

Mandarin NewsLine

January 2023 Volume 17 Issue 3

A Florida NewsLine Publication



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BFF Best Furry Friend



Q&A

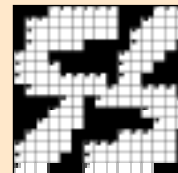
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Lori Hershey



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Tina Parks



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Puzzles



Photo courtesy Mandarin Museum and Historical Society

"Images of America: Mandarin" tells history of Mandarin

By NewsLine Staff
mail@floridanewslines.com

Writing the brand-new book "Images of America: Mandarin" was a labor of love for Mandarin resident Susan Ford. A "labor of love" is something one works hard for, freely and without the goal of personal benefit or gain. This book is a gift to the community of Mandarin by someone who has been deeply involved with the founding and development of the Mandarin Museum & Historical Society for more than 30 years.

Images of America cont. on pg. 9

Neighborhood youth build global friendships via international program

By NewsLine Staff
mail@floridanewslines.com

More than 50 Jacksonville-area youth represented the USA at international CISV (civjx.org) programs in 2022. CISV (civ.org) is a global, nonprofit organization dedicated to educating and inspiring action for a more just and peaceful world. It helps its young participants develop to their full potential as future leaders and active citizens, to make a difference in their communities and the world. CISV (formerly known as Children's International Summer Villages) also gives them the opportunity to build global friendships and networks that last a lifetime.

Currently, CISV seeks mature, friendly kids aged nine to 18 to represent the USA at its international summer programs.

CISV's flagship program is called "Village." It brings together 10 and 11 year olds from 10 to 12 countries around the world for a month to learn to live cooperatively, share cultures and build global friendships.

Mandarin resident Kaia Roychowdhury, age 11, who represented the USA at international CISV programs this past summer at a Village in Massachusetts, said, "I was surprised by all the kids and how we all worked together in activities. The best part was being able to make



Photos courtesy CISV
Delegates to 2022 Italy Step Up return home.

lifelong friendships with those around the world."

CISV also offers a free, two-week overnight mini-Village for local Jacksonville kids called FACES of Jacksonville.

For 12 or 13 year olds, CISV offers eight or 15 day international youth meetings that bring together youth from eight countries to explore issues that affect us all.

Ponte Vedra resident Caroline Youell, age 12, spent eight days at a camp in the California redwood forests at a 2022 youth meeting. "My favorite memory was on the last night we were listening to music at a bonfire and were all holding hands looking at the stars and wishing it didn't have to end."



Photos courtesy CISV
2022 CISV youth participants.

Another CISV program called "Interchange" offers Jacksonville families the chance to host a child from another country for two weeks and then their child goes to live with the family of the child the Jacksonville hosted for two weeks. Children have the chance to experience family life in another country and share their own community and home. In summer 2022, CISV Jacksonville held an Interchange with Graz, Austria for 14 – 15 year olds, which included seven Jacksonville families. St. Johns resident Chloe Geoghegan, age 15, said "My time as an Interchange Delegate was both other worldly and grounding. Traveling to another country without my parents, staying with a family I had only met over Zoom conferencing, and immersing myself in an unfamiliar culture, taught me to be resilient and open-minded. I feel like I have matured in such a short period of time. Most importantly, I made friendships that would've never happened if it wasn't for CISV. It reminds you everyone is human. It doesn't seem possible to change the world by 'just making friendships,' but I see it happening right before my eyes."

Youth aged 16 and 17 can apply for a 21-day international "Seminar" camp being held at locations around the world, a two week domestic "Fortnight"

CISV cont. on pg. 11

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Briefs

Community club membership drive kicks off

The 2023 Membership Drive for the Mandarin Community Club will officially start this month. Membership is open to all interested parties and new members are always welcome. The club will celebrate its 100th year in July so this will be an exceptionally exciting year for members.

Separately, for the third November, the Mandarin Community Club participated in the Holiday Mail for Heroes campaign sponsored by the American Red Cross. This program collects holiday greetings and messages of support that are then distributed to members of our military both domestic and overseas. This year nearly 400 greetings were collected at the club, which were added to others contributed from Northeast Florida.

Visit mandarincommunityclub.org for complete information on membership. The Mandarin Community Club is located at 12447 Mandarin Road and is a 501 c 3 non profit organization.



Photo courtesy Mandarin Community Club
Mandarin Community Club

Mandarin Rotary Club gives \$36,000 to worthy charities in 2022

In 2022, the Rotary Club of Mandarin provided approximately \$36,000 in financial support to eight worthy charities and civic organizations. In addition to the significant support previously reported for two local food banks to assist in feeding the hungry, the club has provided donations to the Clark School for Hearing and Speech, the Jacksonville USO, the Jericho School for Autism and Developmental Disabilities, the Mandarin Community Club, the Mandarin Museum & Historical Society, and the Guatemala Literacy Project.



Photo courtesy Steve Gallagher

Accepting a \$6000 check on behalf of the Clarke Schools is Director Alisa Demico. Presenting the check are Ray Wolford (Rotary Club liaison to the Clark Schools) and Club President Mark Hassan.

The Rotary Club of Mandarin is a community service organization that meets for breakfast at 7:30 a.m. on Tuesdays at the Ramada Inn on Hartley Road in Mandarin. To learn more about the club and its opportunities to serve, contact Membership Chairman Wes Caldwell at wes@dannagracey.com or visit mandarinrotary.org for more information.

Briefs cont. on pg. 11

Keep storm drains clear to protect water supply

By Ashley Evitt, St. Johns River Water Management District
mail@floridanewslines.com

Did you know Florida is home to nearly 8,000 lakes, 1,700 rivers, streams, springs and spring runs, thousands of miles of man-made canals, and extensive wetlands — not to mention more than 8,000 miles of coastline? And if you live in northeast Florida, chances are you aren't far from one of these water bodies.

As more people continue to call Florida home, it is more important than ever to be mindful of how everyday activities can pollute our waterways. Stormwater runoff (rainwater that flows off lawns, driveways, streets, parking lots, and construction sites) is a large contributor to water pollution and can even cause harmful algal blooms. We can all do something to help prevent water pollution

Residents and businesses can help in the following ways:

- Keep grass clippings and leaves out of storm drains and off roadways. Rake or blow grass clippings and leaves back into your yard or collect and dispose as green waste. (Grass clippings and leaves decay into nitrogen and phosphorus, both nutrients that trigger harmful algal blooms.)
- Wash your car at the car wash

rather than in your driveway. Commercial carwashes use less water, and soaps are deactivated and treated appropriately before going to the municipal water treatment facility. Some even reuse their water. (Soaps used to wash cars can destroy the mucus layer that protects fish from bacteria and parasites.)

- Pick up after your pets and dispose of pet waste in household trash. (Pet waste contains harmful pathogens and bacteria that can make people and animals sick.)
- Painting? Clean your brushes in buckets and let the material settle out before disposing of it in your household drain where the municipal waste system can filter out sediments.

Not only will these simple steps help protect our water quality, but they will also help ensure the stormwater system is operating as designed. When debris enters storm drains, it compromises the system. Leaves, grass clippings, and trash can clog the system and increase the risk of flooding to nearby homes and neighborhoods. Do your part to keep our water clean and your neighborhood stormwater system functioning properly!

