with the group or just sit back and enjoy the music. For more information, contact Burt Coulliette at (904) 302-0423.

Playing HOOKie, a group for those who enjoy knitting, crocheting and looming (with all items donated to charity) meets every Wednesday from 10 a.m. - 12 p.m. at the outside eating area at Belgian Sweet House Bistro, 12276 San Jose Blvd. (next to Harbor Chase). Visit the group's Facebook page (Playing HOOKie) or email playinghookie31@gmail.com for more information.

2nd: **The historic buildings of the Mandarin Museum**, including the 1875 Webb/Jones farmhouse, 1876 Barn, 1898 St. Joseph's Mission School-house for African-American Children, and

Losco Winery log cabin will be open from 10 a.m. - 2 p.m. on July 2 and July 16 in Walter Jones Historical Park, 11964 Mandarin Road. The 1911 Mandarin Store and Post Office will also be open on July 16 from 10 a.m. - 2 p.m. at 12471 Mandarin Road, just a mile west of the Walter Jones Historical Park. This building is on the National Register of Historic Places. Visit www.mandarinmuseum.net or call (904) 268-0784 for more information.

5th: **Honeybee Quilters Guild** will meet on Tuesday, July 5 at 6:30 p.m. at Mandarin Presbyterian Church in the Loft on the County Dock Road side of the church at 2501 Loretto Road. An FAQ discussion about Quiltfest, scheduled for September, will be held. Wearing masks is optional. New members/guests welcome. Visit honeybeequilters.org for more information.

5th: **Lifetree Café will meet at the Mandarin Senior Center**, 3848 Hartley Road, on Tuesday, July 5 and Tuesday, July 19 at 1 p.m. Lifetree Café events allow attendees to share thoughts and experiences on a wide variety of life and faith subjects. July topics are "Low Cost, No Cost Adventures" on July 5 and "Making Peace with your Past" on July 19. Visit www.LTCJax.com for more information including a video trailer about each topic.

7th: **The Jacksonville Camera Club** will meet on July 7 and July 21 from 7 p.m. - 9 p.m. at Shepherd of the Woods Southside, 7860 Southside Blvd. There is a social "hour" of 30 to 45 minutes before the meeting. Visit jax.jaxcameraclub.com for more information.

9th: **The Southern Genealogist's Exchange Society** will meet on Saturday, July 9, at the Mandarin Branch Library, 3330 Kori Road beginning at 10 a.m. Speaker Medardo Monzon will discuss "The Genealogy of Genes." The Southern Genealogist's Exchange Society is offering a one-year free trial membership; applicants must be a resident of Baker, Clay, Duval, Nassau, or St. Johns counties and apply before July 30, 2022. Visit www.sgesjax.org for more information and to apply.

9th: **Second Saturday Arts and Farmers Market** at First Christian Church, 11924 San Jose Blvd. on July 9 from 9 a.m. - 1 p.m. Visit <https://localcorners.com/second-saturday-arts-and-farmers-market> for more information.

18th: **The All Star Quilters Guild** will meet at 9:30 a.m. for socializing prior to the 10 a.m. meeting on Monday, July 18 at the First Christian Church,

11924 San Jose Blvd. The program will be the Challenge Reveal. Quilters were invited to create a small quilt from a Beatles song title. Sew and Tell is always a feature. Guests are welcome. Visit www.allstarquilters.org for more information.

18th - 21st: **"Make Waves" Vacation Bible School** will be held at Mandarin Lutheran Church, 11900 San Jose Blvd., July 18 - July 21 from 5 p.m. - 8 p.m. Children aged four through 11 are welcome to attend. The cost is \$11 per child and dinner will be served nightly. Register online at mandarinlutheran.org/vbs or call (904) 268-4591 for more information.

28th: **Mandarin Republican Club** will meet on Thursday, July 28 at St. Mary's Seafood, 11290 Old St. Augustine Road. Social time begins at 6 p.m. and the meeting starts at 6:30 p.m. First time visitors are welcome.

The Italian American Club of Jacksonville will not offer its popular Spaghetti to Go during the months of July and August. Spaghetti to Go will resume on Friday, Sept. 30 from 5 p.m. - 7 p.m. at the club building, 2838 Westberry Road. Visit www.iacofjacksonville.com or call (904) 586-2700 for more information.



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with Duval County School Board Member Lori Hershey, District 7

Q: Can you describe Mandarin High School's "Mane Initiative?"

A: This is a new project for the 2022 – 23 school year at Mandarin High and it is essentially an "Adopt a Teacher" initiative, similar to the "Adopt a Mustang" program that the school does for its varsity football players. Teachers deserve appreciation and support and the school hopes this initiative helps them feel more of both this next school year. There will be a sign-up going out this summer to all current Mandarin families, but I also think this is an exciting way for the community at large to engage with one of our schools and support its teachers. Any Mandarin resident or business, large or small, may participate. Suggestions include sending the teacher little notes or coffee, helping in the classroom, or perhaps a birthday or holiday surprise — anything to communicate appreciation throughout the year. The school's goal is for all of its teachers (more than 100) to be adopted. Contact the school at (904) 260-3911 if you would like to participate.

Q: Do you have an update on the status of the Great Heart Academy Charter School, proposed for Old St. Augustine Road?

A: This school's application to open a charter school in the county was approved by DCPS. I appreciate the fact that this charter school application had local input and Great Heart has agreed to not locate at the Old St. Augustine Road site. This is an example of why local input is so important in the charter

school process; however, the State of Florida has recently authorized a state committee to authorize future charter schools across the state, which will limit local input and the ability to intervene like we did here.

