

**Speaker: Dr. Tipton**  
**Mayo Clinic Jacksonville**



**Mandarin students** cont. from pg. 1

year and transitioned to principal over the summer.

Crown Point Elementary, home this year to nearly 800 students, had a successful first day, according to inclusion teacher Mary Eyer.

“It was an exciting, but very busy day,” she said.

New this year is a badge-based, emergency alert system that is being implemented in Duval schools. Called Centegix, this badge-based system operates through a connection between sensors installed inside and outside the school buildings and a special smart badge worn by employees. The badge, which can be worn around the neck with a lanyard or clipped to clothing, contains a button, which when pressed in rapid

succession, will send an immediate alert to school administrators that there is a threat and a lockdown needs to be initiated and send an immediate alert to school police and Jacksonville-area law enforcement that there is an emergency and a lockdown is being initiated. The district previously used the Raptor emergency-alert system, which relied on cell phone use. This new system is integrated into employee ID badges, which district leaders hope will improve access and response time.

Bus delays are an unfortunate byproduct of the shortage of bus drivers that the district is experiencing. The school district now has a webpage where parents can get updated information to help them stay informed. Visit <https://dcps.duvalschools.org/busdelays>; bus delays of greater than 30 minutes past the normal time are posted on this site.



Mason, a Crown Point fourth grader, was so excited to see Principal Brett Hartley and Assistant Principal Elisha Carr on the first day of school.

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*Favorite Friend:*

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Back to School  
Guide  
in this issue!  
Pages 6 - 7

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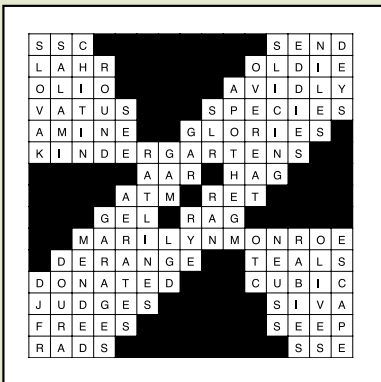
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MYSTERY PHOTO



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Submit your answer to: mail@FloridaNewsLine.com.

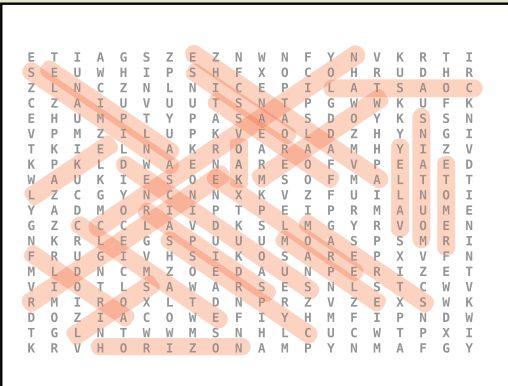
Last month's Mystery Photo was Honey Baked Ham on San Jose Boulevard.



Answers  
to our  
Puzzles  
PG 10



A. trees B. outdoors C. hiking D. nature



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September

Community Calendar

What's Happening in Mandarin

**Shuffleboard** is played on Tuesdays at 9:30 a.m. at Mandarin Park (now known as Hazouri 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 Maple Street Biscuit Company, 1627 Race Track Road in St. Johns. Visit the group's Facebook page (Playing HOOKie) or email [playinghookie2022@gmail.com](mailto:playinghookie2022@gmail.com) for more information.

**2nd: Mandarin Frog** paint party at Mandarin Museum will be held on Sept. 2 from 10 a.m. – 12 p.m. Come to the museum, located at 11964 Mandarin Road to purchase, paint, and take home a Mandarin Frog (or sea turtle or squirrel). The cost is \$22 (\$24 for a sea turtle) and advance registration is

required; email [info@mandarinmuseum.org](mailto:info@mandarinmuseum.org) to sign up.

**2nd: 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 Sept. 2 in Walter Jones Historical Park, 11964 Mandarin Road. Mandarin Museum volunteers will be inside for tours. The Historic Mandarin Store & Post Office, located at 12471 Mandarin Road, will also be open. Admission to the historic buildings is free the first Saturday of each month. Donations support the operations and programming at Mandarin Museum. Visit [www.mandarinmuseum.net](http://www.mandarinmuseum.net) or call (904) 268-0784 for more information.

**5th: Honeybee Quilters Guild** will meet on Tuesday, Sept. 5 at 6:30 p.m. at Mandarin Presbyterian Church in the Loft on the County Dock Road side of the church at 2501 Loretto Road. The program includes finalizing QuiltFest preparations and a scavenger hunt. Wearing masks is optional. New members/guests welcome. Visit [honeybeequilters.org](http://honeybeequilters.org) for more information.

**9th: Second Saturday Arts** and Farmers Market at First Christian Church, 11924 San Jose Blvd. on Sept. 9 from 9 a.m. – 1 p.m. Visit [www.facebook.com/SecondSatMarket/](http://www.facebook.com/SecondSatMarket/) for more information.

**9th: The Southern Genealogist's** Exchange Society will meet Saturday, Sept. 9 at 10 a.m. at the Mandarin Branch Library, 3330 Kori Road and online via Zoom. Featured speaker Tamara Hallo will discuss "Passing

the Torch," which focuses on getting the younger generation interested and involved in genealogy. Visit [www.sgesjax.org](http://www.sgesjax.org) or call (904) 778-1000 for more information and the Zoom link.

**9th: Southside Multiple Sclerosis** group meets on the second Saturday of each month (this month on Sept. 9) 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.

**9th: Adult Drop In: Crochet Basics** will be held Saturday, sept. 9 from 3 p.m. – 4 p.m. at the South Mandarin Branch Library. Teens and adults can drop in to learn about the basic building blocks of this wildly diverse art form, including working in the round, pattern reading, and common materials used. Beginners can learn basic stitches and techniques. More experienced crocheters may bring a project you need help on. Ages 16 and up. All skill levels are welcome. Supplies are limited. Call the library at (904) 255-2665 for more information.

**9th – 10th: Fall Orchid** and Plant Sale, hosted by Jacksonville Orchid Society, will be held from 9 a.m. – 4 p.m. each day at the Mandarin Garden Club, 2892 Loretto Road. The event will include educational orchid cultures and demonstrations daily. Visit [jaxorchidsociety.org](http://jaxorchidsociety.org) for more information.

