

Mandarin NewsLine

September 2024 Volume 19 Issue 9

A Florida NewsLine Publication



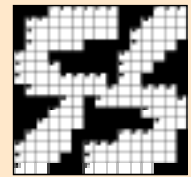
page 3
BFF Best Furry Friend



page 5
Q&A with
Lori Hershey



page 9
Get To Know ...
Marilyn Feldstein



page 10
Puzzles



Photos courtesy Sondie Frus

"Three Travelers in Search of a Vague Notion" by Nikki Hill (2023 Challenge Quilt First Place)

Quiltfest: A celebration of unique and magical art

By NewsLine Staff
mail@floridanewsline.com

Do you believe in magic? Would you like to see some real life magic with your own eyes? Well, the fiber artists of Jacksonville have gathered 465 samples of magically sewn works of art in the form of quilts for a show at the Prime Osborn Center in Jacksonville. "Sew Your Heart Out," the 37th annual showcase of quilts by Quiltfest Inc. of Jacksonville will be at the Prime Osborn Convention Center, Sept. 19, 20, and 21, from 9 a.m. – 5 p.m. daily.

What is so magical about quilts and why is it worth your time to come see this show? It must be magic

Quiltfest cont. on pg. 2

MHS 5k run brings community together

By Martie Thompson
editor@floridanewsline.com

It was a typically warm and humid morning on Saturday, Aug. 17, the date of the eighth annual Mandarin High School Athletics, Alumni and Community 5k. According to the school's athletic director, Brian Rado, close to 400 participants showed up for the run, which benefits all 37 varsity and junior varsity sports (to include more than 700 student athletes) at Mandarin High School.

"This year, Principal Sara Bravo and I were honored to have our new superintendent, Dr. Christopher Bernier, come out as the honorary starter of the event," Rado said. "Participants started at the MHS track and then ran about a mile and a half down Greenland Road before turning around and heading back to the finish line at the track."

Rado said that along the way, the band and cheerleaders played music and cheered for the runners, while the school's ROTC manned the water stations. Many of the school's teams and clubs ran in the race.

"It's a festive atmosphere. We try to involve all the programs from the school



Photos courtesy Cady Studios

Superintendent Dr. Christopher Bernier starting the race.

in some way," Rado said.

According to Rado, the race started as a way to highlight the school's rivalry with Atlantic Coast High School, but by the next year, it had transitioned to being all about the Mustangs. In-kind sponsors like Crown Trophy and T5 Sportswear allow the school to use the race proceeds for its athletic teams. The event has gotten more popular each year as more and more alumni and community members

participate.

"That's the best part," Rado said. "I enjoy the community and alumni participation and it's fun to see this event that I have such passion for grow and take off. It's a great event to get the school year started and we hope this annual tradition will continue for years to come for this school and the outstanding Mandarin community."



The 5K winners 2024.



Athletic Director Brian Rado and friend at the race.



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Quiltfest cont. from pg. 1

for a sewing artist to be so passionate about creating works of love and beauty that one would work for hours to create each quilt. In fact, some quilters admit to taking as long as 20 years to finish their work. A quilt might yield a pleasing pattern from the play with color and shape; it might tell a story or make a statement about current events; or it might be an image suitable to hang on a wall. Whether it takes a few days, weeks, months, or years, the quilts are stunning. And to see them all together is magical.

So grab your friends and family for a unique outing. Maybe you will find something handmade to purchase at

the boutique or the quilt sale room. There are also opportunities to buy small items to support Community Hospice PedsCare Bereavement, for you or your children to test out using a sewing machine or help make Me Dolls and Heart pillows for hospitalized patients, to win a quilt or basket of goodies, or to buy a gift for the quilter you know.

Tickets for the Quiltfest are available the days of the show or at numerous quilt stores in the region (until Sept. 7). Tickets are \$15 per day with children younger than 12 free and \$1 off for seniors and veterans. Parking in the Prime Osborn official lot is free. Visit www.quiltfestjax.com for a look at the 2023 winners, ticket information, and directions.



Best of Show by Margaret Solomon Gunn 2023, "Belladonic Haze"

Jax Book Fest and more at your local library!

By Jeremy Yates
mail@floridanewline.com

Jax Book Fest returns Sept. 20 – 21 to the Main Library with three No. 1 New York Times bestselling authors, dozens of local authors, book giveaways, and lots of fun activities for children. Read more at jaxlibrary.org/bookfest.

Our friend, Mr. Joe, returns for a special Junior Lit Chat Author Talk (for children aged five through 12) on Saturday, Sept. 7, at 2 p.m. at the Mandarin Library to celebrate his new book, "Teemu the Emu," and to help children explore their own storytelling abilities. This program is sponsored by the Friends of the Mandarin Library.

For more reading and hands-on activities for children aged five through 12, check out STEAM & Stories Mondays at 3:30 p.m. at Mandarin Library. Each program is an opportunity for your child to engage with their peers,

enjoy a good story, and participate in themed games or crafts. Kids aged five to eight can dive deeper into Science, Technology, Engineering, and Math at Junior Scientists Wednesdays at 3:30 p.m. at Mandarin Library. For even more art and reading fun (for ages five through eight), don't miss Junior Artists Tuesdays at 4 p.m. at South Mandarin Library.

Uncover thrilling tales (and the true stories) behind Bigfoot, Chupacabra, and Mothman! Discover Lab: Cryptozoology (for ages nine through 12) continues Wednesdays from 4 p.m. – 5 p.m. at South Mandarin Library and Thursdays from 4 p.m. – 5 p.m. at Mandarin Library.

Teens (ages 12 – 17): Learn how to craft with polymer and air-dry clay to help make tea dragon care supplies! Sculpture Lab runs Fridays from 11 a.m. – 12 p.m. at South Mandarin Library. Teens looking to get more

involved, make friends, or earn volunteer hours: Join us at Teen Advisory Board (TAB) at the South Mandarin Library Friday, Sept. 6 and 20 at 4:45 p.m.

Find more programs and activities at jaxpubliclibrary.org/events

Save the dates for two Book Sales in early October! The Friends of South Mandarin Library's Book Sale runs Thursday, Oct. 3 through Saturday, Oct. 5. The Friends of the Mandarin Library are hosting their Book Sale Oct. 4 – 5.

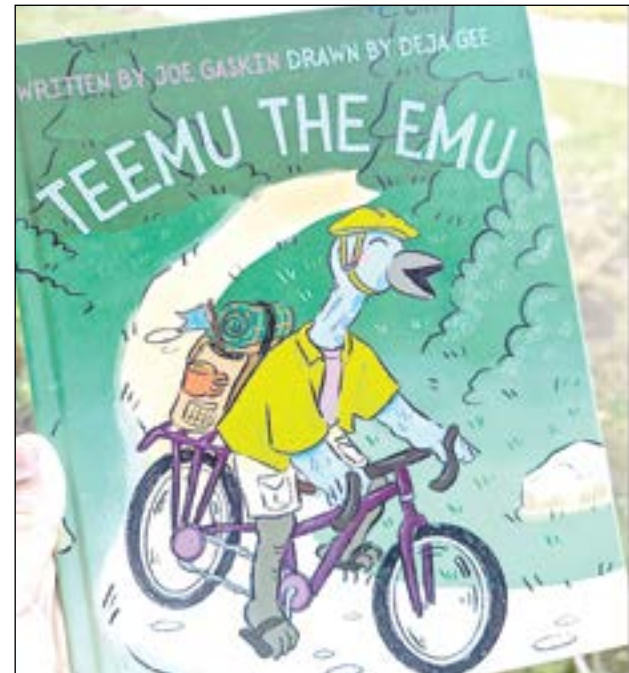


Photo courtesy Jacksonville Public Library

"Teemu the Emu," the new book from former Jax Library employee turned local author, Joe Gaskin (Mr. Joe).

