

Mandarin NewsLine

August 2021 Volume 15 Issue 10

A Florida NewsLine Publication



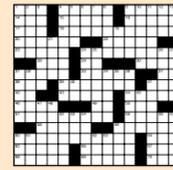
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Photo courtesy Zoe Keffer
Zoe Keffer and Margie at the Westminster Kennel Club Dog Show.

Mandarin junior handler's Rottweiler wins Best of Breed at Westminster

By Martie Thompson
editor@floridanewsline.com

Zoe Keffer, a 15-year-old sophomore at Mandarin High School, won Best of Breed at the Westminster Kennel Club Dog Show with Margie, a female Rottweiler for whom Keffer serves as a professional handler. Keffer is no novice to the sport of dog showing; she has been a junior handler since the age of 10 and last year, her own dog, Lux, qualified for Westminster. Lux, also a Rottweiler, went on to win Select in her breed, meaning she was the second best female of all the Rottweilers at the competition.

Zoe Keffer cont. on pg. 9

Mandarin Community Club celebrates big anniversary with Bingo and bell unveiling

By Susie Scott
mail@floridanewsline.com

The Mandarin Community Club hosted a celebratory event on July 2, the actual anniversary date of its founding 98 years ago in 1923. The fundraising evening had about 70 members and guests in attendance to play Bingo, watch the unveiling of the 1855 bell and celebrate an anniversary that is one year closer to 100 years serving Mandarin.

The 1855 bell was discovered in the club's bell tower two years ago, and club members immediately launched efforts to relocate and restore it. Club board member Brett Nolan located a bell restoration company in Charleston, SC to evaluate the bell for restoration and preservation. After months of discussion and an initial "Bingo for the Bell" fundraiser, the bell was carefully removed from the bell tower and transported to Charleston for the months-long process of restoration.

The bell is considered to be an artifact of great historic significance and comes with a fascinating backstory. Research by the Mandarin Museum & Historical Society reveals that Harriet Beecher Stowe herself went on a letter writing quest to solicit a bell for use at the then-named Mandarin Schoolhouse. The bell was utilized to call the community together for community meetings, performances, religious services and much more. It is believed from one letter found indicating that Stowe's efforts were rewarded and she managed to acquire a bell that even pre-dates the building, the Civil War and her years in Mandarin.

Nolan said, "It was a no-brainer to restore this relic of Old Mandarin. It was an amazing experience to see the project come full circle and so many Mandarinites coming together to bear witness to history being saved."

At the anniversary event, Mandarin Community Club board member and past president as well as current president of the Florida Historical Society Emily Lisska spoke about the history of the club



Photos courtesy Mandarin Community Club
The anniversary celebration also included Bingo.



The restored 1855 bell.



The restored bell's unveiling.

and some of the significant accomplishments since its founding. The club is the oldest civic organization in Jacksonville and is the recipient of countless awards for the work to help the community. The club grew out of the Liberty League that was active in World War I; afterwards, citizens were looking for leadership on community issues so the Mandarin Community Club was formed from that group. There have been 98 years of steadfast service and enrichment to the community — from lobbying for electricity in its earliest days, to the nationally acclaimed Mandarin Players and theater groups making use of the stage, to advocating to preserve and protect the Patriarch Oaks of Mandarin Road, as well as more than 50 years of the annual Man-

darin Art Festival. The club is housed in one of the most historically significant buildings in North Florida and owner of the National Register-designated Post Office and General Store next door. It's a big responsibility which has been met with the support of dedicated members and volunteers and the community.

The final stage of the bell saga will be a suitable location for display for the entire community. The bell will rest on a custom, moveable wooden stand constructed to support the weight for permanent display at the Mandarin Community Club. This display was crafted by Andrew Miller of MBM Woodworking; more of his woodworking skills will be on display at the Mandarin Art Festival in October.

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Olympics come early for Greenland Pines campers



Photo courtesy Traci Gunston

Greenland Pines Elementary School's Summer Camp program took on a summer Olympic theme this year.

By Traci Gunston
mail@floridanewsline.com

Greenland Pines Elementary School's Summer Camp program took on a summer Olympic theme this year. Campers learned about countries that participate in and host the Olympics, tasted foods from those countries, and participated in Olympic events. In June, campers attended swim lessons at Mandarin High School, visited St. Augustine, took a train ride in St. Mary's, watched a movie at the IMAX theater, and learned about Native Americans while visiting the Barberville Pioneer Settlement. Vendors to campus included Chick-fil-A, Doing Dishes, Moe's Southwest Grill, Living the Dream Sand Creations, Kilwins, the Jacksonville Zoo, and the TIKI Truck.

While on campus, students had resources three days a week with art, STEM, and physical education each day. Art with Mrs. Pam offered experiences using marbles to paint, yarn to craft, and clay to make pinch pots. STEM activities challenged students to make origami helicopters, work with

circuits, plant and grow grass from seed, and a recent competition in the "One Dog Canoe" Challenge. Physical education activities, led by Coach Trageman, included summer Olympic-themed games such as using pool noodles to make hurdles, javelin, a miniature golf course, and a wet relay race.

Campers participated in a closing ceremony on July 16, complete with medals and passing of the torch. Each group represented the country they learned about during camp, and celebrated a summer spent having fun, learning, and growing together.

"This has been a great summer," said Lynn O'Leary Brown. "It was just what we needed after a tough year."

Greenland Pines offers its summer camp each year. Enrollment generally opens in the spring and is available to all.

Traci Gunston is a teacher at Greenland Pines Elementary School.

Mandarin Garden Club presents annual awards

By Joann Butler
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Each year, the Mandarin Garden Club chooses a business or organization to receive the non-residential beautification award each. For 2021, the Mandarin Garden Club Beautification Award was given to the Community Hospice and Palliative Care Facility on Sunbeam Road for their efforts to maintain the natural beauty of Mandarin. The facility was built in 1979 and care was taken to preserve many of the large oak trees on the property to create a beautiful and serene area to be used by everyone. The Charles Neviasser Educational Institute was built two years ago and is an extension of the main building. The Hospice Center has included a serene memorial garden, various benches and statues, a gazebo, fountain and pond. Many beautiful annuals and perennials have been planted on the property and they enhanced the serene atmosphere.

Additionally, special awards were recently presented to three people with ties to the Mandarin Garden Club. Lifetime awards were given to Linda Carvalho, (Dogwood Circle) and Regina Allen (Cherokee Rose Circle) for their outstanding contributions to the Garden Club. Dom Colanero was a member of the Master Gardener program even though he is not an official Garden Club member. He recognized the need for plant labels in the gardens, so he obtained blind materials from All About Blinds, cut the blinds and glued them together to produce weatherproof labels that he sealed



Photo courtesy Joann Butler

Presentation of the Mandarin Garden Club Beautification Award to the Community Hospice and Palliative Care Facility.

for use in the gardens. All of this was done at his own expense and time. The club was honored to have him provide his skills and talents over the years and the club made him a 2021 Honorary Member of the Mandarin Garden Club.

Mandarin Garden Club is located at 2892 Loretto Road in Mandarin. The gardens are open each day for the public to view. The club is a nonprofit organization that relies partially on fundraising to support the club and its gardens, which have been designated a Wildlife Habitat by the National Wildlife Habitat. Visit www.mandaringardenclub.org for more information or to take a virtual tour.