**14th: Herbs ... Growing ...** Medicinal Vinegars will be presented on Sept. 14 at 10 a.m. at the Mandarin Garden Club, 2892 Loretto Road,

2892 Loretto Road. The public is welcome. Visit [www.mandaringardenclub.org](http://www.mandaringardenclub.org) for more information.

**18th: The All Star Quilters Guild** will meet at 9:30 a.m. for socializing prior to the 10 a.m. meeting on Monday, Sept. 18 at First Christian Church, 11924 San Jose Blvd. Sarah Squared Quilts will present a trunk show plus host a pop up shop. Sew and Tell is always a feature. Guests are welcome. Visit [www.allstarquilters.org](http://www.allstarquilters.org) for more information.

**19th: The Well-Kept Secrets** of Bromeliads will be presented on Sept. 19 at 10 a.m. at the Mandarin Garden Club, 2892 Loretto Road, 2892 Loretto Road. The public is welcome. Visit [www.mandaringardenclub.org](http://www.mandaringardenclub.org) for more information.

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

**28th: The Secret to Budget Gardening** will be presented on Sept. 28 at 7 p.m. at the Mandarin Garden Club, 2892 Loretto Road, 2892 Loretto Road. The public is welcome. Visit [www.mandaringardenclub.org](http://www.mandaringardenclub.org) for more information.

**29th: The Italian American Club** of Jacksonville will hold its popular Spaghetti to Go on Friday, Sept. 29 from 5 p.m. until the spaghetti is gone at the club building, 2838 Westberry Road. Visit [www.iacofjacksonville.com](http://www.iacofjacksonville.com) or call (904) 586-2700 for more information.

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with Jacksonville City Council Member Michael Boylan, District 6

**Q: Do you have an update on the Julington Creek Road construction and detour?**

A: The contracted completion date for this project is Sept. 26, so hopefully by the time you receive the next issue of Mandarin NewsLine, we will be able to announce the project's completion. I'm very aware of the inconvenience for drivers this has posed and I regularly remind the folks at the Public Works Department of the importance of finishing on time. I would encourage drivers to exercise patience as they navigate the school zones in the detour.

**Q: How did the Town Hall meeting in early August with Mayor Donna Deegan go?**

A: I thought it was well attended on the part of constituents. The Mayor was very comfortable and engaged in the process. I applaud her for her willingness to do these meetings and the comfort and ease with which she does them. I met with her beforehand to apprise her of issues that would likely come up and I also met with JSO and the Parks and Rec Department to make sure we had ample parking and traffic control.

**Q: Is there anything to report on the Alberts Field construction and parking situation?**

A: I hosted a meeting with the Public Works Department and Parks and Recreation to coordinate access to fields and parking for the baseball season. Parks and Rec assured me they would make things as accessible as possible. The focus and goal is to discourage people from parking on the side of Brady Road. Parks and Rec Director Daryl Joseph is looking to see if additional established parking on the south side along Orange Picker Road and the north side along the tennis courts can hopefully be made more formal. The challenge is that there

are only 65 designated parking spaces, but the park is landlocked and we are limited to the space we have.

**Q: Do you have any other park updates?**

A: New playground equipment is being installed at the Chuck and Corky Rogers Park. At Tommy Hazouri, Sr./Mandarin Park, new playground equipment is on backorder. Other sports field improvements to Losco and Palmetto Leaves parks are in process as well.

**Q: What was the outcome of the rezoning request for the Livingston Road townhouses?**

A: With some disappointment, I share that the City Council approved this rezoning by a vote of 14 – 4. I tried my best to point out the traffic and parking concerns due to the property's proximity to two charter schools and a private school. Also the infrastructure in the area has not been addressed, which I felt was a reason to decline and part of the reason for my "no" vote.

**Q: What other zoning updates do you have?**

A: The Sissel property, on Loretto Road near Kennedy Road, has signs posted on the property advising of a proposed minor modification to the PUD. There is some interest in a church being built on the property, so the PUD would need to be modified to permit this usage.

For the County Dock property, there has been no significant progress of late. I'm aware that the committee of community members is working with the applicant to address concerns at this time.

**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: What school visits were you able to make on the first day of school?**

A: I visited Mandarin Oaks Elementary and then Mandarin Middle School, where I witnessed Principal Humphries' expertise in managing the car drop off line. While there, I also talked to some new sixth graders about their first day in middle school. Next, I visited Twin Lakes Academy Elementary, where I was happy to welcome new principal Julie Ehrenberg before also going to Twin Lakes Academy Middle School.

**Q: Do you have an update on the potential move of the Duval County School Board's offices off of the St. Johns River?**

A: This process continues as we have many things to consider. The board will have a workshop about this topic on Sept. 12. This workshop will feature three presentations: JTA will make a presentation about building on their site, Florida Blue will make a presentation on leasing their building on Riverside Avenue, and a third presentation will be by the board's consultant, CBRE, which will contain the pros and cons of each choice to help the board in this decision making process.

**Q: What's the latest on the search for a new superintendent for Duval County Public Schools?**

A: We encourage community members to complete an online survey and share what qualities they are looking for in the next superintendent. The survey is open now and closes Wednesday, Sept. 6. Here is the link to the survey: <https://survey.alchemer.com/s3/7461810/Duval-County-School-District-Superintendent-Search-Public-Community-Survey>

The position will be advertised beginning Sept. 15 and will close on Oct. 13. The results of the survey will help identify characteristics and traits of the leader we are looking for.

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# Back to School Guide

## The link between volunteering and academic performance

By NewsLine Staff  
mail@floridanewsline.com

There are many reasons for parents to encourage children who express an interest in volunteering. Volunteering is a social activity that can help children develop their social and networking skills, and many parents credit volunteering with instilling a sense of perspective in their children that they might not have gained had they not been exposed to people from different backgrounds.

Volunteering also has been linked to stronger academic performance. The Corporation for National and Community Service reports that students who indicate they're doing

better in school are more likely to be volunteers than students who report doing less well. The broadened exposure to people and places that students may otherwise not encounter without volunteering also can benefit them in the classroom, helping them more readily identify with cultures and societies they're studying.