Q: Are there any middle school updates to share?

A: When middle schoolers return for the 2022 – 23 school year, they will have a five period a day schedule, which is new this year. Students will have English and math every day, as well as any accelerated class that gets high school credit. This schedule will still allow students to take electives.

Also, all rising sixth graders will be required to take a new elective that will teach study and organizations skills and equip them with the tools to be successful in middle school.

Q: Do you have anything else to share with District 7?

A: Loretto Elementary School is the first school in the county to offer CTE (Career and Technical Education) for elementary students. This year, 55 students successfully completed the multi-media certification and gained skills they can continue to build upon.

Q: How can our readers contact you?

A: They can email me at HersheyL@duvalschools.org or call me at (904) 390-2375.



with Jacksonville City Council Member Michael Boylan, District 6

Q: Can you give an update about the zoning exception request for the Great Heart Academy Charter School on Old St. Augustine Road, south of Greenland Road?

A: A lot of work was done via the Town Hall and the Planning Commission meeting to communicate the community's displeasure with the proposed location for this school. It was also a team effort with DCPS and particularly School Board member Lori Hershey, who questioned the value of a school in that location. To the credit of the Great Heart Academy Charter School, they withdrew their application to locate on Old St. Augustine Road.

Q: Do you have any insight into the Ferngully Preserve situation?

A: This property is located at the end of Woodside Lane, which is a private road off Mandarin Road. There is a large parcel of undeveloped land, a portion of which is owned by the Audubon Society, another portion which is owned as a preserve (Ferngully Preserve) by the City of Jacksonville, and an adjacent portion, the property in question, which is 4.5 acres and privately owned by a widow who is trying to sell it for development. This is a contentious issue because presently, Woodside Lane is used as an easement to access the property and property owners on Woodside Lane are fighting against its continued use for this purpose. Also affected are

homeowners on Royal Fern Lane, which backs up to the property. All these neighbors would like to see the city purchase the 4.5 acres and add it to the Ferngully Preserve, where it would remain undeveloped. The market value of the property is \$125,000.

Q: Is that a possibility?

A: The city's Parks and Rec Department has agreed to set aside half of the money, or \$62,500, to purchase the property; this would still need City Council approval. We have gotten the North Florida Land Trust to serve as an administrator for a fundraising initiative so the community can raise the other half of the money.

Q: What can citizens do who would like to support this effort?

A: The North Florida Land Trust has a dedicated donation page on its website (<https://support.nflt.org/>) where community members can make a donation. I'd like to make a personal appeal to those interested in helping preserve the character of Mandarin: Here is your chance. A contribution in any amount is welcomed. We are trying to raise as much money as possible by July 19.

Q: What is the best way for our readers to contact you?

A: Community members can email me at MBoylan@coj.net or call (904) 255-5206.

Briefs cont. from pg. 2

for Northeast Florida, are presented by ElderSource and SAGE, a national advocacy and services group for LGBTQ elders.

Visit MyElderSource.org/AgeYourWay for more information and to register.

500 volunteers needed for Feed My Starving Children meal packing

Northeast Florida area residents will come together Aug. 12 – 13 to combat world hunger through a partnership between Ponte Vedra Presbyterian Church and Feed My Starving Children, a Christian non-profit dedicated to providing nourishing meals to starving

children worldwide. Seven million emergency meals were just sent to Ukraine by Feed My Starving Children.

A projected 500 community volunteers will pack 102,000 meals with their own hands in two days in four two-hour sessions. This is a great opportunity to serve individually, with your family,

friends and coworkers.

The event will take place at Ponte Vedra Presbyterian Church, located at 4510 Palm Valley Road.

Volunteer meal packing registration is available now online. Visit <https://give.fmsc.org/jacksonville> to view session hours and to register to volunteer.

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Mandarin Museum starts the summer with a bang!

By Sandy Arpen
mail@floridanewsline.com

Summer started off with some excitement for the Mandarin Museum & Historical Society.

The first news was notification from WJXT that the organization had been voted the Best History Museum for the fourth year in a row in the JaxBest Awards. This annual contest is hosted by WJXT and Visit Jacksonville and is an opportunity for members of the community to vote for multiple categories of businesses and services. In June the award was presented to Board President Patrick Plumlee when Rance Adams of WJXT's "River City Live" program filmed an interview with Plumlee and a volunteer docent at the schoolhouse, Triny Sanchez. The Mandarin Museum & Historical Society is grateful and proud that so many had voted for the organization for this honor.

The second honor was really for Donald Bowden, Mandarin's "Frog Man." Bowden makes and paints concrete frogs and sells them as a fundraiser for the Mandarin Museum. He has been doing this for seven years and has become an icon in the community. He also started hosting "frog painting" events monthly at the museum, where folks are able to paint their own special frog creations. This event has created a wonderful sense of joy and fun for all those who have participated.

Bowden was nominated by the Mandarin Museum & Historical Society for the "Nextdoor 100" award on the "Nextdoor Walter Jones Park" community-connect-



Photo courtesy Mandarin Museum & Historical Society
Donald Bowden was chosen one of 100 "super amazing neighbors" nationwide.

ing app. This award — choosing 100 people who were nominated as "super amazing neighbors" — appeared to be a local community award and Bowden definitely fit the bill.

When the 100 awardees were announced, it became clear that this was not a local contest after all, but actually a nationwide contest — and 46,000 people were nominated! Bowden was one of the 100 selected and one of four people from Florida to be honored! Everyone at the Mandarin Museum & Historical Society would like to say congratulations to Donald Bowden for being a wonderfully generous neighbor, bringing great joy to all, and pulling the community together.