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Mandarin NewsLine Community Newspaper is a free monthly publication distributed via bulk mail and carrier to all addresses in Zip Codes 32223, 32258 and selected routes in 32257. Submission of articles and photographs are received by mail or email, although email to editor@FloridaNewsLine.com is preferred. The writers' opinions do not necessarily reflect the opinion of Florida NewsLine. Advertising Rates are available by request. Florida NewsLine is not responsible for advertisement content or accuracy of information provided by its advertisers. Florida NewsLine endorses any of the products or services included in this publication. Florida NewsLine reserves the right to refuse advertisement or copy from any advertiser. All rights are reserved and no portion of this publication may be copied without the express written consent of the publisher. ©2021.



BFF Best Furry Friend of the month

Meet Abby!



Breed: Rescue, regular mix cat.
Favorite Activity:
Hiding behind furniture and batting you on the ankle as you walk by, then getting chased around the house. Also loves to talk.
Favorite Treat: Canned tuna.
Best Friend:
Owners, Boyd and Carol.
How Your BFF Got Her Name:
"Abby Normal" from the movie "Young Frankenstein."

This month's contest sponsored by:
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www.mandarinanimalhospital.com

Do you have a cute pet? Send us your pet's picture and the answers to the five questions above before the 10th of the month. Your pet could be our BFF of the month and you could win a Gift Certificate!
Does your business cater to pets? Would you like to sponsor our contest?
Email editor@floridanewsline.com to enter your pet or sponsor the BFF contest.

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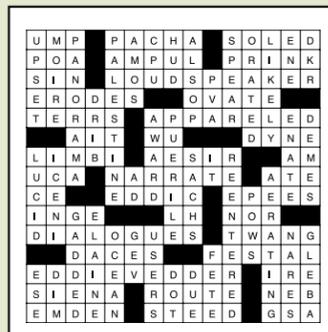


MYSTERY PHOTO

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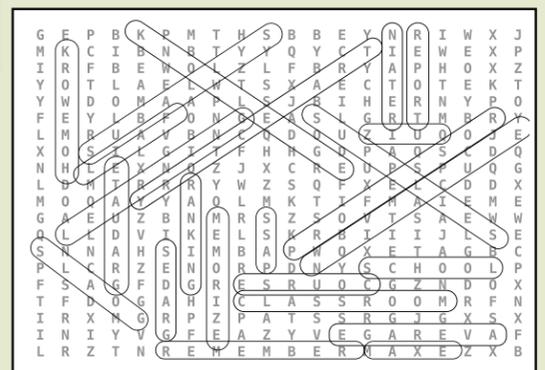
Last month's Mystery Photo was the sign at Mandarin Park. Our winner was Priscila Scheiber. Congratulations!



Answers to our Puzzles
PG 10

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Answers: A. educate B. lesson C. degree D. teacher



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with Duval County School Board Member Lori Hershey, District 7

Q: Can you give an update on the new technology in elementary schools that we discussed briefly last month?

A: Loretto Elementary and Greenland Pines Elementary will both receive upgraded technology throughout the school this fall as both schools were selected as pilot schools. Gone will be white boards and smart boards, to be replaced with even more interactive technology.

It's exciting that Loretto, since it is the Technology magnet school for the district, will receive even more in depth technologies. The school will be the first to offer the Career and Technical Education (CTE) exam at the end of the year for the upper grades, in an effort to provide STEM continuity between elementary, middle, and high schools.

Q: Is there a way for community members to learn more about this?

A: The community is invited to learn more about these exciting enhancements on Aug. 31 at 9 a.m. at Loretto Elementary. I hope to see you there!

Q: What is the latest on the proposed swimming pool at Atlantic Coast High School?

A: At the Jacksonville City Council meeting in June, the council passed a resolution which included pools at Atlantic Coast High School and First Coast High School. I'd like to thank members of the Atlantic Coast High School swim team and their parents for showing up at the meeting, as well as extend my thanks to the city council members. The swimming pools are now a proposed part of the mayor's budget, which will go to the city council for approval.

These pools will be a joint partnership between Duval County Schools and the City of Jacksonville, with both paying for a portion of the construction costs.

There are no public pools in City Council District 11, so the one at Atlantic Coast will provide the opportunity for the public to utilize it in the summer months. During the school year, the swim teams from both Atlantic Coast High School and Twin Lakes Academy Middle School will swim in it.

Q: Do you have an update on the half penny sales tax?

A: All schools throughout the district will start getting security updates this fall. Students and parents will see changes upon entering the school.

Q: What are your thoughts on the new school year?

A: The first day of school is Aug. 10. Welcome back! We will see a more traditional start to the school year. [As of interview date of July 16], masks will be optional and there will be no temperature checks. I'm sure parents are looking forward to being able to volunteer again and we are looking forward to having them back, too.

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

A: First, a reminder that the Florida Back to School sales tax holiday will run through Aug. 9.

I'd like to give a shout out to Michelle Moultrie, former softball player at Mandarin High School, who is now a member of the US Olympic Women's Softball Team. Please join me in cheering on the softball team in Tokyo!

Q: How can our readers contact you?

A: They can email me at HersheyL@duvalschools.org or call me at (904) 316-3609.

[Editor's note: Be sure to check the Duval County School District's prevailing safety protocols and standards as of the first day of school, due to the fluidity of the COVID situation. Visit www.duvalschools.org for more information.]

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with Jacksonville City Council Member Michael Boylan, District 6

Q: The Jacksonville City Council has been on its annual break for the past couple of weeks and just resumed its meeting schedule today, July 19. In light of that, could you share your thoughts on your first two years as a councilmember?

A: First, I would like to thank all the constituents who have taken the time to contact me via email, phone calls, meetings or Town Hall attendance. It is very important to me to know where your needs and interests lie. Even in those instances where we may have disagreed, I want you to know that I do listen and consider what you take the time to share.

Over the past two years, a number of significant rezoning issues like Bar-koskie, Aladdin Road, Melcon Farms, and the Julington (the apartment complex on San Jose Boulevard) all come to mind.

Additionally, there have been the ongoing challenges of working with the various departments within the city to address issues we all face, such as solid waste management, drainage, median maintenance, sidewalk repairs and street resurfacing. My assistant Sonia and I have been unrelenting in our effort to get all the issues addressed, even though not all have been successful.

Some projects we are proud of include the pickleball courts on Orange Picker

Road, the renovation of the Mandarin Senior Center, improvements to our two libraries and various parks in our area, sidewalk installations and a number of resurfaced streets.

Going forward, our first priority continues to be the constituents of Mandarin.

Q: Do you have any news to share about the public works project for the Julington-Cormorant stormwater improvements?

A: The intent of this project is to design and construct drainage improvements at Cormorant Branch and Loretto Road to allow flood water to move more effectively. Additionally, a two-acre wet detention facility will be designed and constructed near the intersection of Loretto Road and Acosta Drive to provide both stormwater quality improvements and stormwater attenuation. The engineering report was submitted to the manager of the Master Stormwater Management Plan to update the model and based on the model updates will determine if Engineering proceeds with the stormwater drainage improvement project. The model updates are still being worked on and expected to be completed shortly.

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.