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BFF Best Furry Friend of the month

Meet Zeus!



Breed:
Jack Russell Terrier

Favorite Activities:
Playing ball and taking walks on the beach and in the neighborhood.

Favorite Foods:
Savory rice and lamb stew dog food

Favorite Friends:
Anyone who plays with him!

How did your BFF get his name:
Ancient Greek mythology, God of the sky, lightning, thunder, law, and order. He's fast (lightning), loud (thunder), and he likes things in order!

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.



Back to School Guide
in this issue!
Pages 6 – 8

Table of Contents

- 4 What's Happening in Mandarin
- 5 Q&A with Michael Boylan
- 13 Jimmy's Fishing Report
- 14 Gardening

When you advertise, you encourage repeat business, create traffic, and attract new customers!

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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 bench by the South Mandarin Branch Library.

B	E	S	T		S	C	I		P	V	A									
P	A	B	I	R		P	A	C		P	A	I	L							
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CRYPTO FUN

Determine the code to reveal the answer!

A. meow B. purr C. whiskers D. pounce

Answers to our Puzzles
PG 10

Word search grid with highlighted words: RUA, AMN, AIT, PYG, GEB, BWJ, GHY, U, M, E, D, H, A, N, P, U, N, X, L, X, C, E, S, E, M, A, I, S, G, M, A, R, L, C, F, U, R, K, I, S, H, A, N, G, O, R, A, S, O, I, N, I, K, F, K, X, N, E, W, B, O, H, B, A, Y, S, L, V, V, E, C, C, I, A, H, W, U, G, I, O, G, G, H, A, D, W, N, P, Y, C, C, O, A, N, T, L, S, H, A, C, H, A, R, T, R, E, U, X, I, W, L, O, O, C, U, S, E, B, N, R, S, T, B, E, R, T, A, N, G, F, X, N, R, Y, P, R, D, L, O, F, H, S, I, T, T, O, C, S, K, V, B, Y, U, H, D, J, G, N, R, P, E, D, R, H, A, U, S, Y, O, A, A, B, N, U, R, A, B, Y, S, S, I, N, I, A, N, U, H, P, H, B, I, X, Y, I, Y, F, W, S, A, T, M, G, X, E, R, N, O, V, E, D, L, Y, T, N, I, S, L, I, A, T, B, O, B, E, S, E, N, A, P, A, J, T, O, I, F, I, O, Y, M, P, E, R, S, I, A, N, F, B, L, U, F, K, F, R, E, U, L, B, N, A, I, S, S, U, R, N, L, K, G, I, L, M, T, L, I, A, T, B, O, B, N, A, C, I, R, E, H, A, M, P, X

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September

Community Calendar What's Happening in Mandarin

Shuffleboard is played on Tuesdays at 10 a.m. at Tommy Hazouri Park (formerly Mandarin Park). The courts are at the park entrance next to the tennis courts. Try to get there a few minutes early for court assignments. Beginners are welcome. Just show up (a few minutes before playing time), unless it rains.

Toast of Jax Toastmasters meets every Saturday, except on holiday weekends, at 8:30 a.m. at Baha'i Community Center, 5034 Greenland Road. 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.

MomCo (formerly known as MOPS), a fun and safe place to connect with other moms, share breakfast, and hear from guest speakers on various topics, will meet every other Tuesday from 9:45 a.m. - 11:45 a.m. on the Mandarin Presbyterian Church /Loretto Road Campus with childcare provided. Space is limited; visit mandarinpres.com/momco to register. Email MOPS@mandarinpres.com for more information.

3rd: Honeybee Quilters Guild will meet on Tuesday, Sept. 3 at 6:30 p.m. at Mandarin Presbyterian Church's Loretto Road Campus in the Kids Space at 2501 Loretto Road. New members/guests welcome. Visit honeybeequilters.org for more information.

7th: 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 Sept. 7 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; Donations help support the museum's programming and operations. Visit www.mandarinmuseum.org for more information.

7th: Meet the Maple Leaf Divers at the Mandarin Museum, 11964 Mandarin Road, from 10 a.m. - 12 p.m. on Saturday, Sept. 7. 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.

10th: Griefshare will meet on Tuesdays beginning Sept. 10 through Dec. 10 from 10 a.m. - 12 p.m. at the Cody Enrichment Center, St. Joseph's Catholic Church, 4152 Loretto Road. Call (904) 318-9308 for more information and sign up.

12th: "Wild Flowers" will be presented to the Magnolia Circle on Sept. 12 at 10 a.m. at the Mandarin Garden Club, 2892 Loretto Road. The public is invited. Visit www.mandaringardenclub.org for more information.

12th: Mandarin Museum's 35th Anniversary Fundraising Dinner will be held at Blue Bamboo Canton Bistro, 10110 San Jose Blvd., on Sept. 12. Cocktail hour with the museum's board of directors begins at 6 p.m. along with the opening of the silent auction. Chef Dennis Chan will present his custom curated four course menu based on Mandarin's food scene in 1989. Tickets may be purchased online or in-person at Museum Guest Services. For more information, visit www.mandarinmuseum.org/events.

14th: 1945 Cabaret, featuring live music and entertainment by Theatre Troupe 1776, will be performed at the Mandarin Community Club on Sept. 14 at 7 p.m. Tickets are \$19.45 and proceeds benefit the Mandarin Community Club.

14th: The Southern Genealogist's Exchange Society will meet from 10 a.m. to 12 p.m. on Sept. 14 at the Mandarin Branch Library, 3330

Kori Road. Email Sgesjax@att.net to reserve a space. Visit www.sgesjax.org to register for the meeting or call (904) 778-1000 for more information.

14th: Second Saturday Arts and Farmers Market at First Christian Church, 11924 San Jose Blvd. on Sept. 14 from 9 a.m. - 1 p.m. Visit www.facebook.com/SecondSatMarket/ for more information.

14th - 15th: Fall Orchid and Plant Sale hosted by the Jacksonville Orchid Society will be held on Saturday, Sept. 14 (9 a.m. - 5 p.m.) and Sunday, Sept. 15 (9 a.m. - 4 p.m.) at Mandarin Garden Club, 2892 Loretto Road. The sale will feature a raffle, mini lectures and demos in addition to plants for sale. Visit www.jaxorchidsociety.org for more information.

16th: The All Star Quilters Guild will meet at 9:30 a.m. for socializing prior to the 10 a.m. meeting on Monday, Sept. 16 at First Christian Church, 11924 San Jose Blvd. The program will be a mini quilting show by the 12x12 group. Sew and Tell is always a feature. Guests are welcome. Visit www.allstarquilters.org for more information.