Sandy Arpen is a volunteer with the Mandarin Museum & Historical Society. The Mandarin Museum is located at 11964 Mandarin Road in Walter Jones Historical Park. Visit www.mandarinmuseum.net for more information about Mandarin's history and Mandarin Museum & Historical Society information.

Add "donate blood" to hurricane readiness checklist

By NewsLine Staff
mail@floridanewsline.com

Hurricane season is right around the corner, and according to the National Oceanic and Atmospheric Administration, the 2022 Atlantic hurricane season is predicted to be very active with a higher than average number of hurricanes. As First Coast residents begin their preparations, LifeSouth encourages all eligible donors to add "donate blood" to their checklist.

Every two seconds, someone needs blood — and just one donation can save up to three lives in our local community. LifeSouth provides blood to 70 percent of hospital beds in Northeast Florida, so when you give blood to LifeSouth you give the gift of life to someone close by. When severe storms threaten our area, a strong blood supply is crucial to ensure local patients get the best care.

Over the summer, LifeSouth will host several community blood drives and Northeast Florida residents can donate at one of LifeSouth's regional donor centers, or at a mobile blood drive. For a full listing of mobile drives, visit LifeSouth.org. Following is a list of regional donor centers:

Julington Creek Donor Center (445 State Road 13, Suite 25)

- Tuesday - Friday hours: 10 a.m. - 6 p.m.
- Saturday hours: 10 a.m. - 4 p.m.
- \$20 e-gift card for all donors

Northeast Florida Donor Center (7840 Baymeadows Way)

- Monday/Tuesday/Thursday/Friday hours: 9 a.m. to 5 p.m.
- Wednesday hours: 11 a.m. to 7 p.m.
- Saturday hours: 10 a.m. - 4 p.m.
- \$10 e-gift card for all donors

Fleming Island Donor Center (1605 County Road 220, Unit 160)

- Wednesday/Thursday/Friday hours: 11 a.m. - 7 p.m.
- Saturday/Sunday hours: 10 a.m. - 4 p.m.
- \$20 e-gift card for all donors

Donors must be 17 years or older, in good health and have a photo ID. Visit LifeSouth.org for more information, including donor center hours and online donation scheduling.



Photo courtesy LifeSouth
Every two seconds, someone needs blood — and just one donation can save up to three lives in our local community.



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Countdown to 100! Mandarin Community Club celebrates its 99th birthday

By Susie Scott
mail@floridanewslines.com

On July 2, the Mandarin Community Club celebrates its 99th birthday and kicks off a year-long celebration to recognize its milestone of 100 years of service to Mandarin.

The club's history is closely tied to patriotic activities leading up to the nation's entry into WWI. In 1916, a group of Mandarin citizens formed the Mandarin Liberty League prior to the nation's April 6, 1917 entry in the Great War today referred to as WWI.

The Mandarin Liberty League created and promoted projects to assist with war efforts. They participated in patriotic parades; promoted Liberty Loan drives; and created garden projects, receiving an award from the Florida State Fair and Exposition.

When the war ended, the group continued to gather, but the activities and purpose changed. People began bringing community issues to the group, and on July 2, 1923, 27 individuals met and founded the Mandarin Community Club. In fact, the group elected the same officers who "successfully directed" the Mandarin Liberty League, including

Walter Jones, President; Mrs. William Jeacle, Vice-President; Miss Kate Monson, Secretary; and Mrs. C.M. Brown, treasurer.

Among the club's early concerns were the "poor roads and the absence of electricity." With club promotion and support, electricity finally came to Mandarin 13 years later, on June 5, 1936. In 1938, Edwin Jones and Carr Mina Jones gave the old Mandarin School to the Mandarin Community Club for the group's home and headquarters. By that time, the historic building, constructed largely through the efforts of Mandarin winter resident famed author Harriet Beecher Stowe, was more than a half-century old and had served as Mandarin's school for many decades.

[Author's Note: Area residents are encouraged to join the club now and be part of the Mandarin Community Club and its centennial celebration. The community club has shaped Mandarin and it would not be what it is today without the club's decades of influence and service to the Mandarin community. Visit mandarincommunityclub.org for more information on membership or to get involved.]



Photo courtesy Mandarin Community Club
Mandarin Community Club in the 1920s.

Mandarin Community Club receives beautification award

By Susie Scott
mail@floridanewslines.com

The Mandarin Community Club was selected as the recipient of a Beautification Award from the Mandarin Garden Club for the restoration and improvements to the Billard Commemorative Park. The award specifically recognizes the efforts at "continuing to maintain the natural beauty of Mandarin."

The park, which adjoins the community club, was the former site of the Frederick Billard home on Brady Road — which was sadly lost to decay and deterioration. After the house was razed, the site was converted to a tranquil and natural park with benches

and dedication bricks recognizing citizens of Mandarin. The centerpiece of the park is a gazebo constructed by Rotary of Mandarin. The park is the home of the only monument dedicated to servicemen and women in all of Mandarin in an idyllic and peaceful outdoor setting.

The park restoration efforts were conducted mainly by club vice president, Jacqueline Thompson, and board member Mark Waterman side by side with other community volunteers who assisted through many months of restoration. The park plantings were restored and enhanced and are now visited regularly by bees, butterflies and birds.



Photo courtesy Mandarin Community Club
Mandarin Community Club Vice President Jacqueline Thompson and board member Mark Waterman receiving award from Ellen Milligan of the Mandarin Garden Club.

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Keep your kids reading and learning all summer long at the library!