Elks present check to Mandarin Food Bank



Photo courtesy Christie Easton

On Wednesday, July 14, members of the Mandarin/St. Johns Elks Lodge #2866 presented a \$2,000 check to Bonnie McNulty, co-director of the Mandarin Food Bank. The funds will be used to continue the food bank's mission of supplying food to the needy residents in the Mandarin area. Pictured are Diane Thompson, Elks Exalted Ruler; Steve Easton, Elks Leading Knight; Bonnie McNulty, Mandarin Food Bank director; Christie Easton, Elks Loyal Knight; and Carmen Torres, Elks secretary.

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Church to host relationship workshops

By NewsLine Staff
mail@floridanewslines.com

Access Church has scheduled a series of workshops intended to help improve dating and marriage relationships — as well as how to find the right person. The six-week series, which begins Aug. 15, is called “Love, Dates and Heartbreaks” and will feature the church’s teaching pastor, Andy Stanley. Topics to be covered over six Sunday mornings include:

- Seeking and becoming the right person.
- Moving from relationship reality to relationship dreams.
- Five rules for dating.
- Learning from relationship mistakes.
- Handling heartbreak.

“At Access Church, we are for you and your relationships because we believe God is for you, regardless of your story. This is a place where you can belong before you believe,” said Lead Pastor Rich Barrett. “Instead of telling you what to think, we want to help you and

your whole family make friends, grow in faith, and live with purpose.”

Besides helpful, practical teaching and great music for adults, the church also offers amazing environments for kids and teens, who will enjoy fun time with friends and leaders who love them while parents enjoy free coffee and the one-hour service.

Jenny Felix, mother of five children, said, “We love our church! The message is always incredible, the music is awesome, they are the most welcoming bunch of people, and my kids beg to go every Sunday.”

With the start of a new school year, there’s no better time to build church into the family routine. Access Church meets in person every Sunday at Liberty Pines Academy. Each Sunday there are two opportunities to join in: 9 a.m. and 10:30 a.m. Attendees should be sure to stop by the #ForStJohns table for free t-shirts, mugs, and stickers.

August

What's Going On in Mandarin?
A modified calendar of events

Community Calendar

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.

The Rotary Club of Northeast Florida Duval Dinner Team meets every Tuesday evening at 6 p.m. in the private room at The Athenian Owl Restaurant, located at 9551 Baymeadows Road. There is always an interesting speaker as listed on our webpage: neffrotaryduvaldinnerteam.com. Each person pays for their own meal and guests are welcome.

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 Panera Bread in the RiverPlace Shopping Center, 11111 San Jose Blvd. Visit the group’s Facebook page (Playing HOOKie) or email playinghookie31@gmail.com for more information.

The Honeybee Quilters Guild will meet on Tuesday, Aug. 3 at 7 p.m. after a 6:30 p.m. social at Mandarin Presbyterian Church’s Fellowship Hall, 11844 Mandarin Road. This meeting will celebrate the Guild’s birthday with dinner (feel free to bring your own). Masks are optional due to the larger meeting space. New members/guests welcome. Visit honeybeequilters.org for more information.

The Italian American Club of Jacksonville announces its a club social on Aug. 2 at 1 p.m., a Board of Directors meeting on Aug. 4 at 6:30 p.m., Bunco on Aug. 19 at 7 p.m., and a General Membership meeting on Aug. 22 at 1 p.m. All activities are at the club building, 2838 Westberry Road. Visit www.iacofjacksonville.com or call (904) 586-2700 for more information.

The Jacksonville Camera Club will feature Michael Cenci, a wildlife and nature photographer, at its meeting on Wednesday, Aug. 4. Another meeting on Aug. 18 will feature the results of the second triannual print competition. There will be a social hour prior to each 7 p.m. meeting. The August outing will be held at Little Talbot Island’s Black Rock Beach on Aug. 14. Visit jax.jaxcameraclub.com for more information and meeting location updates.

The Mandarin Garden Club will host its \$1 Clothing and Jewelry Sale, plus a pop up plant sale, on Friday, Aug. 6 and Saturday, Aug. 7 from 9 a.m. – 1 p.m. at the clubhouse, located at 2892 Mandarin Road. Visit www.mandaringardenclub.org for more information.

Northeast Florida AHEC announces a free **Tools to Quit Tobacco Class**, which includes free nicotine patches, gum or lozenges on Saturday, Aug. 7, from 10 a.m. – 12 p.m. at Mayo Clinic Primary Care, 7826 Ozark Drive. Call (904) 482-0189 for more information or to sign up.

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. 14 and Aug. 28 in Walter Jones Historical Park, 11964 Mandarin Road. The Mandarin Museum, also in the park, is closed for construction and renovation, but Gift Shop items (books, Mandarin Frogs, art prints) will be available on the front porch when the park buildings are open. Visit www.mandarinmuseum.net for more information.

Northeast Florida AHEC will host a free **diabetes empowerment exercise program** via an online live webinar for people 60 years and older on Mondays, Aug. 9 – Sept. 20, from 9 a.m. – 11 a.m. (excluding Labor Day).

Attendees will learn how to develop better nutrition and exercise goals. Call Northeast Florida AHEC at (904) 482-0189 or (877) 784-8486 to register.

The All Star Quilters Guild will meet at 10 a.m. on Monday, Aug. 16 at the First Christian Church, 11924 San Jose Blvd. The program is “Speed Dating with 12 x 12s,” followed by Sew and Tell. Guests are welcome and masks are optional. Visit www.allstarquilters.org for more information.

The 1911 Mandarin Store and Post Office will be open Aug. 28 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 for more information.

Guest Editorial

Loretto Elementary Tech Tour: “Showcase Showdown”

By Barbara Sims
mail@floridanewslines.com

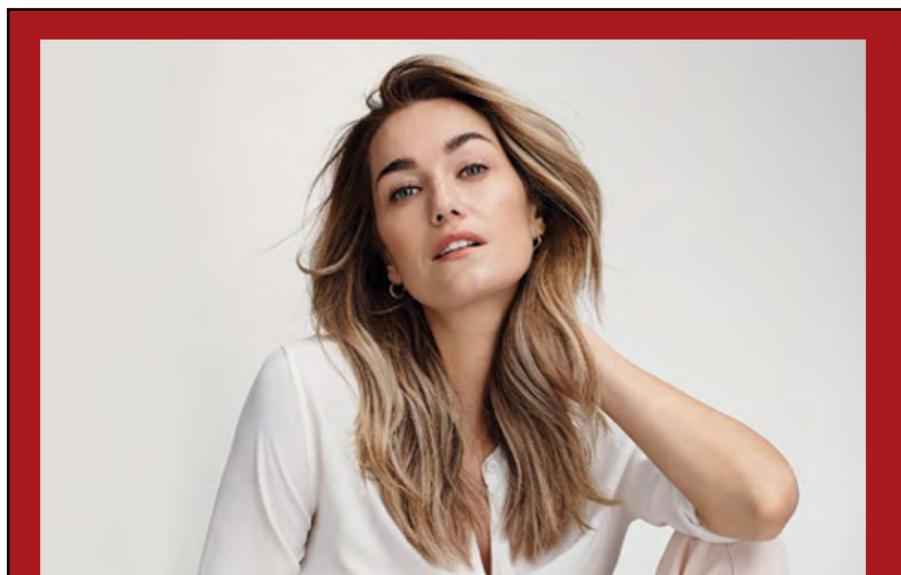
Check out high tech education for a high-tech world on Aug. 31 at 9 a.m. at Loretto Elementary. Our school is being recognized as the first elementary in Duval County to offer Career and Technical Education (CTE) to elementary school students. Students will be immersed with technology to prepare for the Multimedia and Minecraft CTE exam at the end of the year. From kindergarten to fifth grade, all students will engage in student-led learning and problem solving using a variety of technologies, such as Flipgrid, Ozobots, PowerPoint, Adobe Spark, SWAY, 3-D printing, and Tinker.