17th: Mandarin Garden Club Tour and Talk by Master Gardener Mary Forester will be presented to the Dogwood Circle on Sept. 17 at 10 a.m. at the Mandarin Garden Club, 2892 Loretto Road. The public is invited. Visit www.mandaringardenclub.org for more information.

19th: Third Thursday Lecture featuring "Memphis Wood: Threads of Modernity" presented by Dr. Elizabeth Heuer, UNF Associate Professor of Art History, will be held on Sept. 19 from 6:30 p.m. - 8:30 p.m. at the Mandarin Community Club, 12447 Mandarin Road. The lecture will be hosted by Mandarin Museum in partnership with the Mandarin Community Club. Admission is free and the event is open to the community.

19th: "Fall Gardens" by Brandon Voutour of Liberty Landscape will be presented to the Cherokee Rose Circle on Sept. 19 at 10 a.m. at the Mandarin Garden Club, 2892 Loretto Road. The public is invited. Visit www.mandaringardenclub.org for more information.

19th - 21st: 37th annual Quiltfest of Jacksonville, "Sew Your Heart Out" will be held Sept. 19, 20, and 21 from 9 a.m. - 5 p.m. daily at the Prime Osborn Convention Center. Tickets are available at local quilt stores, via Ticketmaster, or at the event. See www.quiltfestjax.com for more information.

21st: Household Hazardous Waste/E-Waste Collection event will be held on Sept. 21 from 9 a.m. - 3 p.m. at Tommy Hazouri Sr. Park, 14780 Mandarin Road.

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

26th: "New Gardening Trends" will be presented to the Live Oak Circle on Sept. 26 at 7 p.m. at the Mandarin Garden Club, 2892 Loretto Road. Juliet Johnson will discuss trends from the 2024 Chelsea Garden Flower Show, London, England. The public is invited. Visit www.mandaringardenclub.org for more information.

27th: The Italian American Club of Jacksonville will hold its popular Spaghetti to Go on Friday, Sept. 27 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. Dinners cost \$13 and there are small charges for extra meatballs, cannolis and pizza rolls. No phone orders. Visit www.iacofjacksonville.com or call (904) 586-2700 for more information.

28th: Fall Festival at Trinity Mandarin will be held on Sept. 28, 10 a.m. - 2 p.m. at the church, 2955 Orange Picker Road. The event will include a farmers market, kids' activities, live DJ, performances by local groups, food trucks and more than 160 local vendors with crafts, pet items, candles, jewelry, holiday gifts and more. The event is free and open to the public. Visit <https://fb.me/ecbY7gWIZ> for more information.




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with Duval County School Board Member
Lori Hershey, District 7

Q: What can you report about the first day of school, Aug. 12?

A: The school year has gotten off to a great start. I was able to visit Bartram Springs Elementary and Twin Lakes Academy Middle on the first day. It was exciting to see the number of families there to enroll their students on the first day of school. Some had just relocated from other parts of the country to Jacksonville. Enrollment continues to increase during this first week of school.

Also, Superintendent Dr. Christopher Bernier kick-started his morning by visiting the bus drivers at the bus depot before their runs on the first day of school. He was there to talk to them and encourage them.

Q: Are there any new safety procedures for this school year?

A: Students returned to some enhanced security procedures. Schools now all have secured vestibule areas and gates surrounding the school buildings must be locked during school hours. At some schools, this impacts access to parking lots for teachers, volunteers, or late arriving students.

Q: What is the new cell phone policy for Duval County Public Schools?

A: This new policy might require some adjustments for students and parents. This year, cell phones must be turned off and put away in a backpack or similar during the school day. This has already been found to improve interac-

tion in the classroom as it allows students to be fully present. Additionally, it will decrease instances of bullying.

Q: Do you have an update on the Master Facilities Plan discussions?

A: The Master Facilities Plan is scheduled to be voted on in October; however, after the school board workshop in August, it's evident that there is more conversation needed and revisions to be done. This may delay a full vote on the Master Facilities Plan. I'm thinking the vote might be taken in stages — for instance, school boundaries might be addressed first before any potential school consolidations. There are many factors to be considered, including school enrollment, building utilization, walkability, and, from the current discussion, school grades. Please keep in mind that these are all subject to change.

Q: Are there any updates for Mandarin schools yet?

A: The current recommendation regarding feeder patterns when it comes to Mandarin is for students in elementary schools like Crown Point, Greenland Pines, Loretto, and Mandarin Oaks to all go to Mandarin Middle School and then on to Mandarin 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.



with Jacksonville City Council Member
Michael Boylan, District 6

Q: How is the budget process going for the City of Jacksonville?

A: We are actively working toward the resolution of the proposed budget for the next fiscal year. The finance committee has been working diligently, going through the proposed budget line by line to minimize any draw-downs on our reserves and although I am not on this committee, I have been actively participating as much as my schedule permits. At the City Council's last meeting in September, we will finalize the budget. Public comment is available at this meeting as well as the meetings leading up to it.

Q: Have you been working also with the canvassing board?

A: Yes, presently we are busy with the Primary Election and I will be spending a lot of time at the Supervisor of Elections' office leading up to Election Day in November. After the voting is completed, we have to sign off on the final tabulations.

Speaking of the November election, the ballot for November will be lengthy due to the number of proposed Constitutional Amendments. I encourage

constituents to do their homework on these amendments and review the sample ballot when it becomes available closer to Election Day. An informed electorate is so important.

Q: Do you have an update on any Mandarin projects?

A: Well, the big project on Orange Picker and Brady roads is nearing completion. We expect the resurfacing of Orange Picker and Brady roads as well as the Alberts Field parking lot expansion to be completed by the end of September.

Also of note, there will be a Household Hazardous Waste collection event, to include electronics waste, on Sept. 21 from 9 a.m. – 3 p.m. at Tommy Hazouri Sr./Mandarin Park, 14780 Mandarin Road. This collection event is for Duval County residents only; no businesses are permitted.

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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How much should a backpack weigh?

By NewsLine Staff
mail@floridanewsline.com

Backpacks are handy tools that carry an array of gear. Students rely on them to hold books, while hikers and campers utilize backpacks to carry items such as food and beverages that keep them safe on trails. Even office workers may turn

to backpacks to carry laptops or other tools of the trade.

Backpacks are handy resources, but overstuffed backpacks may cause injury. Backpacks should only carry weight that people can handle, and there are guidelines that can help people safely utilize

backpacks.

The weight of a backpack depends on the age of the person using it. Generally speaking, adults should not exceed 20 percent of total body mass when loading backpacks. That means a healthy person weighing 200 pounds should not carry more than 40 pounds in his or her backpack.

In regard to children, researchers indicate that a child's backpack should weigh no more than 10 percent of what the student weighs. Those findings are based on a Spanish study involving 49 primary school-aged children. Therefore, if a child weighs 70 pounds, he or she should only carry up to seven pounds in the backpack.