*Learn more by visiting St. Johns River
Water Management District's website
at [www.sjrwmd.com/education/water-
pollution](http://www.sjrwmd.com/education/water-pollution).*

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Links are available on rcsamandin.org

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

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www.FloridaNewsLine.com

Publisher
Mark Pettus
Publisher@FloridaNewsLine.com

Editor
Martie Thompson
Editor@FloridaNewsLine.com

Bookkeeper
Emily Whitehead
Accounting@FloridaNewsLine.com

Social Media
SocialMedia@FloridaNewsLine.com

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

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BFF

Best Furry Friend
of the month

Meet Marsali!

Breed:
Marsali (rhymes with Parsley) is a Boston Terrier

Favorite Activity:
Shopping at Hagan Ace Hardware

Favorite Food:
Zucchini

Favorite Friend:
Mom

How did your BFF get her name:
She is named after the character Marsali MacKimmie Fraser in Outlander.

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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Don't miss our February issue featuring our Love and Marriage Guide!
Deadline 1/20/23
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From your friends at
Mandarin NewsLine!

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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 the shuffleboard court at Mandarin Park.

Answers
to our
Puzzles
PG 10

A. lunar B. horoscope C. China D. festival

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January

Community Calendar

What's Happening in Mandarin

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.

Toast of Jax Toastmasters meets every Saturday, except on holiday weekends, at 7:30 a.m. at Mandarin Lutheran Church, 11900 San Jose Boulevard. Guests are welcome. The meetings can also be attended online at <https://toastofjax.toastmastersclubs.org/>.

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

Playing HOOKie, a group for those who enjoy knitting, crocheting and looming (with all items donated to charity) meets every Wednesday from 10 a.m. – 12 p.m. at 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.

3rd: Honeybee Quilters Guild will meet on Tuesday, Jan. 3 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. Dawn Kelly will discuss organizing projects. Wearing masks is optional. New members/guests welcome. Visit honeybeequilters.org for more information.

7th: 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. 7 and Jan. 21 in Walter Jones Historical Park, 11964 Mandarin Road. The 1911 Mandarin Store and Post Office will also be open on Jan. 21 from 2 p.m. – 4 p.m. at 12471 Mandarin Road, just a mile west of the Walter Jones Historical Park. This building is on the National Register of Historic Places. Visit www.mandarinmuseum.net or call (904) 268-0784 for more information.

7th: Free Tools to Quit Smoking Class sponsored by Northeast Florida AHEC will be held on Saturday, Jan. 7 from 10 a.m. – 12 p.m. at Mayo Clinic Primary Care, 7826 Ozark Drive in Jacksonville. The class includes free nicotine patches, gum or lozenges. Call (904) 482-0189 for more information or to sign up.

8th: The Under the Oaks community music jam, hosted by the Mandarin Museum & Historical Society and North Florida Folk Network will be held underneath the beautiful trees in front of Mandarin Museum on Sunday, Jan. 8 from 2 p.m. – 4 p.m. (date changed due to New Year's Day). If you play an acoustic instrument, feel free to join the song circle. If not, just bring a chair and relax and listen. The schoolhouse, farmhouse and gift shop will be open during this time.

8th: Southside Multiple Sclerosis group meets on the second Saturday of each month (this month on Jan. 8) at 2 p.m. at the JCA, 8505 San Jose Blvd. Every other month there is a speaker and on alternate months there are group discussions on the current situation with our MS. Call group leader Susan Armstron, (904) 396-1082 for more information.

8th: Second Saturday Arts and Farmers Market at First Christian Church, 11924 San Jose Blvd. on Jan. 8 from 9 a.m. – 2 p.m. Visit www.facebook.com/SecondSatMarket/ for more information.

9th: Square Dancing is offered every Monday night at 6:30 p.m. at the Mandarin Senior Center, 3848 Hartley Road. The first two sessions are free and then the cost is \$5 per person. Call (904) 255-6750 for more information.

12th: "Color Filled Shade Gardens" will be presented by Mandarin Garden Club Master Gardener, Juliet Johnson, on Jan. 12 at 10 a.m. at the Mandarin Garden Club, 2892 Loretto Road. Visit www.mandaringardenclub.org for more information.

14th: The Southern Genealogist's Exchange Society will meet Saturday, Jan. 14 at 10 a.m. at the Mandarin Library located at 3330 Kori Road. Speaker Gary Inglish will discuss how FTM 2019 works along with how to use FamilySearch and Ancestry. This meeting is free and open to the public. Visit www.sgesjax.org or call (904) 778-1000 for more information.

16th: The All Star Quilters Guild will meet at 9:30 a.m. for socializing prior to the 10 a.m. meeting on Monday, Jan. 16 at the First Christian Church, 11924 San Jose Blvd. Following the general meeting club members will celebrate "Happy Birthday, All Stars," the annual lunch to celebrate everyone's birthday. Sew and Tell is always a feature. Guests are welcome. Visit www.allstarquilters.org for more information.

19th: "Obscure Women of Mandarin" will be presented by Emily Lisska on Jan. 19 at 10 a.m. at the Mandarin Garden Club, 2892 Loretto Road. Visit www.mandaringardenclub.org for more information.

25th: Town Hall meeting with District 6 Councilmember Michael Boylan will held Wednesday, Jan. 25 at the Mandarin Senior Center, 3848 Hartley Road from 6:30 p.m. – 8 p.m. This meeting will

have an emphasis on the rezoning application process.

26th: Mandarin Women's Club will hold its monthly luncheon at the Ramada Inn, 3130 Hartley Road in Mandarin on Jan. 26. Doors open at 10:30 a.m. and reservations are required. The luncheon will be entertainment by Stevie "Fingers" Saracson, a keyboardist who regularly performs on the Queen of the Mississippi riverboat. The cost of the luncheon is \$25 and must be received by Jan. 19; to make reservations and obtain payment instructions, contact Susie at spm104@aol.com or (904) 885-8952. Visit www.mandarinwomensclub.com for more information.

26th: Mandarin Republican Club will meet on Thursday, Jan. 26 at St. Mary's Seafood, 11290 Old St. Augustine Road. Social time begins at 6 p.m. and the meeting starts at 6:30 p.m. First time visitors are welcome.

26th: Free Savvy Caregiver Program, hosted by Northeast Florida AHEC, will be held on Thursdays from Jan. 26 – March 2, from 1 p.m. – 3 p.m. at Jewish Community Alliance, 8505 San Jose Blvd. Call (904) 482-0189 or (877) 784-8486 for more information or to sign up.

27th: The Italian American Club of Jacksonville will hold its popular Spaghetti to Go on Friday, Jan. 27 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.

27th – 28th: Mandarin Garden Club will host a Trash to Treasure Sale on Friday, Jan. 27 and Saturday, Jan. 28 from 9 a.m. – 2 p.m. each day, at 2892 Loretto Road. A locally grown plant sale will be offered outside. Visit www.mandaringardenclub.org for more information.



Upcoming Cruise Center World Travel 2023 Events

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January 23rd "Explore Rail Journeys with Rocky Mountaineer and Alaska with Princess Cruises" at 6:30pm at the Mandarin Garden Club. Join us for an informative and entertaining presentation as we review exciting Alaska Cruise and Cruise tour itinerary options, as well as amazing Rail trips through the Canadian Rockies and Western US. Please RSVP by 1/20/23 space is limited.