Technology is embedded in all aspects of learning at Loretto. For example, our resource teachers for Technology, Media,

and Art are leading the learning of technology using StoryJumper, Bookcreator, block coding, text-based programming, Artsonia and digital drawing. Students will end the year with a 3-D project, digital art portfolio and a published book. Our business partner, Prindle Publishing, will teach our students the process of publishing and printing by publishing their story created with Story Jumper and Bookcreator.

Loretto Elementary provides high tech education for a high-tech world in every class, every day, and every student. On Aug. 31 at 9 a.m., we invite you to take a Tech Tour to observe high tech instruction firsthand.

Barbara Sims is assistant principal at Loretto Elementary School.



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"SHE SAVED MY LIFE"

Jacksonville resident Kate M. had been experiencing the painful side effects of Peripheral Neuropathy, "My feet and legs were extremely painful and my doctors told me there was nothing they could do. And that I would have to take Gabapentin for the rest of my life." Then she met Jacksonville's very own Dr. Jann Turpin.

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Kate explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 30 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on glass." Kate hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

Unfortunately Kate's story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.

If you're unfortunate enough to be facing the same disheartening prognosis, you're not sleeping at night because of the burning in your feet. You have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain. You're struggling with balance and living in fear that you might fall. Your doctor told you to 'just live with the pain' and you're taking medications that aren't working or have uncomfortable side effects.

Fortunately, four months ago Kate read an article about Dr. Jann Turpin and the work she was doing to treat those suffering from Peripheral

Neuropathy, without invasive surgeries or medications

Dr. Turpin, founder of Riverplace Acupuncture Integrative Medicine in Jacksonville, is using the time tested science of Acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I don't have pain coming up my legs," Kate enthusiastically describes life after receiving Dr. Turpin's treatments.
"I can wear socks and shoes!"

Kate and her sister now operate a successful dog walking business, sometimes covering up to 5 miles a day.

"It's life altering. As far as I'm concerned Dr. Turpin saved my life!"

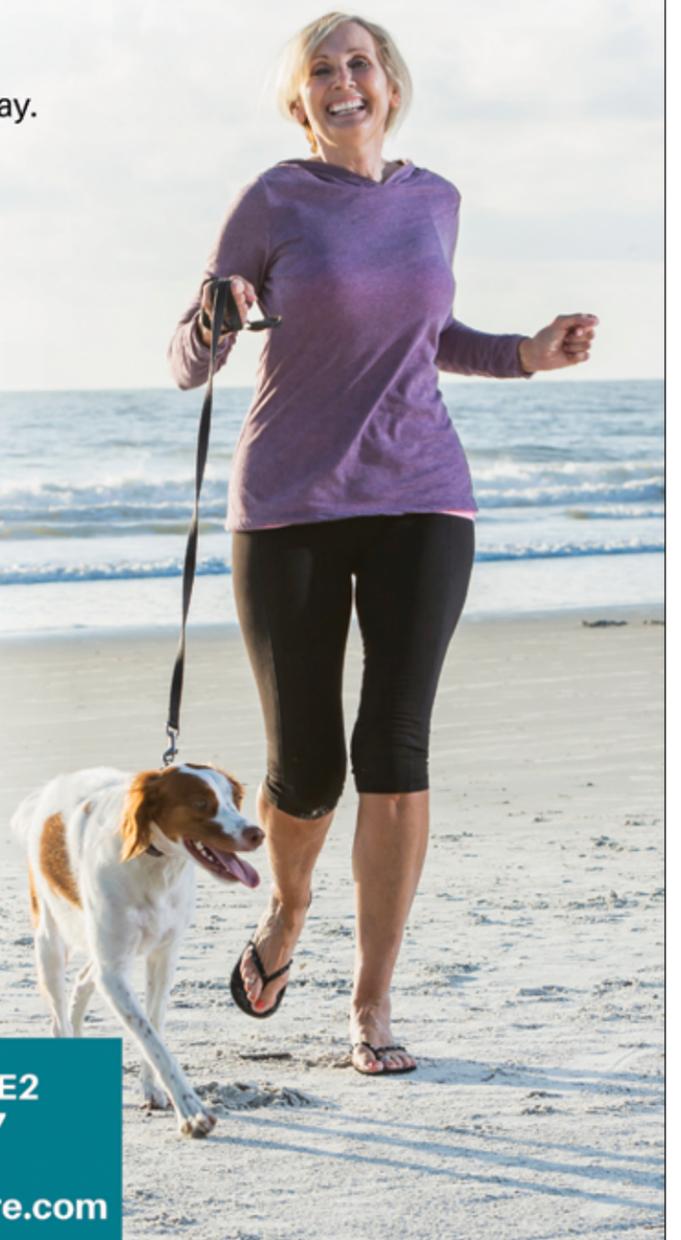
Dr. Turpin has been helping the senior community for over 11 years using the most cutting edge and innovative integrative medicine. Specializing in chronic pain cases, specifically those that have been deemed 'hopeless' or 'untreatable', she consistently generates unparalleled results.

What was once a missing link in senior healthcare is now easily accessible to the residents of Jacksonville, Florida.

If you've missed too many tee times because of pain or you've passed on dancing with friends because you're afraid of falling, it's time to call Dr. Turpin and the staff at Riverplace Acupuncture.

**It's time you let your golden years
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Great news! Dr. Turpin is now accepting new patients again. Unfortunately, she only has room for 10 new patients before September 30, so call (904) 720-8887 now to schedule a consultation.



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Third Thursday Lecture to be held via Zoom

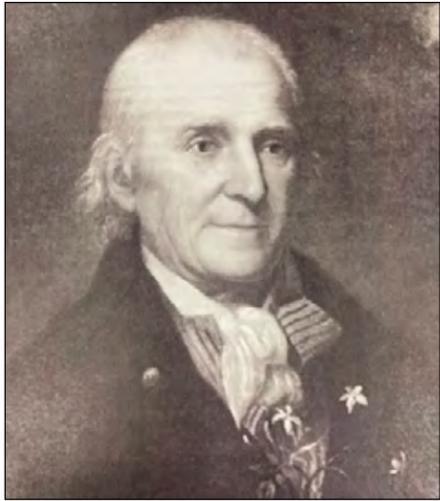


Photo courtesy Mandarin Museum & Historical Society
William Bartram portrait by Charles William Peale.

By NewsLine Staff
mail@floridanewsline.com

The Mandarin Museum & Historical Society's Third Thursday Lecture on Aug. 19 will be held via Zoom at 7 p.m. and will feature speaker Brent Martin on the topic, "William Bartram in Northern Florida."

Martin will discuss William Bartram's travels through northern Florida and the St. Johns River valley during the 1760s with his father, as well as time spent exploring the area in the 1770s. Bartram loved the St. Johns River, and this discussion will include the subjects of Native American customs and beliefs he observed, the plant and animal world, and his artistic renderings of

the area. The lecture will also explore the internal landscape of Bartram — his motivations and beliefs, and his unique perspective on the American landscape.

