

# Mandarin NewsLine

January 2022 Volume 16 Issue 3

A Florida NewsLine Publication



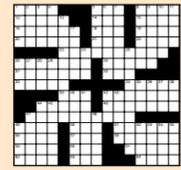
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Photo courtesy Bret Silvis/Kansas City University  
Dr. Bill Bosworth with his wife Wanda Bosworth.

## "Dr. Bill" awarded Star-Spangled Banner Medallion

By NewsLine Staff  
mail@floridanewsline.com

On Oct. 25, 2021, Alex Hopkins, Kansas City University's Director of Alumni Development and Chris Gomez, Director of Major Gifts and Planned Giving, presented the 2021 Star-Spangled Banner Medallion Award to Dr. William P. Bosworth, a Class of 1972 graduate of Kansas City University. The Star-Spangled Banner Medallion honors a Kansas City University graduate physician or scientist who exemplifies the university's core values through service to the United States of America.

The San Jose Rotary Club nominated Dr. Bosworth, a 1972 College of Osteopathic Medicine graduate from University of Health Sciences, for

Dr. Bill cont. on pg. 2

## Rotary assists Mandarin Food Bank

By NewsLine Staff  
mail@floridanewsline.com

On the Monday before Thanksgiving and on the Monday before Christmas, 20 members of the Mandarin Rotary Club assisted the Mandarin Food Bank in putting together and handing out many hundreds of turkeys and all the "fixin's" for Thanksgiving and Christmas dinners.

This labor intensive effort was particularly rewarding because the food went to Mandarin residents who could not have otherwise afforded the dinners provided.

In addition to handing out the meal packages, Rotary Club members also

contributed approximately \$2,500 to the Mandarin Food Bank to defray the cost of the food. This effort was coordinated by club member Mark O'Connor.

The Rotary Club of Mandarin is dedicated to the service of others, with a motto of "Service Above Self." The Rotary Club of Mandarin meets for breakfast at 7:30 p.m. every Tuesday morning at the Ramada Inn on Hartley Road in Mandarin.

Contact membership chairman Wes Caldwell at [cmabenefits.com](http://cmabenefits.com) or visit the club's website, [www.mandarinrotary.org](http://www.mandarinrotary.org) to learn more about the club and its opportunities for service and fellowship.



Photo courtesy Jack Hart  
Assembly line of Rotary members preparing vegetable baskets for each of the recipients at Mandarin Food Bank.

## Mandarin Toastmasters continues to add new members

By Nick Freiha  
mail@floridanewsline.com

Mandarin Toastmasters, a subsector of Toastmasters International, is thriving in spite of the COVID-19 pandemic. Toastmasters International recently recognized Mandarin as a "Select Distinguished Club" for adding new members. For many months the communication and self-development club transitioned to hybrid meetings where members can participate on Zoom or in person. In person attendance is increasing again as more people are vaccinated against Covid.

Toastmasters International is a 97-year-old non-profit volunteer organization which helps its members overcome their fear of public speaking and learn leadership skills in a friendly, supportive environment. Members deliver both prepared and impromptu speeches that are evaluated constructively by other members. Everyone participates at their comfort level.

The club's vice president of education, Taylor Brill, was asked how Mandarin Toastmasters has survived while other clubs no longer exist due to the pandemic. Brill said, "We have a very committed group who were already giving up their Saturday morning twice monthly to meet. That commitment has helped the club persevere."



Photo courtesy Nick Freiha  
Mandarin Toastmasters meet the first and third Saturday of each month at the South Mandarin Library as well as via Zoom.

Club President Augusto Menendez said flexibility and constant communication have been critical to the club's survival.

"When our library meeting room is occasionally not available, we move the entire meeting to Zoom," Menendez said. "We can quickly pivot by notifying our members through email or text of changes affecting the meeting."

Toastmasters International has also had to pivot by taking its program online, including the communication manuals that help train members in speaking as well as holding its annual international conference on Zoom. A positive consequence

of the pandemic is that since most clubs now have a virtual component, members and visitors can attend meetings hosted worldwide through Zoom.

Mandarin Toastmasters is 15 years old and meets the first and third Saturday of each month from 10:15 a.m. – 12 p.m. at the South Mandarin Regional Library, 12125 San Jose Blvd. Visitors are encouraged to attend in person or via Zoom and the club is open to anyone who is interested. There is a small annual fee. Send a message to [toastmastersmandarin@gmail.com](mailto:toastmastersmandarin@gmail.com) or visit the club website at <https://838510.toastmastersclubs.org> for more information.

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# Library eliminates overdue fines; announces winter programming

By Jeremy Yates  
mail@floridanewsline.com

If you haven't heard: Jacksonville Public Library has eliminated overdue fines permanently! Of course, borrowed materials still have due dates so others can enjoy them (and there are fees for lost or damaged items). But if life gets in the way and you just need a little extra time ... there's no penalty.

In other news: All children's events at the Mandarin Library are moving indoors for the winter with limited attendance. So, be sure to register in advance.

On Fridays — Jan. 7, 14, 21 and 28 at the Mandarin Library — we've got a Little Readers storytime (for ages birth to five) at 10 a.m. – 10:30 a.m. and an encore performance, 11 a.m. – 11:30 a.m. We'll read stories together and add songs and movements to make it a wonderful time for all.

Junior Scientists at Mandarin Library explores STEM (Science, Technology, Engineering, and Math) through crafts and activities designed for kids aged five through eight on Wednesdays from 4 p.m. – 5 p.m. There's another Junior Scientists for ages nine through 12 that meets on Thursdays from 4 p.m. – 5 p.m.

We'll continue to meet outside in the park by the South Mandarin Library on Thursdays — Jan. 6, 13, 20 and 27 — at 10 a.m. for Pop

Up Storytime.

Does your child love working with paint, paper, popsicle sticks and glue? We'll help them learn and grow their artistic skills with fun craft activities. Junior Artists meets Saturdays inside the South Mandarin Library. Younger kids (aged five through eight) are encouraged to attend the 2:30 p.m. – 3:30 p.m. program and older ones (aged nine through 12) the 4:30 p.m. – 5:30 p.m. program.



Photo courtesy Jacksonville Public Library  
Ponte Vedra author Debora de Farias and her novel, "Standing Tall," will be featured in a Lit Chat on Saturday, Jan. 29 at 1 p.m.

Teen Advisory Board (TAB) meets in-person at both Mandarin libraries and online on Saturday Jan. 15 and 29 from 12 p.m. – 1 p.m. It's a great way for teens who share interests to hang out together, volunteer, and make their voices heard. Their participation helps the library create better teen programs and collections. The Teen Advisory Board is open to teens aged 12 – 17.

The South Mandarin Library will also host a Lit Chat with Ponte Vedra author Debora de Farias about her novel, "Standing Tall," and her writing process on Saturday, Jan. 29 at 1 p.m. It will be held in the library and also live streamed via Zoom. Both require registration. Seating at the in-person event is limited.

Reminder: All library branches will be closed Monday, Jan. 17 for Rev. Dr. Martin Luther King, Jr. Day. Visit [jaxpubliclibrary.org](http://jaxpubliclibrary.org) for more information and to register for library programs.

**Dr. Bill** cont. from pg. 1  
the Star-Spangled Banner Medallion Award. John W. Curtin Sr., president of the San Jose Rotary Club and a retired Captain with the United States Navy, wrote in his nomination for Dr. Bosworth:

"Dr. Bill,' as he is affectionately known, is extraordinarily qualified for this deserving recognition. At age 85, he is soon to be a fully retired physician. But over the last 46-plus years, Dr. Bill has served his community and his nation, providing caring, professional, personalized health care to those in need. He stands out and epitomizes what you expect from someone in his profession.

"Dr. Bosworth served in the United States Navy, retiring from the United States Naval Reserve as a Captain. He served 23 years prior to his retirement and then volunteered monthly for no pay for the next 17 years.