February 6th "Discover Ireland, Scotland, Britain and Iceland featuring guided and independent land vacations with CIE Tours Tours at 7pm at the Mandarin Garden Club. We hope you can join us and learn about the variety of travel options with CIE Tours! Please RSVP by 2/3/2023 space is limited.


February 20th "River Cruising with AmaWaterways" at 7pm at the Mandarin Garden Club. Our AmaWaterways rep will share with you the many great itineraries and benefits of sailing with Ama in Europe, Egypt, Africa and Vietnam/Cambodia. RSVP by 2/17/22 space is limited

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with Jacksonville City Council Member Michael Boylan, District 6

Q: Do you have the date set yet for your January Town Hall meeting?

A: Yes, this meeting, which will have an emphasis on the rezoning application process, will be held on Wednesday, Jan. 25 at 6:30 p.m. at the Mandarin Senior Center, 3848 Hartley Road. We will have representatives from the Planning Department discuss criteria they look at to make their recommendations, a neighborhood advocate, a member of the General Counsel's office from the City of Jacksonville who will speak on the rezoning process, and a developer, who will let attendees know what developers look for to determine if a project is worthy of pursuing.

Q: Are there some new developments on the horizon that you'd like to point out?

A: There is a proposal for some apartments/condos on Livingston Road, west of Old St. Augustine Road, on some property that is presently a school's athletic field. The applicant has agreed to defer until we hold a community meeting about the project, which is scheduled for Feb. 8 at 6 p.m. at the Mandarin Senior Center, 3848 Hartley Road.

Also, there are two smaller proposals coming up, one which is south of Reed Avenue and one which is south of Mar-bon Road on Aladdin Road. Each is for approximately 20 homes and we might be having a community meeting in the future on these as well.

Q: Can you give an update on the three-way stop at the corner of Flynn Road and Loretto Road?

A: I've reached out to the Traffic Department about this intersection and they have requested a month to make their determination about what should be done to improve safety. There are double stop signs on all three corners as well as pavement markings, so there's not

much more that can be done other than a guardrail, which I have requested to be placed on Loretto at the end of Flynn Road.

My office often hears of intersections like this throughout Mandarin and we work with the Traffic Department to address issues as best we can on a case by case basis.

Q: What's the latest on the FDOT landscaping work along San Jose Boulevard?

A: FDOT is finally working on medians that are south of Interstate 295, which includes installing a new irrigation system. Separately, FDOT should soon be wrapping up the major landscaping work associated with the construction on the Interstate 295/San Jose Boulevard interchange.

Q: Do you have an update on the work of your Critical Quality of Life committee of the Jacksonville City Council?

A: The final report of this committee was presented at the December City Council meeting. The committee held 19 meetings with an aggregate of 670 participants. There were 30 presentations by subject matter experts. From here, we begin the journey of reviewing recommendations and it's my intent, as well as the intent of some of my colleagues, to advance legislation on some of the findings in the coming months. It was important for the committee to conclude its work prior to the calendar year end so the findings could be considered by candidates for their platforms in the Spring elections.

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.



with Duval County School Board Member Lori Hershey, District 7

Q: Can you give an update on the Saturday School Showcase?

A: The date of this year's school choice expo, called "Saturday School Showcase" will be Jan. 7, 2023. As a refresher, this year parents and students have an opportunity to visit their school(s) of choice in person, meet the principal, and tour the school instead of the virtual events held the past few years. Every school will be open on Jan. 7, 2023 and I encourage parents to keep their neighborhood schools in mind when considering school choice.

Q: Do you have any community meetings planned?

A: Yes. We will have a community meeting on Jan. 17 from 6 p.m. – 7 p.m. at Loretto Elementary School specifically to discuss an upcoming safety topic. With the apparent desire of the Florida Commissioner of Education to expand the Guardian Program to include the ability for teachers and coaches to carry a gun in schools, I'd like to get the community's input. Presently, Duval County Public Schools is operating under a resolution

we passed about five years ago that limits gun carry to the Jacksonville Sheriff's Office and our security guards. This possible expansion is something I'd like the community to learn about and give their input. I hope to learn what District 7 thinks of this proposal at this meeting.

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

A: Just an update: in December 2020 I brought forward a resolution to consider moving the Duval County Public School's offices off the St. Johns River and it was passed unanimously by the board. The process is moving along according to the timeline that was set. The school board is eager to get the recommendation from our internal committee that is reviewing the proposals.

Finally, I'd like to wish everyone a Happy and Healthy New Year!

Q: How can our readers contact you?

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

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By Dr. Jann Turpin
mail@floridanewsline.com

The New Year is a natural time to take stock — a time to think about what we want out of life and what we hope for in the upcoming year. My plan is to prioritize self-care and time with family and fortunately, I have the health to enjoy these things.

If you are one of the 25 percent of adults older than 65 who has at least one medical condition that might be due to COVID-19, you may be asking yourself what your self-care for 2023 will look like. Many people, both old and young, are dealing with debilitating symptoms post-pandemic. Alex, a 63-year-old Jacksonville resident, considered herself healthy and fit when she got COVID-19 in May 2020. Her husband also tested positive but felt better in a week. Alex was not so lucky and remained in bed for three weeks, keeping a careful watch on her dipping oxygen levels. She suffered with fatigue, headaches, fever and muscle aches. Two months after COVID-19, Alex was still coping with headaches and having problems processing information; these symptoms eventually cleared up, only to be replaced by breathlessness and fatigue again. Two years later, she was still struggling and wondered if she would get her active life back.

People like Alex are showing up at my clinic with similar symptoms, including many with cognitive issues, cardiac issues and other inflammatory conditions that they didn't have before getting COVID. They say they've been to every specialist, who they must wait months to see. They are prescribed medications that don't work or have intolerable side effects. They are told they must accept their symptoms as the new normal.

In 2020, our country faced an unprecedented global pandemic with COVID-19. It was not the world's first global pandemic; however, it was the first pandemic in which many doctors had their hands tied when determining the best treatment strategies for their patients. Why? Because of the influence of drug companies and insurance companies. Unfortunately, the barriers placed by these companies narrow the available solutions to patients and post-COVID patients are suffering the consequences. The CDC says long COVID has already contributed to thousands of deaths.

Studies show that these patients can thrive again with an integrative approach. Clinically, I also see that long haulers improve with proper integrative care. Integrative care involves a multi-disciplinary approach that treats the whole person, rather than focusing on specific symptoms by prescribing multiple medications for each one. That approach is like using a shotgun to shoot a small target when an arrow would work much better. According to Alex, "I wish I'd tried integrative medicine sooner. I feel like myself again." There are excellent solutions for long haulers. Thinking outside the box is essential.

Dr. Jann Turpin is with Riverplace Acupuncture Integrative Health. Visit www.riverplaceacupuncture.com for more information.

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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 BE GOLDEN!

Great news! Dr. Turpin is now accepting new patients again. Unfortunately, she only has room for a limited number of new patients before January 31, so call (904) 720-8887 now to schedule a consultation.



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New Year, new events at your library!



Photo courtesy Jacksonville Public Library
Check out this newly-delivered picnic table which was purchased with proceeds from used book sales and donations to the Friends of Mandarin Library. Pictured are Kathleen Zwart, Ted Centerwall, Mark Hohnadel (branch manager), Beverly Chapman, Robin Davis, Lori Peters, and Sandy Smith.