College applicants with volunteering experience also may set themselves apart in the increasingly competitive application process. Though a 2019 Pew Research study reported that most schools admit more than two-thirds of their applicants, that figure is significantly lower at many of the more highly rated institutions in the United States.

## Bolles Upper School students return from exchange trip to Tokyo

By NewsLine Staff  
mail@floridanewsline.com


Three Bolles upper school students returned from an enriching trip to Tokyo as part of the Bolles Japanese Exchange Program with the Keio School. The group — Alex Boutwell '24, Akshay Ketty '24 and Bode Klassen '25 — immersed themselves in Japanese culture and experienced life as a student in Tokyo while staying with students from Keio and their families from June 2 – 18. Their Japanese peers visited Jacksonville earlier this spring.



among students from Pre-K to Grade 12.

During their exchange trip, the students participated in engaging academic classes and cultural experiences, including Japanese calligraphy, judo and kendo lessons. The students also tried delicious local cuisine, participated in a traditional tea ceremony and carved kanji into stone to create stamps. Their journey was further enriched by meeting with Bolles upper school Japanese teacher Yukari Braren during their time in Japan.

This study-abroad program is part of the innovative and expanding Bolles Global Learning and Engagement Program, which aims to blend leadership skills and global competence development


Bolles has enjoyed a longstanding exchange relationship with Keio. This study-abroad program was conducted for the first time in three years after being canceled due to Covid.





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Dr. Craig Hadgis




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Photo courtesy Bolles  
Three Bolles upper school students participated in engaging academic classes and cultural experiences during their trip to Tokyo.

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Briefs

Mandarin Women's Club to "Flamingle" at September luncheon

The Mandarin Women's Club is planning a "flamingo" luncheon on Thursday, Sept. 28, at the Ramada Inn in Mandarin. The event will be a chance for women to get together, socialize, and have some fun.

The luncheon will start at 10:30 a.m. and will feature a pink-themed photo booth, trivia games, and a luncheon buffet. Tickets are \$25 and must be purchased by Thursday, Sept. 21.

"We're hoping to get a big turnout for this event," said Gail Packard

Publicity Chair of the Mandarin Women's Club. "It's a great way to meet new people and have some fun."

To purchase tickets or for more information, visit [www.mandarinwomensclub.com](http://www.mandarinwomensclub.com) or contact Jo-Ellen at [joshifty@aol.com](mailto:joshifty@aol.com) or (904) 645-8722.



Photo courtesy Gail Packard

Some Mandarin Women's Club members visited the Titanic Experience in Orlando last month: Joyce Keithley, Angela Kilbride, Sharon Rosenblum, Kathy Sisbarro, Captain Edward Smith, Maureen Weisback, Beverly Severns, Gail Packard and Barbara Ivose.

Hope Lutheran Church to participate in national Back to Church Sunday

"Back to Church Sunday," part of a national movement of churches across America, will be held at Hope Lutheran Church in Jacksonville at 9:15 a.m. on Sept. 17. Everyone is welcome to attend.

Since it started as a call to action and invitation for the church in 2009, the National Back to Church Sunday movement marks its 14th year and continues to gain momentum; more than five million Christ followers have participated through 30,000 churches. It is a day focused on uniting the church to equip and empower members to invite others. Eight out of ten people say they are open to visiting church if invited — they are just waiting for an invitation.

For Back to Church Sunday, Hope Lutheran Church will have a special service that features the worship message on the church being rooted in community, followed by bunch and fellowship time. Then, for those who wish to attend, a Bible Study session that will dive deeper into what the Bible tells us about being rooted in our community.

Community members who are interested in finding a participating church close to them can visit [FindACHurchNow.com](http://FindACHurchNow.com) to search for churches by zip code. Hope Lutheran Church is a member of the Lutheran Church Missouri Synod and is located at 8570 Philips Hwy., Suite 104 in Jacksonville. Visit [BTCS.HopeJAX.org](http://BTCS.HopeJAX.org) or call (904) 677-4506 for more information.

Newcomers group seeks members

Whether new to the area, had a lifestyle change or wish to enlarge a circle of friends Southside Newcomers welcome all women who desire to participate in countless number of activities. Southside Newcomers currently has 116 active members.

The group offers monthly luncheons, beading, Book Study, Canasta, Bridge, Bunco, day trips and many more activities.

Those who wish to attend a luncheon or activity as a guest while deciding if they want to join may email [Southsidenewcomers@gmail.com](mailto:Southsidenewcomers@gmail.com) for more information.

Summer's "dog days" put buyers on hold

The median price of single-family homes in Northeast Florida inched up 1.3 percent to \$395,000. July finished with closed sales of single-family homes down nearly 20 percent from June.

"Interest rates, the cost of goods and services, and available supply are all factors in the decline in closed sales," said 2023 NEFAR President Diana Galavis.

Galavis also attributed the slowdown to the 30-year-fixed interest rate, which has increased and pushed median monthly mortgage payments higher. "This reflects Northeast Florida's home affordability index rate registering at 65, which is down 3 percent from last month and 12 percent from last year," she said.

By falling 3 percent to 65, Northeast Florida's Home Affordability Index is registering at its lowest point ever. The Housing Affordability Index measures housing affordability for the region. In other words, it measures whether a typical family earns enough to qualify for a mortgage on a typical home, based on current interest rates, median income, and median home prices. A higher number means greater affordability. This index measures affordability factors for all homebuyers making a 20 percent down payment. An index value over 100 means that the family has more than enough income, while a value below 100 means that a family doesn't have enough income to qualify for a mortgage loan.

Meanwhile, sellers are pricing homes according to the market and are receiving almost 98 percent of their listing price, said Galavis. New listings in the region remained steady at 2,952 and active inventory increased 6.9 percent to 4,845 homes. The months' supply of inventory in July skyrocketed and is now 33.3 percent higher at 2.7 than it was from the previous month when it registered 2.0.

In Duval County, the July 2023 median price of single-family housing was \$330,000, a 1.2 percent drop from June 2023 when it registered \$335,000. The median days on the market in June remained at 30. Month-to-month, closed sales dropped 22.4 percent to 843, pending sales remained nearly the same at 990, and new listings increased 1.4 percent to 1,538. Active inventory for the county rose 10.4 percent to 2,196 homes, a 2.6-month supply. In July, the home affordability index remained the same, registering at 78.