Martin, who will be sharing his presentation all the way from the beautiful hills of North Carolina, has been a conservationist and educator for most of his life and is considered an expert on the Bartrams. Currently he serves as the executive director of the Blue Ridge Bartram Trail Conservancy (<http://www.blue-ridgebartram.org>) and is a co-owner, with his

wife Angela, of a Southern Appalachian guide service, "Alarka Expeditions" (www.alarka-expeditions.com). Prior to his work at the conservancy, he was Southern Appalachian Regional Director of the Wilderness Society. He is also a poet and an author.

To register for this special lecture, email mandarinmuseum@bellsouth.net and a Zoom meeting link will be sent to you. Visit www.mandarinmuseum.net to learn more about Mandarin Museum & Historical Society.

Mandarin libraries prepare for "Back to School"

By Jeremy Yates
mail@floridanewsline.com

For some, the words "back to school" bring out a lot of stress. For parents, it's often about those supply lists. For those entering a middle school, high school or college, it's all about navigating a new campus, harder classes, a growing list of extracurriculars, and (sometimes) a new friend group.

For adult learners hoping to earn their high school diploma, preparing for and passing the G.E.D. Test® brings up a whole other set of challenges. They may be juggling a full-time job, figuring out child care, or just dealing with transportation issues.

There's good news: the Jacksonville Public Library has fantastic resources and strategies to share with parents, teens and adult learners that will help make this "Back to School" season easier.

First things first: Make sure a library card is on your supply list. Duval County Public School students can just use their student ID to check out books, access our digital library and use our databases for research and homework



Photo courtesy Jacksonville Public Library
Tiffany Capers successfully earned her high school diploma after passing the G.E.D. Test® with help from the Library's Center for Adult Learning.

help — but it's a good idea for everyone in the family to get a card or to make sure your contact information is up-to-date.

Back to School cont. on pg. 10

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Get to Know ...

By Martie Thompson
editor@floridanewslines.com

Janet Zeal

Janet Zeal has been teaching multiple generations of Mandarin residents how to swim for 41 years. A native Canadian, she grew up in the prairies of Manitoba — and has memories of learning to swim at age eight in the 68 degree water in the little pool in her hometown. She said at the time she was an “ok” swimmer. After high school, Janet went to nursing school and ultimately met and married her husband, physician Arnold Zeal. They are celebrating 48 years of marriage. His career as a neurosurgeon ultimately brought them to Florida. After that, she said she knew she didn’t want to go back to the snow and that she found she was “internally a Floridian at heart.” She founded School of Swimming in an effort to teach kids water safety at an early age and in a fun way. Today, the Zeals live in Mandarin and are parents to four grown sons: a general surgeon, a five-star chef, an ICU nurse and an IT professional in the financial industry.

Q: How did you come to live in Mandarin and what do you like best about it?

A: My husband is also a Canadian, and we initially moved to Gainesville for his residency at UF Shands. We moved to Jacksonville in 1977 so he could continue his career at the then University Hospital, which is now Shands. We picked the Mandarin area to live because, back then, there was really not a lot of housing on the market in our price range. We just happened to find the very best street in Mandarin — Spreading Oaks Lane — that had



Photo courtesy Janet Zeal
Janet Zeal and young swimming school students.

a forest on one side and houses on the other and lots of kids. We had two young sons at the time. Ultimately, we moved to a larger house in Mandarin, but we still love the area because it’s got a great sense of community, it’s close to shopping and activities, and of course we love the trees.

Q: How did you decide to start a swimming school?

A: I always meant to go back to nursing, but part time work meant I had to work overnights, which was not convenient for our family. I actually fell into a rabbit hole with regards to the swimming school. I used to take my two-year-old son to our apartment pool and he was a good swimmer, since he had taken swimming lessons when we lived in Gainesville. He would be jumping in the pool while other kids were hanging on to the edge and learning to kick during their lessons. The swimming instructors actually asked me if I could teach them how to teach their kids to swim like my son. In 1978, there weren’t any lessons for tiny kids that taught them safety skills. The Red Cross lessons started at age six. So, I thought, well, maybe I could do this a little bit each day and it would work for my sched-

ule. I went back to learn from the lady in Gainesville who had taught my son to swim and then started my own swim school in 1980.

Q: What is important to teach young swimmers?

A: The number one safety skill for swimmers of all ages is to roll over and float on your back. In this position you can rest and breathe. Also, if you fall into a pool, remember to turn around and come back to where you fell in, rather than looking ahead and trying to make it to the closest wall you can see, which is often all the way across the pool. Actually, the closest wall is right behind you.

Q: What is your teaching philosophy?

A: We teach all ages through adults and including special needs children. My strength and my instructors’ strength is being able to individualize the lesson for each swimmer. We adjust our teaching to the child, rather than the other way around. We want kids to have fun and be excited to come to lessons and so we teach through play. I believe everyone should learn to swim; it is a springboard to lifetime fitness.

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

A: I like to read, go snow skiing (I only like to visit snow) and spend time with my grandchildren.

[Author’s Note: For more safety tips for children, Janet Zeal recommends Safe Kids (www.safekids.org), an international program with a local chapter (www.safekids.org/coalition/safe-kids-northeast-florida) that focuses on injury prevention education. Visit www.schoolofswimming.com for more information about Zeal’s swimming school.]

Zoe Keffer cont. from pg. 1

This year, Keffer and Margie finished even better with the Best of Breed ribbon.

“Westminster is one of the biggest shows in the US,” Keffer said. “All the top dogs are there. I didn’t expect to get a ribbon, so I would say this finish was definitely more than I expected.”

Keffer has shown Margie at shows for about a year and a half leading up to Westminster. She said that only the top five dogs are invited to Westminster and Margie was not one of them, but they were entered into a raffle entry and won admittance to the show.

This year due to COVID, instead of the usual Madison Square Garden, Westminster was held in Lancaster, NY. Other COVID protocols included additional security, COVID testing for attendees, and no spectators.

“It is a big honor to win Best of Breed at Westminster,” Keffer said. “The breed ring is very competitive, but when we won, there was a lot of congratulating from the other competitors.”

With the Best of Breed win, Keffer became the first junior handler to win Best of Breed in Rottweilers at Westminster in the show’s 145 year history. And, Keffer said, out of those 145 years, Margie is only the third female to win Best of Breed.

After her breed win, Margie qualified for the group round, but did not place. Rottweilers are part of the Working Group, which is one of seven groups with the winner of each going on to compete for Best in Show.

With this major win behind her, Keffer is looking forward to next year’s Westminster. She has already qualified in junior showmanship with her golden retriever, Stryker. Keffer’s Rottweiler Lux had puppies eight months ago and she will begin showing them as well.