By Jeremy Yates
mail@floridanewsline.com

It’s time for an all-new Jax Stacks Reading Challenge! With 16 categories to choose from (you pick 12), it’s the perfect way to challenge yourself and expand your reading horizons. Try new formats and genres, or read books you might have overlooked before. Sign up at <https://jaxpubliclibrary.org/jax-stacks> to get emails with book recommendations each month for each of the 16 categories — or join the Jax Stacks Book Club to get or share more recommendations.

To participate, pick up a Jax Stacks bookmark and start logging. When you’re done, you just snap a picture and send it to jplprograms@coj.net (or return it to the library). To sweeten the deal, you’ll receive a fun, bookish prize (while supplies last), not to mention major bragging rights!

The Friends of Mandarin Library are hosting a Used Book Sale Friday and Saturday, Jan. 27 and 28 from 10 a.m. – 4 p.m. in the community room. Fill a plastic bag for \$5 (bags provided) or purchase individual items (\$2 and under). Note: this is a cash-only sale. For questions or to become a Friend of the Library, contact tedcenterwall2020@gmail.com or pick up an application at the sale.

Check out the new Sensory Storytime at Mandarin Branch Library Wednesdays at 11 a.m. Designed for children (aged two to five) with sensory sensitivities, it

combines traditional storytime components with supportive elements. We also have new Sensory Kits (with fidget tools, a weighted blanket and noise canceling headphones) available for in-library use.

Or you can continue to join us for Little Readers (for newborns through age five) Fridays at the Mandarin Library at 10:15 a.m. and 11:00 a.m. Pop-Up Storytime in the park at South Mandarin Library continues every Thursday at 10 a.m.

You can also drop in at the Mandarin Library and read to a therapy dog on Saturday, Jan. 14 or Wednesday, Jan. 25 (DCPS early dismissal day) at 2:30 p.m.

Looking for hands-on Science, Technology, Engineering, and Math (STEM)-themed crafts and activities? Junior Scientists (ages five through eight) meets Wednesdays at 3:30 p.m. and the new series Junior Scientists: Engineer an Adventure (for ages nine through 12) Thursdays at 3:30 p.m. (January and February).

If your kids are artistically inclined, join us Tuesdays at 4 p.m. at South Mandarin Library for Junior Artists (ages five through eight). For artists ages nine through 12 interested in urban and public art (like murals), check out Junior Artists: Street Art Lab Wednesdays at 4 p.m.

See the whole schedule of events at www.jaxpubliclibrary.org/events.

Find Your Frugal: Keeping produce fresh

By Stella Canfield, UF/IFAS
mail@floridanewsline.com

With inflation continuing to rise and the holidays just around the corner, keeping produce fresh is essential to making the most of grocery store trips.

“Learning how to keep produce fresh not only saves money but allows people to minimize food waste,” said Tie Liu, a UF/IFAS assistant professor in the department of horticultural sciences.

Liu shares a few strategies for keeping produce fresh, from selecting it at the grocery store to storing at home:

Inspect your produce. At the grocery store, look for produce that is brightly colored and has other visible signs of freshness, such as crisp leaves and firm feel. With all produce, check everywhere for wilting, decay or damage.

Buy local produce when possible. Check to see where a fruit or vegetable was grown. Produce that travels long distances between farm and retailer is going to be less fresh than produce grown closer to where it’s purchased. If you live in Florida, the “Fresh from

Find Your Frugal cont. on pg. 10

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Get to Know ...

By Martie Thompson
editor@floridanewsline.com

Tina Parks

Tina Parks said she's always been a fighter and a bit of a rebel. She was born prematurely and weighed only three pounds, one ounce, the oldest of three girls. Her parents moved the family from Ohio to Kentucky when she was in first grade, and that's where she lived until moving to Jacksonville four years ago. Married and with a son at a very young age, a neighbor encouraged her to go to nursing school. "I was very shy and this took an act of courage for me," she said. Five years of schooling and a second son later, she became a Registered Nurse and began her 20 year nursing career. She had a severe car accident when she was 17 that led to a life-long struggle with neck and spine pain as well as numbness in her arms and hands. After one of her surgeries, she had an autoimmune response that led her to clean up her diet, removing gluten, processed foods and sugar. She said she learned of monk fruit as a sweetener substitute via online research and began using it before most people had heard of it. This ultimately became the basis for Nutty Scoopz, her healthy snack company that features peanut butter dips that are minimally processed, sugar-free, and have no artificial ingredients or preservatives. Tina lives in Mandarin with her four cats.

Q: What was your favorite nursing job?

A: My first job was also my favorite. I was the head nurse at a correctional psychiatric facility. It was the most challenging and the most rewarding



Photo courtesy Tina Parks
Tina Parks

job. I started a walking program there kind of inadvertently. I used to take walks around the yard as a form of exercise. Eventually, some of the inmates would follow me. It ended up being therapeutic for them and it also deescalated some of their pent up frustrations.

Q: Why did you move to Jacksonville?

A: I was spending some time helping to care for my aunt as my uncle drove to Mayo Clinic for treatment. So we visited the city frequently and I fell in love with Jacksonville. I also found that my joint pain improved in the warmer climate. I moved here in November 2018 and rented a place at the beach. A year later I found the perfect little house in Mandarin. It had recently been renovated and it's in a clean and quiet neighborhood.

Q: How did you first come up with the idea to make healthy dips?

A: By accident! I was involved in a Bible study and I needed to bring some food for the group. I had a bag of apples and some dry roasted pea-

nuts in my kitchen and I decided to make a dip. It was so fresh and delicious and everyone loved it. I began to experiment with different flavors and eventually a friend told me I should start a business.

Q: So how did you form Nutty Scoopz?

A: I had owned my own business before — a goat milk and honey soap and lotion company and it was successful and a lot of fun. Later, I tried to start a company making kettle corn sweetened with monk fruit; this one failed. So after that, when I was considering starting Nutty Scoopz, I sought the help of SCORE and the Small Business Development Council. I still attend as many seminars and webinars as I can so I can learn more about running a successful business.

Nutty Scoopz was formed right before the pandemic lockdown. I had a lot of product and didn't know what to do with it all, so I pivoted and turned into a subscription box company. I had boxes going to many states, including Hawaii. Now, I sell my dips at the Palm Valley Market, Second Saturday Market, and RAM. My goal is now that I have local exposure to get more into wholesale. Recently, Native Sun at the beach started selling my products.

Q: What is your relationship with Catty Shack Ranch?

A: When I first came to Jacksonville, I stumbled upon Catty Shack Ranch. It's one of my favorite places to go. I like to give back and I'm a caregiver at heart, so I approached them about collaborating; I now donate some of my Nutty Scoopz proceeds to them plus I volunteer at their concession stand. They always need volunteers and there is so much to do. It's very therapeutic to be there with the animals.

Images of America cont. from pg. 1

All proceeds from its sale help the Historical Society fulfill its mission to "preserve and share the stories of Mandarin's history, culture and natural resources by providing engaging programs that educate, entertain and inspire."

Having been intrigued by "Mandarin on the St. Johns" by Mary Graff and inspired by her friend and mentor, historian Jean Morrow, writing this book has been a long-time dream for Ford. Finally, during the isolation of the pandemic, she started to write. With the assistance of two other Mandarin Museum & Historical Society volunteers, Sandy Arpen and Leann Arndt, this dream finally came to fruition.