"Dr. Bosworth has been an active Rotarian and was a former club president for almost 45 years, serving from 1975 until 2020. As a founding member of the Mandarin Rotary Club and San Jose Rotary Club, he has been deeply involved in Rotary and the work his club has done in the community.

"He has always given of his time and treasure to support the efforts of Rotary International. He is a 10-time Paul Harris Fellow, a significant achievement in itself, giving supporting funds to the Rotary Foundation to help those in need around the world.

"As a volunteer, Dr. Bill served his community in many ways. He was a leader and an outspoken advocate. He served on the Duval County School Board and has always been a strong advocate for the education of our young people.

"Dr. Bill developed many other passions along life's journey, including The Freedom Foundation of Valley Forge; the Sons of the American Revolution; being an active member of Mandarin Presbyterian Church; and many more.

"Most of all, Dr. Bill was a medical professional. If you were one of his patients, you knew you could call upon him when needed. That didn't mean call him during normal working hours, because he is still a doctor 24/7. The most-important thing in the world to him was helping others. He absolutely loved his profession. He truly loves helping others. He always had time for everyone, and he makes everyone feel like they are most important.

"Dr. Bill has been married to his lovely wife, Wanda, for over 30 years. They have raised a wonderful daughter who is also an activist just like her father, involved in her community.

"Dr. William Bosworth, DO, a retired Captain in the United States Naval Reserve, is a patriot, an extraordinary citizen volunteer of our community, a leader of men, and a compassionate health care professional who is most-deserving of this award."

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11am-11:45am	Virtual Meeting Second Session
12pm-1:45pm	School Building Visit- Self Guided

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## BFF Best Furry Friend of the month

### Meet Adhara Catalina!



**Breed:**  
French Bulldog

**Favorite Activity:**  
Going out in the yard

**Favorite Treat:**  
Lamb, Apple cinnamon treat – wellness core

**Favorite Friend:**  
Aunt Jessie and Uncle David

**How your BFF got her name:**  
From the constellation Canis Major, the star Adhara and Catalina, which means pure.

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

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## HEALTH & WELLNESS

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Guide 2022



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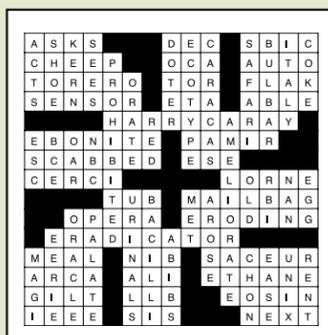
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## MYSTERY PHOTO



Can you guess where this is?  
Submit your answer to: mail@FloridaNewsLine.com.

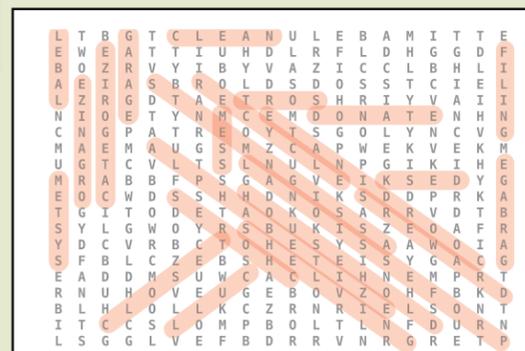
Last month's Mystery Photo was Julington Creek Animal Walk on San Jose Boulevard. Our winner was John Scott. Congratulations!



Answers to our Puzzles  
PG 10



Answers: A. orderly B. neat C. sort D. organize



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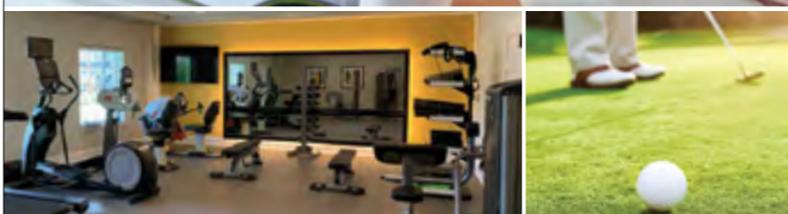
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# More frog masterpieces, courtesy of Mandarin Women's Club

Mandarin Women's Club enjoyed a beautiful day of painting Mandarin Frogs at the Mandarin Museum & Historical Society in December. Visit [www.mandarin-museum.com](http://www.mandarin-museum.com) for more information and for the dates of future frog painting events.



Photo courtesy Sandy Arpen



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with Duval County School Board Member Lori Hershey, District 7

**Q: What is the date of the School Choice Expo?**

**A:** This year the School Choice Expo will be held virtually on Jan. 8, 2022. Please visit the School Choice website: [www.duvalschools.org/schoolchoice](http://www.duvalschools.org/schoolchoice) or email the office ([school\\_choice@duvalschools.org](mailto:school_choice@duvalschools.org)) for more information.

**Q: Can you give some information about your upcoming Chat with the Superintendent meetings?**

**A:** This is my fifth year holding these community meetings and I am the only board member who offers this opportunity to the community. What makes this community meeting unique is that it is a conversation that is specific to our schools in Mandarin and it provides a chance for our community to get to know the superintendent.

Please join me Wednesday, Jan. 12, 2022 at 6 p.m. at Mandarin Oaks Elementary or Tuesday, Jan. 18 at Bartram Springs Elementary at 6 p.m. for our annual Chat with the Superintendent.

**Q: Do you have any School Board news to share?**

**A:** The School Board has begun implementation of our new strategic plan which will guide the district through 2026. I will be hosting a community meeting in February at Greenland Pines Elementary to share about the DCPS Strategic Plan.

Also, Superintendent Dr. Diana Greene's contract ends in June 2022. The School Board has committed to enter into contract negotiations to extend her contract beyond that date.

**Q: Are there any COVID protocol updates for schools [as of interview date of Dec. 15]?**

**A:** As of today, the plan is that when elementary school students return to school after winter break in January, there will no longer be temperature checks as they enter school.

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

**A:** Amanda Hildenbrand, first grade teacher at Crown Point Elementary and Candice Lilly, kindergarten teacher at Mandarin Oaks Elementary, were selected as finalists for Duval County's Teacher of the Year. It is exciting to have two teachers from District 7 to be recognized for their excellence in teaching.

Also, Atlantic Coast High School and Mandarin High School have been recognized by "U.S. News and World Report" and ranked as among the best high schools in the nation. Mandarin should be proud of the recognition our two high schools have received.

**Q: How can our readers contact you?**

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

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with Jacksonville City Council Member Michael Boylan, District 6

**Q: Can you give some rezoning updates for Mandarin, specifically the Aladdin Road/Julington Creek Road property as well as the Cissell property on Loretto Road?**

**A:** For the Aladdin Road property, the application didn't get through the Planning Commission, so the applicant withdrew the application. I suspect it will come back at some point in a different iteration.

There has been a long time application on file for the Cissell property on Loretto Road near Kennedy. The applicant will be hosting a community meeting on Monday, Jan. 3 at 5:30 p.m. at the South Mandarin Library to share their plans with the community and receive feedback. There has been some concern regarding potential flooding issues and I'm working with the Public Works Department to do a deeper dive on flooding issues in this area.

**Q: What's the latest on curbside recycling and waste pickup?**

**A:** According to Brian Hughes, Chief Administrative Officer for the city, they are seeing a significant reduction in missed yard waste and garbage collection city-wide. As for the recycling, I personally recycle items at both Palmetto Leaves and Earl Johnson Park and I've sometimes seen the dumpsters filled to capacity. I always follow up with Chief Will Williams, head of the Solid Waste Department. I'm hopeful to see the resumption of curbside recycling in early 2022.