Individuals also should follow a few other backpack recommendations to alleviate injuries. It's not a good idea to wear a backpack hanging from only one shoulder. A backpack should be worn on both shoulders, and ideally with a lumbar strap. This will help to prevent muscular pains by providing well-rounded support.

A backpack with wide, padded straps can minimize pressure on the shoulders, back and collarbone. Backpacks made of lightweight material will not add much additional weight to what's being carried. Another tip is for children and adults to pack the heaviest item carried in the backpack closest to the center of the back to minimize strain.



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By popular demand, Deerwood Academy St. Johns is launching an additional VPK class! Free for Florida students aged 4 by Sept. 1, the new class has a convenient time of 9:10 – 12:45. An enriching “VPK Wrap” extended day program is also available at a competitive cost.

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Study tips for a strong start in school

By NewsLine Staff
mail@floridanewsline.com

Studying is vital to academic performance. At the dawn of a new school year, students get a fresh start to improve upon or continue strong study habits. Teachers will be rolling out their curricula, and that may feel overwhelming; however, optimizing study skills can boost confidence in school and in areas outside of the classroom. These study tips can put students on a path for success.

- Find your optimal study space. The ideal study spot varies from student to student. Some need a quiet nook in the library, while others may prefer the sounds of nature while seated on a park bench. There's no one-size-fits-all study location, so students may need



Photo courtesy MetroCreative


These study tips can put students on a path for success.

to experiment with what works best for them. Also, The Princeton Review says that a student doesn't need just one study space. He or she may find a change of scenery can prompt the brain to retain information better.

- Devise a study plan. Setting goals and a plan of attack allows students

Study tips cont. on pg.8

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Understanding the impact of social media on adolescent mental health

By Jamie Mericle, LMHC
mail@floridanewslines.com

Our nation is grappling with a mental health crisis that has hit our youth especially hard, and social media is a major factor in this struggle. While these platforms connect young people, they also expose them to harmful content, cyberbullying and unrealistic standards, increasing the risk of negative psychological effects and contributing to a troubling rise in youth suicide rates.

Studies from the Journal of the American Medical Association and the National Institute of Health underscore the seriousness of this issue. And last year, the U.S. Surgeon General issued an advisory highlighting the dangers of social media, particularly during adolescence, a critical period of brain development. That advisory revealed social media may contribute to body dissatisfaction, which can lead to disordered eating behaviors. When asked about the impact

of social media on their body image, 46 percent of adolescents aged 13 – 17 said social media makes them feel worse, according to the Surgeon General.

Moreover, researchers found that 64 percent of adolescents are often or sometimes exposed to hate-based content. When a child, who is still impressionable, repeatedly sees hateful behavior they get used to it. Over time, this can affect their ability to empathize with others.

These are just a few of the dangers. Cyberbullying can lead to severe emotional distress and depression, while predatory behavior from strangers poses safety risks and exploitation. Constant comparison with others online can also foster a sense of inadequacy.

Yet as technology use in our society continues to grow, we cannot simply ignore its presence or ban our children

from using it. Social media also offers valuable opportunities for connection, self-expression and learning. It comes down to us, as parents and caregivers, to guide children toward responsible online behavior.

This involves teaching kids about appropriate social media conversations and reinforcing the "stranger danger" rule. It's also important to remind kids that not all harm comes from strangers; classmates and friends can be just as damaging through cyberbullying. Parents should also encourage open communication, so children feel safe coming to you if they're being targeted.

Finally, establish tech-free zones at home to protect sleep and encourage in-person relationships. Limiting screen time, especially at night, can help prevent social media overuse.

Whether you fall on the pro or con side

of social media platforms, they're here to stay. The best way to balance their benefits and risks is by staying involved in our children's online experiences, especially as the platforms continue to evolve.

Resources can be found online on various websites such as the Organization for Social Media Safety and National Cyber Security Alliance. If your child's social media use leads to more serious mental health concerns, seek support from a mental health professional for help.

Jaime Mericle is a licensed mental health counselor and the vice president of clinical services at Daniel, Florida's oldest child-service agency. Daniel helps children with serious emotional/behavioral issues through its residential services program and offers a variety of other programs to kids and families in crisis. Visit danielkids.org for more information.

Add braces to back to school list

By NewsLine Staff
mail@floridanewslines.com

Back to school means cooler weather, school supplies, a new outfit — and braces. If you missed your window to have your child begin orthodontic treatment this summer, do not worry. At Smiles by Dr. Craig Hadgis Orthodontist, they work to make sure that braces are not just another bump in the adolescent road.

"We have invested in the latest technology to offer high quality options, a comfortable experience, and precise results for our patients," said Dr. Hadgis. "We have several types of braces as well as Invisalign clear aligning trays that can be used for every age."

Some of the back-to-school fun with the more traditional metal braces is choosing the colored ties that hold the wire on the brackets. Students like to use their school colors for the athletic

games, black and orange are scary at Halloween, and red and green for the holidays.

Popular with the teens are Invisalign's clear aligning trays. The aligners can be removed to eat and brush so there are very few food restrictions, and they are nearly invisible, so Homecoming photos are not impacted. If braces are a better choice for your teen, the clear brackets are very small and discreet.

Dr. Hadgis said his office is frequently asked, "Can I still play sports with braces?" and the answer is yes.

"We have special mouthguards for sports that fit over the braces and allow the teeth to change position over the course of the season, so playing sports is not a problem and we just include those with treatment," Dr. Hadgis said. "We also include a hygiene kit that fits into a backpack so it's easy to keep the braces clean at school. Our Invisalign patients receive cases for their trays, so they stay safe during lunch and don't get thrown out with the napkin or eaten by the dog.

Back to school while improving your child's smile sounds like the perfect match. Visit www.smilesbyghortho.com for more information.

Study tips cont. from pg.6

to space out their studying over several days. This can reduce stress and make the task seem less cumbersome.

- Avoid cram sessions. Devising a study plan is better than cramming the night before a test. The American Psychological Association says students may perform well on a test for which they've crammed, but that doesn't mean they've truly learned the material. Studying with a goal of retaining the material long-term is important.

- Learn how to actively study. Some students think that studying requires reading over the material or highlighting text. Active studying involves engaging with the material and constructing meaning from the text. One way to engage with the material is to try acting as the teacher and explaining concepts to another person. Creating a

study guide or even concept maps also helps one actively study.

- Balance intensity with laid-back study approaches. Students may procrastinate with their studying because they don't want to devote a lot of time to the task. Instead, they can do shorter sessions mixed with longer sessions of studying. In fact, The Learning Center at the University of North Carolina at Chapel Hill says shorter, intensive study time can be more effective than drawn-out studying.

- Ask for help. Asking a teacher or another student for help is not a sign of weakness. It's a good strategy to develop early on. The longer one waits, the more difficult it may be to catch up on material. Asking for help goes hand-in-hand with setting up a buddy system for studying. Study groups enable students to go over material together, which can provide different perspectives and help the material resonate more effectively.

Life

travel · pantry raiders · gardening
fishing · entertainment · puzzles

Get to Know ...