"Images of America: Mandarin" is part of the popular series of community-oriented books published by Arcadia Press. The book has more than 200 photographs with captions that tell bits and pieces of Mandarin's history. Most of the photos are part of the Mandarin Museum & Historical Society archives, but many were also shared for the project by individuals and families.

The book is now available at the Mandarin Museum, which is open on the first and third Saturday of each month from 11 a.m. – 2 p.m., at Walter Jones Historical Park, 11964 Mandarin Road.

Visit www.mandarinmuseum.net or contact Mandarinmuseum@bellsouth.net or call (904) 268-0784 for more information.

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Get to Know ...

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



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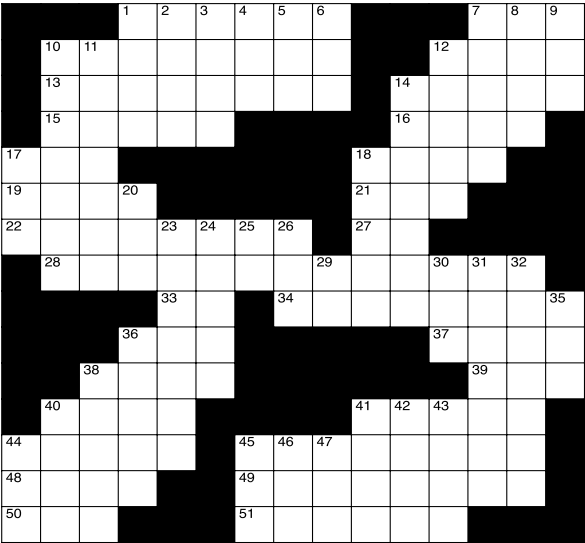
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Puzzles

Answers on page 3
Provided by MetroCreative



CLUES ACROSS

1. Respiratory disorder
7. Bulgarian mountain peak
10. Group of important people
12. South American nation
13. Amazes
14. ___-Castell, makers of pens
15. Perlman and Seehorn are two
16. Early medieval alphabet
17. Legislator (slang)
18. Tasty crustacean
19. Course of action
21. Airborne (abbr.)
22. Permanent church appointment
27. Larry and Curly’s pal
28. Famed American journalist
33. 12th letter of Greek alphabet
34. In a way, vanished
36. Afflict in mind or body
37. Egyptian Sun god
38. Source of the Blue Nile
39. Egyptian unit of weight
40. Be the source of pain
41. Esteemed award ___ d’Or
44. Partner to pains
45. Deep blue
48. No longer living
49. Country in the UK
50. Not even
51. Arizona city

CLUES DOWN

1. Wager
2. Classical portico
3. As a result
4. Bird
5. A type of “Squad”
6. Autonomic nervous system
7. Dish with food on a stick
8. City northwest of Provo
9. C. European river
10. One out of jail
11. Henry Clay estate
12. Heathen
14. Refrained
17. Parts per billion (abbr.)
18. “The Stranger” author
20. Not old
23. Periods of starvation
24. Language of tribe in India
25. Savings account
26. Pitching stat
29. Megabyte
30. Ribonucleic acid
31. A place to put your feet
32. The fun part of a week
35. We all have our own
36. Partner to “oohed”
38. African nation
40. Breezed through
41. Sets out
42. Other
43. Not fattening
44. “Much ___ about nothing”
45. Central Time
46. Former EU monetary unit
47. Charles S. Dutton sitcom

LUNAR NEW YEAR WORD SEARCH

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

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

WORDS

- AFRESH
ASIA
CALENDAR
CELEBRATION
CLEANING
CULTURES
DECORATE
ENVELOPES
FESTIVAL
FIREWORKS
GATHERING
HOROSCOPE
LANTERNS
LIGHTS
LION
LUNISOLAR
NEW
PROSPEROUS
RED
REUNION
RITUALS
SPRING
YEAR
ZODIAC



Solve the code to discover words related to Chinese New Year.
Each number corresponds to a letter.
(Hint: 17 = A)

- A. 7 14 24 17 13
Clue: Relating to the moon
- B. 3 19 13 19 23 6 19 5 26
Clue: Prediction based on stars or symbols
- C. 6 3 11 24 17
Clue: Asian country
- D. 10 26 23 22 11 12 17 7
Clue: Large celebration

Find Your Frugal cont. from pg. 8

Florida” label indicates the produce was grown in the Sunshine State.

Fridge or no fridge? Most vegetables can be stored in the fridge for a while, including broccoli and squash; however, some tropical and subtropical produce like avocados and pineapples are better left out on the counter. Other produce like strawberries and tomatoes should be left out until they’re totally ripe. Produce that is sensitive to cold may become discolored or bruised if put in the fridge. This may cause the produce to lose flavor and wilt, ultimately risking its freshness.

Use your fridge drawers. Using your fridge’s drawers is a great way to separate fruit and vegetables to prevent premature ripening. According to Liu, some kinds of produce release ethylene, a hormone that may cause neighboring produce to ripen, so you want to store produce that produces ethylene away from produce that is sensitive to the hormone. Some examples of ethylene-releasing produce are apples, kiwi, peaches, mangoes, and tomatoes. Some examples of ethylene-sensitive produce include carrots, green beans, cucumbers, spinach, watermelon, and peppers. That said, it’s a good rule of thumb to keep your fruits and vegetables separate unless you want something to ripen quickly.

Mitigate moisture. To keep produce fresh, it’s important to mitigate as much moisture as possible. When moisture levels are high, fungi and bacteria can

easily affect produce. You can tell if your produce is too damp if it shrivels or shrinks. Mold may also be a sign that your produce is too damp. There are a few ways to mitigate moisture. One way is to separate produce into smaller containers. Produce can also be stored in boxes with holes to increase the airflow. Or, produce can be placed in a

container with a paper towel to absorb the moisture.

Plan ahead. The easiest way to minimize food waste is to plan what you’re going to eat during the week and buy accordingly. Limiting over purchasing can also reduce food waste; however, if you already purchased produce,

and it’s ripening too quickly for you, consider donating it to a local food bank. Donations not only limit food waste but help feed someone in need. For overripe produce, consider recycling it into compost. Compost takes the nutrients from produce and turns it into nutrient-rich fertilizer, so nothing goes to waste.

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Countdown to 100 Years! A Glance at the 1970s

By Emily Lisska
mail@floridanewsline.com

Countdown to the Mandarin Community Club centennial began with a 99th anniversary kick-off in July, recognizing the 1923 date a group of area citizens transitioned from their former World War I role as the Mandarin Liberty League to a civic organization enhancing Mandarin community life.

In the early 1970s, the rural feel that still existed in Mandarin was completely up-ended. The Buckman Bridge opening on May 1, 1970 brought dramatic changes. Traffic increased not only with local bridge use, but also for travelers streaming into Florida. As cars zoomed across the three-mile bridge to points south, tranquility in Mandarin was all but lost. Suddenly, it was common to see auto tags from across the nation on Mandarin roadways. Travelers lined up at the increasing number of fast food options. Initially, the Burger King, at the foot of the Buckman Bridge was the popular quick-stop. Then, a McDonald's, now long gone, arrived in Mandarin north of the Buckman Bridge on San Jose Boulevard.