By Chris Boivin
mail@floridanewsline.com

20 minutes a day paves the way... to building a great home library! Does your child dream of being an astronaut? President? A YouTube influencer? It all starts with the vocabulary, creativity and confidence that reading provides — plus they can win free books. Come to the library or visit www.jaxpubliclibrary.org/ summer to get your kids started on the path to success right now.

Create art, win stuff, help the library — win-win-win! Kids aged five through 17, pull out your crayons, pencils, pens, markers or paint. The Friends of South Mandarin Library need you to help them promote their next book sale. You can get all the rules at South Mandarin Branch Library (12125 San Jose Blvd.) and submit your entries by July 30. Prizes for the top three winners.

Make some noise at the Library(!) Yes, you read that right. On Tuesday, July 5 at 2 p.m., Just Add Rhythm comes to Mandarin Branch Library (3330 Kori Road) for 1,2, Let's All Play: a hands-on drumming experience. Keep the beat, keep your feet moving, play games, and make big smiles. Register for this Live from the Library program at www.jaxpubliclibrary.org.

Mandarin Branch Library will have its own walk-in planetarium with the crew of the Liahona Orion starship on Tuesday, July 12 for hourly shows from 1 p.m. – 7 p.m. All ages are welcome to register for this unique experience of sight and sound for free with a Library card. Get a preview at www.spacetravel-dome.com, but don't miss the show in person. Register today for the Space Travel Dome before the shows sell out at www.jaxpubliclibrary.org.

Your favorite events are still going on throughout July. From Pop-Up Storytimes outdoors to Junior Scientists, Artists, and Readers to drop-in LEGO brick building and game days, South Mandarin Branch Library and Mandarin Branch Library have you covered. See the whole schedule and register with your Library card (pre-registration not required for "Drop-In" programs) at www.jaxpubliclibrary.org/events.

Summer may be too hot to close out so we invited a special firefighter guest for a summer closing party. Don't miss your chance to drop off those reading trackers and get tickets for prizes on Thursday, July 28 from 2 p.m. – 4 p.m. at Mandarin Branch Library. Meet a real firefighter, make a craft, have a little yummy treat, and finish the summer strong. No registration required. We'll see you soon!



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Bolles announces new Center for Innovation

By NewsLine Staff
mail@floridanewsline.com

Leaders of The Bolles School have announced plans for the new Center for Innovation facility on the Bolles Upper School San Jose Campus. The 47,000-square-foot, three-story building marks the school's most expansive construction undertaking since the completion of historic Bolles Hall in 1925.

Groundbreaking on the \$25 million building, designed by Miami-based Zyscovich architects and constructed by Jacksonville-based Stellar design-build company, began in June with construction taking two years or more to complete. The Center for Innovation was made possible by a generous gift from Frank Sanchez, whose \$5 million landmark contribution is the largest single gift The Bolles School has received in its history.

"The Center for Innovation is an exciting work of both art and engineering, but like all campus structures, it exists to support the learning that happens within its footprint," said Bolles President and Head of School Tyler Hodges. "In this case, this means collaborative hands-on learning, academic exploration with inspirational faculty and the ability for students to experiment and gain practical experience as they work toward their highest potential to serve our community and the world."

The state-of-the-art structure is being constructed on the San Jose Campus' last prime development site adjacent to Bolles Hall on a bluff overlooking the St. Johns River. The building will house Bolles' science, math and technology programs, as well as expansive areas for advanced courses in robotics, computer programming, information technology, engineering and design. Designs for the facility accommodate opportunities for new offerings and provide space for collaboration and dialogue across disciplines. The new academic areas will deepen Bolles' curriculum and cultivate the country's next generation of innovators, according to department leaders.

Construction of the Center for Innovation, and the subsequent relocation of programs from classroom space in Bolles Hall and other buildings, also provides space for other areas of academic advancement and Resident Life — including the expansion of the new Llura "Lulie" Liggett Gund '58 Residence Hall for Girls on the second floor of Bolles Hall. Once the Bolles math department moves into the Center for Innovation building, the residence hall can be expanded to accommodate 60 students — a big jump from its current 28-student capacity. This figure represents added space but does not denote an increase in student population overall.



Rendering courtesy The Bolles School
Artist's rendering of the new Center for Innovation.



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Get to Know ...

By Martie Thompson
editor@floridanewsline.com

Paula Michaud

Paula Michaud has faced a lot of health obstacles the past few years, and she credits her caring and supportive neighbors as well as the LiveStrong program at the YMCA for getting her through to where she is today. Originally from Maine, she moved to Florida after graduating from high school to “seek [her] fortune.” She moved to Jacksonville and has worked in the graphic design/media/print production industry ever since. She has lived in Mandarin for the past 23 years. In 2019, a trip to the hospital for a suspected kidney stone turned into something else — a Stage 3 ovarian cancer diagnosis. With no family locally, she relied on neighbors for everything from food delivery to transportation to doctor appointments. Earlier this year, she was part of the inaugural class of the Y’s LiveStrong program for cancer survivors. This free program, funded by donations, helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. She credits this program with getting her independence back.

Q: Tell us about your initial cancer diagnosis.



Photo courtesy
Paula Michaud

A: In December 2019, I was working for Electronics for Imaging (EFI), a worldwide software company, as a business development manager. I had a history of kidney stones and on that day, I drove myself to the hospital because I was sure I had another one. The CT scan showed Stage 3 ovarian cancer. I left the office that day and never went back, because shortly afterwards, COVID hit and the local office, like so many others, was affected.

Q: How did your neighborhood support you during your treatment?