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## Get to Know ...

By Martie Thompson  
editor@floridanewsline.com

### Chris and Lorena Linke

Mandarin residents Chris and Lorena Linke are long-time fans of British veterinarian James Herriot and his series of books including “All Creatures Great and Small.” Avid walkers, they decided to walk the Herriot Way, a 52-mile circular walk through the Yorkshire Dales, which was inspired by a walking tour that the real James Herriot, Alfred Wright, took with his son Jim. They documented their four-day walk in 2019 and produced a one-hour documentary film which is currently showing on PBS stations nationwide, including in Jacksonville on WJCT. Both have backgrounds in the industry; Chris is a video and film editor and Lorena is a professional actress with a theater degree. But this was the first time they worked on their own creation, from start to finish. “It was just the two of us doing all the writing, filming and editing,” Lorena said. The Linkes have two children, a son who is a teacher in St. Johns County and a daughter at Mandarin High School. They also have a two-year-old grandson.

#### Q: How long have you lived in Mandarin?

A: (Lorena) We both moved to Jacksonville with our families when we were very young. I graduated from Wolfson and Chris graduated from Englewood. We met when we were in our 20s and worked at Blockbuster Video, sharing a mutual love of old



Photo courtesy Chris and Lorena Linke  
Lorena and Chris Linke in Reeth.

movies. We married in 1994 and moved to Mandarin and have lived here ever since. We have always had an affinity for Mandarin and we raised our two children here. My first job was actually as a cashier at the old Mandarin Super when I was a teenager.

#### Q: What came first: walking or a desire to walk The Herriot Way in England?

A: (Lorena) Definitely walking. We were runners first and we switched to walking to save our knees. We discovered Alfred Wainwright’s Coast to Coast Walk in England, which is a two-week walk. We absolutely fell in love with walking in England.

(Chris) We were already James Herriot fans, and then Lorena discovered the Herriot Way walk. We found that it

really married two of our loves: the book series and walking.

#### Q: How did you decide to document your walk?

A: (Chris) I am a film editor, so when we went on the walk, I said, “Let’s take our gear with us and do some filming.” It just grew from there. Initially we thought we would do some YouTube videos, but we found so many wonderful stories about Herriot that we realized we actually had a script for a documentary.

#### Q: What did you find to be the most interesting part of the walk?

A: (Lorena) The people you meet along the way. The walk is along permissive pathways through the open countryside. You meet the villagers and farmers along the way; they are open, gracious, and warm. We made so many friends along the way. I also loved to

listen to the sounds of the sheep, birds and rivers — it’s truly an immersive experience.

(Chris) As walkers, you have an automatic credibility. Everyone knows that you’re there to enjoy the outdoors and the natural beauty.

#### Q: Tell us about meeting James Herriot’s son during the filming.

A: (Lorena) We did the walk over four days, going from village to village along the route. Each night you stay in an inn or B&B. We did tack on some extra days for filming. We reached out to James Herriot’s son and told him we loved his dad and the area and that we’d like to talk to him for our documentary. To our surprise, he agreed and we sat down with him at the James Herriot Museum in Thirsk. He’s as much of a storyteller as his dad was. He is also an accomplished veterinarian, but retired now. With his sister, he works to maintain his father’s legacy.

#### Q: What’s next for you?

A: (Lorena) We’d love to do another long distance walk. Walking is so appealing and anyone can do it — just buy a plane ticket and a backpack and go! Definitely anyone who is a fan of James Herriot should consider taking the Herriot Way walk.

(Chris) We have lots of ideas for future walks and documentaries. We’d like to try to get a company to help finance the next project. This one was a labor of love.

[Editor’s Note: Visit [www.theherriotwayfilm.com](http://www.theherriotwayfilm.com) to learn more about Chris and Lorena Linke’s adventures as well as how to view their documentary. The Linkes are also happy to answer any questions that prospective walkers might have.]

## Get to Know ...

Interested in being featured? Email Martie Thompson at [editor@floridanewsline.com](mailto:editor@floridanewsline.com)

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# U.S. Constitution Quiz

September 17 - 23 is Constitution Week –  
Fly your American Flag

Here is a quiz provided by the Florida Northeast Regents Council, Daughters of the American Revolution:

1. How often does the word “democracy” appear?

2. Which state is misspelled?

3. What foreign language is used?

4. What term is used for ethnic minorities?

5. Where does the word “sex” appear?

6. How many signers were born in Ireland?

7. Which two amendments
- cancel each other out?

8. How many words are in the original Constitution?

9. Where can you see the Constitution today?

10. How many states had to ratify the Constitution before it became the law of the land?

11. What is the only day you can see all five pages of the Constitution at one time?

12. What did the Constitution say about slavery?

Answers:

1. It doesn't;

2. Pennsylvania – They left out an “N”;

3. Latin;

4. “Others”;

5. 19th Amendment about women's suffrage;

6. Four;

7. 18th and 21st – Prohibition and Repeal;

8. About 4,543 (without the Amendments);

9. At the National Archives;

10. Nine;

11. On Constitution Day, Sept. 17;

12. Nothing.

## Nutrition Check

## Fall food safety for sports and activities

By Kristen Hicks-Roof PhD, RDN  
[mail@floridanewsline.com](mailto:mail@floridanewsline.com)

It is that time of the year again when fall sports are in full swing and you may be participating in tailgating, hosting sporting events or out on the field supporting kids, friends, or family. During this time, it's important for you and everyone that joins the celebration that there is a focus on keeping food safe and staving off foodborne illness. Let's focus on the four Cs of food safety.

Clean: There is no need to clean raw meats; this increases the risk of foodborne illness for you and your guests. Keeping hand hygiene is going to also be critical this fall so you keep you and your family safe from illness. At an outdoor event? Make sure you bring along some hand sanitizer for the people cooking and those serving and eating.

Cross-contamination: Avoiding cross-contamination when working with raw foods, it's important to separate fruits/vegetables from raw meat. Using separate cutting boards and knives are essential. An alternative strategy is to cut all produce first and then cut raw meat last so there is no risk of cross contamination.

Cook: Animal proteins each have unique cooking temperatures (see <https://tinyurl.com/2z3tjr8e>); using a meat thermometer can help you determine if the internal temperature is at the minimum

temperature.