Judge Edward P. Westberry served as club president in 1971, and continued the club's Easter Sunday Mandarin Art Festival he founded in 1968. A signature club project, the festival is now more than a half-century old. As 1972 approached, the club's historic building, the Mandarin School, turned 100.

Wilson L. Smith served as president from 1973 through 1976. During these years, the club continued to serve as supporters and home to a Well Baby Clinic and the



Photo courtesy Florida Memory
The Henry Holland Buckman Bridge opened in May 1970, forever changing traffic and growth in the Mandarin community and adjusting Mandarin Community Club concerns.

theater group, Mandarin Players.

James M. Barker IV, known to all as Jim, held the presidency in 1977, and had served nearly a decade earlier on the original Mandarin Art Festival Committee. He recalls "putting together around 40 artists and craftsmen, and it was a real hit." Assigned the job of treasurer, his job was to keep up with the vendors' sales, collecting 10 percent commission on purchases. There were no entry or booth fees in the early days. Barker is still active in the club 54 years later.

Other 1970s presidents include William K. Mouro in 1972 and Chad Taylor in 1979.

The once sleepy village seemingly devoured by the 1970s, steeled itself for a new decade of growth with increased zoning issues, traffic woes and the need to construct middle and senior high schools, not yet established in Mandarin; students traveled to Wolfson or duPont for a public education. Yet, by the end of the '70s, the club had provided 57 years of impressive community service.

CISV cont. from pg. 1

program, or to serve as a junior counselor at a free two week overnight camp for Jacksonville youth aged nine to 11.

Children aged nine to 12 are invited to the following "play dates" to see what CISV activities are like:

Saturday, Jan. 7 and Saturday, Jan. 21, 9 a.m. – 11:30 a.m., 7860 Southside Blvd. Jacksonville, FL 32256.

Parents and youth may learn more about CISV and its 2023 international leadership opportunities at upcoming CISV "101" informational sessions. Youth and adults who have participated in CISV's programs will share what it is like to make friends with people from around the world, explore cultural issues, and build their self-confidence and indepen-

Briefs cont. from pg. 2

Stevie "Fingers" Saracson to entertain Mandarin Women's Club

Who doesn't enjoy music and maybe a sing-a-long? Stevie "Fingers" Saracson is a keyboardist who regularly performs on the Queen of the Mississippi riverboat. The Mandarin Women's Club will meet for a morning of fun at the Ramada Inn in Mandarin on Jan. 26. Doors open at 10:30 a.m. and reservations for the luncheon are required.

The luncheon cost is \$25 and must be received by Thursday, Jan. 19. To

make reservations and obtain payment instructions, call Susie at (904) 885-8952 or email her at spm104@aol.com.

Visit www.mandarinwomensclub.com

dence. Upcoming CISV 101 sessions are:

- Saturday, Jan. 7 or Saturday, Jan. 21, 9:15 a.m. at 7860 Southside Blvd. Jacksonville, FL 32256

- Sunday, Jan. 8, 5 p.m. at 1674 Osceola Street, Jacksonville, FL 32204

- Saturday, Jan. 14, 10 a.m. via Zoom

- Tuesday, Jan. 17, 8 p.m. via Zoom

- Friday, Jan. 27, 7:15 p.m. at 860 Oak Street, Jacksonville, FL 32204

Visit <https://jacksonville.cisvusa.org/news-events/events-calendar/attend-a-cisv-101/> to register for a CISV 101 meeting. More information about CISV is available at <https://jacksonville.cisvusa.org> or by email to cisvjax@gmail.com.

for more information on events, photos, and membership forms.



Photo courtesy Gail Packard
Recently 23 Mandarin Women's Club members celebrated Ginny Brunzel's 99th birthday with a surprise party at Stonewood Grill.

Crown Point hosts 4DX Day

By Mary Eyer
mail@floridanewslines.com

On Monday, Nov. 7, Crown Point Elementary School hosted 4DX Day, an event where around 50 people from all around the area came to experience how the 4DX (Four Disciplines of Execution) program is being implemented at Crown Point. Principals and teachers from Duval County and nearby counties were invited to attend this one-day 4DX event.

Fourth and fifth grade lighthouse leaders along with some third graders served as tour guides and greeters. The day was filled with informational presentations and visits to the classrooms where students held WIG sessions at the grade level scoreboards to share their plans for executing the four disciplines. They discussed their focus on what is wildly important, the strategy they’re using to achieve their goal, how they work with an accountability partner, and how they track their own lead measures.

In the media center, Principal Brett Hartley shared the most recent data, showing how Crown Point is moving in the right direction. In kindergarten, teachers shared how the kindergartners set goals and made connections to things that they want to learn, practicing their foundational skills, keeping

a compelling scoreboard, and tracking their own progress, which is shared with their accountability partner. Marianthi Angjellari, first-grade teacher, explained how her students' goals are aligned with grade level goals, and the grade level goals are aligned with the school-wide goals. This method of goal setting is helping to increase the number of students reading on grade level at the school.

Michael Beckstrom, a fourth-grade teacher, reported that his students understand what it means to actively participate in lessons, show progress towards their goals, and hold each other accountable. Deborah Bickle, the art teacher, explained how the lead measures are connected to the school wide reading goal. This resource helps students track and record their own progress. In resource classes, the students are synergized and engaged when tracking the progress of the class’s core vocabulary words.

The 4DX day highlighted the strategies that call for embracing the students' accomplishments through a learning environment that focuses on practical, engaging, and supportive methods of goal setting to help improve students' academic and social performance at the school.




Photos courtesy Mary Eyer
Marianthi Angjellari shares her class's goals with those who attended 4DX presentations.

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Artist and philanthropist donates “Flukes” bronze-cast sculpture to The Bolles School



Photo courtesy Bolles
“Flukes”

By NewsLine Staff
mail@floridanewslines.com

The Bolles Reflection Garden on the Upper School San Jose Campus is now home to a sculpture created and donated by Gordon Gund, a successful businessman, investor and prominent philanthropist who has generously supported The Bolles School in memory of his late wife Llura “Lulie” Liggett Gund ’58 Bartram.

The piece, entitled “Flukes,” is a whale tail made of cast bronze, which was carefully installed by the Bolles operations team on Dec. 7 via a large crane and many expert hands. Gund created the piece using only his hands and memory as he lost his eyesight in 1971.

The inspiration for “Flukes” comes from a powerful experience Gund and his sons had rescuing pilot whales off the coast of their family home in Nantucket. On a Fourth of July weekend, Gund received a call from a friend who had spotted a pod of pilot whales stranded on an exposed sandbar about 100 yards offshore. The whales found themselves in this position after following the school’s alpha whale, which was dying and had beached itself.

Gund, his sons and their friends, who were in town for the holiday, joined

neighbors and local fishermen in saving as many pilot whales as possible. They put sheets underneath the whales and worked together to push them back into the water, and others even tied ropes around the whales’ flukes to pull them back to the safety of the sea. But the instinct to follow their alpha was too strong for some, with several choosing to swim back onto the sandbar after being rescued. Many survived due to the group’s efforts. Gund said that those who lived would swim deep and make sounds as they reconnected with their pod — and that was what he envisioned while creating “Flukes.”

