



A Breath of Fresh Air for a Mother-Daughter Pair

Missing part of her right lung and with only 40 percent lung capacity overall, 10-year-old cystic fibrosis patient Samantha Land finds a way to exercise and stay active with her mother Kathy. See page 38



October 2014

Rally on the River, Paddling in Pink

Breast cancer supporters and survivor-powered dragon boats raced their way down the St. Johns River at the second annual Jacksonville Dragon Boat Festival Sept. 27. The festival raises funds to support the nonprofit cancer support organization- In The Pink. "The race really means the world to me," said Mammograms drummer Dollie Lim of San Marco. "Breast cancer changes your whole life. Now I'm surrounded by all of these positive people." Over 40 boats and more than 1,000 athletes of all ages came out to paddle.



Resident

San Jose • San Marco • St. Nicholas

Fiercely Local News

Vol. 7 • Issue 6

Fiercely Loyal Readers

Driver behavior to be curbed

Residential streets not expressways

By Kate A. Hallock
Resident Community News

Who wouldn't want to live in those historic, genteel neighborhoods where families are raised, neighbors are known, and the commute to work Downtown is reasonable compared to places like Los Angeles, New York City, and Chicago, for instance.

Yes, the residents of San Marco, by and large, like it there just fine.

Except when "outsiders" cut through those neighborhood streets to avoid San Marco Blvd. traffic.

Last month District 5 Councilwoman

Lori Boyer held two back-to-back town hall meetings on Sept. 11 to discuss traffic speed and volume on Belote Place, Marco Place, Alford Place, Mitchell Avenue, Alexandria Place, River Road, Landon Avenue, River Oaks Road, Arbor Lane, Laurel Road and surrounding neighborhood streets.

Homeowners and apartment dwellers on those streets have become increasingly annoyed by the speed of traffic down those residential roads or the volume of traffic – or both.

"During construction on San Marco

Boulevard a lot of vehicles used River Road as a detour and some of those people have never gone back to using San Marco Boulevard; the detour is a faster way to circumvent stop lights and traffic," said Boyer as she opened the meeting. "The challenge is how do we get the speed low enough that it is safe for the residents?"

In addition to lowering the speed limit, several other traffic-calming recommendations were offered, based on discussions from previous small group meetings. Some solutions, such as the self-

help mechanism of encouraging residents to park their vehicles on the streets to reduce the width of available roadway, were not as popular as others.

An informal show of hands indicated that nearly half of the 40 or so in attendance would prefer to have the speed reduced to 20-25 miles per hour and law enforcement present, with speed humps coming in a distant second as a solution.

Both solutions are allowed per city ordinance as a traffic calming device if a

see Driver page 8

Fries, wine, fun at EverBank Field



Julie Jacob and Megan Dodd co-chaired annual Fries With That Wine. More on page 21.

Patrons support healthcare outreach



Charlie Pinkston and Carl Spadaro, just two of the many guests at annual Delicious Destinations. Turn to page 20 for more.

photo by Aaron Merwin

Swim team has best season ever

Junior members of the Epping Forest Yacht & Country Club celebrated their best swim season ever. With double the number of swimmers – 144 this year, thanks to Coach Allison Palmer – the Lionfish team won five of their six regular swim meets and then finished 8th out of 18 in the City Championships, moving up 10 positions from their 2013 place.

"Our team has grown from the previous year. Epping has several new members and we had some great junior coaches who swam for us as well as volunteered to help with the little kids, which is what

the River City Swim League is all about," said Palmer. "I feel like we are building the team up again. My first year, we had a big group of kids who started swimming when they were four or five years old who are now 10 or 11 and scoring points! I love seeing the kids improve over the years!"

Although it wasn't confirmed, Palmer believes the former Deerwood-Epping Forest combined swim club has participated in the league since the late 1980s or early 1990s. Deerwood Country Club and Epping Forest Yacht & Country Club swim club split about six years ago.

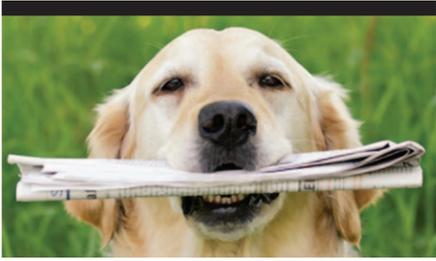


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In 1987, the citizens of Jacksonville voted overwhelmingly to restrict off-site outdoor advertising by prohibiting new billboards from being built in Jacksonville and added a Billboard Amendment to the City Charter.

As a result, over 1,000 billboards have been removed from our roadways, and billboards are not allowed on some existing and/or new local roads built since the Charter Amendment such as JTB, 9A and 9B (I-295), First Coast Expressway (formerly Cecil Commerce Center Parkway and Branan Field/Chaffee Road), Wonderwood Connector, new portions of Baymeadows, Gate Parkway, Southside Connector and many others. Today, four states do not allow any billboards and, in Florida, 287 cities and towns have completely banned billboards.

Since then, the Billboard Industry has lobbied hard and spent great sums of money trying to undo or change this voter-mandated law. This is a very serious attempt by the outdoor advertising industry to nullify the action of voters and drastically alter the visual landscape of Jacksonville.

Bill 2013-493, written by lawyers for Clear Channel Outdoor, one of the world's largest billboard companies,

Charter Billboard Amendment in danger

Support current law against new billboards

is now before City Council. It would override the existing law, ignore the clear will of the people and allow new, larger, flashing and distracting digital billboards on our highways and neighborhood streets, even those currently without billboards (and within 200 feet of residences).

This bill asks the City Council to simply nullify the billboard law already approved by the people of Jacksonville. It would eliminate the right of citizens to bring lawsuits to enforce the Billboard Charter Amendment and eliminate the \$500/day fine for illegal billboards.

The Jacksonville Charter billboard amendment has been an outstanding example of how to control billboards for communities across America. Many view northeast vistas as one of our greatest assets for attracting businesses and tourists. Roadways filled with advertisements do not reflect well on our city and visually pollute the skyline.

Surveys show that large, flashing, brightly lit billboards create safety concerns, are unsafe and contribute to an increase in the number of traffic accidents, some resulting in fatalities.

National billboard companies make great profits every month from

billboard advertising in our community. They have, therefore, the incentive to invest heavily in lobbyists and local and out-of-town lawyers whose sole purpose is to persuade our City Council members to overturn Jacksonville's effective law.

If this bill passes through City Council in any form, all the efforts of the past are lost and the advertising industry has successfully struck a fatal blow to controlling billboards in Jacksonville. The powerful billboard companies will take home huge profits, Jacksonville's citizens will be robbed of their democratic process, and our city will have gained nothing except more and bigger digital billboards everywhere.

Please consider contacting all the City Council members and encourage them to KILL THE BILL by voting on Oct. 14 against passing this legislation (Bill # 2013-493) written to nullify the voter-approved Charter Amendment. Should the Bill pass, contact the Mayor to VETO it.

Contact your City Council members! A fast and easy way to send your message: <http://scenicadvocatesjax.org/take-action.html>

*Alicia Grant
Scenic Advocates for Jacksonville*

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Sparse attendance for hearing on Main Street Bridge

By Kate A. Hallock
Resident Community News

Florida Department of Transportation (FDOT) officials have spent a lot of time in Jacksonville lately. In the past two months, executives and project managers have participated in public hearings for several proposed projects, among them the Fuller Warren Bridge Expansion project and the closure of the Main Street Bridge West On-Ramp as part of plans for a complete revamp of The Jacksonville Landing.

It was this latter project that recently caught the attention of area runners and walkers who use the Main Street Bridge as part of their regimen.

When speculation began late in 2013 about rebuilding The Landing, at a Dec. 9 public meeting District 2 Councilman Bill Bishop suggested that those plans include the removal of the Main Street Bridge West On-Ramp in order to open up that portion of property to development.

The Downtown Investment Authority (DIA) and the City of Jacksonville took appropriate steps to engage with FDOT about the permanent closure of the ramp in order to further the development of a new waterfront mixed-use project. The public meeting on Sept. 25 at the Hyatt Regency Riverfront offered the public the chance to hear the proposal and comment.

