

Mandarin NewsLine

November 2023 Volume 18 Issue 1

A Florida NewsLine Publication



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BFF Best Furry Friend

Q&A

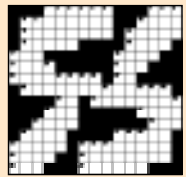
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Marjie Rogozinski



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Puzzles



Photos courtesy Mandarin Community Club

Historic Mandarin Road: Ready for fall

By NewsLine Staff
mail@floridanewsline.com

Mandarin residents were pleasantly surprised when some long-awaited cool temperatures arrived to welcome October. To celebrate the season, once again Mandarin Community Club board member Brett Nolan, along with several volunteers from the board including Mark Waterman and Jose Gonzalez, rolled up their sleeves and pitched in to decorate the historic sites along Mandarin Road — Mandarin Community Club, the Mandarin Store and Post Office, the Mandarin Cemetery, the Church of Our Saviour and the Walter Jones Historical Park. Pumpkins, hay bales, mums and more have been provided through Mandarin Community Club funding and donations from local businesses.

“The Mandarin Community

Ready for fall cont. on pg. 16

Original play “Unmasked” to be staged by Act II Players

By Martie Thompson
editor@floridanewsline.com

This month, Mandarin residents will have a unique opportunity to be entertained by an original play, “Unmasked,” to be staged by Act II Players at the Mandarin Community Club. Directed by local resident Patty Everett, the play is historical in nature and is based on the story of real spies during the time of George Washington. The play, which contains humor as well as intrigue, ends with the signing of the Declaration of Independence.

The playwright, McKenna Rowell, is an author and history buff and this play is based on her “Unmasked” series of books. A second play based on this series is in the works. Rowell is a friend of Patty Everett’s daughter, Louise, who is also an author. The two met online while discussing books. Louise Everett encouraged Rowell to write this play and they then brought it to Patty Everett to produce and direct.

“I was drawn to this play because it is so unique,” Patty Everett said. “It’s a historical play about America coming together, and I think that’s something we can all use right now.”

Everett has directed three plays thus far with Act II Players, Mandarin’s Community Theatre group. She first



The cast of “Unmasked,” along with director Patty Everett and playwright McKenna Rowell.

brought this project to them late last year and auditions finally took place on Sept. 1. Everett said the cast is varied and includes some who are brand new to acting and some who have acted on the Alhambra Theatre & Dining stage.

Everett said there has been much attention to detail for this production — everything from the period

costumes and sets to concession stand offerings.

“We will have sugar cookies, wassail, and popcorn available at the concession stand,” she said. “It will be like stepping back in time to 1776. But there will be no tea available!”

Everett noted that they are trying to involve as many Mandarin organizations and businesses as possible for this production, in order to make it a true Mandarin production.

“We are all so excited for this play,” she said. “We hope everyone loves it.”

“Unmasked” will be performed at the Mandarin Community Club, 12447 Mandarin Road, on Thursday, Nov. 16, Friday, Nov. 17 and Saturday, Nov. 18 at 7 p.m. each evening. Matinee performances will be Saturday, Nov. 18 at 2 p.m. and Sunday, Nov. 19 at 3 p.m. Tickets cost \$20 (with senior and child discounts) and are available online at www.actiplayers.org.



Nicholas Cooke makes a point during rehearsals for “Unmasked”

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Wreath Laying Ceremony to honor veterans



Photo courtesy Mandarin Community Club
The Mandarin Community Club will host its annual Wreath Laying Ceremony in honor of Veterans Day on Sunday, Nov. 12. The event will start at 1 p.m. in Billard Park on Brady Road. All interested parties are invited to attend. Ample free parking will be available at the Mandarin Community Club, 12447 Mandarin Road. Visit www.mandarin-communityclub.org or call (904) 268-1622 for more information.

Coming in our December issue:

Holiday Gift Guide

Call today to make sure your business is included!

DEADLINE NOV. 15

Linda Gay
Linda@FloridaNewsLine.com | 904.607.5062

An evening with artist Brenda Council: Celebrating 50 Years

By Brittany Cohill
mail@floridanewsline.com

Mandarin Museum will host an evening with artist Brenda Council on Thursday, Nov. 9. Cocktails and hors d'oeuvres will begin at 6 p.m. and the program will begin at 7 p.m. The event is in partnership with and will be held at Mandarin Community Club, 12447 Mandarin Road.

With a career spanning 50 years, Brenda Council made a name for herself in Jacksonville with her popular series of limited edition prints and drawings of historic Mandarin homes and sites. Council moved to the area in 1962 and grew up in Mandarin. She developed a love for painting at an early age. At seven, she displayed an exhibition of her work at the Jacksonville Museum of Arts and Sciences (present-day MOSH) and at



Photo courtesy Mandarin Museum
Brenda Council installs the scale model of her Harriet Beecher Stowe bronze sculpture at Mandarin Museum.

11, Council designed and supervised the installation of her first outdoor piece. As a young adult, her work was featured on NBC's Today Show in a segment with Gene Shalit.

Evening with Brenda Council cont. on pg. 13



Are you at risk?

An appointment at our **High Risk Breast Screening and Prevention Clinic** can bring you peace of mind if you're at high risk for breast cancer.

If you've ever been told by your doctor that you are high risk for breast cancer, you might benefit from an appointment at the **High Risk Breast Screening and Prevention Clinic** at **Baptist MD Anderson Cancer Center**.

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- Genetic testing

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If you have any of the following, you might be at high risk for breast cancer and should talk to your doctor:

- You or a family member have tested positive for genes that increase breast cancer risk like BRCA1 or BRCA2
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- You have dense breasts
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- You were exposed to radiation therapy between the ages of 10 – 30



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BFF Best Furry Friend of the month

Meet Daisy Girl!



Breed:

Golden Retriever

Favorite Activity:

Playing with her best friends, Gordie and Goose

Favorite Food:

Cookies

Favorite Friend:

Kathy

How did your BFF get her name:

She's named after my favorite flower!

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 December issue
Featuring our Holiday Gift Guide!
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Senior NewsLine in this issue! Pages 8 - 12

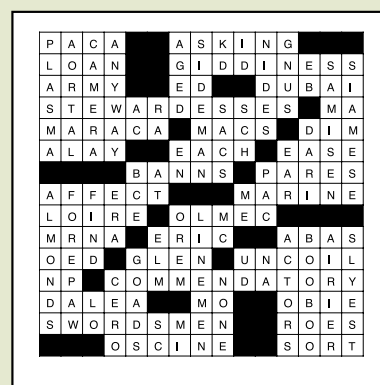
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MYSTERY PHOTO



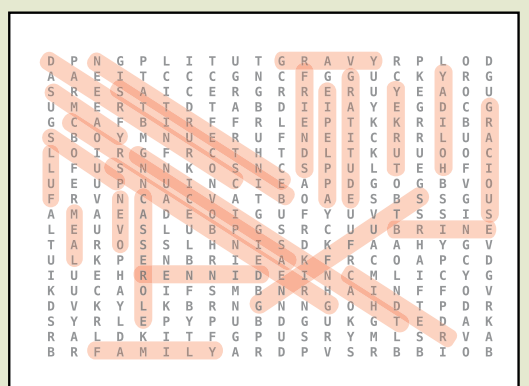
Can you guess where this is?
Submit your answer to: mail@FloridaNewsLine.com.
Last month's Mystery Photo was the oak tree on the corner of Mandarin Road and San Jose Boulevard.



Answers to our Puzzles PG 10



A. turkey B. gathering C. holiday D. thankful



Happy Thanksgiving, neighbors.

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jim@jimregister.com

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November

Community Calendar

What's Happening in Mandarin

Shuffleboard is played on Tuesdays at 1:30 p.m. (beginning on Tuesday, Nov. 7) 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 for more information.

2nd: Fundraiser to benefit Wreaths Across America will be hosted by DAR Jacksonville on Thursday, Nov. 2 at Players Grille, Mandarin. Call (904) 333-5222 for more information.