**Q: When is the cleanup of the entrance ramps from San Jose Boulevard**

**to Interstate 295 anticipated?**

**A:** I just received an email from the Florida Department of Transportation that said that they expect the Buckman Bridge restriping project to be completed in early 2022. It's my understanding that once this is completed, the interchange with San Jose Boulevard will be restored to its original condition, to include cleanup and landscaping.

**Q: When is your next Town Hall meeting?**

**A:** I'll be hosting a Town Hall meeting on Wednesday, Jan. 12 from 6:30 p.m. – 8 p.m. at the Mandarin Senior Center on Hartley Road. I invite all Mandarin residents to attend.

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

**A:** A couple of things. First, as far as the Time Out Sports Grill that is going in the old Village Inn on San Jose Boulevard. An appeal has been filed and the City of Jacksonville's Office of the General Counsel is in the process of defending the decision as approved by the City Council.

Secondly, I'm in the process of following up with Ash Properties as to the development of the old K-Mart building. I'm also checking with the city to see if there are any incentives we could offer to make redevelopment of this property more attractive.

**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.

## Reading Under the Stars at Crown Point

By Mary Eyster  
mail@floridanewsline.com

On Thursday, Dec. 2, Crown Point faculty and staff opened the doors to our Panthers and their families for a night of reading and creativity. The Reading Under the Stars event was planned by the Crown Point Leadership Events Team. There were three main goals for the event: to experience the joy of reading, to create a holiday craft to go along with the story being read, and to enjoy a night out with the whole family in mind.

Many stories were read aloud throughout the night. Panthers of each grade level were provided with many activities to do alongside their parents. The



Photos courtesy Mary Eyster

**A:** Nancy Townsend, second grade teacher, reading "There was an Old Lady who Swallowed a Bell," by Lucille Colandro.

students visited several tables, listened to stories, and worked on various projects.

At the resource table, the students made a "Moose-Stacke," waded reindeer antlers at the first-grade table, gave a "Ho, Ho, Ho" to the second-grade table and showed the third-grade teachers their best penguin waddle. Students and their families got to check off each activity as they went; at the end of the night, they were able to turn in their checklist for a prize — a gently used book or two to keep and a fun snack bag on the way out of the holiday-lit doors.

More than 100 families attended, many with multiple kids. Everyone was so excited to be back at school, in person, for the fun and wonderful experience that each grade level made possible.



First grader Nathan Casey with his family making bracelets with bells, beads, and buttons.

## Mandarin Oaks teacher named finalist for Teacher of the Year



Photo courtesy Margaret Rogero-Hastings

Mandarin Oaks is excited to announce that Candice Lilly has been named as one of the top five finalists for the 2022 Vystar Duval County Teacher of the Year. According to her former students, and those in her current Extended Day class, she is funny when she makes jokes, helpful when you need that extra boost, and sweet like ice cream. Pictured are Candice Lilly with Duval County Superintendent of Schools Dr. Diana Greene, when she delivered the good news to Lilly.

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# January

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

### Community Calendar

**Shuffleboard** is played on Tuesdays at 1:30 p.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 Faith Baptist Church of 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.

**The Under the Oaks community music jam**, hosted by the Mandarin Museum & Historical Society and North Florida Folk Network will

resume underneath the beautiful trees in front of Mandarin Museum on Sunday, Jan. 2 from 2 p.m. – 4 p.m. If you play an acoustic instrument, feel free to join the song circle. If not, just bring a chair and relax and listen.

**The Honeybee Quilters Guild** will meet on Tuesday, Jan. 4 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 feature the new owner of Calico Station. Masks are optional. New members/guests welcome. Visit honeybeequilters.org for more information.

**The Jacksonville Camera Club** will meet on Thursday, Jan. 6 and will feature members' photographs which the audience will critique. Visit jax.jaxcameraclub.com for more information and meeting location updates.

**The Duval County Public Schools' School Choice Expo** will be held virtually on Jan. 8. Visit the School Choice website, www.duvalschools.org/schoolchoice, for more information.

**The Southern Genealogist's Exchange Society** will meet on Saturday, Jan. 8 at the Mandarin Library on Kori Road at 10:00 a.m. The topic will be Vogel Germans presented by Dr.

Brent Mai. Everyone is welcome.

**City Councilmember Michael Boylan will host a Town Hall meeting** on Wednesday, Jan. 12 from 6:30 p.m. – 8 p.m. at the Mandarin Senior Center on Hartley Road.

**School Board member Lori Hershey will host Chat with the Superintendent** on Wednesday, Jan. 12 at 6 p.m. at Mandarin Oaks Elementary and again on Tuesday, Jan. 18 at Bartram Springs Elementary at 6 p.m.

**The All Star Quilters Guild** will meet at 10 a.m. on Monday, Jan. 17 at the First Christian Church, 11924 San Jose Blvd. Following the general meeting, the program will be "Happy Birthday, All Stars," the annual lunch to celebrate everyone's birthday. To participate for \$5, contact Linda Wilson at kandsmom1959@gmail.com. Guests are welcome, but masks are required. Visit www.allstarquilters.org for more information.

**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 Jan. 22 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. The 1911 Mandarin Store and Post Office will also be open on Jan. 22 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.mandarin-museum.net for more information.

**The Mandarin Women's Club** will host its monthly luncheon on Jan. 27 at the Ramada Inn Mandarin. The entertainment will be comedian Juanita Lolita. Doors open at 10:30 a.m. The luncheon cost is \$18 and must be received by Thursday, Jan. 20. To make reservations and obtain payment instructions, call Susie at (904) 262-8981 or email her at spm104@aol.com. Visit www.mandarinwomensclub.com for more information on events, photos, and membership forms.

**The Italian American Club of Jacksonville** will hold its popular Spaghetti to Go on Friday, Jan. 28 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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# Fishing

## Capt. David's Fishing Report

By Captain David Lifka  
mail@floridanewsline.com

It's a New Year, and it's also winter. Fortunately, winter doesn't last long around here and we will soon be gearing up for another season soon. Spring can come as early as February, and will definitely arrive by March.

A New Year usually brings us additional new changes to Florida's fishing regulations. Happily there are no new changes for the start of 2022. Florida's fishing regulations can sometimes be confusing. Keeping current to specific regulations to your fishing location is a must as they could differ regionally, or even by neighboring counties or bodies of water. Always have access to the Florida Fish and Wildlife's Fishing Regulations (<https://myfwc.com>) wherever you might be fishing.

Part of the enjoyment of fishing is getting to be outdoors. While we might be experiencing a winter slowdown to our fishing, it shouldn't necessarily translate to a slow down to getting outdoors. Day trips with the family exploring state and federal parks, bridges and piers along the coast and along inland waterways can provide insight to some of Florida's natural beauty and possibly help discover some pretty decent fishing locations at a future date.

Just by doing a quick online search for fishing locations by county, dozens of possibilities will be listed that are no more than an hour and half's ride away. Nassau County to our north offers three state parks that are known for their fishing — Ft. Clinch, Amelia Island, and the George Crady Fishing State Park.

In Duval County, the Kathryn Abbey Hanna Park offers both fresh and saltwater fishing. There are also numerous public parks, piers and docks that line both sides of the St. Johns River that offer access to some pretty good fishing.

St. Johns County also offers a number of



Photo courtesy Jimmy Tomazinis  
Nicely spotted redfish caught off Mandarin Point.

state and county parks, plus docks and piers with excellent fishing histories. Lighthouse Park Pier, St. Johns County Ocean Pier, Vilano Fishing Pier, and Matanzas Inlet Bridge at Fort Matanzas top the list. Guana State Park also offers outstanding fresh and saltwater backcountry fishing along with a dam that can be publicly fished from.

Flagler County probably offers the most public access along with state and local parks to numerous fishing locations. An enjoyable drive down A1A will be an easy way to discover a multitude of park, play and fish locations that are located on the Intracoastal Waterway and Atlantic Ocean sides of the highway— Bings Landing, Washington Oaks State Park, and Flagler Beach Pier are all landmarks to look for while making the ride.