“The sculpture has so many facades of inspiration for our Bolles community, whether drawing from the history of the artist, the partnership between Mr. and Mrs. Gund in relation to the art and life, the story of what inspired the sculpture, or the exposure our students have to seeing a piece of art on campus that is part of a collection that has been celebrated at a multitude of private and prestigious public institutions,” said Carol Nimitz, Bolles Chief Advancement Officer. “It is a tremendous gift that will serve as a reminder to students that no matter where they roam, they always have a home to return to here at Bolles.”

RSCA All Pro Dad group discusses gratitude with their children

All Pro Dad is a nationwide program that provides an opportunity for dads to spend quality time with their children that will strengthen their relationship by bringing an intentional focus on the importance of fatherhood. The River City Science Academy Mandarin All Pro Dad chapter has more than 40 registered fathers participating in its program. River City Science Academy Mandarin fathers meet monthly on the campus with their children to complete curriculum-centered engaging activities that promote bonding and relationship building. Not only does River City Science Academy Mandarin follow the All Pro Dad curriculum provided, but they strive to go above and beyond



Photo courtesy Melissa Brezanin

by providing additional hands-on activities to further the conversations and relationships between fathers and their children. This December, RSCA Mandarin Dads and their children engaged in the topic of gratitude where they made holiday ornaments and gingerbread houses and discussed the importance of gratitude.

The Pantry Raiders

Slow cooking creates free time

By NewsLine Staff
mail@floridanewsline.com

Who couldn't use a little more free time in his or her day? Slow cookers can create that by enabling home chefs to set their ingredients to simmer early in the day and then head to work, school, recreational activities — pretty much whatever they need to get done — as the food cooks. Not being beholden to the kitchen is a benefit slow cookers offer.

Stews and slow cookers often go hand-in-hand. Enjoy this recipe for "Chicken Stew with Herb Dumplings" from "Crock*Pot® 365 Year-Round Recipes" (Publications International, Ltd.) by the Crock*Pot Test Kitchen.

Chicken Stew with Herb Dumplings

Makes 4 servings
2 cups sliced carrots
1 cup chopped onion
1 large green bell pepper, sliced
½ cup sliced celery
2 cans (about 14 ounces each) chicken broth, divided
⅔ cup all-purpose flour
1 lb. boneless, skinless chicken breasts, cut into 1-inch pieces
1 large red potato, unpeeled and cut into 1-inch pieces
6 oz. mushrooms, halved
¾ cup frozen peas
1 ¼ tsp. dried basil, divided
1 tsp. dried rosemary
⅜ tsp. dried tarragon, divided
¼ cup heavy cream
¾ to 1 tsp. salt
¼ tsp. black pepper
1 cup biscuit baking mix
⅓ cup reduced-fat (2%) milk

1. Combine carrots, onion, bell pepper, celery and all but 1 cup chicken broth in the slow cooker. Cover; cook on low 2 hours.
2. Stir remaining 1 cup chicken broth into flour in small bowl until smooth. Stir into vegetable mixture. Add chicken, potato, mushrooms, peas, 1 teaspoon basil, ¾ teaspoon rosemary and ¼ teaspoon tarragon. Cover; cook on low 4 hours or until vegetables and chicken are tender. Stir in cream, salt and pepper.
3. Combine baking mix, remaining ¼ teaspoon basil, ¼ teaspoon rosemary and ⅛ teaspoon tarragon in small bowl. Stir in milk to form soft dough. Add dumpling mixture to top of stew in 4 large spoonfuls. Cook, uncovered, 30 minutes. Cover; cook 30 to 45 minutes or until dumplings are firm and toothpick inserted in center comes out clean. Serve in shallow bowls.



Photo courtesy MetroCreative
Chicken Stew with Herb Dumplings

Nutrition Check

Have a fiber-full day

By Kristen Hicks-Roof PhD, RD and Rayonna Hills BS
mail@floridanewsline.com

Did you need help finding a healthy New Year's resolution? Start this year with a nutrition-related goal that is beneficial for your whole body, from your heart to your gastrointestinal tract. Consuming at least 25g of fiber each day can be a great start for you. Fiber is the carbohydrate or starch that our bodies cannot digest. It acts as the broom to sweep out the digestive tract.

There are two different types of dietary fiber: soluble and insoluble. Soluble fiber can help lower blood cholesterol and glucose levels. It is found in oats, carrots, apples, beans, peas, and citrus fruits. Insoluble fiber promotes the movement of material through your digestive system and increases stool bulk, which can help those who struggle with irregular stools or constipation. (CDC) This is found in wheat bran, nuts, beans, and vegetables such as potatoes and cauliflower.

Daily recommendations for adults (Mayo Clinic):

- Women: 21g to 25g
- Men: 30g to 38g

Health benefits of fiber: (Anderson et al., Nutr Rev. 2009)

- Normalizes bowel movements and supports optimal colon health

- Reduces risk of developing heart disease, hypertension, diabetes, obesity, and certain gastrointestinal diseases
- Lowers blood pressure and cholesterol levels to support a healthy heart
- Helps control blood sugar levels and improve insulin sensitivity
- Supports achieving a healthy weight

It is important to gradually increase fiber in your diet, in order to avoid intestinal gas, bloating, or cramping. There are many ways you can incorporate fiber into your diet. For example, choosing a high-fiber cereal, this would be cereal that has five or more grains of fiber per serving. Another way to ensure you're consuming your needed fiber is to eat fresh fruits and vegetables.

Source: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>

Start making just one small change each week by adding in more fiber. You don't need to hit the 25g per day right at the start!

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.

Fiber content of foods:

Food	Serving Size	Total fiber grams
Black beans, lentils, or split peas	1 cup	15.0 - 16.0
Green peas	1 cup	9.0
Berries	1 cup	8.0
Quinoa, oat bran, oatmeal	1 cup	5.0
Broccoli/turnip greens	1 cup	5.0
Apple/Pear	1 medium	4.5 - 5.5
Pistachios, almonds, or sunflower seeds	1 ounce	3.0 - 3.5

Fishing

Jimmy's Fishing Report

By Jimmy Tomazinis
mail@floridanewsline.com

Happy New Year! I can't believe we're here already. I hope everyone had a wonderful holiday season and are excited for the possibilities that a new year holds. I feel very fortunate to be able to talk about fishing with all of you in 2023. I've never been one for New Year's resolutions, but I do like to set plans and goals for what I hope to accomplish that year.

This year, my goal is to catch one if not a few tarpon in our area of the river. I caught my first tarpon in the river more than 15 years ago and I've been chasing them ever since. I've chased them to the ocean, Central Florida, the Keys and back, but catching one close to home again has always eluded me. I've already confessed this goal to a friend of mine so he can hold me accountable throughout the year. You can hold me to it as well and I'll try to keep you updated on any successes or failures along the way.

I'd also like to put this back to you and ask — what are you going to catch this year? What new area will you learn to fish? Is there a new technique you're

going to try? We all want to go out and catch fish, but challenging ourselves to learn new things is how we grow as anglers.

If your goal is to get better at fishing through the winter, be patient because the fishing has been tough. The specks seem to have vacated to local creeks and are sticking it out in the main river. They're way less apt to be in large schools out there, so it's work just to get a few fish. The ones I do catch in the river tend to be quality fish though. There's still a few shrimp in the river — which a bass would just love to find this time of year. Smaller redfish are around looking for the shrimp or small bait fish too. A short drive to the saltier waters of the Intracoastal Waterway might yield better results. A live shrimp on a jig head will catch just about anything. Fish them in deeper holes of the creeks or around oyster bars for easier fishing this time of year. Artificial can produce in the same areas, but try downsizing and slow retrieves for best results. Tight lines.