4th: Mandarin Frog paint party at Mandarin Museum will be held on Saturday, Nov. 4 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 per person and advance registration is required; email info@mandarinmuseum.org to sign up.

4th: Meet the Maple Leaf Divers at the Mandarin Museum, 11964 Mandarin Road, from 10 a.m. – 12 p.m. on Saturday, Nov. 4. This is an informal, conversational-style event; drop in anytime within the two hours to chat with Dr. Keith Holland and his team and view the

museum's expanded Maple Leaf exhibit. Admission to Meet the Maple Leaf Divers and Mandarin Museum is free. Donations help support the museum's programming and operations. For more information, visit www.mandarinmuseum.org or call (904) 268-0784.

4th: Walter Jones Historical Park buildings, including the 1898 St. Joseph's Mission Schoolhouse for African American Children, the 1875 Webb Jones Farmhouse, the 1876 Barn, and the Losco Winery, will be open on Nov. 4 from 10 a.m. – 2 p.m. The Historic Mandarin Store & Post Office, located at 12471 Mandarin Road, will also be open. Museum volunteers will be inside each building for guided tours. Admission is free. Visit www.mandarinmuseum.org for more information.

5th: Music Under the Oaks community music jam, hosted by the Mandarin Museum & Historical Society and North Florida Folk Network will resume underneath the beautiful trees in front of Mandarin Museum on Sunday, Nov. 5 from 2 p.m. – 4 p.m. Bring a chair or blanket and relax and listen. Mandarin Museum and the 1898 Schoolhouse will be open to visitors. Visit www.mandarinmuseum.org or call (904) 268-0784 for more information.

7th: Daughters of the American Revolution, (DAR) will meet on Tuesday, Nov. 7 at 11 a.m. at Blue Fish Grille. Contact Jacksonville-DAR.org for more information.

7th: Honeybee Quilters Guild will meet on Tuesday, Nov. 7 at 6:30 p.m. at Mandarin Presbyterian Church in the Kids Space room on the County Dock Road side of the church at 2501 Loretto Road. Jenna Borcharding will present "Getting Ready for the Longarm." Wearing masks is optional. New members/guests welcome. Visit honeybeequilters.org for more information.

9th: Herbal Vinegars, presented by Elizabeth Devlin, will be held on Nov. 9 at 10 a.m. at the Mandarin Garden Club, 2892 Loretto Road, 2892 Loretto Road. The public is welcome. Visit www.mandaringardenclub.org for more information.

9th: An evening with artist Brenda Council will be held at the Mandarin Community Club, 12447 Mandarin Road, on Thursday, Nov.

9. The program will begin at 7 p.m. after cocktails and hors d'oeuvres at 6 p.m. This event is hosted by a partnership of Mandarin Museum and the Mandarin Community Club. Reservations are required with a suggested \$10 donation per guest. Visit <https://mandarin-museum.square.site> for reservations.

10th: "The Super Mario Bros. Movie (2023)" will be shown at 6:30 p.m. on Nov. 10 at the Trinity Mandarin, located at 2955 Orange Picker Road. The community is invited to this free showing. Visit <https://tbc.org> for more information.

11th: Second Saturday Arts and Farmers Market at First Christian Church, 11924 San Jose Blvd. on Nov. 11 from 9 a.m. – 1 p.m. Visit www.facebook.com/SecondSatMarket/ for more information.

11th: The Southern Genealogist's Exchange Society will meet Saturday, Nov. 11 at 10 a.m. via Zoom. Featured speaker Debra Dudek will present "Unusual Places to Find Births and Naturalizations." This event is free and open to the public. Visit www.sgesjax.org or call (904) 778-1000 for more information.

11th: Southside Multiple Sclerosis group meets on the second Saturday of each month (this month on Nov. 11) at 2 p.m. at the JCA, 8505 San Jose Blvd. Every other month there is a speaker and on alternate months there are group discussions on the current situation with our MS. Call group leader Susan Armstrong, (904) 396-1082 for more information.

12th: Wreath Laying Ceremony in honor of Veterans Day, hosted by Mandarin Community Club, will be held on Sunday, Nov. 12 at 1 p.m. at Billard Park on Brady Road. Free parking is available at Mandarin Community Club, 12447 Mandarin Road. The community is invited to this free event. Visit www.mandarincommunityclub.org or call (904) 268-1622 for more information.

13th: Parent Support Group with Licensed Mental Health Counselor Pattie Pallay will be held the second Monday of each month (this month, Nov. 13) at 6 p.m. in the Youth Hut of Lakewood Presbyterian Church, 2001 University Blvd. This group is for parents with children of all

ages (birth – adult) who are seeking support with children who are neurodivergent, have physical disabilities, are struggling with mental illness or just daily life. There is no charge to attend; visit www.lpcjax.org/calendar to register.

16th: Mandarin Women's Club will hold its general meeting and luncheon on Nov. 16 beginning at 10:30 a.m. at the Ramada Inn Mandarin. An officer from the Jacksonville Sheriff's Office will share ways to protect oneself from identity theft, scams, and general crime. The cost of the lunch is \$25 and reservations and payment must be received by Nov. 9 by calling Jo-Ellen at (904) 635-8722 or emailing her at joshifty@aol.com. Visit www.mandarinwomensclub.com for more information and membership forms.

17th: The Italian American Club of Jacksonville will hold its popular Spaghetti to Go on Friday, Nov. 17 from 5 p.m. until the spaghetti is gone at the club building, 2838 Westberry Road. Take out only; cash, credit and debit cards are accepted. Visit www.iacofjacksonville.com or call (904) 586-2700 for more information.

18th: Mandarin Garden Club Craft Fair will be held on Nov. 18 from 9 a.m. – 4 p.m. at 2892 Loretto Road. The fair also includes a cafe, plant sale and BBQ.

20th: The All Star Quilters Guild will meet at 9:30 a.m. for socializing prior to the 10 a.m. meeting on Monday, Nov. 20 at First Christian Church, 11924 San Jose Blvd. Sunnie Malesky will talk about and show the "Family of Log Cabin Quilts." Sew and Tell is always a feature. Guests are welcome. Visit www.allstarquilters.org for more information.

21st: Crinum Lilies and More will be presented on Nov. 21 at 10 a.m. at the Mandarin Garden Club, 2892 Loretto Road. The public is welcome. Visit www.mandaringardenclub.org for more information.

30th: Upcycled Gifts, a hands-on craft of beaded pendants and macrame plant hangers, will be held at Mandarin Garden Club on Nov. 30 at 7 p.m. A small supply fee will be collected. The public is welcome. The Mandarin Garden Club is located at 2892 Loretto Road.



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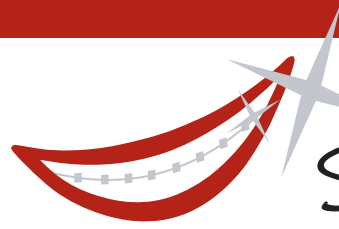
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with Duval County School Board Member Lori Hershey, District 7

Q: Can you shed any light on the search for a new superintendent for Duval County Public Schools?

A: At our meeting on Oct. 18, we decided to suspend the search for a new superintendent with the anticipation of now hiring a new superintendent by the end of June/beginning of July 2024. We have extended the contract of Superintendent Dr. Dana Kriznar (who is serving in the interim) until June 2024.

Q: Why was the search suspended?

A: The reason was that we had 10 applicants for the position, but did not have a large number with superintendent experience. Duval County is the 20th largest school district in the country and we felt that when compared to our current superintendent, none of the applicants had the same level of experience and expertise.

Q: Do you know any reasons why the applicant pool was small?

A: The Florida School Board Association, which ran the search for us, told

the board that there were other credible candidates who were sitting superintendents in other districts who were hesitant to leave their district mid-year. So, timing was an issue and we hope extending the search will entice some of these experienced superintendents to apply.

Additionally, there is the issue of the upcoming election in 2024 where not only will the scheduled four seats on the school board be up for election, but also the potential for two more due to the lawsuit filed by the NAACP against the city due to district lines changing. Depending on the judge's decision in this lawsuit, six of the seven school board seats might be up for election in 2024.

