

Mandarin NewsLine

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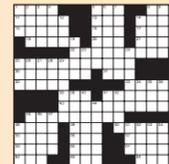
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Summer is winding down at Mandarin libraries

By Jeremy Yates
mail@floridanewsline.com

The start of a new school year is a busy time. There are a lot of items to check off those supply lists — and one of the most important back-to-school supplies is a public library card.

Register for our Back-to-School Bootcamps and learn more about what the public library has to offer. These programs are for children aged five to 12 and will take the place of our regularly scheduled Junior Scientists, Junior Artists and Junior Readers programs during the first two weeks of August at both Mandarin and South Mandarin Branch Libraries.

Teen Advisory Board will focus on helping teens “Stay on Track” and have their “best school year yet” Saturday, Aug. 13 and 27 from 12 p.m. – 1 p.m. (at both locations). See the whole schedule at www.jaxpubliclibrary.org/events.

Later this month, bring your Junior Scientists to the Mandarin Library

Libraries cont. on pg. 10

Loretto Elementary welcomes Rep. Duggan

By Martie Thompson
editor@floridanewsline.com

Loretto Elementary School hosted Florida Rep. Wyman Duggan on June 27 as he visited the school after an invitation by School Board member Lori Hershey to learn more about the school’s Career and Technical Education (CTE) in Multimedia. Loretto is the first elementary school in the county to offer CTE.

“I was very excited to collaborate with the CTE district team to bring this training to Loretto,” Principal Tammy Haberman said. “It has enhanced our tech magnet and our students have gone to the next level.”

Students at Loretto begin the multimedia learning process in kindergarten and integrate increasing amounts of knowledge through fifth grade, when they make a final project and take an exam. Passing the exam leads to certification in multimedia, which then allows for a pathway to fur-



Photos courtesy Tammy Haberman
Loretto Elementary Principal Tammy Haberman with Florida Rep. Wyman Duggan.

Loretto cont. on pg. 2

Local “treasure” unearthed in Mandarin

By Sandy Arpen
mail@floridanewsline.com

Dale Rohlfling and Cecilia Vo brought a very interesting story to the Mandarin Museum last month.

Rohlfling, a retired chiropractor and Vo, a lab technician at Mayo Clinic, moved to Mandarin two years ago from Minnesota. Their house on Mandarin Point had some nice flower bed areas and they decided to freshen them up with some new plants. While digging, Rohlfling hit something hard and big. As he carefully continued digging, a very large concrete frog was revealed! Of course, it was dirty, but also had no paint left on it.

Treasure cont. on pg. 2



Photo courtesy Sandy Arpen
Cecilia Vo and Dale Rohlfling repainting their local “treasure.”

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Photo courtesy Sandy Arpen
Members of the district CTE team were also in attendance for Rep. Duggan's visit: Jennifer Lisella-Marcellus, Jim Culbert, Corey Wright, Rep. Wyman Duggan, Principal Tammy Haberman, and Jill Fierle.

Loretto cont. from pg.1

ther instruction in middle school and high school.

According to Haberman, Rep. Duggan is a supporter of CTE and wanted to learn about how the program works at the elementary level. She felt the best way to let him know was to have three Loretto students share what they had learned and how they saw themselves using this knowledge in the future.

“He seemed very interested in what we were doing and how we were doing it,” Haberman said.

The CTE Multimedia curriculum focuses on three things: a sound, motion

and color presentation (using word processing programs, spreadsheets, and slide shows), cybersecurity, and digital arts. Students also learn things like internet etiquette and how to respond to emails. They expand their digital literacy skills and receive an industry certification upon successful completion. The school's three year plan includes expansion of CTE time to media resource time and ultimately to the classrooms, where teachers will provide individual or small group opportunities.

“We were pleased to host Rep. Duggan and share the successes of our students with him,” Haberman said.

Treasure cont. from pg.1

Rohlfing, a volunteer at Mandarin Museum & Historical Society, decided to bring the frog to the August frog painting event and repaint his find. After a couple of hours Rohlfing and Vo left with a beautiful, like-new frog named Lucy. Lucy now sits proudly on a stump in their garden “looking for insects among the ferns.”

You just never know what you'll find

while digging into the earth in Mandarin. While gardening, keep an eye out for hidden and forgotten treasures of the past.

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

Summer learning and more at Mandarin Oaks

By Debbie Scarbrough
mail@floridanewsline.com

Mandarin Oaks Elementary is an A school for the 21st year in a row. Hard work and dedication throughout the school year has been instrumental in achieving this goal every year.

This summer the learning continued with three phenomenal programs. Summer Boost is a six-week learning opportunity to help students in need of remediation prepare for the next grade level. Students have been focusing on reading and math skills. Read USA has been working with first graders one-on-one to improve their reading skills. Enrichment such as art, music, games, cooking and physical activity has been provided through a partnership with Kids Hope Alliance (Boys and Girls

Club). In addition to Summer Boost, ESY is a program that supports students with disabilities who are in the district's Exceptional Student Education (ESE) Program. Mandarin Oaks Extended Day department runs a summer camp every year where students create art, work on STEM projects, play games, and go on exciting field trips.

Mandarin Oaks' new theme for next year will be “Learning is Sweet at MOE!” Teachers and staff can't wait to welcome back students on Aug. 15. Parents and students are invited to “meet the teacher” on Aug. 11 for kindergarten and ESE and Aug. 12 for first grade through fifth grade.

Debbie Scarbrough is the art teacher at Mandarin Oaks Elementary School.

450 State Road 13 North
Suite 106 PMB 101
St. Johns, FL 32259
(904) 886-4919
www.FloridaNewsLine.com

Publisher

Mark Pettus
Publisher@FloridaNewsLine.com

Editor

Martie Thompson
Editor@FloridaNewsLine.com

Bookkeeper

Emily Whitehead
Accounting@FloridaNewsLine.com

Social Media

SocialMedia@FloridaNewsLine.com

Advertising Sales

Rebecca Thomson
Rebecca@FloridaNewsLine.com
(724) 968-7602 cell

Linda Gay

Linda@FloridaNewsLine.com
(904) 607-5062 cell

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BFF Best Furry Friend of the month

Meet Teddy!



Breed:

Shih-poo.

Favorite activity:

Running laps around coffee table to get you to play with him.

Favorite food:

Over medium egg.

Favorite friend:

Dutch, a male brittany spaniel who enjoys sharing treats in the afternoon.

How did your BFF get their name:

He was called Teddy when we got him as a pup and our granddaughter said to keep it as he feels like a teddy bear.

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.