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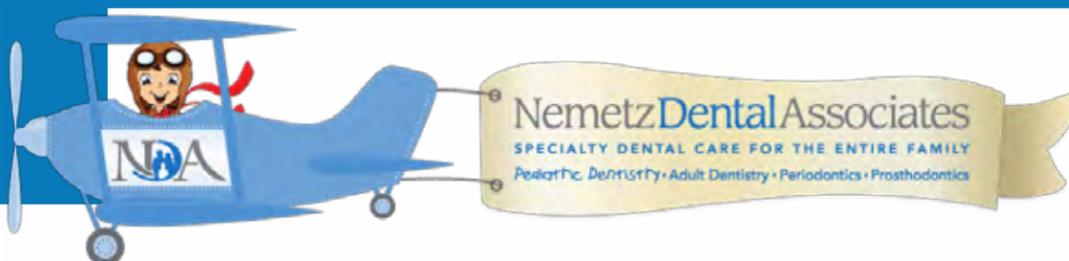
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How to help students improve their focus on their studies

By NewsLine Staff
mail@floridaneWSline.com

Teachers strive to create supportive and challenging classroom environments for their students. Such settings can bring out the best in students and help them overcome obstacles, including an inability to focus.

The struggles students can have with focusing on their studies was apparent during the pandemic. A 2020 survey of more than 400 college students found that 64 percent were concerned about their ability to maintain their focus and discipline in remote instructional environments. Ideally, students will be

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Pantry Raiders

Spice things up at your next picnic

By NewsLine Staff
mail@floridanewsline.com

Picnics are often pot luck affairs. While standard picnic fare like potato salad and watermelon are always welcome, spicing things up with something new can make picnics that much more memorable.

The following recipe for "Sunday Picnic

Deviled Eggs" from Neal Corman and Chris Peterson's "Virgil's Barbecue Road Trip Cookbook" (St. Martin's Press) is fairly spicy and can provide a little extra kick at your next picnic.

Sunday Picnic Deviled Eggs

Serves 4 to 6

- 8 extra-large eggs
- ¼ cup mayonnaise
- 1 tsp. Creole mustard
- ¼ tsp. Cholula Hot Sauce
- ¼ tsp. ground cumin
- ½ tsp. kosher salt
- ¼ tsp. cracked black pepper
- 2 tsp. finely chopped pickled jalapeño slices
- 1 tsp. pickled jalapeño juice
- ½ Hass avocado, peeled and pitted
- Pinch of smoked paprika
- 1 tbsp. chopped fresh cilantro
- 2 oz. dried Spanish chorizo

1. Place the eggs in a medium pot and cover with cold water. Bring to a boil, cover the pot and remove from the heat. Keep covered for 11 minutes, then remove the eggs from the water and place in a bowl of ice water to stop the cooking process.

2. Preheat a sauté pan. Cut the chorizo into very small dice and sauté until crispy. Set aside to cool.

3. In a small bowl, combine the mayon-



Photo courtesy MetroCreative
Sunday Picnic Deviled Eggs

naise, mustard, hot sauce, cumin, salt, pepper, jalapeño, and jalapeño juice.

4. When the eggs have cooled, carefully crack the shells and peel under cold running water. Slice the eggs lengthwise and remove the yolks, being careful to leave the whites intact.

5. Combine the avocado and egg yolks in a small bowl, and mash together with a fork until smooth.

6. Add the avocado mixture to the mayonnaise mixture and blend thoroughly. Spoon the mixture into each half of egg white. Dust with the paprika, sprinkle with the cilantro and chorizo, and serve.

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Nutrition Check

10 tips to increase your water intake

By Kristen Hicks-Roof PhD, RDN, LDN, CLC and Crystal Liebenberg BS
mail@floridanewsline.com

We have all heard that it's important to consume water daily, but what's the big deal anyway? There are many ways in which water improves your overall well-being. Water helps maximize physical performance, protects and lubricates your joints, flushes out waste from your body, prevents constipation, aids in general digestion, and many more. A rough estimate on your daily recommendations is around two to three liters or one gallon (more needed if physically active). Many people find it difficult drinking the recommended amount of water. Some individuals simply don't like the taste, and others just forget to consume fluid until dehydration kicks in.

Here are 10 easy ways to increase your water intake:

1. Keep a reusable water bottle with you while you're on the go. Some bottles have time goals written down the side of them that can help you keep track throughout the day.
2. Have a glass of water with every meal and/or snack.
3. Alternate a glass of water with other beverages you consume (e.g. coffee, tea, soda).

4. Place a glass of water next to your bedside in the evening to drink first thing in the morning when you wake up.
5. Flavor your water with frozen fruit or herbs to mix up the taste. Try various combinations (berries, citrus, melons, basil, mint, lemongrass)
6. Try drinking one glass of water per one to two hours.
7. Download an app or a calendar reminder that sends you reminders to drink a cup of water, or just create your own reminders on your smartphone.
8. Mix it up — you can also increase your water intake by drinking various drinks that contain water such as tea, flavored sparkling water, and coffee.
9. Eat your water — many fruits and vegetables are very high in water content. A few of these include watermelon, cucumber, pineapple, strawberries, grapefruit, cantaloupe, and oranges.
10. Set goals for yourself. If you exercise, a goal could be taking a water bottle with you to the gym or on a walk so you can drink while on the go.

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

Gardening

Wet and wetter still!

By Master Gardener Volunteer Lesley Arrandale
mail@floridanewsline.com

While waiting for Tropical Storm Elsa, I had to reflect on how much rain we'd already had in the previous few weeks. Overnight, on a couple of occasions, there were three inches of water in the rain gauge, and lesser amounts almost every other morning. Now our flourishing tomatillo plants are showing signs of overwatering, with yellowing, dropping foliage — despite growing in a fairly well drained raised bed.

It's not unusual for some plants to perish after being overwatered, particularly if it happens often and their roots can't dry out sufficiently to take in enough oxygen. Whether they're in pots or in the ground, if they aren't adapted to wet conditions their roots can't cope, and rot can set in. Wilting and yellowing leaves in this situation doesn't mean a plant needs more water, but is a strong indication that its roots aren't healthy and can't take up adequate water. "Melting" leaves can be a clue to disease, and in the case of perennials with a central growth point, once the crown of the plant is affected there's very little hope of survival.

I've recently had some native plants installed in my front yard and the "meadow" is mulched with pine straw to discourage weeds. I've chosen drought resistant plants: dwarf Simpson stopper (*Myrcianthes fragrans Compacta*), flowering perennials, and clumping grasses to attract more birds and insects, but not surprisingly, mulching the soil has meant that they find the area less useful. Certain birds like to gather fallen seed and insects from bare soil, which is now covered, and insects that nest in the ground, like some native bees, have also been denied easy access. This, along with my positive experience growing Asian long beans — allowing predatory insects like ladybugs to come in and clean the vines of black aphids, rather than resorting to pesticides — has shown me that trying to uphold the esthetics of a tidy, attractive-to-most-humans yard is not necessarily best for wildlife.

This is clearly something I need to get in better balance. Once the plants are established I will lighten the mulch and resolve to get out there regularly to pull weeds, which I find can be somewhat therapeutic, depending on the weather. Adding a very light layer of homemade compost will also add to the variety of microbes and small invertebrates, but I'll take care to ensure the compost is thoroughly finished, so as not to risk introducing more weed seeds into the area.

For inspiration, I enjoy reading "The Neighborhood Gardener" (<https://tinyurl.com/vxmcps7>). The July issue has advice on cleaning up the summer vegetable garden and also how to deal with houseplants if you are planning a trip. The advice is wide-ranging. Our local Extension newsletter, "A New Leaf — Yard and Garden," can be found here: <https://tinyurl.com/wk6djv6s>.

If you're considering a cool season vegetable garden, now is the time to get started. Check the Florida Vegetable Gardening Guide for recommended planting times, and the Gardening Solutions website for a host of useful articles: <https://tinyurl.com/yj55bbr4>.