Inland counties offer much of the same. The difference is they can only offer freshwater fishing. In return though, you should get crystal clear springs and lakes, mossy oak trees, and maybe a gator sunning himself on the bank.

Fishing Report: On warm sunny days, winter whiting should be a good choice. Cooler days, lakes and freshwater creeks for speckled perch as their season should be getting close to peaking.

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

## Nutrition Check

## Popping popcorn for your health!

By Kristen Hicks-Roof PhD, RDN, LDN, CLC  
and Kristi Chipman DCN, MS, RDN, LD, FAND  
mail@floridanewsline.com

National Popcorn Day is Jan. 19. Popcorn is known for its high dietary fiber and is typically low in calories — but before you grab that large bucket of popcorn at your next movie, keep in mind that all popcorn is not created equal. Air-popped popcorn that is lightly seasoned can be a healthy snack, while movie theater popcorn and some commercial bags are usually high in fat, salt, and sometimes sugar.

Popcorn is considered a whole grain and is high in fiber. Whole grains have been linked to a lower risk of heart disease, diabetes, and some cancers. Using an air popper is a great way to make popcorn because it gives you control over how much butter and seasoning is added. Did you know? One cup of air popped popcorn only contains 30 calories and is virtually fat-free. Popcorn also contains folate, niacin, riboflavin, thiamin, pantothenic acid, and vitamins B6, A, E, and K. One serving of popcorn also contains eight percent of the daily value of iron.

In addition to popcorn's whole grains, it is also

high in polyphenols. Polyphenols are antioxidants that help protect cells from damage by free radicals and may improve blood circulation, digestive health, and reduce the risk of some cancers. Due to the high fiber content and low calories, popcorn can increase satiety, which may help with weight loss.

One of the more common ways to enjoy popcorn is from a microwavable bag. First, check the bag to look at added ingredients to see if they already added oils, salt, or sugar. When preparing popcorn at home, you can use 1 – 2 tablespoons of oil to help pop if you don't like the air popper. In addition, there are lots of wonderful ways to flavor your popcorn. Some seasonings to add include flavored salts, grated parmesan cheese, salt-free seasonings, nutritional yeast, paprika, ranch dressing seasoning (powdered), or cinnamon/sugar; these can add some fun flavors to your popcorn.

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.

## Pantry Raiders

# Comforting chicken soup

Chicken soups and other soup recipes have long been touted as homeopathic remedies for colds. Not only are they hydrating, but hot soups can break up congestion in the nose and chest. Plus their vegetable-rich content offers the vitamins and minerals needed to boost one's immune system. Any soup will do, but "Sylvie's Stars and Moon Soup" is whimsical enough to excite even the pickiest and youngest members of your household.

Enjoy this recipe, courtesy of "Soup's On: Soul-Satisfying Recipes from Your Favorite Cookbook Authors and Chefs" (Chronicle Books) by Leslie Jonath and Frankie Frankeny.

### Sylvie's Stars and Moon Soup

- Serves 2 to 4
- 2 cans (10.5 oz or 14.5 oz) chicken broth (or homemade if desired)
- 2 medium carrots, peeled and cut into coins
- ¼ cup orecchiette
- ½ cup elbow macaroni
- ½ cup mini pasta stars (pastina)
- 1 cup frozen shelled edamame

- 8 green beans, cut into ½ -inch pieces
- 1 cup shredded, cooked chicken
- Freshly ground black pepper

Pour the broth into a medium saucepan over medium-high heat. Add the carrots and bring to a boil. Add the orecchiette and cook for 2 minutes. Add the macaroni and cook for 3 minutes more. Add the stars, edamame, and green beans and cook



Photo courtesy MetroCreative  
Sylvie's Stars and Moon Soup

for 4 minutes more. Add the chicken, cook until it is heated through, then sprinkle with pepper and serve.

*Chef's note: Dana Corwin, from Food & Wine, makes this soup almost every Saturday in the winter with her daughter Sylvie. Feel free to take liberties with the recipe. Change the vegetables, add more broth or adjust the seasonings. The dish is very forgiving and versatile.*

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## Briefs

**Community Club supports troops during the holidays**

The Mandarin Community Club participated in the 2021 Holiday Mail for Heroes project. Sponsored and organized by the American Red Cross, this program collects holiday greetings for the military and distributes them nationally and internationally. The club would like to thank all those who supported this effort and donated cards and greetings.

This was the second year of Mandarin Community Club's involvement in this wonderful program.

**Crank up your "Laugh Meter" with the Mandarin Women's Club**

Who doesn't need a good laugh? Juanita Lolita will have you laughing hysterically with her hillbilly background and Latin flair. Her career began in 2010 when a co-worker signed her up for an open mic night. Soon she was performing for 7,000 women at an Atlanta church conference. She has performed throughout the country and has been featured on ABC, NBC and CTN.

Juanita Lolita will entertain members of the Mandarin Women's Club on Jan. 27 at the Ramada Inn Mandarin. Doors open at 10:30 a.m. and reservations for the luncheon are required. The luncheon cost is \$18 and must be received by Thursday, Jan. 20. To make reservations and obtain payment instructions, call Susie at (904) 262-8981 or email her at spm104@aol.com. Visit [www.mandarin-womensclub.com](http://www.mandarin-womensclub.com) for more information on events, photos, and membership forms.

**Mandarin Museum & Historical Society receives Florida Humanities "American Rescue Plan" COVID Relief Funding**

Florida Humanities, the statewide, non-profit affiliate of the National Endowment for the Humanities, has awarded Mandarin Museum & Historical Society a \$4,000 grant for general operating costs to help recover from the economic impact of the COVID-19 pandemic.

This funding will assist the organization in the design of the completely new interpretive exhibits in the Mandarin Museum. These exhibits will hopefully be open in the late spring, once all construction and renovation inside the museum has been completed.

Sandy Arpen, board president said, "This funding from the American Rescue Plan will help the Mandarin Museum & Historical Society be able to present much new and exciting material about Mandarin's deep and important history and heritage. Since the museum has been closed much of the time dur-

ing the pandemic, our regular income sources have been reduced greatly. We are indeed grateful for this grant."

The National Endowment for the Humanities received \$135 million from the American Rescue Plan (ARP) Act of 2021, which was approved by Congress this past spring. The state humanities councils, including Florida Humanities, each received a portion of the National Endowment for the Humanities award to support museums, archives, historic sites and other humanities-focused nonprofits. Mandarin Museum & Historical Society was one of 129 organizations in Florida that was awarded ARP funding totaling \$1.88 million from Florida Humanities. The grants are intended to meet immediate operational needs in order for organizations to remain viable and maintain delivery of public humanities programming and resources in their communities. Florida Humanities received 188 applications for ARP funding, with nonprofits requesting the most funds for staffing and utilities.

These funds, said Florida Humanities Executive Director Dr. Nashid Madyun, provide a safety net for the organizations so they can focus on other priorities, such as fundraising and creating programming.

"For smaller nonprofits, when bills are paid and staff are safe and intact, that type of alleviation is immeasurable," he said. "Florida Humanities is honored to provide a lifeline to our state's cultural and historic organizations, ensuring they continue to enrich their local communities, and the Sunshine State at large, for years to come."

**Mandarin Rotary assists Salvation Army fundraising**

Every Saturday from Thanksgiving until Christmas at the Mandarin Oaks Publix, 20 members of the Rotary Club of Mandarin assisted the Salvation Army by manning charity collection kettles and ringing Christmas bells to bring attention to the Salvation Army's fundraising program. The Club's efforts, which were coordinated by Past President Jock Hart, resulted in significant additional funding for the very important charitable works of the Salvation Army.