Chill: Keeping foods at appropriate temperatures when being served should be top of mind. Cold food should stay cold and warm food should stay warm; avoid the “danger zone” (40 – 140 degrees). Using chilled trays, warming dishes, or limiting the time food stays out on the table can help.

Looking for inspiration for your sporting celebrations?

- Saucy Chili-Orange Pork Back Ribs ([www.yummly.com/recipe/Saucy-Chili-Orange-Pork-Back-Ribs-1841513](http://www.yummly.com/recipe/Saucy-Chili-Orange-Pork-Back-Ribs-1841513))
- Grilled Chicken Skewers with Veggies ([www.freshoffthegrid.com/grilled-chicken-veggie-skewers/](http://www.freshoffthegrid.com/grilled-chicken-veggie-skewers/))
- Quinoa Stuffed Mushrooms (<https://ancientharvest.com/ancientharvestrecipe/quinoa-pecan-stuffed-mushrooms/>)
- Cold Spinach Dip ([www.easycheesyvegetarian.com/healthy-spinach-dip](http://www.easycheesyvegetarian.com/healthy-spinach-dip))
- No Bake Oatmeal Protein Balls ([www.thehealthymaven.com/no-bake-oatmeal-protein-energy-balls/](http://www.thehealthymaven.com/no-bake-oatmeal-protein-energy-balls/))

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



# 2024 Mandarin Art Festival planning begins

By NewsLine Staff  
mail@floridanewslines.com

It's hard to believe, but planning for the 2024 Mandarin Art Festival, to be held over Easter weekend at the end of March, will begin this month.

“We need you!,” said Mandarin Community Club President Susie Scott. “Being a Festival volunteer is a fun way to be a part of this generations-long Mandarin tradition established in 1968 at the historic Mandarin Community Club, but dozens of volunteers are needed to pull it off.”

The 2023 Festival had some weather challenges, but still hosted thousands of guests who strolled through the more than 100 fine art and fine craft artist booths, a locally sourced Green Market, the Children's Art Show representing a dozen local schools and

a food court with an array of different food choices.

The Festival needs include a paid position as Show Manager, whose job at the top is to coordinate committee chairs for Artist Operations, Advertising and Promotion, Show Operations, Grounds and Facilities, Green Market, Food Court, Parking, Fundraising, Sponsors and Program Sales, Gate Entry, Club Tables, Bake Sale, Hospitality, Show Grounds, Children's Art Show, Registration, Volunteer Coordination, Entertainment, Civic Booths and Children's Activities.

Scott said, “ This all seems like an impossible task, but the Mandarin Community Club has been doing this since 1968 and it's been a growing success each year because of volunteers and community partners as sponsors and donors.”

*Call the Mandarin Community Club at (904) 268-1622 or email mandarincommunityclub@gmail.com to get on the notification list to attend the first planning meeting in September for volunteers or for information on sponsorship/ advertising at the start of the process of building a high quality, multi-generational event once again.*



Photo courtesy Susie Scott

The Mandarin Community Club is seeking volunteers for the 2024 Mandarin Art Festival.

# ElderSource offers free online support to those caring for aging loved ones

By NewsLine Staff  
mail@floridanewslines.com

More than 53 million Americans provide unpaid caregiving to family members in their home. This difficult responsibility challenges caregivers with life and death decisions they are sometimes unprepared to make. Local nonprofit ElderSource has spent decades supporting those who find themselves in this tough-but-crucial position. As part of that work, ElderSource now offers Trualta — an online platform that provides caregivers with free access to valuable tips and information related to their lifesaving work.

“The Trualta toolkit offers skills training and wellness activities the caregiver can use with their aging

loved ones,” said ElderSource CEO Linda Levin. “Users will have access to helpful lessons and articles that cover things like improving mobility, managing wheelchair to bed transfers, and transitioning from the hospital or to a nursing home, which they can access on their timeline.”

The platform is also designed to provide caregivers with strategies on improving their own well-being, with information on things like setting boundaries, balancing work with caregiving, and more.

*Visit MyElderSource.com, call (888) 242-4464 or email caregiversupport@myeldersource.org for more information about Trualta.*



Photo courtesy ElderSource

ElderSource now offers Trualta, an online platform that provides caregivers with free access to valuable tips and information related to their lifesaving work.

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# Friends don't let friends go broke buying books!

By Jeremy Yates  
mail@floridanewsline.com

September is Library Card Sign-Up Month. It takes just a few minutes to sign up (with proof of residency). Get instant access to a huge collection of books, DVDs and other physical materials across 21 Jacksonville Public Library locations. And the benefits don't stop there — there are streaming e-books, audiobooks, movies, music and more, all free with your card.

Want more great deals? Shop the Friends of the Mandarin Library Book Sale, Sept. 22 – 23 at 3330 Kori Road. Fill a paper grocery bag full of books for \$10 on Friday from 10 a.m. – 4 p.m. and Saturday from 10 a.m. – 3 p.m. and support the Mandarin Branch Library. Individual items are \$5 or less. This sale is cash only and the Friends will provide the paper bags.

Are you an aspiring author? Jax Book Fest is returning to the Main Library on Friday, Sept. 22 from 10 a.m. – 3 p.m. for writing and publishing workshops and networking with local authors. Plus, we'll have an awesome lineup of bestselling and local authors for readers of all ages on Saturday from 10 a.m.

– 3 p.m. including New York Times bestselling authors Joe Hill, Angeline Boulley and Dan Santat. Get the full schedule at [jaxlibrary.org/bookfest](http://jaxlibrary.org/bookfest).

While you're there, check out the Americans and the Holocaust Exhibition on the fourth floor. Made possible by the United States Holocaust Memorial Museum and the American Library Association, this traveling exhibition is based on the original exhibition which opened in April 2018 at the U.S. Holocaust Memorial Museum in Washington, D.C. Docent-led tours are available at the Main Library Sept. 6 – Oct. 12, 2023.

Don't miss "Screening Room: The U.S. and the Holocaust" at Mandarin Library on Wednesday, Sept. 13 at 1 p.m. This abridged version of the PBS documentary by Ken Burns, Lynn Novick and Sarah Botstein will be followed by a discussion with Dr. Charles Closmann, associate professor of history at UNF. To register, visit [jaxlibrary.org/travelingexhibit](http://jaxlibrary.org/travelingexhibit)

Visit [www.jaxpubliclibrary.org/events](http://www.jaxpubliclibrary.org/events) for more information.