Q: Can you comment on the recently announced National Merit Semifinalists in District 7?

A: I'd like to recognize Zachary Bay-sore from Atlantic Coast High School and Emma Pavlicek and Luke Renne from Mandarin High School who were named National Merit Semifinalists.

I'm really proud that of the six schools in the district that had National Merit Semifinalists, four are magnet schools and only two are neighborhood schools — both in District 7.

Q: Do you have any kudos to share?

A: Congratulations to the Mandarin High School volleyball team, who won the Gateway Championship by beating Fletcher High School.

Q: How can our readers contact you?

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



Photo courtesy Lori Hershey
Mandarin High School students packaged 12,000 meals for Rise Against Hunger.

Spend November at your library

By Jeremy Yates
mail@floridanewslines.com

November is National Novel Writing Month (NaNoWriMo)! Whether it's your first novel or you're a seasoned WriMo, getting that first draft completed (in a single month) is a lot of work and can get lonely. Take a break Thursdays from 4:30 p.m. – 5:30 p.m. and drop in at the South Mandarin Library to chat with other writers, swap resources and techniques or just commiserate. When you're done with your novel, be sure to submit it to the Local Author Collection at Jacksonville Public Library.

Speaking of good stories, there's a lot of them being read at South Mandarin Library. Join us at Little Readers on Mondays at 1:30 p.m. or Thursdays at 10:15 a.m. (with an encore at 11 a.m.).

At the Mandarin Library, pre-K friends and families can choose from a Little Readers storytime Fridays at 10:15 a.m. or 11 a.m. or Sensory Friendly Storytime Wednesdays at 11 a.m.

Have a reluctant reader? Drop in at South Mandarin Library and give them an opportunity to practice reading aloud with one of our Therapy Dogs on Wednesdays from 2:30 p.m. – 3:30 p.m. Yona, the Newfoundland dog, joins us on Nov. 1 and 15. Sammy, the Golden Retriever, joins us on Nov. 8 and 22. You can also catch Yona Saturday,

Nov. 25 at 2:30 p.m. at Mandarin Library.

Looking for something out of this world? Experience astronaut training, shuttle launches, moonwalks and more in the new Mission to Mars Lab (for ages nine to 12) Wednesdays at 4 p.m. at the South Mandarin Library or Thursdays at 3:30 p.m. at the Mandarin Library. Homeschool Lab continues Fridays at 11 a.m. at South Mandarin Library. Using Jacksonville "street art" as inspiration, young artists (aged 10 – 14) will work collaboratively to design a new mural. For more Science, Technology, Engineering, Art, and Math (paired with an awesome book), check out STEAM & Stories at Mandarin Library Mondays at 3:30 p.m. (for children aged five to 12).

Children (aged five to eight) can also join us on Wednesdays at 3:30 p.m. at Mandarin Library for Junior Scientists or Tuesdays at 4 p.m. for Junior Artists at South Mandarin Library.

Artistically inclined? Join us every Tuesday from 5 p.m. – 6 p.m. for Craft and Chat for Adults at Mandarin Library. You can join the demo or bring your own projects. Supplies are limited. Topics are: Nov. 7: Mazes; Nov. 14: Watercolor Basics; Nov. 21: Hand Sewing Clinic; and Nov. 28: Knitting Circle.

Visit www.jaxpubliclibrary.org/events to find out more.



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SATURDAY, January 13th – Ragazzi Fun Ride: No matter your skill level, there's a ride for you! Family-friendly atmosphere for riders of all ages. Embrace the Italian spirit and ride with us.

SUNDAY, January 14th – Gran Fondo Race: Push your limits in this world-class Gran Fondo competition. Experience the thrill of racing like a pro!

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Mandarin Community Club welcomes Mayor Deegan to Light Up The Night

By Susie Scott
mail@floridanewsline.com

The Mandarin Community Club has announced that Mayor Donna Deegan will light the huge live Christmas tree at the annual Community Tree Lighting event on the grounds of the historic Mandarin Community Club on Friday, Dec. 1.

The Tree Lighting event was initiated in 2020 during the pandemic to bring the residents of Mandarin together outdoors for a safe and heartwarming kickoff to the holiday season in a difficult time. It has grown over the years since to include food, live music, and a visit with Santa in the historic club building. It's the kickoff

to the holidays in Mandarin and is followed by the Winter Celebration at the Walter Jones Park and the annual Boat Parade on Julington Creek.

The inaugural lighting in 2020 was billed as a "Bring on the Night, Bring on the Light" and is now an annual tradition for Mandarin which encourages luminaria throughout the neighborhoods.

The Mandarin Community Club is the oldest civic organization in Mandarin and one of the oldest in all of Jacksonville. First formed as the Liberty League in 1923, the club recently celebrated 100 years of service to Mandarin. The Mandarin Commu-



Photo courtesy Mandarin Community Club
This year's annual Community Tree Lighting event on the grounds of the historic Mandarin Community Club will be held on Friday, Dec. 1.

nity Club is located on historic Mandarin Road in the 1872 Mandarin School building founded originally by Harriett Beecher Stowe.

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with Jacksonville City Council Member Michael Boylan, District 6

Q: What is happening to the roadway on County Dock Road?

A: Due to the extreme popularity of the County Dock and in an effort to provide some safety for neighbors, we determined that traffic calming devices (speed humps) were needed between Mandarin Road and the County Dock.

Q: Do you have an update on the County Dock property development?

A: The neighborhood committee has been working on conditions that they would find acceptable. They are ready to meet with the applicant to go over them, likely at a meeting the first week of November.

Q: What's the latest on the Orange Picker Road realignment?

A: JEA electric relocated the overhead power to the new right of way and low voltage utilities are working on their relocation to the new poles. The contractor is working on design coordination with JEA for water and sewer relocation. The project is 20 percent complete with anticipated completion in March 2024.

Q: Is the Julington Creek Bridge finally open?

A: Yes, the bridge is open to traffic and the contractor is working on the remaining items, including the pressure washing and painting of the side barriers. The remaining work will not require the bridge to be closed as the work can be done with shoulder closures while work is going on. Once again, on behalf of the city, I'd like to apologize for all of the inconveniences that this project caused all of you.

Q: Do you have an answer to the constituent questions at the recent Town Hall meeting regarding the "No Right Turn" sign on Hartley Road at San Jose Boulevard?

A: The FDOT informed me that: "This sign was installed to address a crash history involving westbound Hartley Road right-turning crashes. The FDOT Structures office determined the sign could not be placed at the ideal loca-

tion, which would be overhead on the mast arm next to the traffic signal head relating to the right-turn movement. Given that the sign could not be placed overhead, the next best location is on the corner of the approach to which the regulation applies. The sign is large and placed as close to the corner as possible without interfering with the sidewalk. All right-turning traffic drives adjacent to the sign to approach the signal. It is understood that the Hartley Road approach is on a significant curve which makes the driving task more difficult, therefore an oversized sign size was used to convey the message."

Q: Can you shed any insight on the proposed American Legion Post on Old St. Augustine Road?

A: The Planning Department did not recommend approval of this project because the facility will serve alcohol; however, subsequently, both the Planning Commission and the LUZ gave unanimous approval. The project will come to the full City Council in late October [after the date of this interview]. The American Legion representatives say that their membership consists only of Mandarin residents and the proposed facility will not be open to the public or used as an event venue.

Q: Do you have any general City Council updates?

A: I am spearheading a new special committee for the council tasked with exploring the location, cost, healthcare, mental healthcare and other issues involved with relocating the jail out of downtown. We've broken up into five working groups and have added looking at the future needs of the current administration and detention facilities to make them safe and secure for the foreseeable future as we explore potentially moving the jail at some point in the future. This was not one of our original charges.

Q: What is the best way for our readers to contact you?

A: Community members can email me at MBoylan@coj.net or call (904) 255-5206.



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Senior NewsLine

Engaging hobbies for seniors

By NewsLine Staff
mail@floridanewslines.com

The value of hobbies is undeniable. A 2014 study published in the Journal of Occupational and Organizational Psychology found that employees who

engaged in creative hobbies outside of work were more creative on work projects and had a better attitude on the job, while a separate study published in Psychosomatic Medicine in 2009 reported that individuals who

engaged in enjoyable leisure activities had lower blood pressure and a smaller waist circumference.