Following a brief presentation by Aundra Wallace, DIA chief executive officer, James Knight, project development engineer with

FDOT, explained that the impact to traffic, should the ramp be removed, was to drive motorists – and possibly pedestrians – three blocks out of the way around the Chamber of Commerce, up to E. Bay Street, then west one block to Laura Street back to The Landing.

Despite a bit of a hue-and-cry from runners prior to the meeting, there was not a great turnout to speak up about the proposed ramp removal. In fact, FDOT officials indicated that during the two-hour open house perhaps 30 people had shown up to review the plans and comment.

That was close to the same number who attended the presentation and comment period following the open house. About six to eight people offered comments, of which half mentioned that they were runners or lunch-time walkers and hoped that the final plan would include some pedestrian access.

During comment period, Bishop noted that while his original idea to remove the ramp was to free up that land for development, the point continues to be to maintain and improve pedestrian access to The Landing. Those plans, he indicated, would include some type of “vertical” access from the Main Street Bridge to the Northbank Riverwalk, perhaps a corkscrew ramp similar to the one that comes off the Fuller Warren Bridge in Riverside.

Comments about the project can be directed until Oct. 6 to Will Lyons, project manager. Call Lyons at (904) 360-5574 or email will.lyons@dot.state.fl.us.



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FDOT project in Top 10

The Florida Department of Transportation was honored for three projects in the Southeastern Association of State Highway and Transportation Officials (SASHTO) region last month. Eleven projects were entered in the regional competition, but FDOT took home the recognition in all three categories: Under Budget (San Sebastian River Bridge), Best Use of Innovation (Mathews Bridge Impact and Emergency Repair), and Quality of Life/Community Development (Veteran's Memorial Bridge replacement in Stuart, FL).

The Mathews Bridge Impact and Emergency Repair Project is also a top 10 finalist in the 2014 America's Transportation Awards, sponsored by the American Association of State Highway and Transportation Officials, AAA, and the U.S. Chamber of Commerce

Florida DOT's \$3.8 million Mathews Bridge Impact and Emergency Repair Project required a fast and efficient fix for a major Jacksonville crossing that was struck by a naval ship. The bridge reopened for traffic 12 days ahead of schedule and only 33 days after the collision.

This year, a record 36 states and the District of Columbia entered 73 projects that were judged in three categories: “Under Budget,” “Best Use of Innovation,” and a new category this year “Quality of Life/Community Development.”

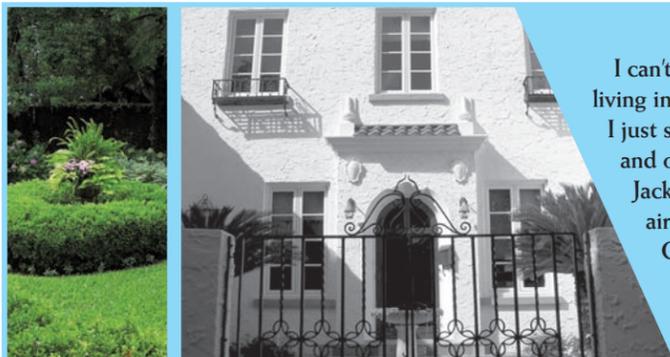
The nation will decide through online voting which of the projects will receive the People's Choice Award. A panel of experts will select the Grand Prize winner. Online voting continues through Fri., Oct. 24, at <http://AmericasTransportationAwards.org>. Individuals are welcome to vote up to 10 times per day for their favorite projects.

Neighborhood Volunteers

Nominations open until October 15

In our November issue on philanthropy and volunteerism, The Resident will honor those unsung neighborhood heroes, the ones who pay it forward without a lot of fanfare, the folks who quietly and consistently do unto others, those who passionately

care about their community. Send us the stories of those who go above and beyond with their time helping others and we'll share those stories – and choose a few winners – in November. Email a photo and 100 words to editor@residentnews.net no later than Oct. 15.



I can't tell you how much I love living in the Heart of Jacksonville. I just spent a week going in and out of 75 houses all over Jacksonville from north of the airport to south St. Johns County. I found houses in places I never knew existed. Good houses for affordable

prices can be found just about anywhere...which makes our market viable. Local job growth is bringing buyers from all over the country. Yes, our market is strong.

For me though, there is no place like home. I'll take small closets, large yards and Live Oaks that fall on my roof any ole day. I count my blessings

daily. Enjoy our historic communities and don't forget how lucky we are. Think I'll take Saturday off and go to the Riverside Arts Market. How special is that?! Until next month, be well, love your home, and hire a Realtor who loves her job. Me.

—Anne Rain



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In Memoriam

Beverly Stein Goldstein – 1928-2014

By Julie Kerns Garmendia
Resident Community News

Beverly Stein Goldstein is remembered by family, friends and colleagues for helping others through her career choices and as a tireless volunteer. Goldstein's positive strength and spirit of encouragement lives on in many Jacksonville residents whom she helped find jobs, or comforted as a volunteer in the waiting areas at Baptist Medical Center and River Garden Senior Center.

Goldstein grew up in Riverside with her parents Faye and Ira Stein. She was married 57 years to local attorney Bill Goldstein, also deceased. The couple raised their four children, Janet, Lynn, Jeff and Nancie in the home they built in 1957 on Waterman Road across from the San Marco duck pond. They moved to San Jose Forest in the 1970s and



eventually to the Villages of San Jose.

“Mother was a stay-at-home mom and substitute teacher. She volunteered for everything her children were involved in... she loved swimming and the beach and taught all the neighborhood children to swim,” Janet Goldstein said. “Mother graduated Phi Beta Kappa in 1950 (psychology/sociology degree) from the University of Florida with the first class that included women. In 1966 she became a career counselor with the State of Florida Employment Agency, then worked 25 years until retirement with what was then Florida Community College Jacksonville (now FSCJ).”

Goldstein's passion was helping students or adults to find employment. She worked at FSCJ's South Campus, but spent most of her time at the downtown campus.



“Mother built strong relationships with Jacksonville employers. She literally created the FSCJ Career Counseling program and talked many executives into giving students a chance. She enjoyed meeting students later as adults, who would remember and thank her for helping them get their first job,” Janet said.

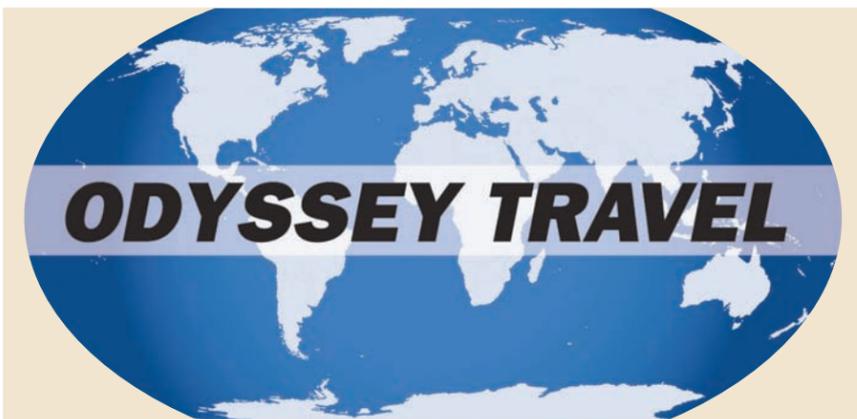
Goldstein, through her interaction with youth and adults of all races became a vocal advocate of equal opportunity in education and for every person who sought employment. Her efforts were recognized in the 1960s when Jacksonville Mayor Hans Tanzler appointed her to the city's Community Relations Council which worked to improve race relations.

Her concern for those who faced extra hurdles in life extended to relocated Russian immigrants who were re-settled in Jacksonville through Jewish Family & Community Services. Goldstein worked tirelessly to help them adjust and find jobs in their fields of training or expertise.

“She showed by example that helping others is deeply fulfilling. Even after she retired she found new ways to serve by volunteering at River Garden and Baptist Medical Center with her rescue poodle and constant companion, Mazel. They visited

Baptist's Healing Library near the surgical waiting room and did whatever possible to comfort families,” Janet said. Goldstein's children continue their mother's passion for community service; Lynn teaches swimming to disabled children and Nancie volunteers with One Laptop Per Child International (OLPC): providing laptops and instruction to disadvantaged children globally.