A: I had chemo treatments and then

in May 2020 I had my cancer surgery. Throughout it all, my neighbors in Southern Villas stepped up. I actually was in quarantine even before COVID due to the chemo and lots of neighbors reached out and helped. There are three nurses in my neighborhood and they would give me my shots. Other families brought food and one neighbor drove me to my many appointments. Another neighbor helped me walk and many neighbors helped financially by donating to a GoFundMe page set up by my work colleagues. Some friends from Ponte Vedra came over and mowed my lawn weekly. Everybody did something. I was completely blessed — and this is why I moved here, for the loving and caring community.

Q: How did you find out about LiveStrong?

A: I also had to have kidney surgery after my cancer surgery and I was at a low point. I knew this wasn’t “me” and I had to rise up. A friend sent me an email about the Y offering free yoga classes for cancer patients. When I started, I could not get up off the floor without pulling up on furniture. I completed the 10-week course and I don’t think I could have done without it. Then the instructors at the Y told me about a new cancer survivor fitness program they were starting and asked me if I’d like to sign up. I said, “Absolutely!”

Q: Can you tell us about LiveStrong

and how you benefited from it?

A: The program is offered to 12 people at a time with three trainers in each class. I was a member of the first class. The classes are 90 minutes long and meet two times a week for 12 weeks. We worked on balance, focus, cardio and strength. It was a game changer! I’m so happy to have completed the course in April. I can now get in and out of a hot bath by myself. My blood pressure and endurance have improved. You just want your life back ... you want to do your own housework and go with friends and family to events without being exhausted. It’s easy to take these things for granted until you can’t do them.

Q: What’s next for you?

A: The second LiveStrong class just started and I was invited back to give advice to the participants. I told them, this takes time. You can’t do it all at first, but keep at it. You need to learn how to use the equipment correctly and you need to learn how to rest and stretch.

I’m not quite retirement age, so my future plans include spreading the word about LiveStrong and I hope to go back to work in some capacity by the end of the year. I was 21 months cancer-free until February 2022, when a small amount of cancer returned. I’m on a daily pill regimen and a six month plan. I hope to be on the one year plan soon!

[Editor’s Note: Visit <https://fcmca.org/programs/healthy-living/livestrong-at-the-ymca/> for more information about the LiveStrong program, including how you can make a donation to support the program.]

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Pantry Raiders

Make watermelon the centerpiece of meals

By NewsLine Staff
 mail@floridanewline.com



Photo courtesy MetroCreative
 Zesty Watermelon Chicken Salad Tortilla Cups

Few things are as delicious and refreshing as watermelon on a warm day. Watermelon grows quite readily in summer and is often ready to pick after three months of growing time. Harvesters look for a pale buttery yellow spot on the bottom of watermelon (the ground spot), indicating ripeness; however, shoppers can do their part and pick perfect watermelon at the store. The fruit should be firm, symmetrical and free from bruises, cuts or dents. The melon also should be heavy, as it is comprised of 92 percent water.

Most people immediately think of watermelon as a sweet snack or as a palate cleanser after an evening meal, but watermelon is equally at home in savory dishes as it is in sweet offerings. You may enjoy this recipe for "Zesty Watermelon Chicken Salad Tortilla Cups" courtesy of The National Watermelon Promotion Board and recipe author Shannon Kohn. This is a great warm weather meal that looks impressive and is both cool and filling for summer entertaining.

Zesty Watermelon Chicken Salad Tortilla Cups

Makes 12 servings

4 8-inch flour tortillas

¼ cup softened cream cheese

2 tbsp. mayonnaise

- 1 tbsp. cayenne pepper sauce
- 2 tbsp. chopped green chiles
- 1 cup cooked, chopped chicken
- 1 ½ cups chopped watermelon
- ¼ cup roasted, salted pumpkin seeds (pepitas)
- ¼ cup sliced green onions
- 1. Preheat oven to 375 F.
- 2. Using a 4-inch cookie cutter or cup, cut rounds out of each tortilla. Press one tortilla round down into each cup of a 12-cup muffin pan.
- 3. Bake for 8 to 10 minutes or until tortilla cups are light brown and crispy. Remove from oven; allow to cool.
- 4. In the bottom of a large bowl, combine cream cheese, mayonnaise and pepper sauce until smooth.
- 5. Stir in chicken and green chiles. Fold in watermelon.
- 6. Divide and fill each tortilla cup with an extra amount of the watermelon-chicken mixture.
- 7. Divide and garnish with an equal amount of pumpkin seeds and green onion, respectively.

Notable events that have taken place on July Fourth

By NewsLine Staff
 mail@floridanewline.com

Residents of the United States spend July 4th celebrating the country's independence. Though July 4 has served as America's Independence Day for centuries, many other significant and memorable events have taken place on the fourth day of July.

1744: The Treaty of Lancaster is signed in Pennsylvania. The treaty dictates that the Iroquois will cede land between the Allegheny Mountains and the Ohio River to the British colonies.

1776: The United States Declaration of Independence is adopted by the Second Continental Congress. July 4 actually marks the day the final wording of the declaration, which had been submitted on July 2, was approved.

1802: The United States Military Academy officially commences operations. Located in West Point, New York, the United States Military Academy is the oldest of the five American service academies.

1826: On the 50th anniversary of the adoption of the Declaration of Independence, the second and third presidents of the United States, John Adams and Thomas Jefferson, respectively, pass away. Both men were instrumental to American success during the American Revolution.

1831: Samuel Francis Smith's "America (My Country, 'Tis of Thee)" is performed in public for the first time. The performance took place during a children's Independence Day celebration in Boston.