The myriad benefits of hobbies is good news for seniors, many of whom have ample time for leisure activities. Whether seniors are retired or still working but free from the responsibilities of parenting, the following are some fun and engaging hobbies to fill that free time.

- **Cooking:** Years spent hustling and bustling through the daily grind of personal and professional obligations might have forced individuals to embrace cooking that emphasized convenience over culinary skill. Now that there's more time to embrace one's inner Emeril, seniors can look to cooking classes or take the self-taught route and purchase a new cookbook filled with delicious recipes. A well-cooked homemade meal can provide a sense of accomplishment and affords seniors an opportunity to control the ingredients in the foods they eat, which can be important for individuals with health-related dietary restrictions.
- **Writing:** Many successful individuals have penned their memoirs after long, notable careers and lives. While individuals needn't follow suit with the goal of making their memoirs public, writing can be a great way for seniors to document their own lives and the lives of their families. Interest in genealogy has risen considerably in recent years, as easily accessible web-

sites like Ancestry.com and 23andMe.com have made it easier than ever for individuals to learn where they came from. Seniors can contextualize the information provided by genealogy websites by writing about their personal experiences and sharing what they know about the lives of their parents, siblings, grandparents, and other family members.

- **Gardening:** Seniors looking for hobbies that get them out in the great outdoors need look no further than their own backyards. Gardening can benefit the body in myriad ways. According to the Mayo Clinic Health System, gardening can burn as many calories as working out in the gym. In addition, the Mayo Clinic Health System notes that individuals who grow their own fruits and vegetables are more likely to include those foods in their own diets, thus saving them money at the grocery store and also increasing their intake of nutrient-rich foods.
- **Swimming:** Swimming is an ideal exercise for seniors, as it's low-impact but still a great way to utilize the entire body. A 2007 study published in the journal Quality of Life Research found that water-based exercise improves older adults' quality of life and decreases disability. A separate study published in 2008 in The Journal of Sports Medicine and Physical Fitness found that water-based exercise can improve or help to maintain bone health in postmenopausal women.

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Senior NewsLine

Guest Column

Embracing the Holidays: Older adults find joy amid health challenges

By Dr. Jann Turpin

As a physician specializing in older adult care, I have the privilege of witnessing the strength and resilience that come with aging. The holiday season, while filled with cheer and festivities, is also a time when aging adults can face unique challenges, including concerns about falling, mobility and loneliness. Getting the right help during this season can help to address these challenges in ways that bring added joy. With some thoughtful preparation, it's often possible to bake those pies, play with the grandkids and celebrate connections.

The number one health challenge for older adults, according to the CDC, is falls. Falls are the number one reason for nonfatal emergency room visits for people over 65, with over 3.1 million occurring per year. [Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS)] While falls can occur at any time of the year, the holiday season may present added challenges due to the busyness, decorations, and colder weather. Aside from common-sense strategies such as keeping extra cords out of the way and taking the time to move carefully, many people benefit from directly addressing the concerns that affect their mobility. For example, is neuropathy in the feet causing balance issues? What exactly is causing that pain?

It's a given that aging often brings physical changes, such as stiffening joints, weakened muscles, and shifts in bal-

ance. While these changes are natural, they don't have to hinder the pursuit of mobility and vitality. Engaging in regular, age-appropriate exercises is a key strategy for managing these physical changes. Collaborating with a team of healthcare providers, including specialists like acupuncture physicians or physical therapists, can provide older adults with a holistic approach to improve mobility and well-being. The effectiveness of acupuncture for pain management has been strongly verified by many randomized, controlled trials. Activities like gentle stretches or balance-improving exercises can invigorate both the body and the spirit, enabling older adults to stay active and engaged throughout the holidays.

The right healthcare providers play a pivotal role in figuring out what's at the root of mobility and pain issues. Older adults should seek doctors and specialists who understand their unique needs. The answer is not always that it's simply a part of getting old.

Another significant obstacle for older adults is loneliness, as family and friends dwindle and family traditions change. Loneliness can lead to depression. According to the National Institute of Health (NIH), acupuncture shows a statistically significant improvement in the severity of depression when compared to other treatments. Since many older adults are already on so many medications, a non-pharmaceutical solution simply makes sense.

Even when facing health challenges, the

holiday season can be a time of joy and fulfillment for older adults. By finding the right healthcare providers who work collaboratively to address the multifaceted needs of senior citizens, engaging in consistent activity, and nurturing connec-

tions, the holidays can be celebrated with warmth and purpose.

Dr. Jann Turpin is the founder of Riverplace Acupuncture. Visit www.riverplaceacupuncture.com for more information.



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Senior NewsLine

Great part-time jobs for retirees

By NewsLine Staff
mail@floridanewsline.com

Many adults nearing retirement age countdown the days until they can bid adieu to the daily tasks of commuting and working so they can enjoy much more time for recreation, travel or whatever is they aspire to do.

As enticing as unending free time may

seem, some retirees find it is not ideal to be entirely free from the responsibility of working. As current seniors can attest, inflation can drive up the costs of living, meaning that seniors who were once able to afford a certain retirement lifestyle may no longer enjoy that hard-earned luxury. Others may miss the daily opportunities to socialize that

working provides, or the way problem-solving on the job stimulates the brain. But even retirees who miss working may not be ready to return to the workforce full-time. That can make part-time employment an ideal fit for mature workers. Here's a look at some part-time positions that could be a good fit for older adults reentering the workforce.

Customer service representative: A customer service representative is tasked with helping customers solve problems and ensuring customer satisfaction. He or she may work in a traditional office or store location, or answer calls and resolve issues from home.

School positions: Retirees may want to consider jobs working in schools or in related capacities. Driving a school bus is an option if people are willing to undergo the proper training and licensing to operate this type of vehicle. Seniors also may consider working as lunchroom aides or lunch service providers, crossing guards, substitute teachers, and paraprofessionals. School employees will only work a few hours during the day. They'll also enjoy many holidays off as well as summer vacations.

Receptionist: Receptionists greet patients or customers in office settings. According to AARP, they are the welcoming faces of organizations. Answering phones and light clerical work also may be required of receptionists. Those who want to work off-peak hours can think about working nights and weekends in hospitals or skilled nursing facilities.

Retail sales associate: Working in retail opens seniors up to a wide array of responsibilities and scenarios. Jobs may include greeting customers, making sales, putting out inventory, and helping customers select merchandise. Being personable and having good customer service skills are necessary traits to have when working in retail. Many stores offer part-time employees flexible hours so schedules can be customized.

Consultant: Retirees who loved their job but wanted to spend less time doing it can return as consultants. According to The Balance: Money, individuals often find they earn more per hour working as consultants than they did as full-time staff members. Consulting is a way to share expertise and experience without making a full-time commitment.



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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.

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Senior NewsLine

Statewide program provides free, unbiased insurance counseling for Medicare beneficiaries

By NewsLine Staff
mail@floridanewsline.com

ElderSource is reminding residents that the agency’s Serving Health Insurance Needs of Elders (SHINE) program has specifically trained counselors to help educate and empower Medicare beneficiaries, their families, and caregivers to understand their health care options so they can make the best decisions for their individual needs during the Open Enrollment period. During open enrollment, beneficiaries can change their Medicare Prescription Drug or Medicare Advantage plan to affect things like cost, coverage, drug formularies, in-network providers, and pharmacies.

“Medicare can be a daunting subject for most people and the Open Enrollment Period only runs from Oct. 15, 2023, through Dec. 7, 2023, but you don’t have to go it alone. During this time, lean on our experts for advice and utilize

a local, valuable resource by connecting with the SHINE program,” said Linda Levin, ElderSource CEO.

SHINE is a program of the Florida Department of Elder Affairs and is operated locally through ElderSource, the Area Agency on Aging and Aging and Disability Resource Center for Northeast Florida. The SHINE mission is to provide free and unbiased information about Medicare and Medicaid for beneficiaries, their families, and caregivers.