From age seven until her marriage, Goldstein was a camper, then a counselor at Camp Louise in Cascade, Maryland. She enjoyed attending camp staff reunions. She loved growing flowers, continuing education classes, and writing creative, personalized poems as gifts. She was devoted to her four children and spouses, 10 grandchildren and one great-grandchild. She was a faithful member of Jewish Community Center, Congregation Ahavath Chesed and Hadassah women's volunteer organization.



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Pressure on City Council to vote 'no' to billboards

By Lara Patangan
Resident Community News

History is often said to repeat itself, and although Jacksonville citizens voted almost 30 years ago to prohibit billboards through the addition of a Charter Amendment, the 19 members of City Council will soon be voting to determine if it will remain in effect or become part of history.

Ordinance 2013-493, written by Karl Sanders, an attorney lobbyist for ClearChannel Outdoor and introduced last year by City Councilman Richard Clark, seeks to set up rules for building billboards as replacements for existing signs and allows others to be put up in new locations. Under the legislation, sign owners could also switch from static billboards to digital billboards.

Critics say the bill will override the existing law, ignore the will of the people and allow larger billboards with alternating digital advertising.

In 1987, the first set of more than 17,000 signed petitions prompted the Duval County Supervisor of Elections to let voters voice whether they wanted the super-sized advertisements on Jacksonville's roadways.

The majority, 59 percent of the electorate, voted to banish new billboards and remove hundreds of others from neighborhood roadways thereby approving the charter amendment that exists today.

Meanwhile, a permit to build a new billboard on 2110 Kings Avenue between Olevia and Bertha Streets was issued to ClearChannel Outdoor in August.



Alicia Grant, an Avondale resident and founding director of the beautification group, Scenic Advocates for Jacksonville, said that although the area of the proposed billboard is a sliver of land that lies outside both the Downtown and San Marco overlays, it is still an illegal billboard because it is digital – a violation of the 1987 Charter Amendment.

CBS Outdoor has previously proposed another billboard on Kings Avenue, which has already been denied by both the Downtown Investment Authority and the Downtown Development Review Board. Still, CBS Outdoor filed an appeal to City Council to erect the billboard as a replacement to the static billboard that was removed on the north side of I-95 as part of the Overland Bridge Project.

"It is frustrating that both companies continue to apply for permits for

digitals and the City is issuing them," explained Grant. "In the past, the Office of the General Counsel said this is the law and you have to abide by it. This is a 180 degree turn from what has happened in the past...if the lawsuits are decided in our favor then they hopefully will have to remove them and even possibly disgorge the revenues they have collected on the digitals since they were put up."

As far as when all of this will be settled, Grant said the "date is a moving target," but cautions that if the billboard companies prevail it will undo all past efforts to enforce billboard restrictions.

"If this bill passes through City Council in any form, all the efforts of the past are lost and the advertising industry has successfully struck a fatal blow to controlling billboards in Jacksonville," explained Grant. "The powerful billboard companies will take home huge profits, Jacksonville's citizens will be robbed of their democratic process, and our city will have gained nothing except more and bigger digital billboards everywhere."

For Grant and other critics of billboard lobbyists, the concern reaches beyond the height of the towering billboards, into an attempt at voter nullification.

"It's what the City Council people feel at the end of the day," said Grant. "If it were to pass that means any voter referendum on the books, the City

"If this bill passes through City Council in any form, all the efforts of the past are lost and the advertising industry has successfully struck a fatal blow to controlling billboards in Jacksonville."

Continued on P. 7 —

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Council can change.

At-large Councilman John Crescimbeni intends to vote against the proposed ordinance emphasizing the importance of upholding the voter-approved Charter Amendment.

According to an email by Crescimbeni, "The introduction of Ordinance 2013-493... is nothing more than an attempt at voter nullification. If approved by the City Council, 2013-493 would gut the Charter Amendment. I believe the voters spoke loud and clear in 1987 and the City Council should respect the results of that election."

James C. Rinaman, Jr., an attorney with Marks Gray, is familiar with the "long and complicated" history of the billboard industry.

In 1985, Rinaman served as president of the Jacksonville Community Council, Inc. when the organization conducted a study of visual pollution in Jacksonville. It was that study, which

concluded that stricter regulations were necessary thereby prompting billboard critics to begin collecting petitions that resulted in the existing Charter Amendment.

"I don't understand why City Council is doing this," said Rinaman. "I told City Council they should take a drive down JTB or A1A in Ponte Vedra and see how beautiful the landscape is without billboards."

Rinaman likens the billboards to television commercials. He said both are annoying but with TV ads at least you get free television programs.

"The billboard industry doesn't give us anything, they just take," said Rinaman. "It's just unbelievable that the Council will do this, but I think they will."

For more information and for ways to contact City Council to share your opinion, go to <http://scenicadvocatesjax.org/take-action.html>.

Southside Tennis Courts in service soon

Those awaiting the reconstruction of the asphalt tennis courts at the Southside Tennis Complex might be relieved to see that construction is well under way.

Six asphalt courts were added to the park in 1996. The courts are being reconstructed as they have not been conducive to safe play since March 2012.

"The city of Jacksonville awarded \$348,987.28 to PARS Construction Services to repair the popular courts," Public Information Officer Pam Roman said. "The project will include six new asphalt courts, one practice court, surrounding earthwork, fencing, sidewalks and storm water collection. Both the asphalt and clay courts will remain lit for night use."

The new courts are scheduled to be in service by November.



The old asphalt of six tennis courts sits in piles before being hauled away.



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Creative corridor gains momentum

By Garrett Frye
Resident Community News

The Kings Ave. creative corridor is gaining momentum as a new business has leased space in the vacant building at 1024 Kings Ave.

“It [the build out] can do nothing but enhance the value of the surrounding properties,” said neighboring businessman Jim Rinaman, of James C. Rinaman III & Associates, P.A.

CROP Creative Media, currently located at the Gate Parkway exit off I-295, will move into the 7,700-square-foot building in San Marco that once housed Southside Blueprints. Contractor Allen Stephens bought the property from Southside Blueprints in January. Plans to move to San Marco came to fruition once CROP Creative Media saw the property’s potential. Stephens is renovating the building to the specifications of the business.

Rapid growth, including more than doubling the agency’s staff, led to the need to expand

into a space more than twice the size of their previous location.

Design of the building is being handled by their soon-to-be new neighbors, Group 4 Design.

“We’re very excited to have another creative group in this corridor,” Group 4 Design Principal Leigh Gunn said. “It’s really going to transform the area.”

CROP Creative Media will be joining Group 4 Design on Kings Ave. and several creative-minded companies just across the street, including Cady Studios, Burdette Ketchum, ELM (Ervin Lovett Miller), and Linda Cunningham Designs.

“Our clients usually spend a good bit of time on the premises,” Adams said. “We’re always looking to entertain our clients, so that means more business will be drawn to the area.”



CROP Creative Media's new location at 1024 Kings Ave. will bring one more creative business to an area that's already teeming with talent.

Driver

Continued from P. 1

petition is signed by 75 percent of the affected property owners and they are willing to pay for the signage and/or speed humps. Each hump costs \$1,800 and there were eight proposed by Jim Robinson, Public Works director.

“Parking cars on the street, particularly opposite one another, will cause people to slow down and wait for oncoming traffic,” Boyer noted. “It is an effective non-structural mechanism to get people to slow down.”

However, the fewest number of residents favored that self-help solution, with just a few more indicating a preference for landscape (possibly curb bulbs or even medians) as a speed restrictor.

The problem as perceived – speed vs. increase traffic volume – wasn’t clearly agreed upon, but it’s more likely that either annoyance is a result of another problem:

drivers trying to avoid San Marco Square or the Landon school drop-off and pick-up line.

According to Robinson, it’s a driver behavior problem. “When we set up the detour during the San Marco Boulevard construction, we actually changed travel behavior to bypass the construction area. The task here is a combination of speed control and persuading people that going one way is more of a nuisance than going another way. Traffic calming tries to attack both of those issues.”