By Martie Thompson
editor@floridanewslines.com

Marilyn Feldstein

Marilyn Feldstein has always wanted to help people. At first, after graduating from the University of South Florida with a degree in sociology and American studies, she became a social worker. Then, after moving to Pennsylvania so her husband could earn his PhD, she worked in banking to help pay the bills, but still she wanted a career that felt more meaningful to her. Realizing there was no future in this job, she decided to go back to school and earned her master's degree in public administration from Penn State. "I thought perhaps I'd go into human resources," she said. "I really needed a career coach, but there wasn't one." Ultimately, she landed a job back in Jacksonville (Marilyn was born and raised on Jacksonville's Westside) with AT&T American Transtech, which had just opened its headquarters in the city. Finally in 2000, she realized what she truly loved was helping people find their strengths and repackage them to find a career they loved. She became what she herself needed years previously: a career coach. Today, she and her husband Charles enjoy living in Mandarin.

Q: How did you meet your husband?

A: I was living in Jacksonville and Charles was teaching at what was Florida Junior College at the time (now Florida State College at Jacksonville). We were basically set up



Photo courtesy Marilyn Feldstein
Marilyn Feldstein

on a blind date by a friend of his who recommended that his sister could date my brother and he could date me. So that's what happened. We went to a disco in Arlington on a double date. Charles and I just hit it off, but his sister and my brother did not. We dated for 13 months until he accepted a position in North Carolina and we were married before he left so I could accompany him.

Q: How did you end up "back" in Jacksonville?

A: After we lived in North Carolina for a couple years, we moved to Pennsylvania because Charles wanted to get his PhD at Penn State University. We were there for about six years and you know, it

gets really cold in Central Pennsylvania — sometimes we had 25 feet of snow and wind chills below zero. I'm a Floridian! We decided to move south, but never in a million years thought we would move back to Jacksonville. While visiting my parents (who still lived here) I did something really smart that I didn't know was smart at the time. I had reached out to AT&T American Transtech about a job and never heard back from them. So while we were visiting my parents, I called them directly and ended up interviewing with them three of the five days of our visit. They called a few days later and offered me a job and then Charles had the major decision

of giving up his current job without another lined up.

Q: What did you learn working at AT&T American Transtech?

A: I worked there for 13 years and had lots of opportunities to learn new skills while I was there. I worked on many different teams and went through four downsizings. For each one, I tried to help my employees prepare for a new job, with my goal being for them to all find jobs before I left — which I did. It was a precursor to what I do today.

Q: What is your specialty?

A: I'm a certified Job and Career Transition Coach. I hear from people all the time, "I know what I don't like, but I don't know what I do like." So my job is to help them find what they really love. I start with career assessment tools and pull information from them about their passions. I help my clients write their resume to reflect this rather than just a historical representation of what they've done. I help them to highlight the accomplishments that support their skills and interest going forward and then I help them with networking and interviewing. My goal is for my clients to get the position if they interview — and then I help them negotiate the offer. My reward is when my client gets the job.

Q: What are your hobbies?

A: I love butterflies and hummingbirds and have a big garden for them in my yard. I exercise every day and read to keep my mind sharp. I also love to make up songs, including a fight song for the Jacksonville Jaguars that I made up in 1994!

Get to Know ...

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

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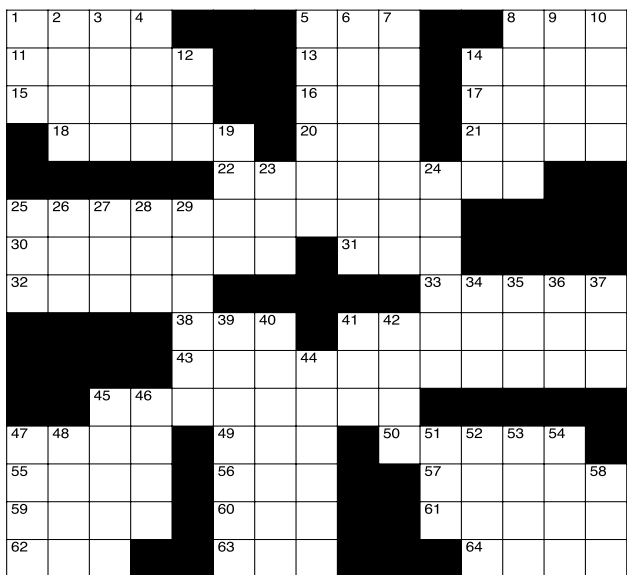
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Puzzles

Answers on page 3
Provided by MetroCreative



CLUES ACROSS

1. Unequaled
5. ___-fi (slang)
8. Synthetic resin
11. Chadic language Bura-__
13. Influential come Election Day
14. Bucket
15. European river
16. Earn a perfect score
17. Horizontal passage
18. Barely sufficient
20. Dekaliter
21. Goo Goo Dolls hit
22. Australian city
25. Female servants
30. Plumbing fixtures
31. Tooth caregiver
32. Book of Esther antagonist
33. Say aloud
38. Thyrotrophic hormone
41. Absolute
43. Untimely
45. Area or neighborhood
47. Juicy fruit
49. Expresses distaste, disapprova
50. S. American rodents
55. Swedish rock group
56. Influential American presiden
57. Volume
59. Begged
60. Resinlike substance secreted by certain lac insects
61. Spiritual leader of a Jewish congregation
62. Good friend
63. Body part
64. Tableland

CLUES DOWN

1. Barrels per day (abbr.)
2. Body parts
3. Invests in little enterprises
4. Rock legend Turner
5. Dug into
6. Laughed
7. Northern European nation
8. San Diego ballplayer
9. Eight
10. Substitutes (abbr.)
12. Moved swiftly on foot
14. San Diego ballplayer
19. Volcano in the Philippines
23. Speak ill of
24. One who publishes
25. Expression of bafflement
26. Macaws
27. Matchstick game
28. We all have our own
29. Divinatory
34. Explosive
35. Follows sigma
36. Sea eagle
37. Type of bread
39. Bit used with a set of reins
40. Time away from work
41. Parts per thousand (abbr.)
42. Lots on your plate (abbr.)
44. Actor Brosnan
45. It's part of packaging
46. Towards the oral region
47. Public Theater creator Joseph
48. Ancient Syrian city
51. Swiss river
52. Mollusk
53. A French abbot
54. Hoagies
58. Not present (slang)

FELINE FUN WORD SEARCH

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

WORDS

- ABYSSINIAN
- AMERICAN BOBTAIL
- AMERICAN CURL
- BALINESE
- BIRMAN
- BOMBAY
- CHARTREUX
- DEVON REX
- EGYPTIAN MAU
- JAPANESE BOBTAIL
- MAINE COON
- MUNCHKIN
- NORWEGIAN FOREST
- PERSIAN
- RAGAMUFFIN
- RUSSIAN BLUE
- SCOTTISH FOLD
- SIAMESE
- SIBERIAN
- SPHYNX
- TOYGER
- TURKISH ANGORA

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

CRYPTO FUN



Solve the code to discover words related to cats.
Each number corresponds to a letter.
(Hint: 14 = E)

- A. 21 14 16 12**
Clue: Sound a cat makes
- B. 6 22 19 19**
Clue: Cat's vibration
- C. 12 26 23 2 11 14 19 2**
Clue: Sensory hairs
- D. 6 16 22 7 5 14**
Clue: Jump on suddenly

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Briefs

Mandarin Women's Club resumes luncheons

The Mandarin Women's Club is excited to welcome everyone back for another year of fun. The club will host a "Getting to Know You" luncheon on Thursday, Sept. 26 at the Ramada Inn in Mandarin, which will feature a complimentary version of "Icebreaker" Bingo. This is a fun way to get to know each other better. Club officers will also be sharing plans for some great programs that are planned for the coming year.