You don't need to sow everything yourself, but some vegetables don't transplant well and you will have more success if you direct sow into the garden. Buying transplants will usually be more costly than a pack of seeds, but there's the cost of potting soil to consider. If you only want a few plants of a given vegetable, purchasing good quality starts may be your best choice. Since mature collards are large, I found that four plants supplied enough greens for a meal for two, once a week, and I could probably have picked more. Don't grow what you don't enjoy, but do experiment with something you're curious about. I tried kohlrabi and enjoyed them. While I didn't grow many, a few plants added variety to our table and I will probably find room for some this next season. Happy gardening!

Did you know? Peaches!

Peaches are a summertime staple. This sweet fruit is at home in deserts, salads, on top of cereals, and all on its own. Peaches thrive in warm climates with lots of sunlight. Peaches are native to northwest China, and they are believed to have been domesticated and cultivated since 2000 B.C. Later, they were widely grown in the region known as Persia, which is now called Iran. As a result, the scientific name for the peach species is *Prunus persica*. China continues to be the world's largest peach producer, followed by Spain, Italy, Greece, and the United States.

In the United States, even though Georgia is known as "The Peach State," it is



not the country's biggest producer of peaches. Georgia is beat out by California and South Carolina. New Jersey also produces its fair share of peaches.

Nectarines and peaches are similar fruits. In fact, nectarines are a type of peach. Peaches have a dominant allele for the fuzzy skin, while nectarines have a recessive allele for that fuzz. In regard to flavor, peaches and nectarines are very similar, but some experts say nectarines are slightly sweeter and firmer. According to the College of Food, Agriculture and Environmental Sciences, nectarines also have considerably more potassium and twice as much vitamin A as peaches.



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— Resident Mary M. (with her dog, Jade)

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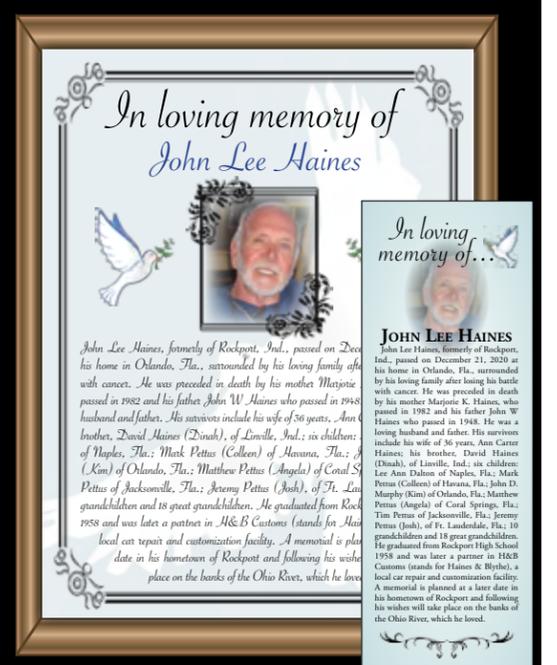


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Travel

Discovering Spokane and the Palouse

By Debi Lander
mail@floridanewslines.com

The state of Washington lies opposite from Florida on the map, much too far to drive. So, I flew some 3,000 miles to land in Spokane. The city sits near the state's eastern border with Idaho. I found a sparkling downtown: streets without trash, graffiti, and no homeless people.



Photos courtesy Debi Lander
Palouse Falls close up.

Riverfront Park, the site of the 1974 World's Fair, sat directly across my hotel. The following day, I took to the meandering walkways within the 100-acre site. I couldn't help but run into the largest Radio Flyer red wagon in the world. I felt like I'd been dropped into the movie set of "Honey I Shrunk the Kids." Built in 1989 as part of the "Centennial Celebration of Children," the vintage toy replica stands 12 feet tall. The mammoth wagon can fit 300 people, and the handle provides a fun way to slide down to the ground.



Sunset from Steptoe Butte.

The sound of thundering water pulled me along, and I soon found Spokane Falls. It's the most significant urban waterfall in the country. The double-tiered falls rest next to a natural amphitheater that's enveloped by a metal structure — rigging that looks like an oversized spider web. Behind it, a round glass-enclosed building featured a vintage carousel. And I spied a gondola overhead, but it wasn't running that morning.

Occasionally, vibrant, almost neon fields of golden canola blossoms intersect. The seeds are crushed to produce canola oil.

The real reason behind my trip was to see a region called the Palouse, about 75 miles east. As I approached, I began to understand why the area attracts so many photographers. The landscape features large round and rolling hills, somewhat like Tuscany, but the hills are not as steep and with very few trees. According to a BBC article, my friend and Seattle resident Amanda Castleman wrote, "The Palouse was formed over a period of 2,500 years, when massive ice dams shattered in Montana, releasing 2,000 ft-high surges towards the Pacific. The 65 mph torrents gouged lakes and canyons and exposed ancient lava formations. These stark and stunning swathes — known as the Channeled Scablands — still pierce the agricultural idyll of the Palouse today.

Steptoe Butte, a state park, is the highest spot in the area at 3,612 feet. The butte affords an ideal location for taking sunrise and sunset photos, as you can easily walk around the 360-degree summit. The photographer's problem, during summer, comes from the timing of those events. Sunrise occurs around 4:30 a.m., and sunset at about 8:30 p.m., making for long days.

"The Ice Age floods also pooled fine, fertile dirt — sometimes 200ft deep — that the wind eventually swept into dunes."

One evening I ventured to Palouse Falls, about a two-hour drive, on two-lane, curvy roads. In the middle of nowhere, the falls dramatically shoot out of a canyon wall and drop 180 feet. An underground river creates a dramatic setting. Unfortunately, the sunset looked blah, but the falls deserve a visit.

Wheat farms covered the hills, the crop bright green and low to the ground in mid-June. The Palouse produces up to 100 bushels per acre or 125 million bushels a year — twice the national average.

In the Palouse, old and new barns, grain elevators, and tiny towns dot the countryside, providing more rural photo options. If you are into photography or geology, the Palouse is a must-see; otherwise, a drive through this unique landscape is all you'll need.

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



Sunrise over the farmland in the Palouse.

Fishing

Capt. David's Fishing Report

By Capt. David Lifka
mail@floridanewsline.com

It seems that everything has been lining up to a great start to this year's fishing season on the St. Johns River. Lack of heavy spring rains had the salinity levels near perfect, inviting many species of saltwater fish into our area of the river. Decent sized shrimp had also begun to run, making fishing conditions even better; however recent rains and passing tropical weather could have a cause and effect that could hamper fishing and shrimping in our parts of the river that could last days, a week or two, or even longer.

For most of its 310 miles, the St. Johns River is considered to be a mostly freshwater river. Because the St. Johns flows north, we are actually part of its lower basin with about the last 45 miles running through St. Johns, Clay and Duval counties. With our close proximity to the Atlantic Ocean, salinity levels fluctuate with wind and rain throughout the year. North of the Main Street Bridge, downtown Jacksonville is considered the official border of the saltwater portion of the remaining river.

While local rain can be heavy and occur nearly every day over the summer, it has the least effect on our area salinity levels; however, the rainfall that falls south of the remaining 250 plus miles of river can have a much larger effect on how salty or fresh our area waters are. With the St. Johns upper basin beginning just west of Vero Beach in an area known as the St. Johns Marsh, all the rainfall between here

and there will eventually end up here. So while local rainfall can have some effect on our salinity levels, rainfall to our south can have even a greater effect.