The Rotary Club of Mandarin is dedicated to the service of others, with a motto of "Service Above Self." Toward that end, holiday assistance to the Salvation Army is an annual event for the Club, which meets for breakfast at 7:30 a.m. every Tuesday morning at the Ramada Inn on Hartley Road in Mandarin. Email Wes Caldwell at [cmabenefits.com](mailto:cmabenefits.com) or visit the club's website, [mandarinrotary.org](http://mandarinrotary.org) for more information.



**Prior issues of Mandarin NewsLine are archived online.**

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# Life

travel • pantry raiders • gardening  
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## Get to Know ...

By Martie Thompson  
editor@floridanewsline.com

### William Boyce

In the spring of 2011, Mandarin NewsLine published an article by one of our then-student writers entitled, "Former Mandarin Christian student named Fulbright Scholar." The subject was Mandarin resident William Boyce and the article chronicled his impressive academic success from Mandarin Christian School, to Providence High School, to Florida State University, where he earned a prestigious Fulbright scholarship to the University of Glasgow to pursue a Master of Letters degree. Within the article, Boyce was asked where he saw himself in 10 years, and he answered that he wanted to "earn [his] PhD and begin a career as a university professor." Flash forward to 2021 — 10 years later — and he has accomplished both of those things. Boyce said now that he doesn't particularly remember giving that answer, but that it was certainly something that he had on his horizon. Today, he is a postdoctoral faculty member at Wake Forest University School of Divinity in Winston-Salem, NC. His parents still live in Mandarin.

**Q: You grew up in Mandarin. What memories do you have?**

**A:** We lived off Mandarin Road near the Mandarin Community Club. I remember the beautiful big oak trees and the azaleas ... and I remember my allergies going crazy. I also recall the Art Festival each year and how busy it was. I enjoyed growing up in a nice, close-knit community like Mandarin.

**Q: Can you give some insight into your academic accomplishments at an early age through high school?**

**A:** I always had a knack for school. I



Photo courtesy William Boyce  
William Boyce

was reading at a young age and was always interested in trying to apply what I learned. I enjoyed conversations with adults and even politics at a young age. I was stronger on the humanities side rather than math. I wanted to use education to do something in the world. I guess you could say I was nerdy, but I also enjoyed people. I was actually my high school's Homecoming King!

**Q: What do you consider to be a defining point in your studies in college?**

**A:** When I went to Florida State University, I started as a history/English major. In my third year, I took a class I thought was just another English class: US Catholic Writers. I fell in love with it. It was engaging and interesting and it dawned on me that I wanted to study religion. I was captivated by these writers that touched the human spirit, so I added Religious Studies to my major.

**Q: How did you come to get the Fulbright scholarship and then what did you do next on your way to your PhD?**

**A:** I wanted to get a Master's degree and

I needed to have it paid for. My mentor at FSU encouraged me to apply for the Fulbright and I was amazed that I received it. I had the great good fortune to spend one year in Glasgow, where I earned a Master of Letters in Religion, Theology and Culture. When I came back to the states, I went to a seminary school north of Boston. I spent two years there earning a Masters in Theology and was very active in campus reform. I always try to craft and shape and leave things better than I found them. By then it was time for my PhD, and I was accepted at the University of Virginia. It was an exciting time for me with a lot of interests and areas of study. I enjoyed that it was a teaching-heavy institution and I was able to hone my skills at teaching. The classroom is the heartbeat for me. I try to get students to think in creative and new, critical ways — and do so with hospitality, vulnerability, and humility.

**Q: What thoughts do you have now, looking back on your 10 year plan?**

**A:** I would say that something written by the poet WB Yates speaks to me here: "Education is not the filling of a pail, but the lighting of a fire." I've always done well in school, but for me it was about the feeling of gratitude and wonder that comes from learning. When you sift through the archives of history and find out that writers of the past can still be very relevant today, for example. This is something I'd like to pass along to my students.

**Q: What do you like to do in your free time?**

**A:** I love to go antiquing and consignment shopping. I enjoy running and I like to go to coffee shops and spend time with my friends. I'm also enjoying learning how to cook.

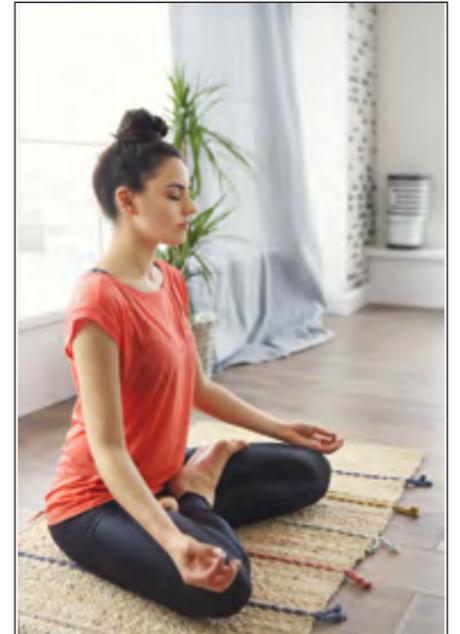


Photo courtesy MetroCreative

A small amount of periodic stress can be a good thing; however, chronic stress poses a significant threat to individuals' long-term health.

## Simple strategies to combat stress

By NewsLine Staff  
mail@floridanewsline.com

Just about everyone experiences stressful situations. Sometimes a measure of stress can provide motivation to do one's best or strive for an especially lofty goal; however, when stress becomes a chronic condition, it can adversely affect individuals' quality of life and even their overall health.

Harvard Medical School says stress can manifest itself in myriad ways. Stress can cause tension headaches, indigestion, aches and pains, or even heart

Combat Stress cont. on pg. 10

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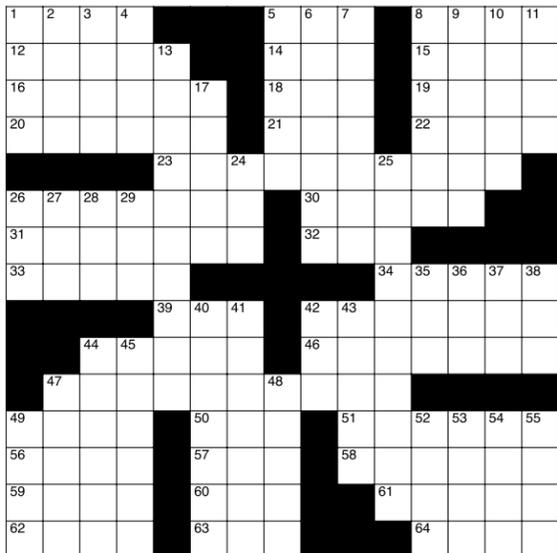
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# Puzzles

Answers on page 3  
Provided by MetroCreative



### CLUES ACROSS

1. Requests
5. Calendar month
8. Invests in little enterprises
12. Bird sound
14. S. American plant cultivated for tubers
15. Car
16. Bullfighter
18. Hill (Celtic)
19. Strong criticism
20. Detector
21. When you hope to get there
22. Having the skill to do something
23. Legendary MLB broadcaster
26. Vulcanite
30. C. Asian mountain range
31. In a way, healed
32. Midway between east and southeast
33. Small appendages of insects
34. \_\_\_ Greene, "Bonanza" actor
39. A place to bathe
42. Postal worker accessory
44. Classical music
46. A way of wrecking
47. Terminator
49. You eat three a day
50. Pointed end of a pen
51. NATO official (abbr.)
56. Genus of clams
57. Boxing's "G.O.A.T."
58. A colorless, odorless gas used as fuel
59. Covered thinly with gold paint
60. Bachelor of Laws
61. Red fluorescent dye
62. Engineering group
63. Female sibling
64. Adjacent