1845: Naturalist and essayist Henry David Thoreau moves into a cabin on Walden Pond in Concord, Massachusetts. His experiences there would later be detailed in "Walden Pond."

1913: President Woodrow Wilson addresses veterans of the American Civil War at a reunion marking the fiftieth anniversary of the Battle of Gettysburg.

More than 50,000 veterans of the war, including roughly 9,000 Confederate veterans, attend the reunion.

1939: New York Yankees first baseman Lou Gehrig announces his retirement to a crowd at Yankee Stadium, informing them he feels he is "the luckiest man on the face of the earth." Gehrig had recently been diagnosed with amyotrophic lateral sclerosis, a disease that would later be widely referred to as "Lou Gehrig's disease."

1983: Twenty-four-year old New York Yankees left-hander Dave Righetti throws a no-hitter against the rival Boston Red Sox at Yankee Stadium. Righetti struck seven of the first nine batters he faced and even overcame a delay in the eighth inning when umpire Steve Palermo suffered a knee injury. Outspoken Yankees owner George Steinbrenner did not attend the game, as he was in Florida celebrating his 53rd birthday with family.

2004: The cornerstone of the Freedom Tower is laid on the World Trade Center site in New York City. Now known as One World Trade Center, the building formally opened in November 2014.

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Find Your Frugal: Five tips to help you save on hurricane preparedness expenses

By Lourdes Mederos, University of Florida Institute of Food and Agricultural Sciences (UF/IFAS)
mail@floridanewslines.com

Hurricane season launched June 1, and the first glimpses of stormy weather already passed through parts of the Sunshine State. As prices continue to increase, people will have to pay more for everything, including storm supplies.

“Purchasing perishable and non-perishable supplies to successfully weather a storm comes with additional expenses that can impact an already tight budget,” said Brenda Marty-Jimenez, one of several UF/IFAS Extension agents throughout the state specializing in family and consumer sciences. “It can be challenging to find the time and resources necessary to feed our families

nutritious food and stock up on recommended supplies.”

Thinking ahead is key, she said.

“There are plenty of cost-saving measures you can adopt now that will save you money over time, such as creating hurricane menus and shopping for what you can ahead of time,” Marty-Jimenez said.

Here, Marty-Jimenez adds her top five strategies to keep disaster preparedness costs under control during the 2022 hurricane season:

1. Planning saves time and money. Eating healthy, managing food dollars and cooking at a lower price tag require meal planning, a key step to managing resources. Before heading to the store, set up a grocery list that will yield multiple recipes and falls within your budget. Be prepared that substitutions may be necessary — due to ongoing supply chain challenges, stores may not have all items in stock. Keep a copy of your disaster menu plan stored with your disaster supplies. Some find it useful to take a photo of their grocery list to keep in their smartphone in case the list gets misplaced, especially during stressful moments.

2. Remember MyPlate. When planning

meals, be sure to include plenty of fruits and vegetables, whole grains, low fat dairy and lean proteins to stock your pantry with disaster supplies. Don't buy lots of perishable food if you cannot eat it in time or freeze it before it expires — and remember, frozen food has a time limit if your home loses power.

3. Check your supplies. It is tempting to put off shopping and delay the expense of purchasing supplies when money is tight. Spreading your costs over time, if possible, can be the most efficient management strategy. Track spending like you track a storm: One week, plan to purchase non-perishable food supplies and bottled water — and, remember, these items are generally not taxable; the next week, buy paper products; perhaps followed by batteries, flashlights and lanterns. Remember to stock up on what you need, but don't overbuy.

4. Take advantage of in-store specials and use coupons. Do not buy what your family will not eat just because it is on sale or you have a coupon. Purchasing “buy one, get one free” items can save money. Coupons can be found in several places, like the Sunday newspaper, online printable coupons, weekly store flyers, manufacturer and store websites, in-store coupons and store loyalty cards.



Photo courtesy UF/IFAS
Hurricane preparedness kit and contents.

5. Prepare your car. Keep your gas tank half full during hurricane season. Plan where you will do your shopping based on where you will find the best deals and how far you will have to travel. This may take some extra research but will save you time and money in the end. Travel, buy and plan in advance, while the shelves are still stocked. When a storm is approaching, gas lines can become long, and supplies may run out. Download a gas availability app now such as the GasBuddy app. This may save time and money when looking for gas and supplies are running low. Turnpike tolls are often suspended when evacuation orders are active.

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Mandarin Women's Club installs new officers before summer hiatus

By Gail Packard
mail@floridanewslines.com

At its May meeting, the Mandarin Women's Club installed the newly-elected board members for 2022 – 23. The new board members are Kathy Sisbarro (president), Mary Shell, Sharon Rosenblum, Susie Marshall, Sue Wojtowicz, Gail Packard, Barbara Metallo, and Linda Peacock. After the installation ceremony, club members enjoyed listening to local author Bill Delaney who surprised many of them as he disclosed hidden secrets in and around Jacksonville.

There are no luncheons in June, July or August, but active members will still enjoy Bunco, Dining Out, Mah Jongg, Mexican Train, and other events. Visit www.mandarinwomensclub.com for more information and to obtain a Membership Form.



Photo courtesy Gail Packard
Mandarin Women's Club members who visited the K9s For Warriors facility in Nocatee.