Back to School Guide
in this issue!
See pages 6 - 7

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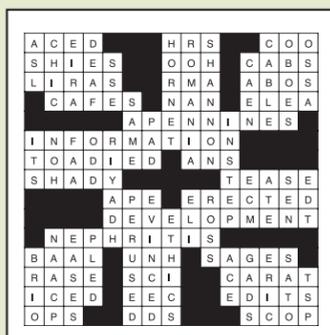


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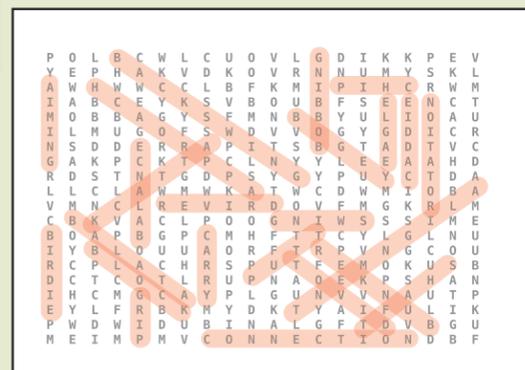
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Last month's Mystery Photo was the Cody Enrichment Center.



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Answers to our Puzzles
PG 10



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August

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: **Honeybee Quilters Guild** will meet on Tuesday, Aug. 2 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. The guild

will celebrate its 35th birthday with an '80s themed dinner served for \$10 per person. Wearing masks is optional. New members/guests welcome. Visit honeybeequilters.org for more information.

4th: **The Jacksonville Camera Club** will meet on Aug. 4 and Aug. 18 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.

5th - 6th: **Mandarin Garden Club** will host its annual \$1 Clothing and Jewelry Sale on Friday and Saturday, Aug. 5 - 6, at 2892 Loretto Road. A locally grown plant sale will be offered outside. Visit www.mandaringardenclub.org for more information.

6th: **The historic buildings of the Mandarin Museum**, including the 1875 Webb/Jones farmhouse, 1876 Barn, 1898 St. Joseph's Mission Schoolhouse for African-American Children, and Losco Winery log cabin will be open from 10 a.m. - 2 p.m. on Aug. 6 and Aug. 20 in Walter Jones Historical Park, 11964 Mandarin Road. The 1911 Mandarin Store and Post Office will also be open on Aug. 20 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.

13th: **Southside Multiple Sclerosis group** meets on the second Saturday of each month (this month on Aug. 13 at 2 p.m. at the JCA, 8505 San Jose Blvd. Every other month there is a speaker and on alternate months there are group discussions on the current situation with our MS. Call group leader Susan Armstrong, (904) 396-1082 for more information.

13th: Second Saturday Arts and Farmers Market at First Christian Church, 11924 San Jose Blvd. on Aug. 13 from 9 a.m. - 1 p.m. Visit <https://localcorners.com/second-saturday-arts-and-farmers-market> for more information.

15th: **First Day of School** for Duval County Public Schools.

15th: **The All Star Quilters Guild** will meet at 9:30 a.m. for socializing prior to the 10 a.m. meeting on Monday, Aug. 15 at the First Christian Church, 11924 San Jose Blvd. The meeting will feature an exchange with Friendship Guild. Members of Friendship Guild will present a trunk show

of quilts made by members. Sew and Tell is always a feature. Guests are welcome. Visit www.allstarquilters.org for more information.

16th: **Art After Dark hosted by the Jacksonville Fine Arts Forum**, will feature notable Jacksonville artists on Tuesday, Aug. 16 from 5:30 p.m. to 7:30 p.m. at the clubhouse at Hampton Glen, 8515 Hampton Ridge Blvd. Attendees can mingle with the artists and learn about the organization and its programs that include artists, musicians, writers, and collectors. Light refreshments will be served. Contact Marty Cawley at (904) 814-8516 or cnmcawley@gmail.com for more information.

25th: **Mandarin Republican Club** will meet on Thursday, Aug. 25 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: Do you have any Back to School advice for parents?

A: Students return back to school Aug. 15. Please be mindful that this means there will be an increase in traffic flow, especially the first day of school. I recognize that school buses, crossing guards, and more cars on the road will mean that additional time is needed to reach your routine destination. Traffic can be especially heavy on Loretto and Greenland roads. I know these roads are major arteries for Mandarin and that the traffic delays can be frustrating.

Also, parents and students need to cross at crosswalks in order to ensure student safety. Please do not drop your student off and allow him/her to cross the road without use of the crosswalk.

Q: Is the school district actively hiring teachers at this time?

A: Yes. There has been a lot of coverage about the statewide and local need for more teachers. I would like to encourage anyone who holds a college degree to consider stepping in to fill the gap and become a teacher. If you have earned a bachelor's degree you can apply for a temporary teaching certificate, which is valid for three years. Duval County Public Schools has the resources to help guide you through the steps needed to attain your temporary teaching certification, as well as help you through the process of earning your teaching certification. If you are

looking to make a difference and are interested in teaching, please email Vicki Schultz: shultzv@duvalschools.org.

Q: What can you tell us about the school safety exercise held in Mandarin in July?

A: Crown Point Elementary School was the site for this school safety exercise which emphasized parent reunification (in the unfortunate event that parents would need to be reunited with their children). Details are being ironed out and the district has an app that streamlines this process. I observed the event and was very impressed with the efficiency and thankful to all who made this exercise beneficial.

Q: Can you share some information about the new DCPS ESports Club?

A: Students at Mandarin Middle will be one of the first middle schools in the district to have a coding and ESports lab. ESports stands for electronic sports. This form of competition allows teams to compete through the use of video game competitions. The purpose of the ESports Club is to enhance student learning through problem-solving, critical thinking, leadership, personal development, applied learning and real-world applications. I had the opportunity to tour the lab in July and I am excited about the expansion of coding and ESports to Mandarin Middle

Lori Hershey cont. on pg. 8



with Jacksonville City Council Member
Michael Boylan, District 6

Q: In light of school starting on Aug. 15, will the roadway improvements on Greenland Road be completed by then?

A: That's certainly the goal. It seems to be all but finished [as of interview date of July 19] and I fully expect it to be operational before school is in session. This is a big resurfacing, rather than full repaving, project that represents a \$1.2 million investment. The repaving is scheduled to be from Old St. Augustine Road eastward to Coastal Lane on Greenland Road.

Q: It looks like there is some activity at the old KMart. Do you know of anything happening there?

A: I've had lots of questions about this. Don't be fooled — unfortunately, what you see is just to discourage vagrancy around the property. When I followed up with Ash Properties, I told them it just made an eyesore worse. Apparently, there is no active interest in the redevelopment of that property at this time. I've reached out to Ash Properties many times about this property to see if we can assist in marketing the property in any way and I've had no response from them.

Q: What is happening at the First Christian Church property on San Jose Boulevard?

A: There is a proposal for a 140-foot pine tree camouflaged cell tower to be located on the site. The three signs you see on the property pertain to this proposal: a waiver of landscaping, a waiver of setback from a residential dwelling and the 140-foot cell tower. The two waivers must be heard and approved by the Tower Review Committee before the cell tower application can be heard by the Planning Commission.

Q: What has your focus been on the City Council lately?

A: July started a new year for the council and I'm honored to have been named the chair of the Rules Committee and chair of the Neighborhoods, Community Services, Public Health and Safety Committee.