### CLUES DOWN

1. What a thespian does
2. Footwear
3. Adjust spacing between
4. Witnesses
5. Who shows excessive fondness
6. Distinct form of a plant
7. National capital
8. Hunting expedition
9. Related to medulla oblongata
10. European country
11. Cola
13. Excluded from use or mention
17. Speak
24. Bloodshot
25. Make better
26. Keyboard key
27. Type of degree
28. Paddle
29. Peacock network
35. Not young
36. Baseball stat
37. One's grandmother
38. Breakfast food
40. Bathroom features
41. Disease-causing bacterium
42. NY ballplayer
43. Got up
44. Prophet
45. Part of the mouth
47. Unnatural
48. Acronym for brain science study
49. Three are famous
52. Languages spoken in Patagonia
53. Freedom from difficulty
54. Widely used OS
55. Many people pay it

## GET ORGANIZED WORD SEARCH

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

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

### WORDS

- ALPHABETIZE
- ASSIGNMENTS
- CATEGORIZE
- CHORES
- CLEAN
- CLOSET
- COORDINATE
- CULL
- DESK
- DONATE
- DRAWERS
- FILING
- GARAGE
- GARBAGE
- HOUSEHOLD
- LABEL
- MESS
- ORGANIZE
- PROFESSIONAL
- RECYCLE
- SHELVING
- SORT
- SYSTEM

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(Hint: 26 = R)

**A. 12 26 7 19 26 4 25**

Clue: Methodically arranged

**B. 23 19 16 11**

Clue: Tidy

**C. 24 12 26 11**

Clue: Categorize

**D. 12 26 15 16 23 1 6 19**

Clue: Order

### Combat Stress cont. from pg. 9

palpitations, and it may affect the mind by making it hard to concentrate or make decisions. Many people experience stress through emotional or psychological symptoms, such as irritability or feeling down. Learning how to effectively manage stress is essential for individuals' overall well-being.

**Exercise regularly:** Exercise serves many functions, including acting as a potent stress relief strategy. The Cleveland Clinic says aerobic exercise releases endorphins, which are natural substances that help a person feel better and maintain a positive attitude. Movement activities like yoga or Tai Chi also can relax the mind and body and promote physical health.

**Take media breaks:** Overwhelming oneself with a barrage of negative news stories or constant information can increase stress levels. Individuals can strive to remain informed and still build breaks into their schedules. Shut off news programs, turn over the newspaper or tune out of social media from time to time. The Centers for Disease Control and Prevention recommends that individuals who are stressed out by world events reduce the number of times they read the news or check the headlines each day.

**Meditate or perform breathing exercises:** Breathing and meditation can help alleviate stress, according to the American Heart Association. A quick meditation can provide some perspective. If a situation is stressful, go for a walk or take a few slow, deep breaths until the body relaxes. Harvard Medical School also says meditation can induce a relaxation response, which is an antidote to stress.

**Change negatives to positives:** Negative self-talk may increase stress, but positive self-talk can help a person calm down. Individuals should practice positive self-talk every day. Instead of saying, "I hate when this happens," say, "I know how to deal with this, I've done it before."

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**Updates from River City Science Academy Mandarin**

Students at River City Science Academy Mandarin have had a busy fall semester. Here are a couple of activities the students have enjoyed.



Photos courtesy River City Science Academy Mandarin

River City Science Academy Mandarin students had a virtual field trip to the International Space Station. Students had to learn their basic survival skills during the first mission to the ISS. Some students did their mission outside and some stayed in to complete given tasks.



River City Science Academy Mandarin students, staff, and families are grateful to first responders. Dress down money collected went to Jacksonville Sheriff's Office Zone 3, Jacksonville Fire Department Engine 51, and Baptist Medical Center South emergency room staff to show the appreciation of students, staff, and families.

# HEALTH & WELLNESS

Guide  
2022



## The importance of hearing health

By Chandra Manning  
mail@floridanewslines.com

Those with hearing loss often cite this quote attributed to Helen Keller: "Blindness separates us from things, deafness separates us from people." Our hearing is one of our most vital senses. It keeps us connected to our loved ones, our coworkers, our doctors and nurses. It may be surprising to know that hearing also is linked to fall risks, dementia, depression, and more.

Our hearing is an important part of maintaining one of our most basic human needs — connection to others; however, the significance of taking care of your hearing goes well beyond your ability to hear your spouse at the dinner table or your grandchild say their first word. It's about keeping your brain healthy. It's no secret that our bodies are systemic. Each part works with another, or several other parts. Hearing is no different. Your ears work closely with your brain, receiving signals that tell you the waitress is asking you a question, a bird is chirping outside of your window, or glass broke in the kitchen. What happens when your brain isn't receiving those signals? Eventually, it affects your cognitive processing.

Just like our muscles need to move to stay healthy and strong, your brain needs to

receive sounds to stay active. If you don't move your arm for an entire year, imagine what would happen to it. Now imagine what happens to the brain if it's not active in an area for an entire year. Unfortunately, the average person waits about seven years to treat their hearing loss, and that's after they notice they're struggling. It's unhealthy to let your brain go without stimulation for that long. It can lead to other, sometimes more serious, health concerns.

When do you know it's time to address your hearing? Several signs help you know it's time. Do you struggle to hear on the phone or when watching TV? Do you ask people to repeat themselves often, or does it seem like people mumble a lot? Has someone close to you said something about your hearing?

The good news is that help is easy to come by. Nearly all insurances will cover a hearing evaluation, so you can start by simply learning your hearing status today. Have your primary care fax a referral, or order for a hearing test, to your local audiologist. Keep your hearing — and keep your brain processing, healthy and active!

*Chandra Manning is Chief Operating Officer, Jacksonville Speech & Hearing Center.*

## Alleviate everyday aches and pains

By NewsLine Staff  
mail@floridanewslines.com

Pain occurs for a variety of reasons. Pain may be a byproduct of overuse of a particular part of the body, or it could signal an underlying illness or condition. Sometimes injury is at the heart of aches and pains.

Daily aches and pains may be seen as a normal byproduct of aging, but that does not mean aging individuals should simply accept pain. In fact, daily discomfort can be remedied with some relatively easy techniques.

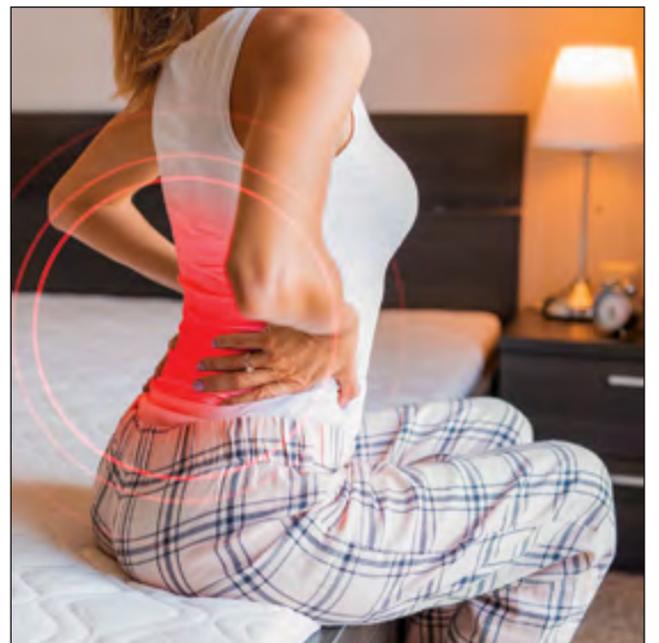
- Get moving. Lower back pain is common among adults, and most often appears when individuals are in their mid-30s and 40s. Strength training and cardio exercises can remedy this pain because these activities increase blood flow and help build core muscles, which support the spine. Support can alleviate pressure on the discs in the back. Exercising also will build strength in other areas of the body and support joints.

- Practice good posture. Sitting and standing with optimal posture can help the body feel better. The body is designed to stand in a "neutral" position that stacks the pelvis, head and torso, according to DMC Healthcare. When posture is out of whack, this puts undue stress on muscles, leading to pain. Dropping your head or shoulders also can create unnecessary tension that leads to headaches. Good posture can alleviate this.