Unintended consequences

Solving for one street, however, may create issues for others. Lowering the speed limit or installing speed humps along River Road, for example, may simply push the traffic problem onto another neighborhood street as drivers seek streets that don’t prevent them from bumping up their speed.

“The last thing we want to do is knowingly transfer the problem from one location to another,” Robinson cautioned. “There’s a potential that a path of least

resistance could find traffic heading through other streets.”

Robinson did not believe that only lowering the speed limit would be effective. “A speed limit sign and the number on it have very little impact on how fast people go,” Robinson stated. “It is the characteristics of the road that really determine the speed of the driver.” In addition, lowering the speed limit leads to the need for enforcement.

He advocated the self-help solution instead. “On-street parking is effective because it narrows the road. River Road is 22 feet wide. A parking lane is eight feet

wide; that means the remainder – 14 feet – does not allow two cars to travel abreast.”

While no decisions were made at either town hall meeting, there was overall agreement that something needed to be done. Robinson offered that the solution(s) chosen were not “all or nothing” for every street, but that each street could, in effect, determine its own solution.

But whether that means a lower speed limit, speed humps in frequent intervals, landscaping or striped lanes for parking, it still remains that 75 percent of the property owners must be in agreement and be willing to pay for the fix.

Got an opinion?

Do you think there’s a traffic problem through the streets of San Marco? What do you believe would be an effective solution to curb speed or volume through residential streets? Let us know! Send your thoughts to editor@residentnews.net.

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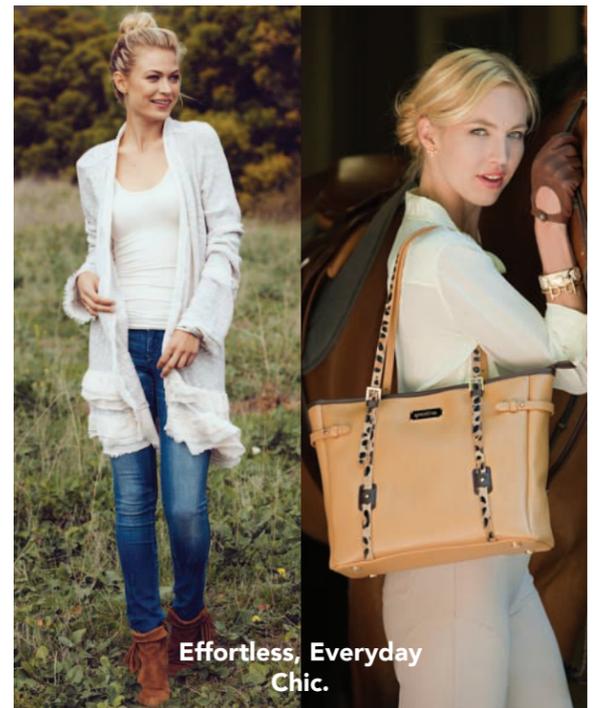
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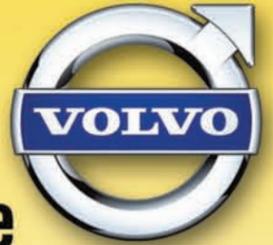
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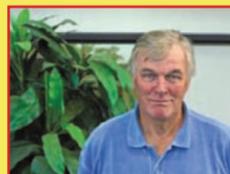
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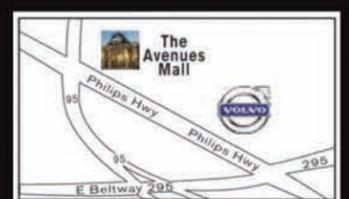
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Douglas Anderson breaks ground on \$13 million expansion

Students, admin, alumni excited

By Garrett Frye
Resident Community News



Glitter, streamers and excitement filled the air at the groundbreaking ceremony for Douglas Anderson School of the Arts' new 60,000-square-foot building, expected to be complete by the spring of 2015.

In inspiring DA style, many students performed during the ceremony, including the band, a show choir, a small symphony, and a solo interpretive dance. The entire ceremony was also filmed and photographed by students attending DA.

"I'm super excited," DA junior Sarah Byers said after her performance in the symphony. "The new art labs will be put to good use."

The \$13 million overhaul will add 20 classrooms and four cutting-edge science labs, taking up 40,000 square feet. Specialized classrooms for the musical theater program, a lighting classroom and shop, a welding and casting sculpture studio will also be added. New construction will also include a covered pick-up and drop-off area, along with an extension of the Haskell Sculpture Garden.

The construction will be the first major improvement to the school since 2001, when a black box theater, vocal building and recital hall were added. Those improvements still failed to address the problem of the cafeteria.

The remaining 20,000 square feet will be a new cafeteria. The cafeteria will also benefit the community as a hurricane shelter. The cafeteria currently only seats 280 students at a time. This means that

lunch must be split into four periods. On a regular schedule, the first lunch starts at 11:35 a.m. and students fill the cafeteria until 1:30 p.m.

Having a more efficient and higher capacity cafeteria could give the opportunity for the school to offer a one-period lunch. Studies show that a one-period lunch may be beneficial to students, teachers, and administration.

Not only students are showing excitement about the expansion, but administration and even alumni are too.

Douglas Anderson alumni Sam Davis started attending in the first grade just over 60 years ago and joined the broadcast club in the seventh grade. Davis retired from his job as a broadcaster after more than 30 years in the industry and gives credit to DA for his success.

"The school not only teaches you to be successful in what you do, but sets a great foundation for life," Davis said. "It's so exciting to see what this expansion will do for the students and our community."

Duval County Public Schools Superintendent Nikolai Vitti is also optimistic about the expansion's impact on the community.

"The beauty that this school has been displaying hasn't necessarily been physical," Vitti said. "I think the impact will be great when the infrastructure matches the outstanding work of the students that attend DA."

The groundbreaking for the new construction was Sept. 4, but renovations to the old campus along with work on the foundation and retention pond began in June, according to Ajax Building Corp. project superintendent Steve Beyer.

"Everything has gone smoothly," Beyer said. "It has gone better than expected."

Fire Station 13 receives renovations

A \$36,000 renovation project for historic Fire Station 13 began last month. Located at 1411 Atlantic Blvd., the station is a presence on San Marco Square.

The building will receive a new glass brick wall on the back side of the building, as the old brick was leaking water into the structure. The station will receive a new roof, a new steel door, and new insulation.

Several contractors were contacted in the back-and-forth bidding process to best preserve the historical elements of the structure built in 1931. "Each improvement on the building is in accordance with historical standards," said Gary Daley, facilities manager for the Jacksonville Fire and Rescue Department.



A construction worker installs glass bricks on the north side of Fire Station #13, located near San Marco Square.



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JTA rider benefits

Fare-free Skyway service extended

Skyway riders will enjoy another year of free fares, thanks to the Jacksonville Transportation Authority (JTA) Board of Directors, which approved the extension of the fare-free Skyway service until September 30, 2015.

The 2.5-mile long Skyway has been fare-free since January 2012, and has experienced tremendous success in terms of ridership increase. Since then, JTA has experienced significant ridership gains, increasing by a monthly average of 72 percent, with about 4,339 riders every weekday.

“The fare-free Skyway program has been beneficial in promoting Downtown activities, such as First Wednesday Art Walk, One Spark and the Jazz Festival,” said JTA CEO Nathaniel Ford, Sr.

The Skyway hours of operation are Monday through Friday: 6 a.m. to 9 p.m. and weekends are open for special events only. The JTA provides complimentary access to the Skyway for customers with bikes weekdays during non-peak hours of 9 a.m. to 3 p.m. and after 6 p.m.



Stadium shuttle begins 20th season

The JTA, in partnership with 1010 XL, the official radio station of the Jacksonville Jaguars, resumes its hassle-free Stadium Shuttle Service (SSS) for the 2014 season.

The SSS for the 2014 season will operate from the Prime F. Osborn Convention Center lot at 1005 Forsyth St. and the Kings Avenue parking garage at 1003 Kings Ave.

Shuttles run two hours before kickoff and one hour after the game ends. The JTA also offers continuous shuttle service during games to and from the Convention Center lot only. All JTA shuttles are wheelchair accessible. Individuals with disabilities are encouraged to park at the Convention Center lot where JTA paratransit vans are available.