SHINE also educates beneficiaries to protect, detect, and report potential errors, fraud, and abuse with their Medicare coverage. SHINE strongly encourages beneficiaries to be on the lookout for their Annual Notice of Change (ANOC), which they should receive from their plan no later than Sept. 30, 2023. Reviewing their benefits and evaluating their health care options each

year is vitally important for beneficiaries. Acting quickly can assure a smooth transition into the 2024 benefit year.

To receive help from SHINE, individuals may call to schedule appointments at designated SHINE counseling sites,

attend enrollment events in their local communities, or arrange to speak with a trained SHINE counselor at 1-800-96-ELDER (1-800-963-5337). Visit www.floridashine.org for a listing of SHINE counseling sites and enrollment events.

Pre-workout tips for seniors

By NewsLine Staff
mail@floridanewsline.com

As physically active individuals age, they typically must change how they approach exercise. For example, rather than jumping two feet first into new activities like they might have done when they were younger, seniors may have to think about injury prevention and ways to improve their endurance prior to lacing up their sneakers. For most, that may boil down to taking various pre-workout steps.

- Get enough rest. The body requires adequate sleep and other rest during the day to stimulate muscle growth and repair. Exercise may not be as effective and it may be more dangerous if seniors are engaging without enough sleep. In addition, sleep deprivation can reduce reaction times, which can adversely affect workouts.

- Emphasize stretching. Stretching can improve flexibility and reduce the risk of muscle injuries. It also can improve range of motion in the joints. Stretching before and after a workout prepares the body for exercise and helps it recover.

- Wear the proper footwear and clothing. Sturdy, supportive athletic shoes and well-fitting workout wear can make working out more comfortable and safer. The National Institute on Aging recommends finding footwear designed for the specific activity

you’ll be engaging in. Footwear that offers sufficient heel support and nonslip soles is beneficial as well.

- Warm up. Give the body an opportunity to acclimate during a warm-up period that will facilitate healthy breathing. Warming up also loosens up the joints and muscles for the exercise ahead. After a workout, seniors should cool down to reduce their heart rates and prepare for recovery.

- Carefully consider pre-workout supplements. Pre-workout powders and pills have become quite popular for exercise enthusiasts. Manufacturers may advertise that their products are loaded with vitamins and minerals that will help energize the body for a workout; however, they also may be fortified with caffeine. Do not take a pre-workout supplement without first consulting your physician, as certain products may adversely interact with medications you’re taking for preexisting conditions.



Seniors may have to think about injury prevention and ways to improve their endurance prior to lacing up their sneakers.



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How caregivers can alleviate stress

By NewsLine Staff
mail@floridanewsline.com

Serving as a caregiver for a friend or loved one can be both rewarding and taxing at the same time. The senior housing authority A Place for Mom indicates that 41 million Americans offer unpaid caregiving services, and that number is expected to increase as the aging population grows in the coming decades. Formal caregivers are paid care providers in a home or care setting; however, an informal caregiver is an unpaid individual that assists others with activities of daily living as well as medical tasks.

Whether one is a formal or informal caregiver, researchers have long known that caregiving can adversely affect a caregiver's mental and physical health. The AARP Public Policy Institute says 17 percent of caregivers feel their health in general has gotten worse due to caregiving responsibilities. The National Alliance for Caregiving and AARP also indicate older caregivers caring for persons age 65 and older report a higher degree of physical strain.

The fatigue that arises from caring for another individual is often referred to as caregiver burnout. Since caregiving takes place over several years, the impact can escalate over time. Caregiver stress is directly related to burnout. One of the first steps to take is recognizing the signs of caregiver burnout so that action can be taken to improve the situation.

The Mayo Clinic says signs of caregiver stress include:

- worrying all the time
- feeling tired often
- changes in sleep
- gaining or losing weight
- becoming easily irked or angry
- losing interest in activities once enjoyed
- feeling sad or depressed
- experiencing frequent headaches, pains or other health problems
- misusing drugs or alcohol, including prescriptions
- missing your own medical appointments or other appointments

Caregivers need to put themselves first at times in order to help avoid health complications that can come from the stress and demand of caregiving. Make use of these caregiver stress management tips, courtesy of the Mayo Clinic and Penn Medicine.

- Ask for help. Figure out ways that others can help out and then be sure to let them know and accept anything that is provided.
- Do the best you can. Every caregiver feels they are not doing enough at some point in time. Do whatever you can manage and know that it is adequate.
- Set small goals. Categorize responsibilities into smaller, more manageable tasks. Make lists of what is most important and tackle those goals, moving on as needed.
- Reach out to a support group. There are support groups for many different types of needs, including caregiver support. People who are experiencing the same highs and lows as you can offer advice or just be there to listen.
- Find ways to rest and sleep. Many caregivers are sleep deprived. If sleeping has become an issue, discuss potential remedies with your own doctor.
- Look into respite care help. Taking a break from caregiving can do wonders. Certain adult care centers and skilled nursing homes offer temporary respite care services for informal caregivers. A loved one can be dropped off for a night or two, giving you a rest. This also is an option if you want to go on vacation.



Photo courtesy MetroCreative
Caregivers may feel burdened by stress. There are options available to manage it.



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Get to Know ...

By Martie Thompson
editor@floridanewslines.com

Marjie Rogozinski

Marjie Rogozinski said she believes everyone needs a passion — her passion is uplifting people and enhancing life, whether human or animal, and she finds that volunteering is a great way to do this. “I’d actually like to inspire people to volunteer in their community,” she said. “They can make a difference and at the same time give them a chance to meet others.” Born and raised in Springfield, Massachusetts, she graduated with a Bachelor of Arts degree in education from the University of Massachusetts. She moved to Atlanta for a job teaching middle school, and it was there that she met her husband of 41 years, Abe. The couple moved to Mandarin 40 years ago when Abe, an orthopedic surgeon, joined his brother in practice at Rogozinski Orthopedic Clinic. Marjie and Abe have four children, all of them doctors: three sons are orthopedic surgeons and their daughter is a doctor of physical therapy. The Rogozinski Orthopedic Clinic is truly a “family practice,” as two of Marjie and Abe’s sons practice there with their father and uncle. The Rogozinskis have 11 grandchildren and one on the way; they are all nine years old and younger. Marjie said she and Abe have always stressed to their children that family values are first priority, because this reflects in love and caring



Photo courtesy Marjie Rogozinski
Marjie Rogozinski

A: It’s not an organization; it’s just my own little thing. I don’t like to throw anything away and about 10 years ago I read something about how the Humane Society needed old towels for the animals. So I started putting it on my Facebook page that I was collecting towels and sheets for the Humane Society and I called it Towels for Tails. Now I give the donated items to Animal Care and Protective Services, which is the City of Jacksonville’s shelter. Over the years, people have dropped off thousands of towels at my house for me to take to the animals. It’s been a joint effort for sure.

Q: What other volunteer work do you do?

A: Very near and dear to my heart is my time spent as a docent at the Cummer Museum. I lead curriculum-based tours and get to inspire others by teaching about art and how it relates to life. I’m also very involved with my synagogue. I’m a member of the Jacksonville Jewish Center Sisterhood, a social and philanthropic group. We serve our synagogue members and the community.

Q: What do you enjoy doing in your spare time?

A: I like to travel, both near and far, especially to see my family. I enjoy photography, spending time with my grandchildren, and playing Mah Jongg. The number one thing I love to do is walk on the beach with my husband, who is the love of my life, and our three-year-old Goldendoodle, Honey. The beach is my happy place.

for the community.

Q: What do you like best about living in Mandarin?

A: It’s so serene and the people are so welcoming. I love the walkability of my neighborhood, and especially under the beautiful Spanish oak trees. It’s the best place to live in the city.

Q: Did you teach school once you moved to Jacksonville?

A: Yes, I taught at Martin J. Gottlieb Day School for 13 years. I taught third grade and I think everyone will remember Mrs. Rogo’s classroom, called “The Swamp.”