- Exercise more often. Certain pains arise when exercising for the first time or performing a new activity. Allan H. Goldfarb, Ph.D., a professor and exercise physiologist at the University of North Carolina, Greensboro, says when you do the same

activity again and again, your muscles will start to get used to it and soreness will be reduced. Don't give up on exercise too soon, but include off days in your routine to give your body time to become more acclimated to increased physical activity.

- Get tested. Speak with your doctor if you have chronic pain in one or more areas. Such pain may be a sign of osteoarthritis, an inflammatory condition that is associated with aging. Rheumatoid arthritis and other autoimmune conditions can cause aches and pains as well, leaving the joints and tendons inflamed and a body with low energy. A doctor can rule out these conditions or help you get the therapy and



Lower back pain is common. Various strategies can reduce aches and pains.

medications you need.

- Increase stretching and movement exercises. Incorporate stretching and movement exercises like yoga or tai chi into your daily regimen. These activities slowly stretch areas of the body and can improve range of motion and flexibility over time.

These are just a few ways to address common aches and pains. Medical interventions, physical therapy, occupational therapy and ergonomics assessments, and massage therapy also may help to alleviate aches and pains.

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# HEALTH & WELLNESS

Guide  
2022



## Guide to popular herbal teas

By NewsLine Staff  
mail@floridanewsline.com

Tea is a healthy beverage. Black, green and oolong teas get their fair share of health-boosting attention, but a grouping of teas, which technically are not true teas at all, also can be a boon to the body.

Consumption of herbal tea predates consumption of Chinese black tea. Since they do not contain leaves of the camellia sinensis (tea) plant, herbal teas really aren't tea, but have been given the tea moniker because they are often steeped in a manner similar to tea. Herbal teas are made from herbs as well as dried fruits, flowers and spices. The health and wellness information site Healthline says that certain herbal teas have health-promoting properties. Herbal teas have been used by various cultures for medicinal purposes for hundreds of years.

Herbal tea can be used to boost the immune system, to relax and unwind, to alleviate pain, or just to warm you up on a chilly day. Even though herbal teas may seem all-natural, it is wise to check with a doctor before including them as part of a health-boosting regimen to confirm that they won't produce any adverse reactions with medications. That's especially important for women who are pregnant or

planning to become pregnant.

Herbal teas come in various flavors. The following are some of the more popular herbal teas and their potential health benefits.

**Chamomile tea:** Chamomile is best known for its calming effects, and it is sometimes used as a mild sleep-inducer. A study of 34 patients with insomnia found marginal improvements in waking up during the night, time to falling asleep and daytime functioning after taking chamomile extract twice a day, as published by the National Institutes of Health's PubMed Central. Some studies suggest that chamomile can reduce symptoms of premenstrual syndrome, and it may have anti-inflammatory and antibacterial properties as well.

**Peppermint tea:** Those who enjoy peppermint tea often do so to soothe an upset stomach. Nutritionist Dr. Simran Saini from Fortis Hospital in India says that peppermint tea also can promote weight loss and reduce heartburn and may help people relax.

**Turmeric tea:** Turmeric tea has anti-inflammatory properties that may be beneficial for anyone who has an autoimmune disease

like arthritis and fibromyalgia. The anti-inflammatory properties also can help with symptoms of migraines and other minor aches and pains.

**Ginger tea:** A 2012 study from researchers at Columbia University who examined 10 overweight men found that drinking hot ginger tea increased the men's feelings of fullness and reduced hunger. Ginger also may improve blood sugar control for people with type 2 diabetes.

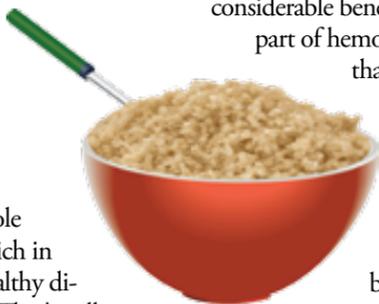


Photo courtesy MetroCreative  
Herbal teas can be part of a health plan that involves all-natural remedies for common ailments.

## Health benefits of quinoa

By NewsLine Staff  
mail@floridanewsline.com

Whole grains are vital components of a healthy diet. According to the Academy of Nutrition and Dietetics (AND), whole grains provide a host of nutritious benefits, including some that were discovered only recently.



The AND notes that whole grains were long seen as rich in fiber, which promotes healthy digestion and heart health. That's still true, and WebMD notes that many whole grains provide between one and four grams of fiber per serving, an amount that puts them on the same level as various fruits and vegetables in regard to fiber content. But recent research has found that whole grains also are rich in protein, B vitamins and trace minerals like iron, magnesium and zinc.

Quinoa is one highly nutritious whole grain that's easy to find and even easier to prepare. Quinoa is considered a complete protein, which means it includes all nine essential amino acids. Why is that important? To understand that, it's best to first consider the importance of protein. Protein is comprised of 20 amino acids, 11 of which the body can produce on its own. For optimal health, the body needs all 20 amino acids. Diet is the only way to get the nine essential amino acids that your body cannot produce on its own. Complete proteins like quinoa provide all nine in a single food, making them especially healthy, convenient options for people

looking to ensure they get enough protein in their diets.

As noted, whole grains are good sources of iron, and quinoa is no exception. That's a considerable benefit, as iron is an essential part of hemoglobin, a red protein that's responsible for transporting oxygen in the blood.

Quinoa also is a good source of magnesium. That's another significant benefit of including quinoa in your diet, as the Office of Dietary Supplements notes low levels of magnesium have been linked to various ailments, including high blood pressure, cardiovascular disease and type 2 diabetes.

Pregnant women or women hoping to become pregnant, as well as their male partners, also can discuss the benefits of including quinoa in their diets with their physicians. That's because quinoa is high in the B vitamin folate, which is needed to perform various functions in the body, including the production of red and white blood cells in the bone marrow. Adequate folic acid consumption before and during pregnancy can protect against miscarriages and congenital defects. And while women may be familiar with the importance of folate regarding their pregnancies or future pregnancies, men also may need to monitor their folate intake. A 2013 study from researchers at McGill University in Montreal found that paternal folate deficiency in mice was associated with a significant increase in congenital deformities.

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# Mandarin Garden Club update

By Joann Butler  
mail@floridanewsline.com

Members of the Mandarin Garden Club celebrated Christmas at their clubhouse with a festive program that included several Christmas poems being read by various members of the club. Tables were decorated with seasonal settings including snowmen, reindeer, Santas, small Christmas trees, nutcrackers and toy trains. At the annual party, funds were collected and a van-load of non-perishables was donated to the food bank, in addition to 175 hats knitted by the Crafty Ladies group.

At least three of the four circles collected "Shoebboxes of Love" for the homeless in the area. The shoebox was filled with items such as soap/washcloth, shampoo, toothpaste, toothbrush, dental floss, socks, comb/brush, nail clipper, deodorant, wet wipes, lotion and other personal hygiene items. A warm blanket was wrapped around the box. The boxes were delivered to the City Rescue Mission and given to recipients at the Missions' annual Christmas meal.

The Mandarin Garden Club gives back to the community all year long. Any time members gather at the clubhouse for a meeting or to work on crafts, they bring items that can benefit others. Since 2008, the Mandarin Garden Club has gathered and donated items to the local food bank.

Old cell phones have been collected since 2009 and are donated to the Duval County 4-H program. Donations of old eyeglasses and cases are given to the Lions Club. In 2011, the garden club started collecting the pop tops from canned items, which are donated to the Ronald McDonald House. Retired flags that are brought into the clubhouse are presented to the Mandarin Community Club and are given a proper disposal at their flag ceremony.