JTA partners with Winn-Dixie and Walgreens to sell tickets

The Jacksonville Transportation Authority (JTA) has partnered with Walgreens to sell one-day and three-day tickets and with Winn-Dixie for STAR cards that can be loaded with time-based passes (one, three, seven or 31 days), a specific number of trips, or a dollar value.

The STAR (Simply Tap and Ride) card allows JTA riders to pay their bus, trolley and shuttle fare without the need for cash by simply tapping the card on the fare boxes. When riders use their STAR card instead of cash, it saves them money, speeds up the boarding process, improving on-time performance for everyone.

The STAR card has other benefits, too. The online card registration process provides value protection; if a registered card is lost or stolen, the remaining value will be restored on the new card by JTA. The STAR card is durable, contains a microchip and can be reloaded with any fare product for

up to three years. Customers can have automatic reloading through deduction from bank account or credit card.

For additional information on the Skyway service or the STAR card program, contact the JTA’s customer service line at (904) 630-3100; TDD (904) 630-3191 or visit www.jtafla.com.



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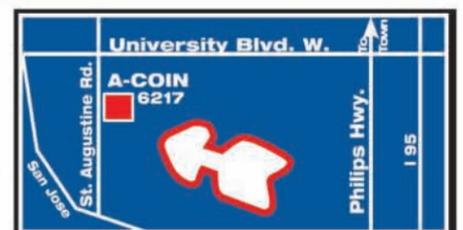
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"Our business is built on all-out customer service. We strive for long-term personal relationships with our clients," Thompson said. "Selling or leasing a vehicle is just the beginning. Our one-stop shop offers bumper-to-bumper service by factory-trained experts, pick-up/delivery, maintenance, repairs, winterization, all-weather enclosures, a full line of accessories and shipping."

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use in the malls, are popular for recreation or sightseeing and are increasingly used by tour groups in major cities," he noted.

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Dock owners, marinas best beware of rescue efforts

Abandoned Vessels, Part II

By Doug Milne
Resident Community News

As ugly as is the issue of abandoned boats, understanding process and protocol while trying to adhere to sometimes gray-area statutes and laws can really muddy the waters. Nothing about unclaimed boats is easy. Nothing is cut and dried.

For instance, there appears to be no real line of delineation as to who becomes liable for an abandoned boat that drifts onto another's property which, in most cases, is a dock. A dock-owning Good Samaritan may feel inclined to tie the boat down to prevent further damage to neighboring docks. But, when said gesture is made, barring identification of the rightful owner, that vessel becomes the responsibility of the one



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who tied it down.

The easiest way to absolve one's responsibility for an abandoned boat is to alert the Florida FWC Division of Law Enforcement. But even then, a quick fix is rare.

"You can report it to the FWC and ask them to remove it," said Howard Sutter, Board Certified by the State of Florida as a specialist in Admiralty and Maritime Law. "But, I think the basic result is that you get the privilege of having the boat put on a list for future removal. Legislature has not funded this need well. Wreck removal is a difficult and expensive task."

Should an individual envision some diamond in the abandoned-boat rough and decide to keep it, measures can be taken.

"First, you report it to a law enforcement agency," said Sutter. "They collect a fee for beginning an investigation under Section

705.103, Florida Statutes, and determine the owner of the vessel. If the vessel is not claimed, law enforcement may transfer it to the finder with a bill of sale and evidence of the investigation." The finder then applies to the Florida Department of Highway Safety and Motor Vehicles to have the title put into his or her name.

"Unless the boat has floated up in my client's backyard," said Sutter. "I have a hard time imagining any reason for an individual to mess with it. If you take responsibility for one of these boats in any way and cause a pollution event in the process, you will be a very unhappy camper. Individuals who step into this quagmire run a huge risk of liability, and for those intrepid fools who might try to do this work themselves, that risk includes serious personal injury. Sunken vessels are heavy, slimy, barnacle-encrusted threats to life and limb."

There are also the confounding dilemmas associated with abandoned boats at marinas.

One of several Florida statutes that addresses abandoned vessels is Florida Statute 328.17. According to Sutter, this purports to give marinas and dock owners the ability to acquire a title to a vessel for purpose of "removal."

"That may be their intent," Sutter explained. "However, the effect of the statute is to give title non-judicially to a vessel by virtue of imposing a lien for dockage (including wreck removal). That means they are attempting to 'establish a claim' against the vessel itself."

If the marina comes to Sutter well in advance, there are things he is able to do within their contracts that will reduce the risks and costs when a tenant skips out on payment.

Another mitigating factor with those who become flight risks are the lofty costs involved even when proper protocol is initially followed with boats of lost cause. Not long ago,

lightening popped a boat docked at a private residence on the Cedar River. The strike was so severe, the boat sank. The cost to have the boat pulled up and removed was so extensive that the owner opted to leave it submerged at the side of his dock.

Because of the time and money he's lost removing worthless boats over the years, it takes \$5,000 just to get the attention of Sadler Point Marina owner Brooks Busey. That may sound like a lot, Busey noted. "But, I've never once come out ahead on a removal project."

"I've dealt with about 12 such vessels in the 15 years I've been here and it is a huge mess," Busey said. "It takes a lot of time, energy and money. Honestly, I avoid that kind of work. I lose money dealing with those boats."

Not only does Busey need one slip for the boat itself, but an additional slip is required next to it for the dumpster.

Like each piece of the puzzle that preceded it, there's nothing cheap or easy about a boat's removal. Some have sunk and are suctioned into the mud. Wooden boats are easier to chop up than fiberglass boats. Big equipment and machines, like cranes, are often necessary. The vessel must be stripped of anything of value and there must be a thorough clean-up of anything potentially hazardous. The reality is that what began as a singular glimmer in one's eye ends up a barnacled, rotten and water-logged pile in a city dump.

Glamorous, isn't it?

In the end, while abandoning the vessel seems like a problem solved for the hapless boat owner, it will continue to be nothing but an even bigger problem for underserving others.

"Just a young fella that didn't know any better," Busey mused, speaking generally of the whole problem. "He thought he'd take advantage of a good deal on a boat, but didn't think it through beyond that."

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MOVERS & SHAKERS

HabiJax names Thomas VP, resource development

Habitat for Humanity of Jacksonville, Inc. (HabiJax) announced the promotions of three management team members, including Brenda Thomas of San Jose, who has been named Vice President of Resource Development.

Thomas joined HabiJax in 2013 as Development Director. In her role, she leads the team responsible for the identification and cultivation of individual and corporate donors and the development of revenue fundraising. Prior to joining HabiJax, Thomas managed home builder associations in Bradenton, Boynton Beach and Naples. She also served as the owner of a company that develops brand and marketing campaigns for companies and non-profits, and as a publisher. Thomas previously worked in the mortgage industry for SunTrust Bank and Bank of America.

In addition, Angela Leatherbury has been named Chief Administrative Officer and Roger Cortie has been promoted to Chief Operating Officer.



San Marco resident wins song writing contest

Al Poindexter's song, *St. John's River Houseboat*, took first place at the Gram Parson Guitar Pull and St. Johns Riverkeeper song writing contest. Poindexter said, "I was inspired when I was asked to perform for a kid's organization and they had been studying the river. I thought, uh oh, I guess I'd better write a new song. I wanted to show the natural beauty of the river and emphasize the wildlife - I think that resonated with the judges." His last stanza mentions that

"we can all unwind, looking for the manatee and taking our sweet time." Poindexter and River Rise Band are frequent performers at The Fringe in Murray Hill.



CHAMPs make a difference

CHAMPS, a new philanthropic and networking group for young professionals launched recently and San Marco businessman Joe Carlucci, Brightway Insurance, is a member of the board of directors. CHAMPS supports the nonprofit Communities in Schools of Jacksonville, which strives to make a positive difference in the lives of at-risk students.

The new group hopes to recruit a dedicated volunteer base of 25 professionals age 22 to 40 to use their knowledge and resources to benefit local students struggling academically and socially.