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

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Gardening

New Year, New Approach?

I’m writing in early December and have been observing the insects — again. I’m amazed that there are still some butterflies around, despite the few flowers in my yard. It illustrates how important it is for their survival to have a food source available while the weather is still warm. Small pollinators and the occasional bumble bee are attracted to the large-flowered wild rosemary (*Conradina grandiflora*), as well as the yellow daisies of lanceleaf coreopsis (*Coreopsis lanceolata*). There are even a few blooms on some of the dotted horsemint (*Monarda punctata*), which many pollinators adore. Those flowers are on a secondary growth flush, their main bloom period being September through October.

The beautyberry (*Callicarpa americana*) fruits are just about finished but the remaining berries still attract some birds. Firebush (*Hamelia patens*) berries are still ripening and the catbirds are enjoying those. Early in December, I was really gratified to see a small flock of finches descend upon the seed-bearing stems of native grasses, goldenrods (*Solidago* sp.), ironweeds (*Vernonia* sp.), and gayfeathers (*Liatris* sp.). While I know that finches eat seeds, I rarely see them doing so in the flower garden.

Unfortunately, the warm weather caused my romaine lettuce to begin to bolt. They might have been slower to start flowering if I had them in light shade; a temporary cover of shade cloth could have helped. I enjoyed lettuce braised with green peas, but it was not the salad greens I had been hoping for. The bok choy, a type of Chinese cabbage, look like they’ll bolt soon, unless cooler weather slows them down, but the flowers are edible and the flavor stays mild.

Some of the other brassicas, like the green and red heading cabbages, are looking good, but the rutabagas and cauliflowers have a disease which is possibly soil borne. I’ve been picking off the affected leaves as they start to turn brown, but I might just have to pull out whole plants. I’ll try a soil drench of neem oil, which is considered a nontoxic systemic treatment for diseases. It is also used as a spray for insect pests, which I suspect is a better use for it. So far, the collards and broccoli, as well as the cabbages, look promising. With a small grow-

ing area, it is hard to rotate crops. I should clearly expand my plant palette in the vegetable garden as well as in the flower beds.

Once the holiday season is over, don’t throw out those poinsettias if you have a sheltered spot in the flower garden. Planted out and tended till the next festive season, they will flower and look lovely in the garden. See <https://tinyurl.com/mwdkrxa8> for how to do it. And amaryllis also do well in the garden. Planted in the new year, they should bloom the following spring.

So, what could be your new approach in 2023? What have you learned while you make and tend your gardens? My main issues have always been to control invasive vines and prevent golden rain trees and Carolina cherry laurels (*Prunus caroliniana*, a wild-life friendly native, but sadly a rampant grower and prolific self-seeder) overtaking my yard. This publication gives details of 297 plants assessed for their potential to be environmentally damaging in Florida: <https://tinyurl.com/2p9yku7u>. It is well worth checking it out. I’ve just discovered, for instance, that the classic Indian shot canna (*Canna indica*) is “predicted to be invasive and not recommended.”

Equally important to me is to add habitat — shelter, food, and water — to offer our backyard birds, pollinators, and other beneficial insects a haven. Even a small urban yard can play a part in sharing the planet with our wild neighbors. With every gardener who chooses to do something similar on any scale, even planting a few pots or a window box, we can contribute to the wider world.

Resources that may be helpful include

- The Xerces Society: <https://xerces.org/pollinator-conservation>
- The Florida Wildflower Foundation: <https://www.flawildflowers.org/learn-to-grow/>
- The Florida-Friendly Landscaping Program: <https://ffl.ifas.ufl.edu/>
- For 82 plants that specifically attract bees: <https://ffl.ifas.ufl.edu/bees/Plants>

Happy gardening and here’s to saving the planet in 2023.

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Travel

Take to the Air at Georgia's Army Aviation Heritage Foundation and Flying Museum

By Debi Lander
mail@floridanewsline.com



Photos courtesy Debi Lander
Atlanta Speedway from the helicopter.

While in Hampton, Georgia, just outside Atlanta, I had the opportunity to ride in a UH-1 “Huey” helicopter. The Huey was the chopper frequently used to bring and evacuate soldiers from hot spots in Vietnam.

Bruce Meyer, who served in the Army’s Delta Company, 1st Battalion, 12th Cavalry, said, “I’ve had the opportunity to fly in a number of helicopters in the fifty-plus years since I served in Vietnam — all good flights, but nothing like the experience of riding in a Huey with the doors off.”

The Huey, along with an AH-1 Cobra, OH-6 Cayuse, OH-58 Kiowa, and the O-1/L-19 Cessna (Bird Dog), belong

to the Georgia chapter of the Army Aviation Heritage Foundation and Flying Museum (AAHF). The purpose of the 25-year-old nonprofit organization is to “obtain, restore and maintain in flyable condition, examples of historic aircraft representing Army Aviation from Vietnam to present.” You’ll find other local chapters in Mesa, Arizona, and St. Louis, Missouri.

Local volunteers at each chapter, many of whom served in the Korean and Vietnam wars, are involved in the program. Some work on maintenance and others fly the aircraft. The appropriately military-dressed team offers educational programs, flyovers, and demonstrations, as well as free hangar tours.

My Flight in a Huey Helicopter

I met Fred Edwards and Ed Clark in the hangar at the Atlanta Speedway Airport. (The Speedway is another great attraction in Henry County.) Edwards is a retired Army lieutenant colonel, and Clark, who served 10 years in the Army after graduating from West Point, earned the rank of captain. They would pilot my ride in the open-door Huey helicopter.

Their pre-flight briefing was so passionate and convincing that I wasn’t hesitant to ride. I jumped onto the gunner’s bench for the best view (ahead and straight down) during the flight.

As the grass began to sway during lift-off, I tried to imagine flying over rice paddies in ‘Nam. While I sat securely belted in, many vets would climb in and out of the Huey without doing so.

Meyer said, “Riding in the Hueys was both thrilling and scary; with no doors, you were sitting on the floorboard with your legs dangling out of the chopper. You prayed that you didn’t slide out

when the pilot took a steep curve.”

Knowing I was securely seat-belted in place, I found the ride exceptionally thrilling, hair whipping around my face, noise pounding in my ears, and adrenaline pumping through my veins. Clark banked us to the right and left and took some sudden dips — eliciting a few screams from the riders. Those dips let me see the ground directly below. Even though my seat shook from the reverberation of the rotors, I enjoyed an actual bird’s eye view of the surroundings. We were safely returned to the landing strip a bit too soon for my liking.

Huey rides, accommodating six to seven guests, last about 10 minutes and cost \$100 pre-paid or \$110 onsite. Prices may vary at airshows. If you’d like an up-close view of a military helicopter and other aircraft housed at AAHF, visit their website for further information: armyav.org.

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



Photos courtesy Debi Lander
The Huey gets inspected before liftoff

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Baptist Health has seven screening locations plus a mobile mammography bus. To schedule your mammogram, please call **904.202.2222** or visit baptistjax.com/3Dmammo.



**Schedule your mammogram
today with the Buddy Bus,
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