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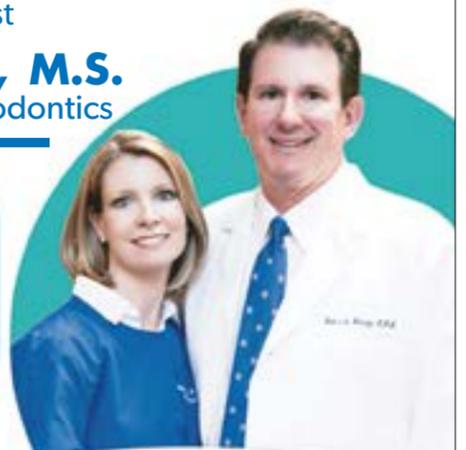
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Gardening

Summer gardening, and some problems

By Lesley Arrandale
mail@floridanewsline.com

It's officially hurricane season and the weather is beginning to change. We've had relief with some rainfall, but the accompanying humidity is here to stay, and the weather will get more oppressive as the summer goes on. We must be prepared for storms and worse.

I find myself eyeing the somewhat unkempt wildflowers in my front yard and hearing my husband's assessment of the situation — some of them need to go. "Editing" a garden is not something I'm good at, even though I know that some perennials and annuals that are over their first flush can be cut back and will be revitalized. So the blanket flowers, Virginia spiderwort, and wild petunias will all get a trim, and pulling annual weeds will go along with that task.

I won't worry too much about the insects being displaced. Now, in early June, the beautyberry bushes and Simpson's stoppers are blooming. I have a lovely stand of sunflowers (*Helianthus* sp.), which are insect magnets, all volunteers from last year's plants. These are about four-and-a-half feet tall, although my neighbor who gave me the original seed was told when she received them as a gift that they are the gulf coast version of our local groundcover beach sunflower (*Helianthus debilis*). Clearly they are something else, but after some research, I still can't identify them. As they bloom well in dry soil with little care I don't much mind, but I'm still curious.

Some of my vegetables are doing well.

One Sweet 100 cherry tomato plant is looking very healthy, but the Everglades currant tomato developed brown, crinkly edges on some of its leaves and I decided it had to go. I had hoped to identify the problem but referring to this document: <https://tinyurl.com/v3szmyh5>, I found it impossible. The best advice is to choose tomato varieties specifically bred for resistance to as many diseases as possible. Follow good cultural practices, including crop rotation, watering and fertilizing correctly, and scouting for insect pests. If you intend to grow a late summer crop, refer to <https://tinyurl.com/2p9fznsf> for more details.

A miserable parsley plant turned out to have its roots full of root knot nematodes, just where I had hoped to put in some okra. Okra is very prone to damage from nematodes, so I found a home for them elsewhere. Unfortunately it's impossible to eradicate nematodes completely without removing and replacing the soil. They do tend to be quite localized and the addition of organic matter, like good compost, can help keep numbers down since nematodes flourish in sandy soils. There is a commercially available soil drench, approved for organic gardens, which is formulated to suppress them, but a cheaper method of control is by soil solarization: <https://tinyurl.com/4fvdhcx3>. This is best done during the summer, to ensure the soil gets good and hot. And choose nematode resistant varieties of vegetables thereafter!

Mandarin Garden Club announces annual awards and August \$1 Clothing Sale

By Juliet Johnson
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Mandarin Garden Club will host its famous \$1 Clothing and Jewelry Sale on Aug. 5 and 6, from 9 a.m. – 2 p.m. Gently used clothing for men, women and children will be on sale for \$1, with items from the Boutique and jewelry section priced separately. There will also be a "Pop up Plant Sale" on the grounds for additional bargains.

At the club's Annual Meeting this past May, the current executive board was mostly reinstated and several awards were given:

- Mandarin High School graduate, Ethan Swain, won a scholarship in recognition of his voluntary service from his days in the Bumblebees (the club's children's group) through high school. He will attend the University of North Florida to study environmental engineering.
- Mark and Jacqueline Thompson accepted the Beautification Award on behalf of the Mandarin Community Club for Billard Commemorative Park.
- Joann Butler and Judy Til were awarded lifetime memberships. Both ladies have served long hours writing and promoting the club both internally with a newsletter and externally with various

publicity efforts.

- Linda Carvalho received the President's Award for a banner year of fundraising events.

The Mandarin Garden Club, 2892 Loretto Road, is a non-profit organization that relies on fundraising to support the club and the decorative demonstration gardens. The gardens (designated by the NWF as a Wildlife Habitat) are open to the public to enjoy and learn about the beauty of nature from dawn to dusk, except during special rental dates. The clubhouse is available to rent for events. Visit www.mandaringardenclub.org for a virtual tour.



Photo courtesy Juliet Johnson
Ethan Swain wins scholarship from Mandarin Garden Club for volunteer work.

I'm growing a couple of tomatillo plants again. Last year they did very well, and I had a good crop of the small papery husked fruit for salsas. Occasionally we used them in place of tomatoes in stews. I'm hoping the eggplant, chili and sweet pepper plants do well; they are in good shape so far. Even the cool season kale plants are holding up, but I'm not sure for how long in the heat.

The summer solstice isn't far off as I write, but we have a long way to go before fall and our temperatures begin to moderate. In the meantime, take care to look after yourself and check out this resource for practical tips for working safely in your garden: <https://tinyurl.com/vss7xb64>. My strategy is to work for a short time, on most days, but I need to get out earlier in the day!

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Travel

Curious About Curacao?

By Debi Lander
mail@floridanewsline.com



Photos courtesy Debi Lander
Powerful waves at Shete Boka.

Every summer, Floridians prepare for the possibility of hurricanes. Not so for those in the ABC islands (Aruba, Bonaire, and Curacao) in the Caribbean. They lie just off the coast of Venezuela, beyond the hurricane belt, so if you want to visit the Caribbean in the summer or late fall, head in their direction.