"Being the vice chair of the CHAMPS young professionals group junior board seemed like a great way to develop additional programs that are going to benefit at-risk students in our community. Our vision for students is to put together a well-rounded career exploration. When I was in high school, I wish there was a career exploration day or after-school program to learn more about all the different occupations in the 'real world' and, more so, meet the people face-to-face who were working in those industries. So, when I heard that Communities in Schools was putting together a young professionals group for



this type of opportunities I immediately contacted them and asked to get involved," said Carlucci.

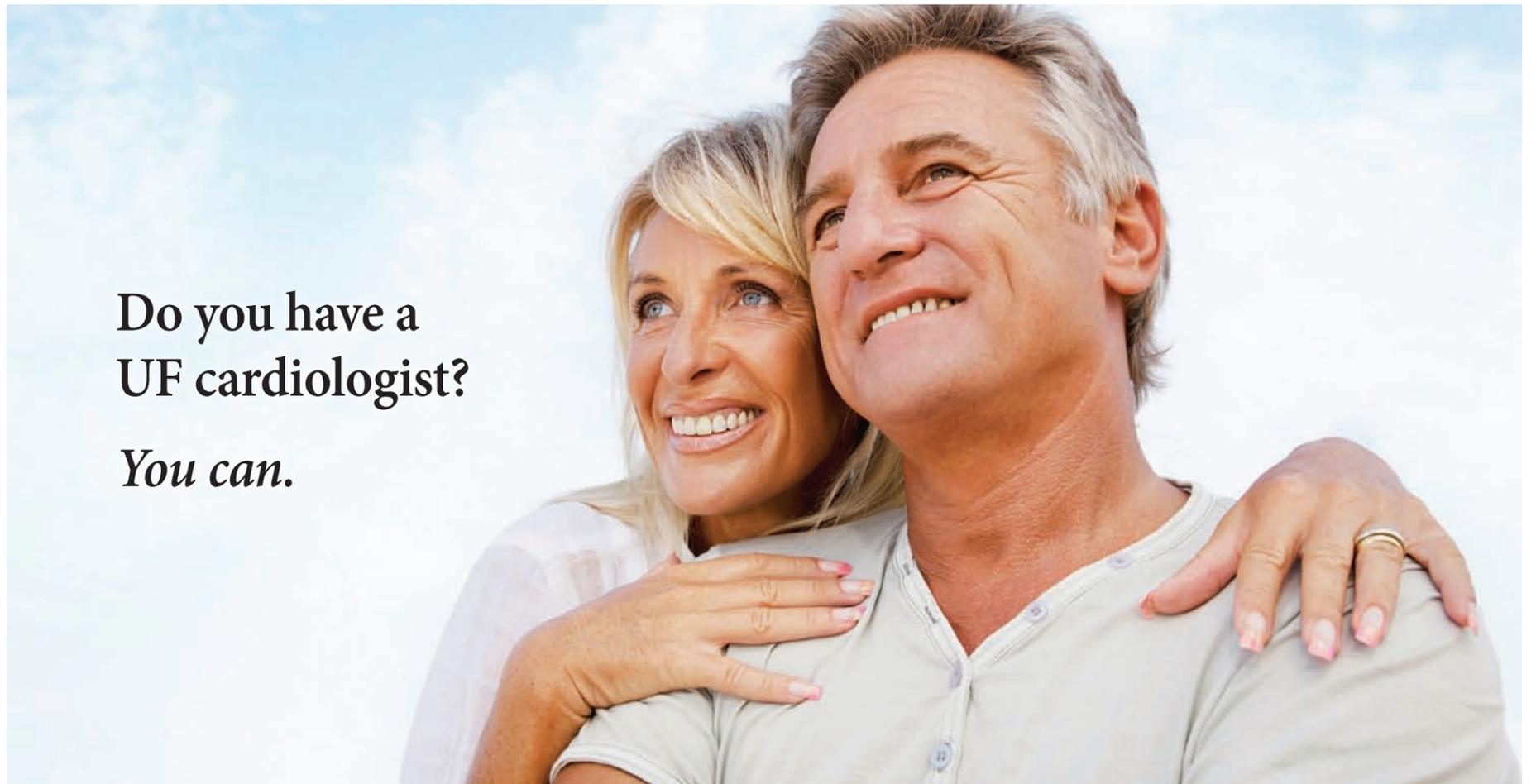
In addition to Carlucci, the board includes Scott St. Amand, Gequane Robinson, Marianah Steve, Magen Henderson, Sarah Willson, Carson Lange, Kellye Quirk and Joel Harris. For more information, go to www.cisjax.org.

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MOVERS & SHAKERS

Chase Bank opens doors to San Marco residents

Chase Bank opened a new branch to serve residents in San Marco last month. Located at 1515 Atlantic Blvd., the branch joins forces with nine other branches throughout Jacksonville, including locations in Lakewood, Riverside, Avondale and Ortega.

"We are excited to be a part of the San Marco community," said Branch Manager Maria Aycart.

The branch held an open house Sept. 6 to welcome guests and celebrate the opening.

"We were looking at the area for around a year and a half before we opened," Private Client Banker Chris McLaughlin said. "It's a great opportunity for us and we are looking for ways to get involved in the community."



Front: Jason France and Branch Manager Maria Aycart. Back: Brittani Garrett, Kris Coello, Kristeena James, Amy Cutler, Rebecca Hunt and Chris McLaughlin

Florida Blue's McDonald takes helm at Health Planning Council

The Health Planning Council's board of directors recently appointed Deanna McDonald as its new Chief Executive Officer.

HPC, an organization whose mission for more than 40 years has been to champion healthy communities, lifestyles and accessible, quality health and wellness in seven northeast Florida counties, appointed McDonald after the board conducted an exhaustive search throughout the Southeast U.S.

"We looked for the best candidate to lead the Health Planning Council through the ever-changing healthcare environment, and Deanna rose to the top of the list," said board chair Susan Ponder-Stansel. "Throughout her career, Deanna has demonstrated she is an experienced healthcare, financial and business executive with strong leadership and management skills."

McDonald has 24 years in leadership with Florida Blue, where she served most recently as the Group Vice President for Enterprise



Competitive Transformation. Additionally, McDonald served on the inaugural Board of Directors for Florida Blue's philanthropic Foundation and is a member of the Finance Committee for the United Way of Northeast Florida.

Vitti named FAEA Superintendent of Year

The Florida Art Education Association (FAEA) awards committee named Dr. Nikolai P.Vitti its 2014-2015 Superintendent of the Year in recognition of his exemplary support for art education in Duval County schools.

"I am incredibly honored to be recognized by the Florida Art Education Association," said Vitti. "The award sheds positive light on our district and community for its commitment to the whole child. The honor would not happen without the School Board's support for my vision to ensure that all students are exposed to and inspired by the arts."

Vitti has demonstrated his commitment by ensuring that each of the district's 106 elementary schools would have at least one full-time art and one full-time music teacher, a \$15 million investment that increased the number of art and music teachers in Duval elementary schools from 143 mostly itinerant teachers to nearly 240 full-time permanent positions at each school.



Episcopal alumnus elected circuit court judge



Mike Sharrit, Episcopal Class of 1984, was elected circuit court judge for Duval, Clay and Nassau counties. Sharrit is a partner at the law firm of Terrell Hogan, and his legal experience ranges from clerkships in the State Attorney's office in Tampa to the U.S. Attorney's office, Jacksonville division. Sharrit has served several professional appointments on Florida Bar committees, including the Rules of Judicial Administration, Chairman of the Grievance Committee, and the Code and Rules of Evidence Committee. He is Florida Bar board certified in civil trial, was named a top attorney by Super Lawyers Magazine and has an AV-Martindale Hubbell rating.