Q: What can you tell us about Towels for Tails?

Get to Know ...

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

Evening with Brenda Council cont. from pg. 2

It was Council’s interest in historic preservation that led to her series of award-winning prints and drawings featuring familiar landmarks including the Coleman House and the Mandarin Dock. The late Mandarin artist Charlie Brown praised the collection: “I have seen many, many pencil drawings in my long life, but never anything to compare with a magnificent drawing by Brenda Council.”

She opened a second studio in New York in the 1980s, exploring diverse mediums including painting, sculpture, and mixed media. Now internationally known, her work is in corporate, private, and public collections in the United States and around the globe.

The last two decades have ushered in a focus on large-scale public art. In 2009, Council completed the largest contemporary dome ceiling mural in the Southeast United States at the North Carolina Research Campus. Spanning 2,500 square feet, the mural features larger-than-life fruits, vegetables, and flowers — a nod to the Dole Nutrition Institute housed beneath the spectacular creation. When Martha Stewart visited the campus with its founder, David H. Murdock, she exclaimed “Ms. Council is Michelle-angelo!”

As a longtime former resident of Mandarin, her heart has remained with the community she holds dear. Her current project focuses on creating the first and only life-sized sculpture of Harriet Beecher Stowe. Upon completion, it will be installed in Walter Jones Historical Park. A scale model of the proposed bronze sculpture is currently on display in the Stowe Gallery at Mandarin Museum.

Reservations for the Nov. 9 event are required with a suggested \$10 donation per guest; visit <https://mandarin-museum.square.site> for reservations.

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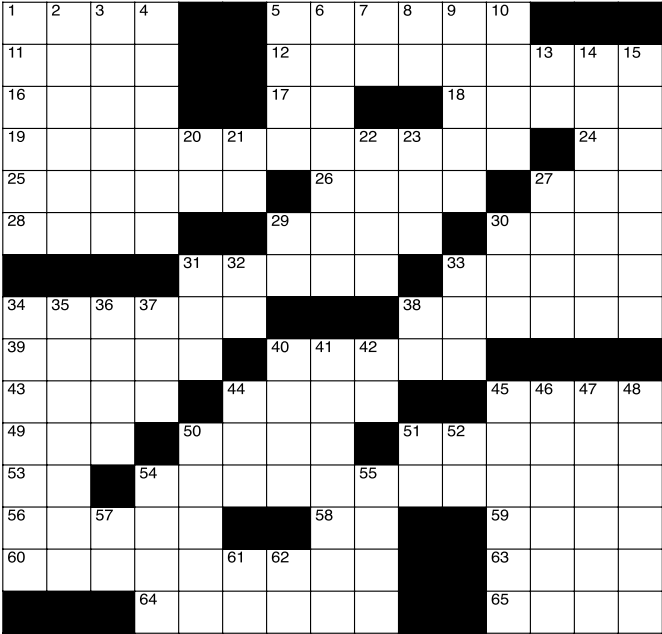
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Puzzles

Answers on page 3
Provided by MetroCreative



CLUES ACROSS

1. Nocturnal S. American rodent
5. Requesting
11. Give temporarily
12. Happiness
16. Military branch
17. - __, denotes past
18. Middle Eastern city
19. Air hostesses
24. Partner to Pa
25. Percussion instrument
26. Popular computers
27. Decrease light
28. Valley in the Osh Region
29. "To __ his own"
30. Absence of difficulty
31. Notice announcing intended marriage read out in church
33. Trims by cutting
34. Impact
38. Military member
39. A French river
40. Member of prehistoric people in Mexico
43. Messenger ribonucleic acid
44. Musician Clapton
45. Greek sophist
49. Largest English dictionary (abbr.)
50. Narrow valley
51. A way to disentangle
53. Indicates not an issue (abbr.)
54. Recommending
56. Genus of legumes
58. Friend to Larry and Curly
59. Off-Broadway theater award
60. Fencers
63. Small Eurasian deer
64. Denoting passerine birds
65. Separate by category

CLUES DOWN

1. Colorless fluid part of blood
2. Of a main artery
3. Photographic equipment
4. Confirms a point
5. Developed over time
6. Not the leader
7. __ Lang (country singer)
8. Adults need one
9. Nests of pheasants
10. Antelopes
13. One quintillion bytes (abbr.)
14. Japanese three-stringed lute
15. Type of cat
20. Cools your home
21. The ancient Egyptian sun god
22. Pouches
23. Trigraph
27. Form of Persian spoken in Afghanistan
29. __ route
30. Body part
31. Bridge building degree
32. Indicates position
33. Political action committee
34. Tasty snack
35. Part of a quadruped
36. Locate
37. Pitching statistic
38. Of I
40. City in Utah
41. Football players in the trenches
42. Hammer is one
44. A "nightmarish" street
45. Performers
46. Slang for cut or scrape
47. More breathable
48. Most slick
50. Provokes
51. Home to college's Flyers
52. Sodium
54. Large fish of mackerel family
55. Zero
57. __ and behold
61. The Palmetto State
62. Popular Tom Cruise movie franchise (abbr.)

TURKEY DAY WORD SEARCH

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

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

WORDS

- APPLE PIE
BISCUITS
BRINE
CASSEROLE
CIDER
CORNBREAD
CORNUCOPIA
DINNER
ENTERTAIN
FAMILY
FRIENDS
FULL
GRACIOUS
GRATITUDE
GRAVY
GREEN BEANS
HOLIDAY
MEAL
OVEN
SOUP
STUFFING
THANKSGIVING
TURKEY
YAMS



Solve the code to discover words related to Thanksgiving.
Each number corresponds to a letter.
(Hint: 26 = H)

- A. 6 20 11 1 24 25
Clue: Gobble gobble
- B. 12 3 6 26 24 11 19 17 1:
Clue: Coming together
- C. 26 5 23 19 4 3 25
Clue: Special event
- D. 6 26 3 17 1 2 20 23
Clue: Showing gratitude

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Renne named National Merit Semifinalist

Photo courtesy Kim Renne

Luke Renne was one of 27 Duval County students named as a semifinalist in the 2024 National Merit Scholarship Program. Renne is a senior at Mandarin High School and a member of the school's leadership team for 2022 – 23. He is a member of the National Honor Society, the National Spanish Honor Society and the Fellowship of Christian Athletes. He is a member of the varsity soccer team (7A State Semi-finalist and Gateway Champions) as well as team captain for his ECNL Club soccer team with Florida Elite Soccer Club. Renne has logged more than 150 volunteer service hours. Renne said, "I am thankful for my family, friends, pastors and every teacher, coach, and mentor who has been part of my journey. I am grateful and excited for my next chapter in life."



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Toastmasters provides positive space for growth

By NewsLine Staff
mail@floridanewsline.com

Mandarin Toastmasters, part of Toastmasters International, provides a supportive and positive learning experience to promote self-confidence and personal growth. At Toastmasters, members can have diverse roles at each meeting to improve their communication skills. One may give a speech to improve their

public speaking skills, perform one of the many evaluation tasks to sharpen listening and interpersonal skills, or provide an impromptu speech that can help them think on their feet.

Members typically take on one of the 11 pathways, such as leadership development and visionary communication, as part of personal development. Each



Local Toastmasters come from diverse backgrounds, including Nick Freiha, an operations analyst at Deutsche Bank, while Elizabeth Oole is a physical therapist.

pathway provides unique projects that often involve presenting speeches to the club and exposing the members to new ideas and responsibilities. For example, leadership development focuses on learning how to manage time and develop and implement a plan; this path culminates in the planning and execution of an event that will allow you to apply everything you learned.

Mandarin Toastmasters provides a positive environment for members to learn and grow at their own pace. All speeches and projects are evaluated constructively by fellow Toastmasters to offer a supportive learning experience. Furthermore, members are encouraged to accept mentors and mentees to help

each other achieve their goals as a way to cultivate growth. Hybrid meetings also allow attendants to join in person or online. The flexibility helps members participate in our club sessions regardless of their location.