I recently returned from Curacao and was awe-struck by the waterfront in the capital city of Willemstad. Rainbow-hued historic houses in the Dutch architectural style create an unforgettable scene and are protected as a UNESCO World Heritage site. Unlike the white buildings that dominate many Greek and Mediterranean isles, Curacaoans prefer bright colors.

To cross over the waterway into the downtown, you use the Queen Emma floating footbridge. The bridge swings to one side if a ship needs to pass through. It's fun to watch, but you can get stranded before it closes again. As the locals call her, the "Old Swinging Lady" gets illuminated at night.

Of course, all Caribbean islands brag about their white sand beaches, clear turquoise water, and vibrant sea life. Thirty-five smaller, more intimate beaches and coves dot the shoreline in Curacao. You won't find a string of resort hotels off a boulevard or one long beach. The little coves permit snorkeling off the beach, and many scuba divers find they can dive without the need for a boat.



Photos courtesy Debi Lander
Queen Emma Floating Bridge.

Curacao receives little rain, so the landscape remains dry, again helping to keep those hurricanes away. Cacti and scrub bushes grow all over the place, as does aloe vera. You can visit an aloe farm and learn about its multiple uses.

Two national parks offer very different experiences. If you want to climb to the highest point on the island, arrive early at Christoffelpark. A round-trip hike to the summit will take about three hours and rewards with a 360-degree panoramic view. Shete Boka Park, however, provides a much more dramatic picture. This park rests on the northernmost point, and massive waves constantly bombard and send spray skyward. The boardwalk and viewing platforms offer great photo ops, but be careful and hang on to the little ones.

If you take children, consider staying at an all-inclusive property like the Corendon Mangrove Beach Resort with its incredible waterpark. They offer exciting rides with twists and turns for all ages and a child-friendly area for the



Photos courtesy Debi Lander
Jeremi Beach.



Photos courtesy Debi Lander
Three flamingos.

young ones. The King Cobra drops and flings daredevils. The waterpark is rarely crowded, so the kids will get plenty of rides. The resort also offers a fantastic main swimming pool, swim-up bar, a lap pool that tends to stay quieter, and its own beach.

One of my favorite moments was discovering wild flamingos. If you are lucky, you may find them close to the road. The quirky creatures twist and curl their necks around like backyard hoses. Their coral color reflects against the tranquil water in a lake, creating a beautiful scene.

Curacao offers a variety of lodging options from AirBnB rentals, villa rentals, boutique hotels, resorts, and all-inclusive properties. I suggest you plan to rent a car. It takes just two hours to drive from tip to tip.

Take a nonstop flight to Curacao from Miami. Remember your sunscreen and appetite; the local cuisine blends Creole, African, Spanish, Dutch, and Caribbean flavors. Enjoy!

Visit www.bylandersea.com to read more of local travel writer Debi Lander's stories and travel tips.



Photos courtesy Debi Lander
Sunrise over Willemstad.

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Nutrition Check: July is National Blueberry Month

By Kristen Hicks-Roof PhD, RDN and Caroline Jury BS
mail@floridanewsline.com

Did you know that the history of celebrating these juicy fruits would not have been possible if a woman did not notice them? Before 1911, blueberries grew in the wild, and people ignored them. The partnership between Dr. Frederick Coville, a USDA botanist, and Elizabeth White successfully cultivated blueberries on her farm in 1911. Four years later, they became commercially available; however, it was not until July 2003 that the USDA declared July as National Blueberry Month. Learn more about blueberries: <https://blueberry.org/about-blueberries/history-of-blueberries/>

Aside from their sweetness and deep color, blueberries have a lot to offer. So, what makes these tiny powerhouses unique? It is one of the only naturally blue fruits, thanks to anthocyanin that renders the blue color, protecting against cancer-causing free radicals in the body. The deeper the color, the more antioxidants, vitamins, and other rich minerals they contain. The antioxidants they contain also prevent infection and improve the immune system. Blueberries are packed with nutrition — one cup of blueberries has fewer than 100 calories and contains nutrients such as dietary fiber, vitamin C and potassium.

Aside from being nutrient-dense, it is also very versatile and may be used in both hot and cold dishes. It can be enjoyed as is, or you can make a yogurt parfait or on top of your cereal, or they can be baked into muffins, sauces, or sandwiches. Blueberries thrive from April to late September, which is usually when you can get a good deal at the grocery store, you can always buy extra to freeze them for the remainder of the year. So, let's celebrate National Blueberry Month by grabbing a container or two from your favorite supermarket and farmer's market.

Kristen Hicks-Roof PhD, RDN, LDN, CLC, FAND is an assistant professor in the Department of Nutrition and Dietetics, Brooks College of Health, University of North Florida.



Photo courtesy MetroCreative
July is National Blueberry Month.

Mandarin Community Club set to celebrate 100 years

By Lynn Cuda
mail@floridanewsline.com

Part of the Mandarin Community since 1923, the Mandarin Community Club will celebrate its 100 year anniversary in July 2023. Leading up to that milestone, the club will chronicle its foundation, events and achievements in a series of articles and photos over the months



Photo courtesy Lynn Cuda
The Mandarin Community Club

leading up to that anniversary. We hope you will join us as we take this journey during this exciting period.

In the meantime if you are not already a member of the Mandarin Community Club, we hope you will consider joining in this milestone year. Membership in the Mandarin Community Club is a great way to support the

community, learn more about your community and to meet new friends. Detailed information is available by visiting www.mandancimmunityclub.org or by calling (904) 268-1622. The Mandarin Community Club is a 501 c 3 non profit organization.

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