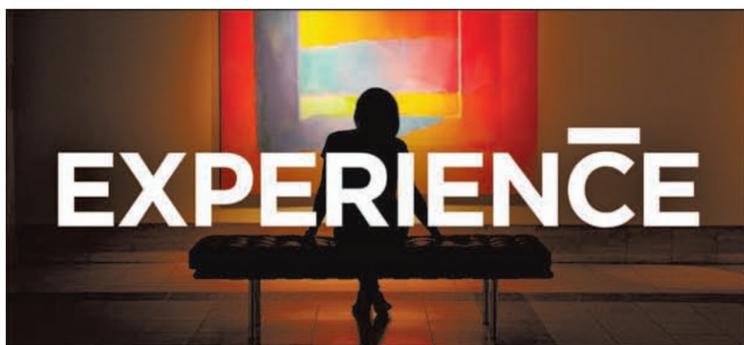
Jacksonville-based architecture and design firm growing

The San Marco-based architecture and environmental design firm ELM (Ervin Lovett Miller) has recently expanded its staff of planners, architects, landscape architects, and designers to include five new team members to its headquarters office.

The additions increase the firm's capability to create projects for widely diverse client and project types, including residential planned communities, hotels and resorts, golf and club facilities, multi-

use and multi-family development, health care and assisted living facilities, major zoological exhibits and habitats, and more.

The recent additions include Donny Podany, a licensed landscape architect; Scott Morris, an architectural designer; Willie Horan, an experienced landscape architect; Mark Pariani, an intern architect, and Jami Houston, marketing manager. Two other landscape architects were added to the company's Seattle office.



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Agency brings on new partner

Shortly after joining Burdette Ketchum as executive vice president to lead client services, Barbara Karasek has become a minority owner of the firm. She joins founding partner Karen Burdette and equity owners Will Ketchum and Patrick Golden in the marketing consulting and services firm.



Barbara Karasek, Will Ketchum, Karen Burdette, Patrick Golden

Karasek brings 20+ years of global marketing and organizational leadership expertise to Burdette Ketchum. She most recently served as vice president and senior partnership marketing and licensing executive at SeaWorld Entertainment Inc., and has led corporate and consumer marketing efforts for PGA TOUR, NASCAR, and the United States Olympic Committee.

"We have known Barbara for eight years and followed her very impressive career as she's worked with some of the top brands in the world," said Karen Burdette. "We are excited about her joining the agency and the Burdette Ketchum equity group. Her expertise will help to expand our business into new industries where Barbara can leverage her experience for the benefit of those clients."

Odyssey Travel makes a trip to San Marco



Karen Upchurch and Gloria Flanigan

A trip for those who plan them for a living was in store for Odyssey Travel last month. Odyssey Travel's home office is located in Ormond Beach, but the agency recently opened an office at 1930 San Marco Blvd.

"San Marco is such a vibrant area," said owner Karen Upchurch. "It was just natural to move north."

Odyssey Travel focuses on luxury travel for those who seek an itinerary tailor-made for them, according to Upchurch. She shares the office with Gloria Flanigan, luxury travel advisor, and together they have a combined experience of more than 60 years in the travel industry.

"We focus on being someone's travel advisor, not just an agent who only books things," Flanigan said. "We really get to know what our clients like when traveling."

New harbormaster at EFYCC

Epping Forest Yacht & Country Club welcomed Keith Keller as its new harbormaster last month. The former Eagle Scout and graduate of the University of North Florida is also an avid (global) sailor, paddle boarder, whitewater canoeist and certified scuba diver.

Keller will oversee sailing and boating instruction, programming and activities in addition to his primary duties managing the marina operations.



Son of Sound opens in San Marco



Son of Sound owner Alexander Seoane checks the trueness of a neck for a guitar he is building.

Guitars, amps, and recording struck a chord in Alexander Seoane, owner of the recently opened Son of Sound music store located at 1429 San Marco Blvd.

Armed with a Bachelor's degree in music production and recording arts, Seoane spent time working at Guitar Center as a repair tech and also as a high school Spanish teacher. Now he's doing what he likes most.

"I missed the music industry after teaching," Seoane said. "I really wanted to bring a quality store to the area."

Son of Sound offers guitar and amp repair, used instruments, and even builds custom stringed instruments. The store also is equipped with a semi-professional recording studio for use by independent artists.

One year on the Square for Addy Blue

Last October, Addy Blue, a new women's boutique opened its doors in San Marco Square, offering "Effortless, Everyday Chic." However, getting everything just right may not have been totally effortless for owner Heather Bailey.

"Getting the product assortment right is my number one priority," Bailey said.

Bailey was in the retail industry for 15 years before opening Addy Blue at 2006 San Marco Blvd. She claims that opening her own shop was a breath of fresh air compared to the corporate side of the business.

"It hasn't been all too treacherous," Bailey said. "I'm very positive about the outlook for the store in the future."

Bailey hopes to open another storefront at the Beaches when the time is right.





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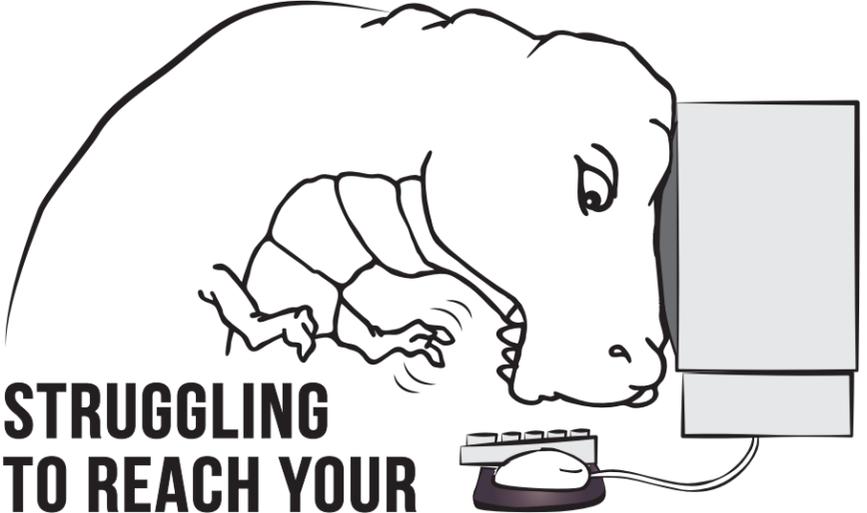


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Southside UMC hosts fundraiser for YoungLives



Front, Kit Thomas, event chair, Dana Thompson, Emma Yates, YoungLives mentor and board member, Emily Smith, YoungLives board chair, Kierra Davis; back: Rose Shabaya, director of YoungLives, Rev. Bruce Jones, Southside United Methodist Church, Jordan Simpson, YoungLives team leader and Zach Mitchell, YoungLives treasurer

Nearly 200 attended the Sept. 18 fundraising and volunteer recruiting event hosted by Southside United Methodist Church to raise \$50,000 for YoungLives, which currently has 50 young girls - moms or expectant moms - in the program. YoungLives, a ministry of the Young Life organization, offers help and hope to teen mothers.

"Our goal is to equip teen moms with what they need to live their best lives, academically, spiritually, emotionally - all of those things that a mentor can provide. It's a community-wide effort; we collaborate with churches, with the Delores Barr Weaver Policy Center, with Baptist Hospital," said Emily Smith, board chair. "We're not equipped individually

to provide all that they need, but we can find all the resources these young moms need."

"The one thing I've seen is that if a girl sees that she is loved and cared for and is not judged, she is willing to believe that she can do better," said Rose Shabaya, director of YoungLives. "Once they get their hope back, they go on an entirely different journey."

The teen moms meet three times a month, with a different focus each week. Club is a fun event, letting them be the young girls that they are; Life Skills is more focused on issues, such as parenting, financing, housing; Campaigners, a Bible study group, helps the girls develop a faith life.

EFYC service staff takes ALS challenge



Thanks to a banquet server at the Epping Forest Yacht & Country Club - and in honor of a long-time member with ALS - the service staff took the Ice Bucket Challenge in full uniform. Dan Cook, general manager, was front and center during the event and forwarded the challenge to partner clubs Ponte Vedra Inn & Club, the River Club of Jacksonville and the Lodge & Club at Ponte Vedra. Here Cook and 11 members of the staff pose after taking the icy shower.