Mandarin Women's Club members who have become friends and continue to socialize while the club is on summer break.

Doors open at 10:30 a.m. and reservations for the luncheon are required. The luncheon cost is \$25 and your check must be received by Thursday, Sept. 19. Call Jo-Ellen at (904) 635-8722 or email joshifty@aol.com to make reservations and obtain payment instructions. Visit www.mandarinwomensclub.com for more information on events, photos, and membership forms.

ElderSource seeks nominations of volunteers, professionals in aging sector for annual award

ElderSource will host its annual A Night with the Stars event on Friday, Nov. 8, and invites the community to nominate individuals working and volunteering in the aging industry for a Luminary Award. The ElderSource Luminary Awards recognize professionals and individuals for their daily service to seniors in the community. The event is presented by Florida Blue Medicare.

The public is invited to nominate individuals in four categories: Continually Committed, Everyday Innovator, Magnificent Millennial and Super Nova Volunteer. Information about how to nominate an individual is available on the agency's website (www.MyElderSource.org) or by calling (904) 391-6692. The nomination deadline is midnight, Friday, Sept. 27.

Luminary Award winners will be announced at the event on Friday, Nov. 8, at the Florida Blue Conference Center — Deerwood campus. A Night with the Stars is an annual fundraising event designed to raise much needed funds to help ElderSource continue to provide resources and services to seniors, caregivers, and their families. Proceeds are used

to support the Emergency Assistance Serving Elders, or EASE, fund, which assists older adults experiencing an unexpected short-term financial crisis. This fund was previously known as the Senior to Senior fund.

A Night with the Stars is supported by the Delores Barr Weaver Forever Event Fund through the Community Foundation of Northeast Florida.

ElderSource is the Area Agency on Aging and Aging & Disability Resource Center for Northeast Florida whose mission is to empower people to live and age with independence and dignity in their homes and community. By connecting them to useful resources and guiding them to solutions, ElderSource is a starting point for those seeking support. The HelpLine receives more than 6,000 calls each month. This year, the agency celebrates 50 years of service in Northeast Florida, covering Baker, Clay, Duval, Flagler, Nassau, St. Johns and Volusia counties.

Visit www.MyElderSource.org for more information.

Third Thursday Lecture announced

Mandarin Museum's Third Thursday Lecture Series featuring "Memphis Wood: Threads of Modernity" will be presented by Dr. Elizabeth Heuer, UNF Associate Professor of Art History, on Thursday, Sept. 19. Dr. Heuer's talk will examine the art of Memphis Wood within the context of the Studio Craft Movement's rise in late 20th-century

America.

Focusing on fiber arts, it will explore Wood's work alongside that of celebrated artists such as Mariska Karasz, Sheila Hicks, and Anni Albers. Their contributions will be situated within the broader contexts of post-war art movements.

The event is in partnership with and will be held at the Mandarin Community Club, 12447 Mandarin Road. Refreshments begin at 6:30 p.m. and the program is 7 p.m. – 8 p.m. Admission is free thanks to the generous sponsorship of Endless Summer Roofing Co.

Suppers for Seniors to provide hunger relief among older adults Thousands of local older adults are currently on waiting lists to receive home-delivered meals. Each day they're forced to make tough decisions between buying medicine or groceries — and the problem is getting worse. Nonprofit ElderSource recently launched its Suppers for Seniors campaign, working to raise \$50,000 that will be matched by Delores Barr Weaver Legacy Funds to help move low-income people off the waitlist for desperately needed food assistance.

"More than 5,000 low-income older adults in our area need food assistance," said Linda Levin, CEO of ElderSource. "As the Area Agency on Aging for Northeast Florida, ElderSource has always focused on connections, linking older adults and caregivers with resources that enhance their lives. We have a

Travel

Buffalo Bill, Western Art and Rodeos in Cody, Wyoming

By Debi Lander
mail@floridanewsline.com

By Debi Lander
mail@floridanewsline.com

The allure of the West can be strong. I'd heard that Cody, Wyoming, founded by namesake Buffalo Bill Cody in 1896, exceeds expectations. The authentic downtown, surrounded by wide-open landscapes, soaring mountains, and many Western-style activities, sounded terrific. And it was.

Cody frequently appears in national media "best lists," with Travel & Leisure Magazine naming it "One of the Most Beautiful Towns in the U.S." and "A Top Art Town." The only negative I can think of is that Cody is somewhat difficult to get to for Easterners. I flew into Denver and took a bus. I could have flown to Billings or Cody, but the cost is higher. Once you arrive, you will want to stay.

I began with a Cody Trolley Tour to learn a little history and get a grasp of the town's layout. Much of downtown is walkable. I wanted to learn about the famous showman Buffalo Bill Cody, so I headed to his original hunting lodge, where a reenactor told his tales. The Pahaska Teepee Lodge rests near the Northeast Entrance to Yellowstone. When visitors traveled by horse and carriage, they'd spend the night at the lodge before going into the park. Cody wisely chose the location, as do many travelers today. The old lodge remains a tourist attraction, but you can stay on

the property.

The town's spectacular attraction is the Buffalo Bill Center for the West. The complex includes five museums under one roof: Whitney Western Art Museum (a Smithsonian affiliate), Plains Indian Museum, Buffalo Bill Museum, Draper Natural History Museum, Cody Firearms Museum, and a research library. It's so large that the admission (just \$23) covers two days. You'll see just a fraction of the 100,000 Western American artifacts, including exceptional paintings and sculptures, taxidermy animal displays, Buffalo Bill memorabilia, interactive exhibits, and videos. For a truly enriching experience, sign up for one of the museum's Exclusive Tours, led by an expert curator. The tours offer a behind-the-scenes look at the archives and allow you to tailor your visit to your specific interests.

Nearby, the Heart Mountain World War II Interpretive Center offers insight into a dark corner of U.S. history: the incarceration of 14,000 Japanese American citizens following the bombing of Pearl Harbor in 1941.

Another day, I explored the Firearms Museum. While I'm not a gun enthusiast, I have to admit I found these guns and rifles fascinating. I followed a timeline of their development and enjoyed seeing famous people's firearms.



Photos courtesy Debi Lander
Buffalo statue in Cody, Wyoming.

The engraved details on some of the side plates look like works of art. Then, I went off to the Cody Firearms Experience, where I shot two guns at the indoor range. The facility maintains copies of many historic weapons, and I chose a 1795 Flintlock musket and a Gatling Gun. Firing the Gatling made me feel like a mobster; however, the musket was the most thrilling. My instructor loaded the gunpowder and the ball, and then I aimed and fired — with the gunpowder igniting close to my face.