Mandarin Toastmasters is 17 years old and meets the first and third Saturday of each month from 10:15 a.m. – 12 p.m. at the South Mandarin Regional Library, 12125 San Jose Blvd. Visitors are encouraged to attend in person or via Zoom, and the club is open to anyone interested. Email toastmastersmandarin@gmail.com or visit the club’s website at <https://838510.toastmastersclubs.org> for more information.

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Ready for fall cont. from pg.1

Club would like to thank Walmart, Standard Feed and Seed, Thompson ACE Hardware, Church of Our Saviour and the Mandarin Museum for their generosity and contributions,” said Susie Scott, president of the Mandarin Community Club.

And when the season changes from fall to winter, those decorations do not go to waste. The pumpkins are donated to Jacksonville Zoo for the animals. (You really should see the elephants play with a pumpkin!) The hay bales are donated to the Church of Our Saviour for their live nativity.

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The Pantry Raiders

Dig into a sweet and traditional noodle dish

By NewsLine Staff
mail@floridanewsline.com

When preparing meals for Chanukah celebrations, some families may want to serve kugel. Kugel is a Jewish dish that is similar to a casserole or pudding. Kugel originated more than 800 years ago in southern Germany. Kugel soon became a staple within Jewish households throughout eastern Europe and eventually the United States.

There are many ways to make kugel. Some recipes feature potatoes, bread or rice as the main starchy ingredient. Kugel also can be sweet or savory. "Lokshen" (noodle) kugel is perhaps the most traditional. It blends light and airy egg noodles with moist and creamy dairy ingredients. Chanukah celebrants can try this recipe for "Noodle Kugel," courtesy of Taste of Home.

Noodle Kugel

Serves 15

1 pkg. (1 lb.) egg noodles

½ cup butter, melted

8 large eggs

2 cups sugar

2 cups sour cream

2 cups 4 percent cottage cheese

Topping

¾ cup cinnamon graham cracker crumbs (about 4 whole crackers)

3 tbsp. butter, melted

1. Cook noodles according to package directions; drain. Toss with butter; set aside. In a large bowl, beat the eggs, sugar, sour cream and cottage cheese until well blended. Stir in noodles.

2. Transfer to a greased 13 x 9-inch baking dish. Combine the cracker crumbs and butter; sprinkle over top.

3. Bake, uncovered, at 350 F until a thermometer reads 160 F, 50 to 55 minutes. Let stand for 10 minutes before cutting. Serve warm or cold.



Photo courtesy MetroCreative
Noodle Kugel

Fishing

Jimmy's Fishing Report

By Jimmy Tomazinis
mail@floridanewsline.com

In contrast with what we experienced last year, we actually got some seasonal weather in October, which cooled the water down nicely. Without any unforeseen weather — and we can never count that out anymore — we're on our way towards our winter patterns through November.

Shrimp will be around, but there will be fewer and fewer. You can still continue to catch them for bait or food throughout the month, and for the most part, the same fish will still be around except flounder and sheepshead. They seem to travel towards the inlet as it gets colder. Stripers, redfish, and black drum will still be happy to have a shrimp. Look for them around bridges, deeper docks, and shell bars.

It's also a great time to take some of those smaller river shrimp you may have kept and frozen earlier in the year to the beach to try for pompano and whiting. As long as water temperatures stay between 65 and 75 degrees, both will still be around

in good numbers; if it gets below 65 you're going to get more whiting, which I prefer over pompano anyway, not to start an uproar or anything. Remember to look for the right conditions first.

I was hoping to hold off until next month, but during the intense heat of the summer I could not help from daydreaming about wearing a jacket and enjoying a cold day of speck fishing, so I'm going to let the cat out of the bag. They don't mind the cooler water and are actually reveling in it. At least in my mind they are. I'm still hoping to wait until the end of December to start my own pursuits, but I know a few purists are already at it.

If nothing else, it's a great time to get out on the water and see the leaves change. Our wetlands and swamps bordering the river and creeks have high densities of deciduous trees which allows us to peep the best we get in these parts. Bring a rod while you're at it and make the most of our seasonal weather. Tight lines.

Coming in our December issue:

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Mandarin Garden Club announces craft fair

By Joann Butler
mail@floridanewsline.com

The annual Mandarin Garden Club Craft Fair will be held on Nov. 18 from 9 a.m. to 4 p.m. There will be crafts made by the Garden Club members plus a variety of items from other local vendors, including homemade chocolates, ornaments, embroidery, jewelry, soaps, natural fiber bags, hot sauces, wreaths, handmade towels, crafted greeting cards, original artwork, African violets, plants, decoupage, woven /knitted/crochet items, seashell/ driftwood art, handmade woodcraft items, floral designs, hanging sun-catchers and hand painted gourds. The Garden Club will have a café with all kinds of goodies, plus plants and garden items will also be for sale. The club’s neighbors, the Masons, will have a barbecue lunch for sale. Outdoor 10 ft. by 10 ft. spaces are still available for rental by crafters or artists. Contact Wanda Bosworth at mgcraftyladies@gmail.com or Joyce Datz at (904) 287-3602 or jdatz@bellsouth.net for more information.

After taking a summer break, the four Mandarin Garden Club Circles started their meetings again in September. There are three daytime Circles and one evening Circle and they meet monthly from September through May. A special New Member reception was held on Sept. 27 for the club members that joined in the last year.

The club is the perfect place to make friends, get involved with the community and learn about gardening and environmental issues. A game day is held once a month for members only, which is a great time to meet more people in the club. Various crafts are worked on monthly from September to May by the Crafty Ladies group. Check the Calendar each month in Mandarin NewsLine for more information on the meetings or visit www.mandaringardenclub.org for more information. All circle meetings are open to the public.

Finally, the Mandarin Garden Club is available for rent for special occasions. Visit www.mandaringardenclub.org for more information.

Gardening

Fall, Y'all!

By Master Gardener Volunteer Lesley Arrandale
mail@floridanewsline.com

This is my autumn — finally — and when temperatures dip into the 70s, gardening can be such a pleasure. For me, it’s close to perfect!

Planting hardy perennials and woody shrubs and trees in the cooler months will result in more resilient plants; they have time to develop healthy roots systems before the spring growth flush. If you need to do more than plug in a few new plants, you might consider hiring a landscape designer or other professional. There are some steps you can take to make the process easier, so check out <https://tinyurl.com/4j2td9vb>. There you will find helpful advice on what to expect from the range of professionals that work in our yards. Even the person that does your weekly “mow, trim, and blow” should follow good working practices, and you can see from the recommendations in this article what you can reasonably expect.

of a heavy leaf fall, either add them to a compost pile, or make a separate heap in an out of the way place. There they will slowly rot down and produce leaf mold. This isn’t, as the name suggests, something nasty, but a valuable soil amendment which you can use in your landscape much as you would use compost. To speed up the process, run over the leaves with a mower before making the pile. No one clears the leaves that fall in our forests; they are ultimately the “fertilizer” on which the forest and myriad creatures depend.

Have you noticed that some spiders have their season? I think it’s now, at least in my garden. My latest find is a green lynx spider. Its web is not the traditional “Charlotte’s Web” type but is simply loosely threading together a few flowering stems of large-flowered false rosemary (*Conradina grandiflora*). This plant is a late bloomer and is attracting a good variety of small pollinators, which the spider must be enjoying. She’s a hunter rather than a trapper, hence the style of her web. Since I first saw her, she has laid her eggs and is guarding the egg sac! If you like spiders — and some of us do — here’s an article about some of our common species, including the green lynx: <https://edis.ifas.ufl.edu/publication/IN017>.

With cooler weather you will find that grass grows more slowly, and it won’t need mowing so often. It will also need less water. Pay attention and you will be doing it a favor by adjusting your schedule to its needs. This is worth discussing with whom-ever mows your lawn, so you are on the same page.

The cool season vegetable garden is coming into its own. Keep on top of scouting for pests, even though they should be minimal. Insects that were feeding on your summer crop will have reached different changes in their life cycles, and many will be hidden in the soil or leaf litter. Others find winter homes in rotting wood, hollow stems or cracks in tree bark, or have left their offspring to develop until next year. Wherever and whatever they are, collectively they are a healthy part of our garden ecosystems.