Also, I requested and received permission from Council President Freeman to form an ad hoc committee, the Critical Quality of Life Issues Committee, which will focus on health care access, homelessness, and affordable housing. It will be structured with three sub-committees, each chaired by a council member, who will each recruit and actively engage subject matter experts in their area. For each issue, we will focus on 1) the need in the community; 2) what resources are currently used to address the issue (public/private/non profit sectors); and 3) what best practices we can review and possibly adopt in the future from other communities. By the fiscal mid-year, we hope to make recommendations to the Council.

Q: Do you have an update on the Ferngully Preserve situation?

A: I'm feeling very positive about the prospect of expanding this preserve by the 4.5 acre tract. The Mandarin community committed more than \$36,000 for the project. I believe this good faith effort, along with support by the Parks and Rec Department and the North Florida Land Trust, all but assures we can get this done.

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.



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Back to school tips for families from DCPS

Register your student for bus transportation: All students must be registered for transportation. Applications can be completed through the Parent FOCUS Account. Visit <https://dcps.duvalschools.org/Page/31291> for more information.

Update parent contact number used to receive important automated messages: Families are encouraged

to review/update the telephone number they want their schools to use when sending out important automated messages. Updates can be made by logging into their OneView Account. For more information, review how to update primary phone number (www.teamduval.org/2022/07/11/families-have-new-way-to-update-parent-contact-information/)

RETURNING IN SEPTEMBER

Back to School Guide

Contact Rebecca at
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Find Your Frugal:

Six ways to save on school supplies

By Lourdes Mederos
rodriguez@ufl.edu

School supplies will be top-of-mind soon as parents and teachers grapple with getting their students and classrooms ready for a new school year.

The ripple effects of the yearslong COVID pandemic continue to surface in economies worldwide, and school supplies are not exempt.

To help parents and teachers find ways to save, experts at the University of Florida Institute of Food and Agricultural Science offer research-based information and tips to keep expenses down when stocking up on school supplies.

From July 25 through Aug. 7, Florida will hold its annual school sales tax holiday. During that period, consumers can curb school supply costs with savings designated by the Florida legislature.

“Taking advantage of the Sales Tax Holiday is one way to make reductions in back-to-school supplies, as needed, purchasing only the essentials so that income equals expenses plus savings,” says Jenny Rodriguez, one of several UF/IFAS Extension agents throughout the state specializing in family and consumer sciences. “If you’re not sure where to begin, consider the following money management strategies to help manage your finances.”

Here, Rodriguez adds six strategies to keep costs down when shopping for school supplies throughout the summer.

1. Take inventory of your stock supplies at home first. Often, you already have many of the school supplies your kids need at home. See if you have highlighters, pens, pencils, notebooks, and other school supplies saved up from prior years before buying more of the same. The savings may seem small, but it will add up and every little bit helps.
2. Look for weekly deals on select products. If purchasing supplies for more than

one child, you can also seek out weekly deals that highlight a small handful of products each week, sometimes as low as 25 cents.

3. Avoid using store credit cards. If you are offered one while checking out, politely decline. While those sign-up bonuses can be great and tempting, if you carry a balance on one of these cards, the interest you pay with those high APRs (averaging 24.24 percent APR) will easily exceed what you saved with that initial discount the store offered you.

4. Swap school supplies and spread the savings. If done right, setting up a swap system of items with other families has plenty of perks. Start by trading items with other families like a surplus of supplies, kids’ clothing, shoes, and accessories. Here is how it works. Gather your friends and neighbors with kids around the same age and everyone brings gently used clothing, books, school supplies, toys, etc. Everyone receives a ticket for each item they bring. Each ticket entitles you to one item from the swap meet. If you contribute six books, you can leave with up to six new-to-you books. If you contribute seven items of clothing, you can leave with up to seven new-to-you items of clothing. All leftover items are donated. Giving is good.

5. Try secondhand shopping. Consider shopping second-hand through places like Offerup.com, Goodwill, Salvation Army and thrift stores. Don’t forget to look for deals and sign up for emails strategically.

6. Don’t forget UF/IFAS Extension has tools to help you save. Did you know that UF/IFAS Extension has money management class and tools to help you budget? Obtain a free money management calendar to help you track your expenses or sign up to take a money management class by reaching out to your local UF/IFAS Extension Family and Consumer Sciences agent or email jennyarodriguez@ufl.edu.

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A refresher course in school bus safety

By NewsLine Staff
mail@floridanewline.com

The dawn of a new school year is a time marked by change and fresh opportunities. For many children, school marks the first time they are away from their parents for an extended period of time. It also may be the first time they ride in a vehicle other than their parents' cars.

Each school day, 25 million children ride a bus to school in the United States. A school bus is among the safest modes of transport and one of the most regulated vehicles on the road, according to the National Highway Traffic Safety Administration.

Riding a school bus can be a novel experience no matter a student's age or grade. Kindergarteners may be introduced to the school bus on their first day of school, while older students are no doubt familiar with life inside a school bus. But all students and families can benefit from a refresher course on school bus procedures to ensure this school year begins on safe footing.

- Be a smart pedestrian. Riding the school bus is very safe, but injuries can occur walking to and from the bus stop. Watch for cars backing out of driveways and always look both ways multiple times before crossing streets.

- Remember school bus laws. Most areas of the country, including Florida, have specific school bus laws that include stopping when red lights are flashing on the school bus. Cars must stop whether they're behind the school bus, next to it or on the opposite side of the street facing the bus. Stopping allows passengers to enter or exit the bus safely.

- Stand away from the curb. The National Safety Council advises keeping six feet, or three giant steps, away from the curb while waiting for the bus.



Photo courtesy MetroCreative

All students can benefit from a refresher course on school bus procedures to ensure this school year begins on safe footing.

Young children should be carefully supervised.

- Be visible. Always cross in front of the bus, making eye contact with the driver so that he or she knows your intentions before crossing. If you drop something, do not bend down to pick it up. Tell the driver instead.

- Remain seated. Find a seat promptly and remain seated for the duration of the ride. Do not stand up and proceed down the center aisle until the bus has stopped.

- Minimize distractions. Always speak softly and behave so that you do not distract the driver.

How to prepare children for kindergarten

By NewsLine Staff
mail@floridanewline.com

The first day of kindergarten is a milestone moment for children that their parents will remember forever. Data from the U.S. Census Bureau indicates that around five million children attend an organized preschool or daycare facility in the United States. Children who attend preschool or daycare may make a relatively seamless transition to kindergarten; however, it's still a good idea for parents to take steps to prepare youngsters for kindergarten in advance of the first day of school.

- Attend orientation or related events. Elementary schools typically are housed in much larger buildings than preschools or daycares, and that size can be intimidating for children. Attending kindergarten orientation or related events as a family can help children see their classrooms, meet their teacher and potentially their classmates.