I recommend dinner at the Cody Cattle Company while listening to live Western music. Then, walk over to the Cody Rodeo Fairgrounds. Rodeos run every night in the summer. First come

the bucking bronco riders, then cattle roping, barrel racing, and lastly, the bull riders. What a fabulous show!

Lastly, I took a full-day bus trip to Yellowstone National Park. One day is not enough to see the geysers, bubbling mud pots, waterfalls, and abundant wildlife. The bison were plentiful and easy to spot. Bears were fewer, but I saw about eight to 10, just not up close!

If your inner cowboy is calling, head to Cody. (Information: <https://www.codywy.gov>)

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



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Fishing

Jimmy's Fishing Report

By Jimmy Tomazinis
mail@floridanewline.com

I just had to think pretty hard about whether I was writing this report for August or September. That's where this year and fishing has me right now. It seemed like everything was at least a month late this year and then somehow it all was a month early. At least some things were. For instance, the mullet run. September is usually the prime month for that, but when Hurricane Debby rolled through in August a deluge of mullet poured out of the inlets and for a few days it was amazing. The mullet were so small I think even they were surprised they didn't get an extra month to grow.

So, if you haven't gotten to the beach yet to enjoy the run, I'd get out there. I don't expect it to last an extra month just because it started so early. All you need is a bucket with a small cast net and one rod. It's not necessarily about catching a ton of fish, but being present for the spectacles that happen somewhere along the coast every day. We usually see a small mullet run in the river as well, but that's here one day and gone the next unfortunately. Keep an

eye out though.

The rain from Hurricane Debby didn't seem to do much to the shrimp, so they should be mostly bigger than bait size now if you're thinking of trying for some. The smaller ones are still great bait so you can trade them in for some nice fish still. Redfish, flounder, and a surprising number of drum have been under the docks lately. I'd expect even more could be around the bridges with the stripers. Jacks are schooling all over and ready to hit just about anything. It's still very hot out, so early and late can make it a little more comfortable for yourself.

I also want to mention bass fishing since they are probably my favorite fish to catch with live shrimp. Look for places with flowing freshwater like creek mouths and culverts. Water will be slightly cooler and possibly full of food, so bass tend to congregate there. If you can time it for after a large rainstorm when flows might be higher that can be ideal. It's worth poking around a bit. Believe me. Tight lines.

Community Club event features WWII music and history

By Emily Lisska
mail@floridanewline.com

September 1945 marked the end of World War II. The Mandarin community is invited to enjoy the exuberance of the year through a musical performance of song and dance by Theatre Troupe 1776. The "1945 Cabaret" will revive memories for many and introduce the younger crowd to some of the nation's finest songwriters and composers. Stories of wartime 1940s North Florida are also featured in the performance.

It's all part of a fundraiser for the Mandarin Community Club on Saturday, Sept. 14. Doors open at 6:30 p.m. and the show begins at 7 p.m. Coffee and desserts are included in the evening event. A wine bar canteen offers libations with a donation suggested.

"This event is more than a show with song and dance. It's also a look at the

history of this important time. We want to honor veterans and families who lived through the '40s," said Troupe Director Patty Everett, also a Mandarin Community Club board member. "Our Theatre Troupe 1776 is about mixing history and theater together. We include actors of all ages. This show is ideal for any age audience. It's a family show."

Reserve your tickets for \$19.45 each to see the show and to support the preservation efforts of the Mandarin Community Club, Mandarin's oldest civic organization. Reservations can be made on the club's website mandarincommunityclub.org or phone the club at (904) 268-1622 and leave the number of reservations requested, your name and contact information. Walk-ins will be accommodated as space allows. The Mandarin Community Club is located at 12447 Mandarin Road. Parking is free.


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Mandarin Garden Club resumes activities after summer hiatus

By Joann Butler
mail@floridanewsline.com

The Mandarin Garden Club Circles will start their monthly meetings this month. There are three daytime circles and one evening circle. The club is the perfect place to make friends, get involved with the community and learn about gardening and environmental issues. Game day is held once a month for members only and various crafts are worked on by the Crafty Ladies group each week from September to May. For more information, go to our website www.mandaringardenclub.org or check the Community Calendar each month in Mandarin NewsLine for details on these meetings.

The Mandarin Garden Club's annual Trash to Treasure Sale will be held on Friday, Oct. 4 and Saturday, Oct. 5, from 9 a.m. to 2 p.m. at 2892 Loretto Road. The club will be loaded with items that have been generously donated by the members, including

household items, electronics, small accent furniture, glassware, kitchen items, pictures, books, lamps, toys, crafts, baskets, small tools and appliances and gardening tools. There will be a "Treasure" section that will feature fine china, crystal, signed pottery, one-of-a-kind pieces and fine art plus a "Pop Up Plant Sale" for garden lovers. The Masons will be cooking their BBQ, hamburgers, hotdogs and chicken on Saturday and club members will be selling some homemade baked goods in the Café.

There are still a few spots available at the club's annual Craft Fair to be held on Nov. 9 from 9 a.m. to 4 p.m. The fee for an outside 10' x 10' space is \$40. Contact Wanda Bosworth at (904) 654-6945 or email mgccraftyladies@gmail.com or Joyce Datz at (904) 287-3602 or email jdatz@bellsouth.net to reserve a space.

Gardening

Surviving the Florida summer and prepping for fall

By Master Gardener Volunteer Lesley Arrandale
mail@floridanewsline.com

Writing in early August, it already feels like a very long hot summer. We've missed the worst of Hurricane Debby, so hopefully the heavy rains will not have had too bad an impact. Here the soil is prone to drying out quickly, so without regular rain I could soon be watering some plants, despite the more than five inches we had during the storm. And pots dry out rapidly too, now we're back in the 90 plus degree range.

Looking forward, it's not too soon to be planning the fall vegetable garden. As always, the Florida Vegetable Gardening Guide is the go-to for advice on what to plant when, and how: <https://edis.ifas.ufl.edu/publication/VH021>. I particularly like the section "No-pesticide Approaches," which describes cultural ways to avoid pests doing too much damage to your tender veggie plants. And this statement: "Do not panic and start spraying at the first sign of insect damage. Most plants that produce fruits, pods, or ears can stand a 10 percent to 20 percent loss of leaves without loss of potential yields" explains why.

A healthy ecosystem that supports a wide variety of insect species, more than 90 percent of which are beneficial, is what we ideally need to achieve. If you're growing in raised beds, grow some flowers nearby to attract useful insects. Alternatively, add some vegetable plants to your flower beds, if you can ensure they will get the nutrients and water they need for success. For myself, raised beds have worked best, as my yard is geared towards plants that don't need much input like fertilizers and water. Large pots nestled in the border can work well for adding color, and they could include attractive vegetables.

The Florida Master Gardener Volunteer newsletter is another useful resource. The August edition can be found here: <https://tinyurl.com/2jx5nu57> and includes a piece about raised bed gardening. If you would like to receive the newsletter online every month you can sign up. Your email address won't be shared.

If you enjoy participating in group classes, over the next few months there are several to look forward to, hosted by the Extension service in Jacksonville.

They are available for sign-up here: <https://tinyurl.com/bdb4vdb5>. Call the Extension office at (904) 255-7450 if you need further information.