Photo courtesy Jacksonville Public Library  
The Friends of the Mandarin Library Book Sale will be held Sept. 22 – 23 at 3330 Kori Road.

## Mandarin has a new lending library

By NewsLine Staff  
mail@floridanewsline.com

The Mandarin Community Club is pleased to offer yet another service to the community — a neighborhood Lending Library.



Photo courtesy Susie Scott  
Mandarin's new lending library is located on the grounds of the Mandarin Community Club.

The structure was built and donated to the club by Jacksonville Fire and Rescue retired firefighter Richard Brand and is a replica of the historic and iconic 150-year-old Mandarin Community Club building.

"We hope that our Mandarin neighbors will pick up and drop off books routinely and enjoy reading," said Mandarin Community Club President Susie Scott. "The club does kindly request that all book donations be suitable material for all audiences."

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# Gardening

## Roll on Fall?

By Master Gardener Volunteer Lesley Arrandale  
mail@floridanewslines.com

It's too early to start expecting cooler weather, but I need to hope! In early August, so much of the country has been and continues to be assaulted by record heat, fearsome storms, and truly hellish wildfires. The latest forecast is for a much more active hurricane season, although it's been quiet so far. The average peak of the season is in early September, so please be prepared.

We can plant containerized perennials year-round, and rainy summer weather can be helpful in getting them established. Do pay attention to their needs in case the rain doesn't come regularly. They will need consistent watering until they are established. Install your plants late in the day and rig up temporary shade for them during the hottest part of the day if they start to wilt.

Tonya Ashworth, our Duval County Horticultural Extension Agent, has compiled a fact sheet on butterfly gardening, to help us encourage our most beautiful insects. Many of these plants are also highly attractive to a wide range of pollinating insects and serve a valuable purpose. Check it out: <https://tinyurl.com/2z58v8s3>.

Late summer- and autumn-flowering plants will be coming into their own, which should attract insects that are preparing to overwinter. Birds also need to bulk up before and during migration, so late season flower and grass seeds are as important for them.

It has been clear for a few years now that we have a population of hummingbirds that overwinters here in Jacksonville. If you can supply flowers throughout the cool season that would be so helpful. In the event of frost or hard freeze, keep those flowers safe by covering them with frost cloth. Suitable nectar plants include

shrimp plants (*Justicia brandegeana*), pentas or starflowers (*Pentas lanceolata*), particularly the old-fashioned tall red variety, firespike (*Odontonema cuspidatum*), and fire bush (*Hamelia patens*), which also supplies our mockingbirds with delicious fruits. Of these, I've found that the shrimp plant is probably the most hardy, but that could depend on your local microclimate.

Cool season vegetables can be sown indoors to get a head start on the season, but don't make the mistake of starting lettuce too early. Too much warmth before they've matured will cause them to "bolt" or start to flower and the leaves become bitter. To remind myself of planting times, I refer to the Florida Vegetable Gardening Guide: <https://edis.ifas.ufl.edu/publication/VH021>. If you haven't tested your soil recently you may submit a sample to our Extension Service for a free analysis. The ideal pH range for vegetables is between 5.5 and 7. For more extensive testing, the Florida Vegetable Gardening Guide has information on tests performed by the University of Florida.

For lawn lovers anticipating an application of fertilizer before the — hopefully — cooler months, this article can help you decide when and how to apply it: <https://edis.ifas.ufl.edu/publication/EP236>. You'll see that the title includes the term "best management practices," and it encompasses all you need to know about watering and mowing your lawn, be it St. Augustine or any other turf. There is an informative series of webinars available from the University of Florida, covering a range of topics. If you enjoy online learning, check out <https://ffl.ifas.ufl.edu/resources/webinars/for-homeowners/>. "Turf Update" was just uploaded in July, and "After the Storm Tree Care" will be available shortly.

# Fishing

## Jimmy's Fishing Report

By Jimmy Tomazinis  
mail@floridanewslines.com

Oh my goodness, is it hot outside. I recorded water temperatures as high as 96 degrees in the river last month and while that's still a little cooler than what the air temperatures have been, the fish aren't going to be as energetic and less likely to feed because of it. Warmer water holds less oxygen, so fish can become lethargic and even die if oxygen levels get low enough. It's kind of like when you or I leave this state that's practically at sea level for the mountains. Any activity the first few days is going to be harder since you have less oxygen at the higher altitudes. You will acclimate eventually, and some fish will too, but they are much more likely to move or change their habits to be more comfortable.

Best advice I can give considering this is to fish when and where the fish are comfortable. Early or late and even at night can be very productive because the fish will have less heat to contend with. Shallow water cools the fastest and holds more oxygen because it's inherently closer to the surface, so try fishing shallower. Also look at the winds. If the winds are blowing out of the west, then the cooler water will

be on the west side of the river and if it's blowing out of the east, it'll be on the east side. Shade is also never a bad thing either.

Redfish, bass, stripers, and some small sheepshead are still hanging around the docks and bridges. Live shrimp have been the best ticket for all of them. The shrimp have been consistent, but I have yet to see one bigger than what I call medium. I will say that the sizes can be different at one spot or another so if all you're catching are smalls try a different spot.

The mullet should be moving in the river and the surf, so don't neglect any large schools you see. Fish around them — and where you see them moving through — and larger fish are likely to be there as well. Fingers crossed we get a good migration this year.

I hope all of your fishing goals are getting accomplished. I have yet to get my river tarpon, but September is still a great month for that so hopefully I'll have some good news in October. Stay cool and stay safe. Tight lines.

## Mandarin Garden Club awarded Florida-Friendly Landscape Silver Level Award

By NewsLine Staff  
mail@floridanewslines.com

The Mandarin Garden Club has been awarded a Florida-Friendly Landscape (FFL) Silver Level Award by the UF/IFAS Duval County Extension Office. The award recognizes the club's commitment to using sustainable landscaping practices that protect the environment.

The FFL program promotes the use of plants and practices that are adapted to Florida's climate and that conserve water and reduce pollution. The Mandarin Garden Club's demonstration garden is a model of FFL principles, with plants that are well-suited to the local climate and that require minimal watering and fertilizer.