- Meet other kids in the neighborhood. Some children attend preschools or daycares close to home, while others may go to facilities near a parent's office. Regardless of where kids go to daycare or preschool, they're likely to meet new youngsters in kindergarten. Introducing them to other kids in the neighborhood who will be going to kindergarten as well can calm children's nerves. Seeing a familiar face on the bus and/or in class can put youngsters at ease.

- Avoid lengthy goodbyes. Parents may get a little teary-eyed on their children's first day of kindergarten, but drawing

out goodbyes as kids get on the bus or walk into school will ultimately make it harder on children. Limit your goodbye to a hug and kiss and some words of encouragement. Keep the emphasis on the positive and the fun that's to be had so kids arrive at school in a good frame of mind.

- Remind youngsters you'll be there to pick them up at the end of the day. Let children know that, just like daycare and preschool, mom or dad will be there to pick them up at school or the bus stop at the end of the day. This sense of the familiar can calm kids' nerves and reassure them that a smiling face will be there at the end of the school day.



Photo courtesy MetroCreative

It's a good idea for parents to take steps to prepare youngsters for kindergarten in advance of the first day of school.

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Briefs

Mandarin Women’s Club invites women to join or renew membership

After enjoying summer vacation, it is time to join or renew your membership

in the Mandarin Women’s Club. Luncheons are held the fourth Thursday of each month, September 2022 through May 2023.

The next luncheon will be on Thursday, Sept. 22 at the Ramada Inn in Mandarin.

Club members look forward to an exciting year of activities under the guidance of 2022-2023 board members: Kathy Sisbarro (president), Mary Shell, Sharon Rosenblum, Susie Marshall, Sue Wojtowicz, Gail Packard, Barbara Metallo, and Linda Peacock.

To join or renew membership, complete a Membership Form and send it to Mary Shell along with your check (no cash). Visit www.mandarinwomenclub.com to download a membership form.

There are no luncheons in August, but active members still enjoy Bunco, Mah Jongg, Mexican Train, and other events.

Higher mortgage rates begin to put brakes on housing market’s wild ride

Although house prices rose higher in June, there was tangible evidence that higher mortgage rates and inflation are beginning to put the brakes on the wild ride that Northeast Florida’s housing market has taken over the past two years.

The median sales price for single-family homes in the region settled at a historically high \$400,000 in June, a 2.3 percent increase over the month before; however, this number is based on closed sales that included offers from a few months ago before the market began to feel the impact of rising mortgage rates.

Meanwhile, the number of closed sales, pending sales, and listing prices received have all started dropping, tangibly demonstrating that the market is slowing down. Added to that is active inventory, which increased 17.4 percent, as well as a 46.2 percent increase in the median number of days on the market. These are all indications that prices may slowly begin to “normalize” in the coming months.

“This is good news for both buyers and sellers as we move into the third and

fourth quarters of 2022,” said 2022 NEFAR President Mark Rosener. “It’s encouraging for buyers, as they now have more homes from which to choose. On the flip side, while we still have a significant “seller’s market” at just 1.8 months’ supply, sellers need to heed the counsel of their REALTORS® to price their homes accordingly.”

Specifically in June, closed sales on single-family residences registered at 2,336, a 4.1% decrease since May. June also registered 2,077 pending sales, a 13.2% decline from May when there were 2,393. And the list-price-received category dropped from 101% in May to 100.6% in June, with 38.9% of sellers getting above their asking price, a decline of 8.7% from May. Meanwhile, the active inventory of single-family homes increased to 4,109 in June, a significant increase from May 2022 when only 3,501 homes were on the market. June’s inventory represents 1.8 months of active inventory. Meanwhile, the combined condo and townhouse market showed a significant 46.3% gain in homes for sale over the previous month when the number of units increased to 1,090. The median days on the market also increased by 16.7% to 14 days.

Although higher interest rates may be slowing down the market, they are not helping to make the area more affordable. With single-family home prices still at historic highs, the home affordability index slipped down 1.3% to 78. The index measures whether a typical family earns enough to qualify for a mortgage on a typical home, based on current interest rates, median income, and median home prices. Higher numbers mean greater affordability. In June, the combined condo and townhouse affordability index remained unchanged from the month before at 115.

“There is no question that the Real Estate Market in Northeast Florida is continuing to shift, and I am proud of the NEFAR REALTOR® members who have responded to these shifts with flexibility and professionalism,” Rosener said. “They continue to deliver outstanding service to those looking to buy and/or sell in the Greater Jacksonville Area. For those that have a real estate need, it has never been more important to have a trusted advisor to help you navigate this process.”

In Duval County, the June median price of single-family housing was \$350,000.

The median days on the market was 19, a 35.7 percent increase over May, with 6.1 percent fewer sellers — 42.6 percent — closing above the asking price. Active inventory for the county was 1,996 homes, an increase of 18.1 percent from last month and a 1.7 months’ supply. The home affordability index registered at 89, the same as in May.

Mandarin Toastmasters seeks new members

Mandarin Toastmasters has continued to meet the first and third Saturday of the month in person at the South Mandarin Library Branch at 12125 San Jose Blvd. as well as through Zoom. The meetings involve a group of professionals and individuals in the community looking to become better public speakers and leaders and encourage each other through each meeting.

Are you looking to continue your growth in your career path or network with like-minded individuals in the area? Then Mandarin Toastmasters welcomes you with open arms.

The club met Saturday, June 18 to nominate and confirm a new leadership team for the 2022-2023 Toastmasters’ year, while thanking the previous leadership team. Mandarin Toastmasters Club congratulated the following individuals at the meeting as the new leadership team for this upcoming year: Hasseb Qazizada (president), Elizabeth Oole (vice president of education), Jessica Hollo ((vice president of membership), Sally Pasley (vice president of public relations), Jessica Edwards (secretary), James Rasalam (treasurer), and Jag Neelakandan (sergeant at arms).

Toastmasters International includes more than 292,000 members in more than 14,350 clubs across 122 countries.

“Our club encourages learning and growing in a friendly, comfortable environment through local club meetings, training seminars, speech contests, and a mentor program. Practicing public speaking and networking can help you advance your career, acclimate to a new city or even get a new job,” said Sally Pasley, vice president of public relations. “You’ll not only build your confidence right in your own backyard, but make friends while doing it.”

Visit www.toastmasters.org/find-a-club/00838510-mandarin-toastmasters for more information.



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Lori Hershey cont. from pg. 4

School. When the lab is complete at Mandarin Middle, that will be our first middle school eSports team.

Q: Do you have anything else to share with Mandarin readers?

A: Schools in Mandarin continue to excel and I would like to recognize our teachers, principals and staff for their hard work that promotes student achievement. Our community is fortunate to have strong neighborhood and charter schools.

Q: How can our readers contact you?

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

Life

travel • pantry raiders • gardening

fishing • entertainment • puzzles

Get to Know ...