Current salinity levels often help decide the quality of a fishing season, but can fluctuate greatly in days or weeks — not due to the weather we are having here, but due to the weather 100 miles away. Watch the weather here and there, and remember the river is always draining and what is here today is gone tomorrow.

Despite recent weather, we have been off to a great start with both fishing and shrimping this year. Lots of slot reds and larger have been caught around the Buckman Bridge, weakfish and good sized croakers have been abundant from the Buckman to Green Cove, and of course the shrimp are here.

Fishing Report: Reds, mangroves, weakfish, and croakers from the Buckman to Green Cove. Shrimp being caught in Doctors Lake.

Whether you catch one some or none, the family time spent fishing will last a lifetime.

Email your Catch of the Month photo to catchofthemonthpictures@gmail.com. Be sure to include the name of the person(s) in the photo, the name of the person who took the photo, the type of fish and date and location of the catch. We will select a photo each month for publication.



Photo courtesy Edie Hartley
Marvin Hartley caught this redfish in May, south of Doctors Inlet on a gold spoon.

Coast Guard Auxiliary update: Electronic nautical charts the new norm

By Paul Tynda
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Starting this year, the National Oceanic and Atmospheric Administration (NOAA) will be ending their raster and nautical charts and will stop maintaining or producing paper charts. This was announced in 2019 and scheduled to start this year with a completion date of January 2025. This will come with the move to electronic nautical charts (ENC) as the primary nautical charts that NOAA produces.

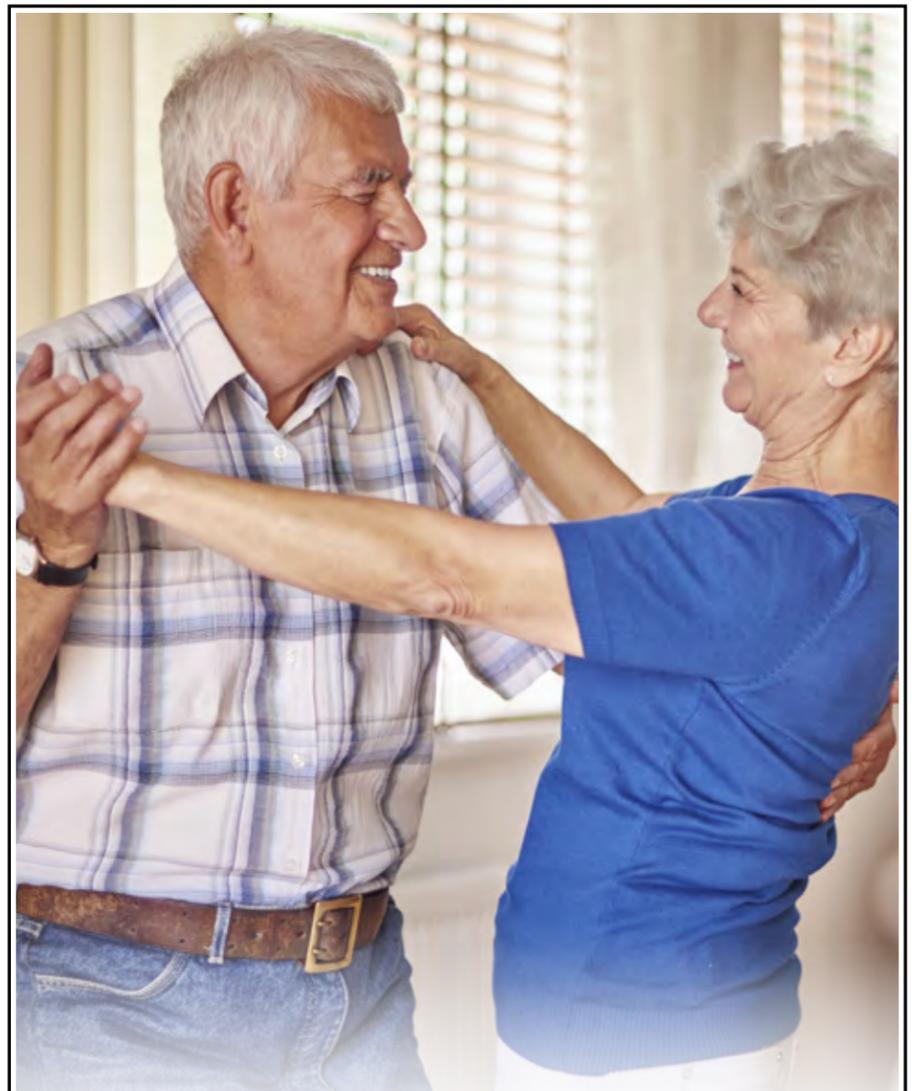
There are several factors that contributed to NOAA's decision to transition to electronic nautical charts, one of which was a growing need for more detailed information on the charts. The electronic charts are updated weekly with more up-to-date information relevant to safe navigation such as new shoaling, placement of Aids to Navigation like buoys, daymarks, and range boards, and new hazards. This information is still going to be available from Local Notice to Mariners. Another factor is the requirement for commercial vessels to carry electronic nautical charts on board as the means for safe navigation. The requirement comes from the International Maritime Organization and the International Convention for the Safety of Life at Sea (SOLAS) and since 2016 the Coast Guard has allowed commercial ships to use electronic charts on domestic routes. Finally, requirements

for commercial vessels internationally and the use domestically have helped the popularity rise. Since 2010 the sale of paper charts has dropped by 50 percent. More and more vessels are operating with electronic charts over the past decade. They are easier to store and maintain than the paper charts.

To see the current charts for the area you will be boating in and to get more up to date information on the electronic nautical chart transition, visit <https://nauticalcharts.noaa.gov> and explore the website. On the first page you will find links to the Coast Pilot, current nautical charts, and find Chart Number 1, the chart that shows all the symbols and abbreviations used on NOAA charts. Effective on Oct. 1, 2021, the NOAA RNC chart viewer on this site will no longer be available.

This year is full of change for the boating world and there can be a good bit of new information to keep up with. It is always a good idea to have the most up to date information and equipment on board your vessel and the Coast Guard Auxiliary can help. Schedule your free vessel safety check and register for a safe boating class today at www.safeboating-jax.com. In person boating classes are forming.

Paul Tynda is with Coast Guard Auxiliary Jacksonville Flotilla 14-8.



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Price Comparison	HAVANA MEDIA GROUP	Average Cost of a Small Business Website
How much to get started?	\$499	\$3,000+
How much per year?	\$49/month	Thousands (first year) Hundreds thereafter
Web hosting	Included.	+ \$150 per year (approx.)
SSL certificate <small>(For a safe and secure site connection)</small>	Included.	+ \$149 per year (approx.)
Is it mobile responsive?	Yes.	Additional \$\$\$ Most web designers charge extra for a mobile site
How much for ongoing updates?	Easily make updates yourself, or we will do it for you.	\$75/hour (approx.) Average hourly rate for web designers
What about SEO? <small>(Search Engine Optimization)</small>	Included.	\$100-300/hour (approx.) Average hourly rate for SEO
How long until my new website is live?	Go live in as little as 1 week!	60 - 90 days (approx.)
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