The award was made possible by the

hard work of the Mandarin Garden Club Green Team and the Duval County Master Gardener Volunteers. These volunteers work tirelessly to maintain the garden each week, ensuring that it is a beautiful and sustainable space for the community to enjoy.

In addition to the award, the Mandarin Garden Club is also offering a variety of events and programs for the community this fall. The club's Circles will start their monthly meetings in September, and there will be a game day once a month for members only. The garden club is also available for rent for parties, weddings, and other special events.

Visit [www.mandaringardenclub.org](http://www.mandaringardenclub.org) for more information.

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Travel

Explore Newfoundland: Aviation and icebergs

By Debi Lander  
mail@floridanewsline.com

Both the opening of the musical “Come From Away” and a sign in the airport say “Welcome to the Rock.” A fitting motto for the island of Newfoundland. “The Rock” was once an independent country, but now belongs to Canada.

In early transcontinental aviation, planes flying to or from Europe needed to land and refuel. They stopped in Gander, a little town in Central Newfoundland, making it the world's busiest airport. Many celebrities passed through, including Marilyn Monroe, Elvis, and Fidel Castro, who went sled riding. Gander Airport's traffic declined over the years and then became the site where 38 jumbo jets landed after the 9/11 terrorist attacks.

These days, Gander is not the most accessible place; still, I wanted to visit the Canadian province and see the premier of the Broadway show performed in its hometown. The moving production, “Come From Away Gander,” sends the audience into laughter and tears. The play explains how the welcoming regional residents responded to the 7,000 “plane people” who disembarked. They warmly hosted them for four to five days until the airspace reopened.

While in Gander, tour the International Airport Lounge, with mid-modern furniture and décor that looks like it did upon opening in 1959 (and on 9/11, 2001.) The lounge feels like a 1960s time capsule, plus includes an upstairs museum with memorabilia. A display I found incredibly captivating was the video showing the 9/11 air controllers' radar screen scrambled with circling flights.

Naturally, I had to explore Central Newfoundland's picturesque scenery. The rocky coastline copies Maine's, but with steroid-injected boulders. This sparsely populated region remains home to fishermen and loggers. Hare Bay offers boat outings for fishing and bald eagle/whale watching. Climb up the Dover Fault overlook to gaze down on a major break in the earth's crust.

Barbour Living Heritage Village shows life from the perspective of 19th-century



Photos courtesy Debi Lander  
Gander International Lounge at the Gander Airport.

merchant traders. Fishermen brought their catch to the merchants who paid them not in cash but with a barter system. The workers had to buy their goods from merchant-owned stores.

You'll find the region's sandy beach and strong surf at Lumsden Beach. I took a fun ATV ride along the shoreline and through the rocky terrain bordering the beach.

A two-night outing required a ferry boat crossing to another island called Fogo. Drive along and see Fogo's little-changed history unfold. Brightly painted houses in tiny fishing communities like Tilting, founded by the Irish, still look much as they did 200 years ago. Many residents, now fourth and fifth-generation descendants, willingly offer captivating stories — with an Irish accent. Fishing co-ops developed in 1967 helped raise the struggling fishing trade.

The 29-room Fogo Island Inn transports the isle into the future. The stunning building, seemingly out of place, won numerous architectural awards. The structure may look futuristic, but it takes its shape from the cod fishing families' traditional fishing sheds and saltbox houses. The Inn's furniture is handmade on the island, signed hand-sewn quilts top the beds. Local fresh fish dominates the menu, and the hotel hires foragers to source the island's herbs, seaweed, berries, and greens. Rates are steep, but the profits return to the island through a charitable foundation benefiting the residents.

To get a prime view of Iceberg Alley, hike up Fogo's Brimstone Head, a rocky 160-foot outcropping. The bergs break off glaciers in Greenland and make a two-year slow journey southward. What a sight to see giant icebergs floating by in July.

If you go:  
AdventureCentralNewfoundland.ca

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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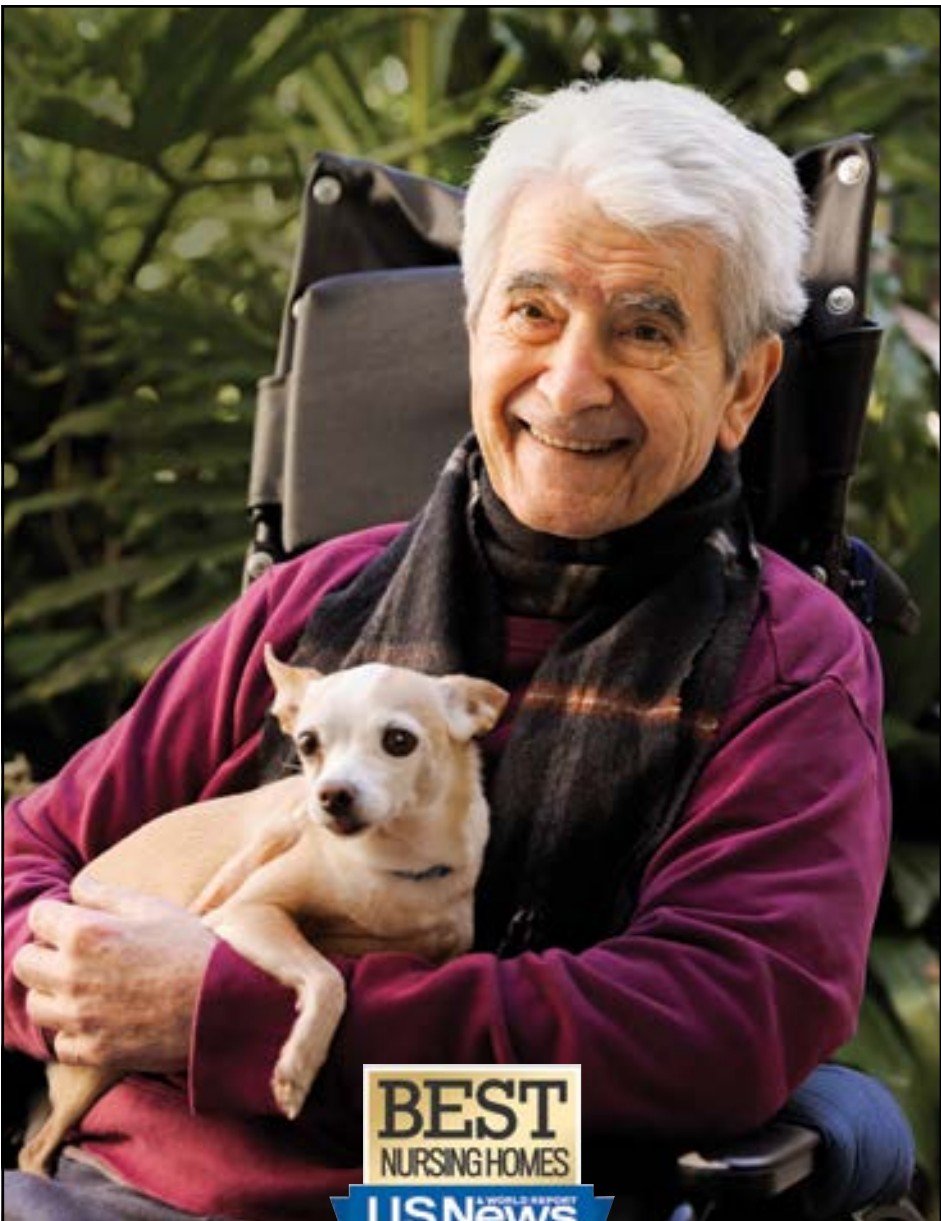
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Do you ever wonder what it is that makes some doctors so incredibly compassionate while others have a bedside manner better suited for the DMV?