By Martie Thompson
editor@floridanewsline.com

Bonnie McNulty

Bonnie McNulty, the long-time co-director of the Mandarin Food Bank, said she can hardly believe it's been 31 years since the food bank opened. What started as the idea of a member of the Social Concerns Committee of St. Joseph's Church in 1991 has grown both literally and in outreach over the years. McNulty, a nurse, was a relatively new resident of Mandarin and was looking for a service opportunity. She said she had "reluctantly" left the family's prior home in Annapolis, Maryland due to her husband's job with CSX and getting involved with the Social Concerns Committee was a perfect fit. Today, McNulty and her husband Patrick still live in Mandarin and she spends many hours, along with co-director Mary Kaminski, ensuring the smooth running of Mandarin's most known food bank.

Q: How did you end up settling in Mandarin when you moved to Florida?

A: My husband was transferred here with his job and I was sad to leave my hometown of Annapolis and all my family and friends. I would say I



Photo courtesy Bonnie McNulty
Bonnie McNulty

even felt sorry for myself at the time. We looked all over Jacksonville and decided on Mandarin since we were sailors and wanted to be close to the St. Johns River with our sailboat. Also, our daughter Trish, who was 12 at the time, was accepted at St. Joseph Catholic School.

Q: Did you resume your nursing career in Jacksonville?

A: I considered it, but I didn't. We had a lot of families move to our street who had also been transferred to Jacksonville

with CSX and I became friendly with Evelyn Gambill, who introduced me to the Social Concerns Committee at St. Joseph's. Members of the committee reached out to the poor and hungry and went to nursing homes and homes for people with special needs. From this committee came the idea for the Mandarin Food Bank and I became the co-director shortly after it opened in 1991.

Q: What can you tell us about the beginning of the Mandarin Food Bank?

A: At first, we built a 900 square foot building with no running water. It was basically a shed. Eventually we were able to run a very long telephone cord from the rectory so we could have a phone. We had electricity and air conditioning, but no heat. We started with 16 women and were open every Monday, Wednesday, and Friday. When we first opened, Father Dan Cody spoke to the leaders of other churches in Mandarin and invited them to send us people who needed help and also volunteers. The Mandarin Food Bank continues to be very ecumenical. We have 175 volunteers at this time from all over ... many churches, civic organizations, and neighborhoods. We come from all walks of life and bring different experiences that help us grow our ministry. We couldn't be successful without our volunteers.

We felt that when we opened our doors, the community of Mandarin formed a circle of love around us. We have always felt their support and we thank them.

Q: How has the Mandarin Food Bank grown?

A: Physically, we have had two additions to the original food bank. In 1996 we added a bathroom for our volunteers, a walk-in freezer, and a kitchen. The second addition in 2005 provided space for our Clothes Closet, our donation garage, our "big room" for all donations, and an attic for storage. We currently have 5,000 square feet.

In terms of outreach, we have added a Life Skills program with a goal to help clients provide nutritious, budget-friendly meals for their family. In May, we started hosting financial seminars with another class due to start in August.

Q: What does the Mandarin Food Bank need the most if people wish to donate?

A: Protein is our most needed item. We love to see items like canned meats, spaghetti sauce with meat, beans (dried or canned), and peanut butter donated. We also need rice, macaroni and cheese, and hot and cold cereal. Basically, anything you would put on your table, we would like our clients to be able to put on their table.

Q: What do you like to do in your spare time?

A: I enjoy creative writing. I love to read and cook and I love to be with my family.

Get to Know ...

Interested in being featured? Email Martie Thompson at editor@floridanewsline.com

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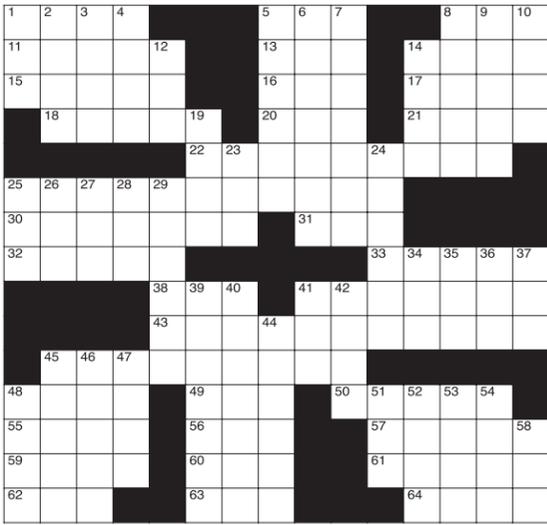
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Puzzles

Answers on page 3
Provided by MetroCreative



CLUES ACROSS

- 1. Breezed through
- 5. Time units (abbr.)
- 8. Pigeon's murmur
- 11. Moves aside in fright
- 13. Partner to "ahh"
- 14. Taxis
- 15. Monetary units of Turkey
- 16. Returned material authorization (abbr.)
- 17. Prolific Italian opera composer
- 18. Restaurants
- 20. One's grandmother
- 21. Ancient Greek City
- 22. Italian mountain ranges
- 25. Data
- 30. Acted in an obedient way
- 31. Autonomic nervous system
- 32. Not on the up-and-up
- 33. Mock lightly
- 38. Mimic
- 41. Built
- 43. A neighborhood
- 45. Inflammation of the kidneys
- 48. Semitic fertility god
- 49. Temporary name of Seaborgium
- 50. Wise people
- 55. Tear down
- 56. ___-fi (slang)
- 57. Diamond weight
- 59. Frosted
- 60. Predecessor to EU
- 61. Makes changes to
- 62. Some are secret
- 63. Tooth caregiver
- 64. Old English poet

CLUES DOWN

- 1. Sign language
- 2. In style
- 3. Norwegian river
- 4. People with impaired hearing
- 5. Large stinging paper wasp
- 6. Bucharest is its capital
- 7. River in Ireland
- 8. Type of TV
- 9. Double-reed instruments
- 10. Spanish motorcycle manufacturer
- 12. Midway between south and southeast
- 14. French commune
- 19. Alike
- 23. A bachelor's apartment
- 24. Foot part between the ball and ankle
- 25. Belonging to a thing
- 26. Japanese classical theater
- 27. Supervises flying
- 28. Not even
- 29. Capital of Saudi Arabia
- 34. Electronic countermeasure
- 35. Consumed
- 36. American politician (abbr.)
- 37. Sun up in New York
- 39. Casually looked through
- 40. Revealed the presence of
- 41. Peyton's little brother
- 42. Diana __, singer
- 44. Study of moral values and rules
- 45. Civil Rights group
- 46. Makes less severe
- 47. Made an emotional appeal
- 48. Vivacity of style
- 51. One who is highly skilled
- 52. Gets around in pursuit of pleasure
- 53. Famed guitarist Clapton
- 54. Most common Japanese surname
- 58. Recipe abbreviation