Browsing the UF/IFAS website, I came across a fun and informative series of articles on "Garden Myths." This is a link to volume 1: <https://tinyurl.com/3x4y5zyp> and there are links to volumes 2 and 3. Ever wondered if Spanish moss is killing your tree? Wonder no more — it's not. How about those moles? Pests surely? But actually not, as they eat the sort of critters that feed on your plants' roots. And all the myth-busting information is 100 percent fact-based.

Looking around a local garden store, I hoped to find some salvias, which are good pollinator plants. There was only one that appealed, Mexican bush sage (*Salvia leucantha*). This is an attractive larger salvia that tends to flower later in the summer and fall. It usually has purple and white flowers, and its foliage is an attractive slightly fuzzy mid green. This year I have one in my garden for the first time and look forward to its blooms. A native salvia, admittedly more modest in appearance, tropical sage (*Salvia coccinea*) blooms non-stop and is only set back by extended dry periods. Texas sage (*Salvia greggii*) is a small, slightly woody subshrub. It is hardy in our area and can be evergreen. Like many salvias, it attracts hummingbirds to its small trumpet-shaped flowers. It blooms in summer through fall, often with cherry red flowers, although some varieties may have pink or other shades of red flowers.

Fall blooming flowers are important for both insects and birds, many of which rely on these food sources, which includes their seeds, to build themselves up to get through the winter. Migrant birds will be passing through, expecting to fatten themselves for their onward journeys so it's important to allow seeds to develop and remain on our plants. I am really looking forward to watching more than our regular backyard birds, delightful as they are!

[Editor's Note: Our Gardening column is penned each month by Master Gardener Volunteer Lesley Arrandale. Due to a layout error last month, she was not correctly credited with writing her article. We regret the error and apologize for any inconvenience.]

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Act II Players present "Mary Poppins"

By Marilyn Painter
mail@floridanewslines.com

Act II Players announces the upcoming Mandarin production of "Mary Poppins," to be presented the last two weekends of September at Mandarin United Methodist Church's Theatre. This enchanting musical, inspired by P.L. Travers' beloved children's books and the timeless 1964 Disney film, promises to provide not only classic storytelling, but also memorable singing and dancing. This Broadway musical version will offer tunes and plot points you'll recognize from the movie along with new lyrics, new songs, and a few plot surprises from the books that are not in the movie.

Talented actors, singers, and dancers as well as set designers and builders, costumers, and production team have been working hard creating a truly magical experience for all.

Mary Poppins will be performed on Friday, Sept. 20 and Saturday, Sept. 21 at 7:30 p.m. and Sunday, Sept. 22 at 2 p.m., and on Friday, Sep. 27 and Saturday, Sept. 28 at 7:30 p.m. and Sunday,

Sept. 29 at 2 p.m. Both Sunday matinees will offer a special photo op after the show. Tickets are available online at www.actiplayers.org



Photo courtesy Marilyn Painter
The cast in rehearsal for "Mary Poppins."

New Mandarin theatre troupe performs second show

By NewsLine Staff
mail@floridanewslines.com

Theatre Troupe 1776 was formed last year after their first show, "Unmasked," was a huge success. The troupe was formed from new and veteran actors of all ages. Theatre Troupe 1776 will focus on family friendly original plays and is under the direction of Patty Everett.

"Unmasked," an original play written by McKenna Rowell, has been performed around the area 14 times since last year.

The new play, "Letters to Victoria,"

was written by local playwright Louise Everett. The play centers around our boys returning home in 1945 from WWII. The main character, Victoria, is writing letters to her brother, Julian, who has not yet returned. The play features a dance contest with live music and dance as well as a performance on saxophone by another local performer, Leonard Alterman.

The play will run two weekends at the Mandarin Community Club (Sept. 26 – 29 and Oct. 3 – 6). There will be discounted tickets for seniors, veterans, and children; tickets will be available at <https://www.showtixnow.com/>.

Briefs cont. from pg. 11

rare opportunity to make a big impact with this campaign."

Funds raised through the campaign will help ElderSource provide home-delivered meals to local seniors in need through programs like Meals-on-Wheels. To meet the acute need — and in honor of ElderSource's 50th anniversary of service — Delores Barr Weaver Legacy Funds offered a

one-time matching challenge grant of \$50,000. Because of this challenge grant, every donation made to Suppers for Seniors will be matched up to \$50,000. That means ElderSource has the opportunity to raise \$100,000 toward feeding low-income older adults in its seven-county Northeast Florida service area.

Visit MyElderSource.org/SuppersForSeniors for more information.

Crown Point Panthers return to school



Photos courtesy Mary Eyster

Crown Point Elementary welcomed back 668 students on the first day of school, Aug. 12. According to principal Brett Hartley, by the fourth day of school, attendance had risen to 730 students.

"We had a fantastic first day of school. Students and families came in smiling and were excited to be back on campus," Hartley said. "The day ran very smoothly and we are very happy with how things are progressing this week."

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What is the current status of the negotiations between Baptist Health and Florida Blue? After months of little progress, we recently had a flurry of negotiations activity with Florida Blue including a demand from them to approve a one-year increase. We believe a short-term solution is no solution at all. Baptist Health needs a long-term contract with Florida Blue which will enable us to plan and invest in crucial community health initiatives without the looming threat of annual disruption. A long-term contract provides us with certainty, Florida Blue with network stability and our patients with continued access to the quality care they rely on.

Why do we need a long-term agreement? We exist to care for the community, with a history of providing critically needed services in good times and bad. This requires long-term planning, predictable income, and stability so that we can sustain our mission. For some services, we are the only local place to get help. We will not

be able to serve our community in the same capacity as we do today unless there is a correction in our contract that accounts for years of being paid at below-market rates while costs of providing care increased dramatically due to external factors beyond our control. Florida Blue has falsely accused us of demanding excessive rates, when in fact we have only asked them to pay market rates, consistent with what they pay other similar health systems in the state.

As part of our commitment to make health care more accessible and affordable, we also have invested in convenient, extended-hours access to urgent care in 17 locations, the largest network of primary care physicians, on-demand doctor visits 24/7 with board-certified physicians and two new ambulatory surgery centers to provide services at significantly reduced prices. Our more than 200 outpatient locations are ready to serve the community in lower-cost settings.

With several weeks still to go, we remain committed to negotiating in good faith. The time for gamesmanship and short-term solutions is over. We value our relationship with Florida Blue and hope that they will share our vision and commitment to the health and well-being of our community. We devote our lives to serving this community, and

we would not be doing this if it weren't necessary to protect the long-term sustainability of our health system.

We appreciate the support and understanding of our patients, team members, physicians, and community partners during this negotiation process. It's very important that people know this is not how we wanted this to go, and we do not want anyone's health care to be disrupted.

- If you'd like to speak with a Baptist Health representative about our negotiation with Florida Blue, call us at **904.202.3247 (FAIR)**.
- For information about your benefits, call the number on the back of your insurance card. This negotiation potentially impacts patients with any Blue Cross and Blue Shield plan which is serviced by Florida Blue.
- To learn about all the insurance plans we accept, visit baptistjax.com/florida-blue