The Mandarin Garden Club is available for rent for parties, weddings, reunions, and all kinds of special occasions. Call Karen Stanley at (904) 268-1192 for more information or to schedule a tour. Visit [www.mandarin-gardenclub.org](http://www.mandarin-gardenclub.org) for more information.

# Gardening

## Endings and fresh beginnings: What goes around...

By Master Gardener Volunteer Lesley Arrandale  
mail@floridanewsline.com

As the first Mandarin NewsLine edition of 2022 rolls off the presses, I'm looking at the gardening year beginning again, but perhaps it's not the only way to observe the natural world. There are broad natural cycles to follow if we are to be successful gardeners, but looking at the big picture sometimes leaves us missing the details.

Two insect discoveries in the first week of December intrigued me. My pink gaura plants had attracted some aphids, which were hard to spot, being almost the same deep pink color as the foliage where they were feeding. Aphids have an interesting life cycle. As insects, one might assume they mate and lay eggs; the young hatch, eat, mature, etc. But for most of the year aphids birth live young female clones, and later in the year they produce eggs which overwinter. These two articles shed some light on aphids' lives: <https://tinyurl.com/yc498y8k> and <https://tinyurl.com/4t6jewc4>. I've also discovered that there's a woolly hackberry aphid — which explains the sooty mold that was an unsightly problem for plants growing beneath my tree.

The second was an encounter with a bee, possibly a leafcutter type. It had become trapped in an empty yellow watering can and when I tipped it out, it seemed disoriented and didn't fly away. To my surprise, it didn't hesitate to walk onto my hand and very tickly it was! Although I found some flowers for it to crawl onto, it stayed put. It took flight briefly, but landed very clumsily, too close to a lawn that gets sprayed regularly with chemicals, so I picked it up again. Finally it crawled onto a beggar's tick flower (<https://tinyurl.com/47yku342>). It certainly hadn't been behaving like a healthy bee, but the following morning when I went to check it had gone.

Last year, one of my large coonties had a soft scale. My options were to spray with an oil or to remove all the leaves, which would have ultimately improved its appearance. I've tried both approaches before, but I'm a bit relaxed when it comes to pest control, so I killed some by the "squish" method, and let nature take its course. Inevitably the scale attracted a variety of small predatory insects like flies, wasps, lady beetles and assassin bugs, most of them unidentifiable to anyone but an expert, and I



Photo courtesy Lesley Arrandale  
Bee visitor.

enjoyed watching them. I fully expect to see the scale again this year, along with those natural predators.

The weather has been mild, but horribly dry hereabouts. Watering the perennials and grasses in my front garden bed has been tricky. The young Shumard oak gets a soaking every week, along with the woody shrubs. One grass that was installed for us turns out to be generally happier in wetter areas. It's designated as FACW (facultative wetland sometimes in dry areas), by the USDA, so realistically it isn't going to work here. I knew from experience that the wild rosemary (*Conradina grandiflora*) would not appreciate supplementary water, and all five plants are thriving even in a drought period. They were still flowering in December and attracting insects to feed. Others like the liatris, goldenrod, and bunch grasses have died back for the winter and probably don't need water either. It won't be till spring when new growth emerges that I know whether or not they have survived.

The veg patch is looking great, with plenty of greens to see us through. The onions are still small, so they might be late maturing, depending on the weather. It's all good. For detailed advice, see the "New Leaf – Yard & Garden" newsletter (<https://tinyurl.com/2p847k7h>) and "The Neighborhood Gardener" (<https://tinyurl.com/2w4jrjnn>).

We gardeners undoubtedly are a mixed bunch; I wish you all success in your endeavors. I hope that the New Year brings peace, understanding, hope, and good health to us all, wherever — and however — we live. And that we can all contribute to cherishing the natural world that is La Florida.

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## Membership drive underway for Mandarin Community Club



The Mandarin Community Club will kick off its 2022 Membership Drive this month. Located at 12447 Mandarin Road, the club was founded in 1923 and remains active today. Perhaps best known for the Mandarin Art Festival held on Easter weekend, the organization also sponsors various activities through the year including forums and lectures, a salute to veterans in November and a community tree lighting in December. All interested parties are invited and encouraged to join. Annual dues start at \$35 a year. For more information on the Mandarin Community Club, activities, and membership, visit [mandarincommunityclub.org](http://mandarincommunityclub.org). The Mandarin Community Club is a 501 c 3 nonprofit organization.

Photo courtesy Lynn Cuda

# Travel

## Getaway to Jekyll Island

By Debi Lander  
mail@floridanewline.com

Jekyll Island, one of Georgia's Golden Isles, rests about 90 minutes north of Jacksonville. The island is owned and operated as a Georgia state park and becomes a relaxing getaway any time of the year.

Before 1954, the only way to reach Jekyll was by boat — but the history of the seven-mile long isle goes back much farther and proves quite interesting. An Indian mound testifies the first inhabitants: the Guale and Mocama tribes. Then in 1747, British General Oglethorpe sent Major William Horton to build an outpost to help protect Fort Frederica. With the help of indentured servants, he made a home. The remains of Horton's House stand off-road, open for visitors. There's a Spanish moss-draped trail to hike and signage across the road to fill you in on the early history.

Next came the DuBignon family, and in 1879 their descendants established a private hunting club that aimed to attract wealthy patrons. The barons of industry and finance (think Rockefeller, Vanderbilt, Astor, Pulitzer, Biddle, Whitney, Morgan) were enticed and brought their families.

In fact, by 1886, the Jekyll Island Club became, according to Munsey's Magazine, "the richest, most exclusive, inaccessible club in the world."

Some families built winter "cottages" (mansions), and many still stand. But these wealthy figures didn't just come to Jekyll for hunting and relaxation; they came to meet secretly. Together they formed what became the Federal Reserve System.

The club continued to prosper with the addition of the Great Dunes Golf Course, which opened in 1926; however, when WWII descended, the threat of German submarine activity along the coast caused the US government to evacuate the island.

The 7,500-acre isle sat unused until Georgia purchased it in 1948 for \$675,000. For comparison, in 2020 dollars, that amount would be \$7.8 million, a bargain purchase likened to the sale of Manhattan. The state opened the park in 1954 after constructing the causeway bridge to allow more public access.

The abandoned Jekyll Island Club was eventually renovated and reopened as a hotel in 1987. An overnight getaway at the resort still remains a splurge, but promises grand memories.

A stroll around the luxury property and National Historic District is a must; it's free. Walk down Millionaire's Row, past the restored cottages from the Gilded Age. Again, signage helps you understand the buildings of the former era. You can also tour this district via a tram; check for times and pricing. History buffs may also enjoy a look through the Mosaic Jekyll Island Museum.



Photos courtesy Debi Lander  
Jekyll Island Club.

You'll find 20 miles of safe biking paths, especially nice since they sit off the main road. Naturally, there is a mini-golf course and hiking trails. A full-size waterpark may surprise you, considering the zoning restrictions, but kids love it.

Indulge in eight miles of uncrowded beaches, my favorite being Driftwood Beach. For decades, the location suffered from erosion, so what was once a stately maritime forest is now a petrified tree



Driftwood Beach.

toppled expanse. The beach lies covered by what looks like giant pieces of driftwood — a photographer's delight; however, watch for tidal changes.

The Georgia Sea Turtle Center, a hospital for the injured species, makes an excellent educational experience for the whole family. You can look through a glass wall and watch the veterinary staff working on an



A "cottage" on Millionaire's Row.

animal if lucky.

If a stay at the Jekyll Island Club Resort doesn't fit your budget, consider the Beachview Club Hotel, Holiday Inn, or a lovely Westin directly on the beach. Even less costly is the RV and tent camp park. Whichever, you'll escape traffic, crowded beaches and indulge in open green space.

Visit [www.bylandersea.com](http://www.bylandersea.com) to read more of local travel writer Debi Lander's stories and travel tips.

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