TEE OFF WORD SEARCH

P O L B C W L C U O V L G D I K K P E V
 Y E P H A K V D K O V R N N U M Y S K L
 A W H W W C C L B F K M I P I H C R W M
 I A B C E Y K S V B O U B F S E E N C T
 M O B B A G Y S F M N B B Y U L I O A U
 I L M U G O F S W D V V O G Y G D I C R
 N S D D E R R A P I T S B G T A D T V C
 G A K P C K T P C L N Y Y L E E A A H D
 R D S T N T G D P S Y G Y P U Y C T D A
 L L C L A W M V K A T W C D W M I O B A
 V M N C L R E V I R D O V F M G K R L M
 C B K V A C L P O O G N I W S S S I M E
 B O A P B G P C M H F T T C Y L G L N U
 I Y B L O U U A O R F T R P V N G C O U
 R C P L A C H R S P U T F E M O K U S B
 D C T C O T L R R U P N A O E K P S H A N
 I H C M G C A Y P L G U N V V N A U T P
 E Y L F R B K M Y D K T Y A I F U L I K
 P W D W I D U B I N A L G F T D V B G U
 M E I M P M V C O N N E C T I O N D B F

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

- AIMING
- ALIGNMENT
- APPROACH
- ATTACK
- BACKSWING
- BALANCE
- BALATA
- BIRDIE
- BLOCK
- BOBBING
- BOGEY
- BUNKER
- CADDIE
- CARRY
- CHIP
- CONNECTION
- DIVOT
- DRIVER
- EAGLE
- GRIP
- PUTT
- ROTATION
- SHAFT
- SWING



Solve the code to discover words related to golf.
Each number corresponds to a letter.
(Hint: 5 = C)

A. 4 18 18

Clue: Cleared area on golf course

B. 5 23 20 22 10

Clue: Used in golf play

C. 5 1 20 2 10 18

Clue: Where to play golf

D. 26 25 21 17 16 5 25 3

Clue: Average number of strokes over par

Libraries cont. from pg.1

to explore STEM (Science, Technology, Engineering, and Math) through crafts and activities Wednesdays (for ages five to eight) from 4 p.m. – 5 p.m. or Thursdays (ages nine to 12) from 4 p.m. – 5 p.m.

Junior Artists meets Saturdays at the South Mandarin Library. Younger kids (aged five to eight) are encouraged to attend the 1:30 p.m. – 2:30 p.m. program and older ones (aged nine to 12) the 3:30 p.m. – 4:30 p.m. program.

Do your children attend a Duval County public school? Did you know: their student ID is also a library card? No, really! Students can use their "S number" to check out up to three print books or access our electronic and digital collections like Hoopla or Libby. Learn more at <https://jaxpubliclibrary.org/student-card>. Of course, they may also apply for a juvenile card to get even more benefits (and higher check out limits). Both cards are overdue fine free.

Register for Little Readers (story time for children from birth to age five), Fridays at the Mandarin Library at 10:15 a.m. or the encore performance at 11 a.m. Or join us outside in the park at the South Mandarin Library every Thursday from 10 a.m. – 10:30 a.m. for a Little Readers Pop-Up Storytime.

"20 minutes a day paves the way!" Summer might be coming to an end but reading is important year-round. What do your children want to be when they

grow up? It all starts with the vocabulary, creativity and confidence that reading provides.

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New adventures for local dance icon

By Martie Thompson
 editor@floridanewslines.com

A well known local dance studio owner is beginning a new chapter — Mark Spivak and his wife Alla have turned over their studios in Mandarin and Fruit Cove to new owners and are ready to see what next adventure awaits them. The Mandarin studio will become Jacksonville Fitness Academy and the Fruit Cove studio has become the second location for Heather Loveland Dance Academy.



Photo by Martie Thompson
 Alla and Mark Spivak

“We just held our 42nd annual recital this summer,” Mark Spivak said. “It seems like it’s just been one day instead of 42 years.”

Mark and Alla Spivak first arrived in Jacksonville in 1979 as refugees from the former Soviet Union. Mark Spivak was an accomplished ballet dancer from Kiev who performed throughout the Soviet Union and abroad with the Ukrainian Concert Organization. Alla Spivak was a master rhythmic gymnast. Together they formed Mark Spivak Dance Institute and Dance Extension, first in Mandarin and then with additional locations in Fruit Cove.

“When I first arrived here from Kiev, I was approached to choreograph and dance for a company called the Ballet Guild,” Mark Spivak said. “Then Martha Jackson saw me perform and offered for me to take over her studio in the San Marco area. We moved the studio to Mandarin in 1982.”

At that original Mandarin studio, the Spivaks offered many artistic options, including all forms of dance, gymnastics, art classes, and piano instruction, the latter partially so that their three children could take lessons conveniently at their parents’ studio.

Realizing that Jacksonville was growing

southward, in 1989 the Spivaks opened their second location in the old Food Lion (now Neighborhood Walmart) center in NW St. Johns County. They ultimately built a location on Race Track Road and also bought an office complex on State Road 13 to house a studio when Mark Spivak realized his dream to own his property and not be subjected to landlords and lease demands. At the State Road 13 property, the Spivaks built a second building which now houses Tumbling Kids as well as All About Ballroom, a ballroom dance school and studio for which Mark Spivak remains a partner.

Over the years, Mark Spivak has taught character dance at Douglas Anderson School of the Arts, served as president of the Florida Chapter of the Dance Masters of America and spent 10 years as director of the First Coast Nutcracker. For the past 31 years he has been founder and artistic director of Community Nutcracker, a completely philanthropic annual event which has donated more than \$800,000 to local charities and community organizations over the years.

So what’s next for the Spivaks? Alla Spivak assures that they are staying local and not becoming idle.

“We are open to new possibilities,” Mark Spivak said. “I know something will come up.”

Fishing

Jimmy's Fishing Report

By Jimmy Tomazinis
 mail@floridanewslines.com

June, July, and August typically mean hot, humid days with consistent afternoon thunderstorms for our area of the river — and June was brutally hot with just a bit of rain. This extension of a hot, dry period has really kept the salinity up from the Buckman Bridge south. Higher salinity makes our area a little more comfortable for fish such as spotted seatrout and unfortunately hardhead catfish, which have really been a pain for anyone soaking shrimp on the bottom lately.

One drawback is the increased salinity can really hamper the eel grass growth and even kill it if it gets too high. The eelgrass beds provide crucial habitat for juvenile fish and crustaceans in the river. We need some rain, just not too much.

So how’s the fishing been? This has been one of the better starts to shrimp season that we’ve had in a number of years, both in size and numbers. An abundance of shrimp means easy bait catching and a lot of hungry fish around looking for a shrimp dinner.

One of the standouts have been the stripers. They are almost a given around bridge pilings or deeper docks when presented with shrimp right now. The

water temperatures are in the upper 80s, so many of the fish seek the shade under docks or bridges as well as deeper water to stay cool. Currently redfish, flounder, and sheepshead can be found near the docks. Fish a bait on the bottom if specifically targeting these species, but a bait presented on or near the surface can coax a trout or bass into biting. Bass seem to have the highest affinity for the shrimp that are found in the river.

If you have never bass fished with live shrimp under a popping cork, I’d highly recommend it. The visual spectacle of watching a five pound bass chase a shrimp to the surface and almost jump out of the water trying to eat it is a sight to behold.