In the case of Dr. Jann Turpin, DOM, AP of Riverplace Acupuncture Integrative Health it is a case of true empathy. "I suffered from chemotherapy-induced peripheral neuropathy while battling Stage III breast cancer."

Peripheral neuropathy, which affects over 20 million people in the U.S., is weakness, numbness and pain from nerve damage, usually in the hands and feet. "My feet were burning at night and my fingers were numb and tingling all day. If my feet got cold, the pain was so intense I had to sit down."

Peripheral neuropathy is normally a degenerative condition, but since Dr. Turpin's neuropathy was caused by chemotherapy, it was expected to improve. However, doctors said that improvement could take months or years and the medications prescribed weren't working. She knew she couldn't live like that.

It wasn't until her primary care doctor sent her to an acupuncturist that she found real relief.

"This is why I often refer to my practice as 'The Last Resort With the Best Results.' You've been everywhere else and been given the same disheartening prognosis, prescribed the same medications and told this is just something you're going to have to learn to live with."

Soon after her first experience with the healing arts, she made the life changing decision to abandon her 13 year computer programming career and pursue her education in acupuncture.

Acupuncture quite literally saved my life and I wanted to share that with the world," she proclaims.

### Your Golden Years Should Be Golden

While in school, she watched as her grandmother began to suffer from peripheral neuropathy. "Your golden years should be golden, not plagued with insufferable pain while doctors and specialists tell you there is nothing they can do." Understanding that Eastern Medicine excels where Western medicine fails, Dr. Turpin set forth to develop treatment protocols for all variations of Peripheral Neuropathy (including diabetic and chemotherapy-induced) and now has a 90% success rate in treating this once difficult to manage condition.

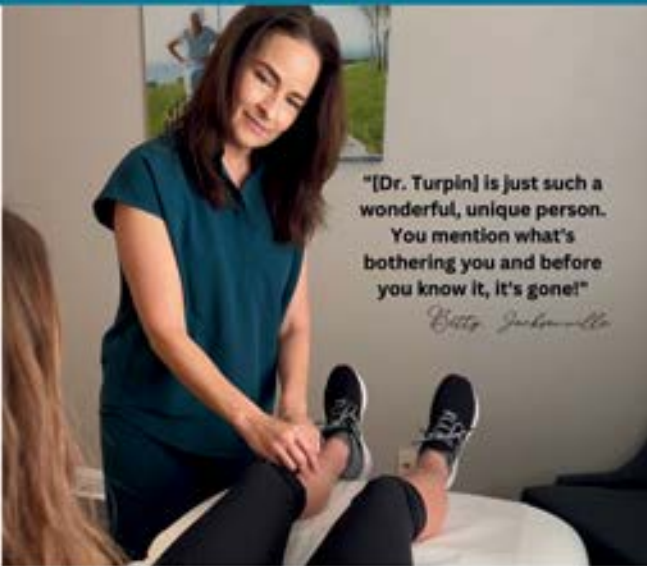
"I was tired of seeing the older generation suffer unnecessarily," shares Dr. Turpin. "Diagnosing them as 'just getting older' and giving them a treatment plan of 'you're just going to have to get used to it' has never sat well with me so I wanted to offer them a real option for treatment and care."

### The Magic of Compassionate Care

And what do those in her care have to say?

"Dr. Turpin looked me in my eyes and wanted to know about me, not just my condition. I feel like a person, not just a patient," shares Jesse. "In fact, I don't think she ever used the word patient." Others proclaim "she saved my life", "her neuropathy treatments gave me my life back," and "it's a miracle she treated my fibromyalgia. I don't know how else to explain it."

Dr. Jann Turpin has a long, personal history in complicated, difficult to understand conditions and understands how tragic it can all be if left untreated. "I have sat where my patients sit. I've experienced their pain and suffering in a very real way. I know the frustration of feeling hopeless on an intimate level.



That's why I practice the brand of medicine I do and why I've made it my life's mission to treat the 'untreatable'. It brings me joy when I get to say 'I can help you'.

Furthermore, Dr. Turpin isn't opposed to more modern medical solutions. "It's in blending the time-tested science of acupuncture with recent innovations in medicine that get me the best results." One of those advancements is ATP Resonance BioTherapy. Originally developed by NASA it aids nerves in regeneration by providing them with the nutrients they need to repair and renew, "very similar to what water does for a plant!"

Dr. Turpin and her staff specialize in treating chronic pain, complicated neurological conditions and autoimmune diseases that leave other professionals scratching their heads. Ready to schedule? Call (904) 720-8887 for a comprehensive consultation today. For more information about Dr. Jann Turpin and what she treats, visit [www.RiverplaceAcupuncture.com](http://www.RiverplaceAcupuncture.com).

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