This leads me to encourage you to avoid raking up leaves and disposing of them at the curb. Instead, leave them around plants and under trees and shrubs, keeping stems and trunks clear. If you need to clear your lawns

Fall color must surely be imminent. The USDA explains why and how this occurs: <https://tinyurl.com/vkd2kyx8>. In our area, we don’t see the same impact as our friends farther north, but we can choose some of our landscape plants for fall color if we do some research. Most of the crepe myrtles have lovely fall foliage, ranging from yellow through red, which makes them attractive for much of the year (<https://tinyurl.com/ymc58hz3>). Fingers crossed my young Shumard oak (*Quercus shumardii*) will be more colorful this year, after its leaves turned brown and not red last year.

Fall is a lovely season in so many ways; enjoy it while it lasts!

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Briefs

Community club sponsors Holiday Mail for Heroes

For the third year, the Mandarin Community Club will collect cards for servicemen and women. Distribution will be through the American Red Cross Holiday Mail for Heroes program.

“It is our hope that our members and the community alike will support this endeavor,” said Susie Scott.

A collection box designed for this purpose will be placed at the front door of the Mandarin Community Club building from Nov. 1 – 17. Those wishing to participate can also bring their cards to the annual Wreath-Laying Ceremony on Nov. 12 at Billard Commemorative Park.

Note these few guidelines per the American Red Cross:

- Both commercial and homemade cards are welcome
- Cards not in envelopes are preferred. If you feel you want to use an envelope, do not seal it nor write on the envelope itself
- No glitter or confetti in cards
- Respect our servicemen and women by keeping messages positive and uplifting
- Do not sign your last name or use your address

Mandarin Women’s Club welcomes JSO officer

On Nov. 16, the Mandarin Women’s Club will host an officer from the Jacksonville Sheriff’s Office, who will be sharing ways attendees can protect themselves from criminal activity such as identity theft, scams, and general crime. The luncheon will feature an early Thanksgiving celebration with old and new friends.

Doors open at 10:30 a.m. and reservations for the luncheon are required. The luncheon cost is \$25 and checks must be received by Thursday, Nov. 9. To make reservations and obtain payment instructions, call Jo-Ellen at (904) 635-8722 or email her at jo-shifty@aol.com. Visit www.mandarin-womensclub.com membership forms and more information.



Photo courtesy Gail Packard
Recently members Joyce Keithley, Mimi Grenville, and Dora Rhodes enjoyed “Flamingeling.”

Existing sellers’ market shows slow shift toward buyer’s market

Although September proved to be still officially a sellers’ market, there are many signs that finding a house to buy in Northeast Florida is slowly becoming easier for buyers. Although sales price, number of closings, and pending sales have mostly increased in the six counties comprising North Florida indicating a climate favorable to sellers, buyers should not lose heart. The impact of interest changes is impacting a dropping Affordable Housing Index number, longer days on the market and a lower percentage of the asking price received, indicating that the market is slowly shifting towards buyers.

“Now is a good time to fall in love with real estate,” said 2023 President Diana Galavis of the Northeast Florida Association of REALTORS. “Active listings are up 10 percent over the region, which allows buyers to shop through more available inventory. The month’s supply of inventory is up 30 percent from last month, while pending sales have decreased from last month, which is a direct reflection of the increase in interest rates.”

In the six-county region, the median sales price in September of single-family homes was \$379,500, basically the same as the previous month; however, the median number of days on the market for single-family dwellings rose 22.6 percent by slowing to 38 days. Closed sales dropped 14.8 percent

to 1,663, and pending sales fell 10.4 percent to 1,579. And buyers should be happy to see an active inventory of single-family homes in the region rise to 5,230, a 10.9 percent increase over last month and a 21.1 percent increase over September 2022.

In Duval County, the September 2023 median price of single-family housing was \$330,000, a negligible change from August 2023. The median days on the market in September increased to 33, a 17.9 percent hike from the month before. Month-to-month, closed sales fell 13.5 percent to 857, pending sales dropped 15.1 percent to 772, and new listings increased 4.8 percent to 1,427. Active inventory for the county rose 13.5 percent to 2,314 homes, a 2.7-month supply. In September, the Home Affordability Index fell 1.3 percent, registering at 76.

In St. Johns County, September 2023 median prices decreased 2.5 percent to \$536,493 for single-family homes. The median days on the market jumped up 31.4 percent to 46. Month-to-month, closed sales fell 12.1 percent to 393, pending sales inched up 1 percent to 424, and new listings rose 1.25 percent to 733. Active inventory rose to 1,642 homes, an increase of 8.7 percent from August 2023, and 4.2-month supply. The Home Affordability Index increased slightly, 2.2 percent to 47, yet still indicated St. Johns County is an expensive place to live.

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Travel

Discover Hidden Treasures on Milos

By Debi Lander
mail@floridanewslines.com

If a gorgeous Greek island with few crowds, remarkable attractions, mysterious landscapes, and active adventures interests you, read on. Milos, a lesser-known volcanic island in the Aegean, became one of my greatest travel discoveries. It includes the very spot where a 19th-century farmer unearthed the famous Venus de Milo (s) statue — but somehow the “s” has been lost beyond the shores of its island namesake.

I took a Celestyal Cruise excursion to the harbor named Adamas. There, my group met Andreas, an expert guide and a life-long resident of Milos.

First stop: the Mining Museum. May sound boring, but the introductory video proved brilliant. The documentary featured men and women reminiscing about their former work in the obsidian, perlite, and dangerous sulfur mines. The economy of Milos depended on mining so this background proved helpful for understanding the isle’s geological wonders.

We looked next into the island’s volcanic origins at Papafranga. Peering down a breathtaking ravine revealed kayakers and swimmers emerging seemingly from nowhere. Hiking and kayaking are some of the most popular adventure options on Milos.

The landscape offers rolling hills, terraced gardens, jagged coastlines, and

the most unforgettable beach I have ever seen. Pearly white, not black, lava flow created Sarakiniko Beach. Over centuries, Mother Nature’s powerful winds eroded the coastline forming mysterious and marvelous shapes. Its lunar-like white/beige terrain resembles something you might see in a Dr. Seuss book. The wispy mounds make a dreamy contrast to the crystal clear turquoise water. Although the landscape looks like sand, it’s as firm as stone. This unusual beach begs me to return.

Thankfully, we were given time to venture down toward the water, finding sunbathers, swimmers and caves built by Germans as protection from Allied aircraft during WWII.

Milos, inhabited since the Neolithic Age, endured frequent wars; however, during the Hellenistic Age (323 BCE – 31 BCE) Milos entered a peaceful period, one that produced great works of art. One example is the treasured statue of Poseidon — the bronze giant in the National Archeology Museum in Athens. This era also brought the creation of one of the world’s most famous statues. Aphrodite was later given the Roman name Venus — with de Milos added to tell whence she came.

My group ventured to the place where in 1820, a farmer digging for building materials discovered the statue. Legend



Sarakiniko Beach.

says he was disappointed to find the useless relic. She was in two pieces, upper and lower body, with both arms missing. Myths still surround her lost limbs. A French naval officer bought the pieces and shipped them to Paris. Eventually, a Marquis presented the statue to French King Louis XVIII. After he became bored with her, the king gave the figure to the Louvre, where she remains one of the museum’s most magnificent treasures.

A short walk from the discovery spot brings an eagle’s-eye view of another ancient treasure — this one still in place. An ancient theater, now partially reconstructed, rests down a steep hill. The theater abuts yet another stunning panorama of the coast. Underground catacombs lie nearby from some of the earliest Greek Christian burials. They

are considered the third most important after those in Rome and the Holy Land.

Our last stop brought us to a little village of restaurants, shops, and local dwellings. Plaka’s narrow streets run at odd angles up and down inclines and provide still another spectacular overlook.

I could have lingered, but we needed to return to the ship. For the moment, Milos remains undiscovered for most Americans, but it is one you will hear more about in the future. If you cruise with Celestyal, don’t miss this exceptional excursion.

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



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