If surf fishing is more your thing then there’s still a reason to take to the beach and brave the summer crowds. The late summer months give you one of the best chances to hook a tarpon from the sand. The pogy pods they feast on keep them within casting distance a lot of times. Fish where the bait pods are visible with a fresh dead pogy or live whiting and make sure your tackle is sufficient.

Until next time, stay hydrated and tight lines.

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Mandarin Garden Club honors long time member



Photo courtesy Juliet Johnson
Freda Olson, 95, wins President's Award for mentoring women in latter years at Mandarin Garden Club.

Freda Olson, 95, was honored with the President's Award at Mandarin Garden Club this year in grateful recognition of more than 22 years of mentoring women navigating their latter chapters.

Significant resources go towards programs for children, teens, and young adults. There are many community offerings for young mothers and menopause is even referenced publicly now. But what of empty nesting, retirement, widowhood, and diminishing capacity? If you are not a member of a church, or large family, who is there to help steer you through the later chapters of vibrant living?

At Mandarin Garden Club, for de-

ades, our matriarch and mentor has been past president, chaplain and friend, Freda Olson. With a quiet question or warm embrace, her gentle ministry of presence has kept dark shadows at bay while gardening and social members alike have benefited from her grace and wisdom.

Olson served as president from 2004 – 2006. She initiated a glove sale at all garden events which has become a lucrative, frictionless fundraiser. Her meticulously researched history of the garden club from 1945 – 2006 was published in 2016. The award was long overdue.

The Numbers Are In!

The club's gardens welcomed over 15,000 visitors this last year, up 59 percent over the same period last year, in addition to 113 groups who rented the facility for birthday parties, reunions, baby showers, wedding receptions, quinceañeras, celebration of life festivities and more. Call (904) 268-1192 for more information about availability and rates.

University of North Florida Botanical Garden achieves certifications

By Diana Openbrier, UNF Volunteer Gardener
mail@floridanewsline.com

The University of North Florida Botanical Garden has recently received five gold-level Florida Yards and Neighborhoods Commercial Certifications from the University of Florida Institute of Food and Agricultural Sciences. These achievements were accomplished, despite staffing shortages, with the help of garden volunteers, which include Duval Master Gardeners and Tree Stewards.

To receive this distinction: a garden must exhibit and follow nine "Florida-friendly landscaping principles" using low maintenance, low impact, environmentally sustainable practices. The gold level award signifies the highest possible excellence implementation of landscaping standards: these designations exemplify UNF's continual commitment to designing, planting, and maintaining landscapes that preserve water quality, wildlife habitats, and sustainable initiatives.

The gardens that have received this award include Healing, Bamboo, Bioswale, Climate Change, and Peace Plaza. A specific point of pride for the botanical garden is its sustainable practices which serve as a learning experience on native and Florida Friendly plants. The various beautiful garden displays provide calming experiences supported by the arts program amid eye-catching sculptures accentuating the artistic spaces.

The UNF Botanical Garden's mission

is to foster environmental conservation, sustainability, biodiversity, and stewardship of healthy ecosystems for education, research, and community outreach through natural and unique living garden displays. University grounds department and volunteers have worked to create and maintain a wide diversity of garden styles and plant collections. The Botanical Garden is free and open daily from dawn to dusk. A parking permit fee is required Monday through Thursday from 7 a.m. to 6 p.m. and Friday from 7 a.m. to 5 p.m. Guided Garden tours occur on the second Saturday of each month at 10 a.m., starting in front of the library. Attendees are asked to bring water and invited to enjoy lunch after the visit.

Volunteers have helped horticulturist Rhonda Gracie and the grounds team to maintain and expand the gardens. Gracie talks about the garden tasks, and then volunteers pitch into weed, water, install new plants, and many other activities. Volunteers meet early, work for a few hours and then enjoy lunch in the lovely gardens. Volunteers have fun, learn a lot, and contribute to a beautiful public university garden. Also, Duval County Master Gardeners and Tree Stewards can receive CEU credits when volunteering.

Contact Rhonda Gracie at rhondagracie@unf.edu or (904) 620-1375 or Joyce Buscaglia, Volunteer Coordinator, at n01513547@unf.edu for more information about volunteering or to schedule a tour.



Photo courtesy Diana Openbrier
The Healing Garden

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Gardening

Summer Observations — My Yard

By Lesley Arrandale
mail@floridanewsline.com

It is often more rewarding in the heat of summer to reflect and observe our gardens — and not work too much in the heat. What is flowering? Are the vegetables holding up? What insects can I see, without spending too long looking under leaves? Are birds visiting the feeders?

Red pentas (*Pentas lanceolata*). The tall, old-fashioned variety with solid red flowers is especially good at attracting butterflies.



Pentas.

Firebush (*Hamelia patens*). Its bright orange tubular flowers are a hummingbird magnet.



Firebush.

Wild petunia (*Ruellia caroliniensis*). Not to be confused with the invasive introduced Mexican petunia. It hosts several butterflies and supplies nectar for a variety of small pollinators.



Wild petunia.

Wild red salvia (*Salvia coccinea*). It's not dramatic but attracts butterflies and hummingbirds.



Wild salvia.

Starry rosinweed (*Silphium asteriscus*). It has been producing its two-inch yellow daisies for weeks on sturdy two to three foot branching stems. A very nice plant.



Starry rosinweed.

Ironweed (*Vernonia sp.*). These began flowering earlier than last year. I'll cut back some of them after they've flowered but keep some seedheads in place for birds and insects.



Ironweed.

Maypop, or passion vines (*Passiflora incarnata*). This vine has beautiful flowers and you'll be rewarded by butterflies flitting around your yard all summer - gulf fritillaries and zebra longwings lay their eggs on its tender new growth.



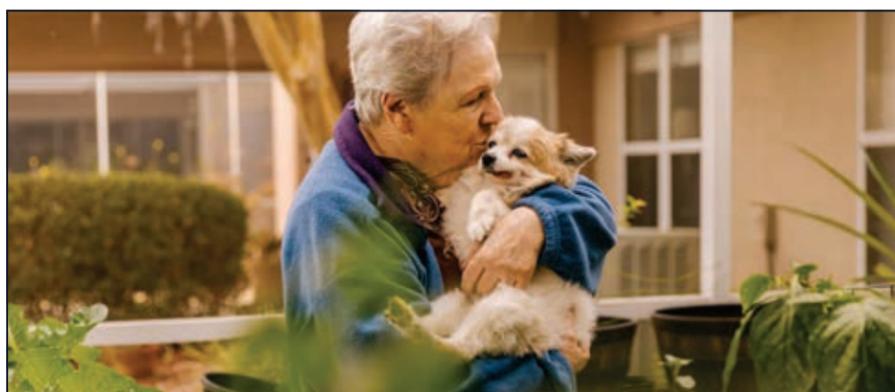
Maypop or passion vine.

Some large brown stink bugs have found our tomatillo plants. I haven't been able to identify them, but they probably aren't good news. I first noticed a small colony of them on a weedy member of the Solanaceae family, and they migrated to the tomatillos (in the same family). I now either squish them or dump them in soapy water as soon as I find them.

There are pollinators aplenty buzzing around the garden. Perfect!

Birds at my feeders are a delight. They seem to turn up early in the day and late in the afternoon, and any time of day when rain seems imminent. A strategic time to get some extra calories, perhaps.

Photos courtesy
Lesley Arrandale



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Mandarin Community Club ... Countdown to 100 years

After transforming from the Liberty League to the Mandarin Community Club, the group met frequently to work on goals similar to their previous organization. The first official meeting of the Mandarin Community Club was held on July 9, 1923. Walter Jones served as president and the organization had 36 members. The main concerns of the group included poor roads and the absence of electricity.

Membership in the Mandarin Community Club is open to all interested parties. Visit www.mandarincommunityclub.org or call (904) 268-1622 for more information.



Photo courtesy Brett Nolan
The Mandarin Community Club

Nutrition Check

Children's Eye Health/ Safety Month

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



Photo courtesy MetroCreative

Carrots contain Vitamin A, which supports healthy eyes and vision.

When someone mentions eye health, what vegetables come to mind? For me, I always think of carrots; my mother would always say to eat carrots for better eyesight. Did you know that this is actually an old wives' tale that dates back to World War II? To cover for their technology, the British intelligence started spreading rumors that the key to the Royal Air Force's extraordinary night vision was due to eating lots of carrots. Learn more about the history: <https://tinyurl.com/485hkscn>.

In today's world, we have a different dilemma with eye health; with the rapid growth of smartphones, computers, and iPads, there is also an increase in eye discomfort, blurred vision, eye strain, eye pain, and visual fatigue. In celebration of this month's theme, Children's Eye Health/Safety Month, let's dig deeper into nutrients we can get from fruits and vegetables to support healthy eyes and vision.

1. Vitamin A: This nutrient is responsible for our eyes' ability to see in low light level conditions. Food sources: carrots, tomatoes, leafy greens, red bell pepper, sweet potato, liver, and tuna.

2. Lutein and Zeaxanthin: These carotenoids help with anti-inflammatory and prevention of age-related macular disease. Food sources: leafy greens, pistachios, corn, peas, and eggs.

3. Quercetin: This flavonoid is an antioxidant that is a protective barrier for the external portion of the ocular surface. Food sources: citrus fruits, tea (black/green), berries, red onion, and red wine.

4. Vitamin C: This nutrient helps protect lenses from harmful UV light. Food sources: strawberries, kiwi, oranges, broccoli, Brussel sprouts and red bell peppers.

A quick recipe I would like to share with the nutrients listed above is the Eye-Health Smoothie: 2/3 cup spinach or kale, 1 cup water/low-fat dairy, 1 frozen sliced banana, 3 red bell pepper slices, and 5 frozen strawberries. Blend and enjoy!

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.


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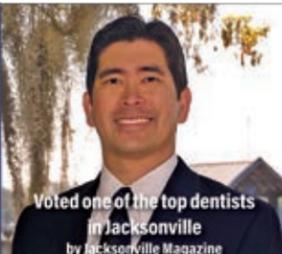
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Travel

Make Memories in Mid-Maine

By Debi Lander
mail@floridanewsline.com

Visit Maine in the summer, and you'll wish to spend June through August in the New England state. Cool temperatures and low humidity create an ideal environment, not to mention the scenic beauty.

Maine's landscape runs from evergreen pine forests to tall craggy mountains and rocky coasts studded by lighthouses. The Atlantic provides pristine breeding grounds for lobsters, mussels, clams, and scallops. Wild blueberries thrive, especially in northern Maine.

The state's crowning jewel, Acadia National Park, ranks among the most



Photos courtesy Debi Lander
The Lewis R French.

beloved and visited of our 63 natural treasures. Hike from a sand beach to outcroppings on boulders battered by the sea and climb (or drive) to the summit of Cadillac Mountain, the tallest peak on the east coast. Kayak on serene Jordan Pond and bicycle along the historic carriage roads. I suggest two to three days, depending on your desired activities.

Acadia sits on Mount Desert Island in mid-Maine, along with Bar Harbor, a small town that's unfortunately been overrun with souvenir and tacky tee-shirt shops. Stay there for quick access to the park, or consider quieter respites in Southwest Harbor.

Drive fewer than two hours and arrive in a quintessential Maine village, Camden. White steepled churches, non-chain restaurants and shops, and art galleries dot the two-block main street overlooking Penobscot Bay. There, pleasure boats and windjammer schooners fill the docks.

I boarded the Lewis R French, a sailboat, for a three-night cruise. The French, the oldest known two-masted schooner in the United States, remains one of the few in active service. She operates much as she would have when she was built in 1871.

She carries 20 passengers in single, double, and bunk bed cabins. Each cabin included a sink, a window, reading



Photos courtesy Debi Lander
Maine coastline — Acadia National Park.

lights, and a USB charger, but no toilet. Two heads (bathrooms) were located on the main deck. The cabins felt cramped, but I reminded myself I was aboard a historic sailing ship. I spent most of my daylight hours on deck. The sound of the waves and creaking of the wooden boat made it easy to imagine stepping back in time on a similar journey.

Once we set out into Penobscot Bay, the wind, weather, and tide dictated the destination. Captain Becky let Mother Nature determine the path as the French is pure sail and carries no inboard engine. A small boat in the rear uses a motor to help guide the schooner in and out of the busy Camden harbor.

The passengers help raise and lower the sail and anchor, but the rest of the time is spent watching the coastline, relaxing, and dining. Chef prepares fine meals on a wood-burning stove. One evening, we anchored near an uninhabited island and devoured a lobster bake prepared by the crew.

Camden's neighbor, Rockland, a mere 10 minutes away, features a lighthouse

that rests almost a mile offshore. It's accessed by a massive granite breakwater path. When you walk out, you understand why this project took 18 years and a billion and a half pounds of granite to complete.

Rockland's other highlight sits downtown — the fabulous Farnsworth Art Museum, home to hundreds of artworks by Andrew, N.C., and Jamie Wyeth, among others. The Wyeth family summered in the area, and numerous paintings reflect the New England coast.

I flew in and out of Bangor, an ideal small airport with excellent access to Acadia — but I can't recommend much to see or do in Bangor. Other gateway options are Boston or Portland, Maine.

I'm not ready for a sailor's life, but I cherish the memories of my unforgettable windjammer adventure, hikes in Acadia National Park, and eating lots of lobster and blueberry pie.

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



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Could it be a hernia? 8 silent signs

The signs of a hernia are not always obvious. Most common is a bulge in the abdomen, but here are some other symptoms that you may be more likely to ignore:

- Pain in the pelvic area
- Nausea and vomiting
- Fever
- Constipation
- Feeling full and bloated
- Weakness and muscle fatigue in the upper leg or groin
- Heartburn
- Pain when lifting or coughing

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