It's clear that girls matter in Jacksonville



Retired juvenile judge Irene Sullivan, Nancy Chartrand, Sherry Magill, president of the Jessie Ball duPont Fund, Jeanne Ward and Martha Barrett, both of the Women's Giving Alliance

A donors and supporters reception to celebrate the success and impact of Girl Matters®: It's Elementary, was held Sept. 18 at The Cummer Museum of Art & Gardens. The in-school suspension intervention program for girls in grades Kindergarten to fifth grade, piloted at George Washington Carver Elementary and North Shore Elementary schools. The three-year pilot was partially funded by the Robert Wood Johnson Foundation and matched by 15 local funding partners, and resulted in 713 girls served and a 62.5 percent reduction in school-wide girl suspensions.

"It is a new program. It is innovative. It is policy and research driven. It's successful. And it has the ability to be replicated and sent out all over the country," said John Taylor, vice president of the Policy Center's board of directors, "The premise of the program is so simple. If you look and see the correlation between girls being suspended from school and the lack of good results, if we could do away with those suspensions, we could do away with the bad results."

The pilot's evaluation report is available online at www.seethegirl.org.

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Financial literacy, community prosperity winners in this race



A large team from San Jose, Life Planning Partners, participated in the 5th Annual Financial Fitness 5K and Fun Run on Sept. 13 at Fletcher Park. The event was sponsored by the Financial Planning Association of Northeast Florida, promoting financial literacy in the community. Proceeds from the 5K help provide pro bono support for the Real\$ense Prosperity Campaign and for Family Foundations. In addition, \$1,000 was distributed among four Duval County Public Schools with the greatest number of Fun Run participants or finishers: Alden Elementary, Landmark Middle, La Villa and Frank T. Peterson.



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The combination of cuisine and charitable giving inspired some of the nation's finest chefs to create a marathon of marvelous dining experiences, all for the benefit of St. Vincent's Mobile Health Outreach Ministry, Faith Community Nursing, School Nurse Program, Seton Center for Women & Infant's Health, Mobile Mammography, Emergency Pregnancy Services, Good Samaritan Fund, Kids Together Against Cancer (KTAC), and more.

Beach Life, the theme for this year's event, kicked off with a unique wine dinner at Epping Forest Yacht & Country Club, followed by a Celebrity Chef Reception and Luncheon by the Sea, a Sponsors' Private Reception with the Chefs and the main event, Delicious Destinations – A Gourmet Food and Wine Tasting at The Ponte Vedra Inn & Club.



Neetal and Saumil Oza, M.D.

photos by Aaron Mervin

Red Shoe Crew



Robert and Molly Hayes

Shindig on the Seine



Bob Goforth, Jan and Connie Smith, G

Children at the Sanctuary on 8th Street have hope through the generosity of the center's patrons and sponsors for Shindig on the Seine. The annual gala's Parisian theme was carried through an invocation in given in French to the mini-cream puffs. Purpose did a brisk business in sales of Adirondack chairs, picture frames and more. The silent auction featured a chair set up for the occasion by Sanctuary art teacher Erin Searcy. The benefit raised \$88,000 to provide children in Springfield with a purpose.

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OYSTER PERPETUAL DATEJUST II

offers Fries With That Wine

Formerly known as the Discovery Circle, the Ronald McDonald House of Jacksonville's young professionals group, the Red Shoe Crew, served up fries and burgers at last month's fundraiser at EverBank Field.

The sixth annual Fries With That Wine event at the Terrace Suite paired wine tastings with fast food favorites supplied by local McDonald's owner/operators.

"The Red Shoe Crew has made such an impact tonight," said Ronald McDonald executive director Diane Boyle. "Fundraising events are very important to the operation of the house."

Fries With That Wine is one of three major fundraising events the Ronald McDonald House holds every year. Although with the McDonald's owner/operations, the major sponsors included EverBank and the Jacksonville "It's always exciting to be at EverBank Field," Boyle said.



Annie Tutt, Michael Kendall, Diane Boyle and Carol Harrison



Wayne and Nicole Bettis

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Bold in black for the arts



Front row: Elyse Card, Patrick Sloan, Rebecca Ryan-Gonzalez, Briehn Wildman, Kate Jolley, back row: Allan Ogbulu, Blair Hakimian, Teresa Lind, Paul Vranesh, Mario Lambert

The CAPtivators, professionals between the ages of 21-45 who help promote the Cathedral Arts Project's (CAP) mission, raised more than \$6,000 from nearly 200 guests last month at a pop-up soiree.

Diner en Noir, a masquerade dinner, featured masked guests dressed in black from head to toe. The location of the party was kept secret until two hours prior; each table of eight

was responsible for providing décor and food, with prizes awarded to the best dressed, best mask and most creative table décor.

The mystery venue was The EverBank Building on Riverside Avenue. Guests enjoyed performances by CAP students and the opportunity to raise awareness of the necessity for arts education for Jacksonville's children and youth.

Toast to the Animals 'highly successful'



Lauren and Devon Scheible



Mary Swart with her daughter Dr. Meredith Swart



Sam and Missie Sarra LePrell

More than 450 people made life better for ill and injured animals at the Jax Humane Society's annual fundraising event.

Jacksonville Jaguars General Manager David Caldwell and his wife Joelle co-chaired the event, which was hosted by Jaguars mascot Curtis Dvorak, also known as "Jackson De Ville."

Those in attendance tasted wine, beer, appetizers and desserts from local breweries and vendors. Sponsors of the event included North Florida Sales, Veterinarian Specialists, the Jacksonville Jaguars, and the Petco Foundation.

Through event sponsors, live and silent auctions, raffles, ticket sales, and donations, more than \$130,000 was raised at the event. All proceeds will benefit the JHS Medical Fund.

"The event was highly successful," Community Relations Coordinator Diana Fox said.

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Big day for Jewish Pride and Education

There were many reasons to celebrate the best of what Judaism has to offer on a recent Sunday of festivities at The Temple, or Congregation Ahavath Chesed, in the San Jose area. A fundraising initiative hit a high note and an inspirational Jewish artist set a celebratory tone on the main stage with a crowd-pleasing performance.

The opening day of TIR (Temple Institute of Religion) began with T'filah and ended with the closing of a fundraising initiative. When the raffle ticket sale expired at 10 a.m., a lucky winner was drawn on the giveaway of a

2014 Mercedes-Benz C-Class, courtesy of a cooperative effort by Brumos of Orange Park. With 400 tickets sold the chances couldn't have been better for buyers, but Temple member Harry Frisch, who had bought several tickets, won the luxury vehicle in the drawing. In true giving fashion, Frisch returned the car as a donation to The Temple. Daniel Miller, Temple member and Chair of rGen, a young adult division of the Jewish Federation, made mention of the philosophy of Frisch, who has always taught others that the more you give, the more you receive.



Rachel Shapiro, Jessica Shapiro, Izzy Schwam, Hannah Mendelson, Shira DuBow, Logan Heller and Joshua Feig



Allie Bielski and Anna Feig



Rabbi Lief, Sylvia Shapiro, Performer Rick Recht and Joel Shapiro gathered for a photo; the Shapiros helped to sponsor a portion of the festivities.



Maytal and Eliana Mitzmacher



Daniel Miller, Ava Jaffa, Sadie and Daisy Handmaker

Concert to remember, performer leads by example

The musical celebration came soon thereafter as sponsors delivered a nationally recognized Jewish singer, songwriter, founder and executive director of Jewish Rock Radio (JRR), Rick Recht. Under his direction, Jewish rock Internet radio has become a possibility as the station found at jewishrockradio.com broadcasts 24/7. In addition to his musical talent, Recht also specializes in educational videos, seminars, Skype sessions and other Jewish training and mentoring for leaders in the Jewish faith community nationwide.

"We were very lucky to have Rick come to Jacksonville. He had last been here over 10 years ago and he plays 150 concerts a year. It's great to have unity and community coming together with a very positive message," said Miller. "In times when we do need leaders, it's good to know there is good out there."

Miller introduced Recht during the concert series and is proud that the children and adults alike were able to experience the enlightening leader and respected role model.

"The stage is definitely my home," says Recht. "The energy and voices of the audiences, whether they're little kids, teens or adults, are indescribable. That's the magic of Jewish music – the interaction, the singing, the dancing, and the powerful community connection. For me, it's a dream come true to create and share in these powerful experiences," writes Recht on his website. To learn more about the educational component of Recht's mission, or to view his website go to www.RickRecht.com.

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First Coast Cardiovascular Institute is pleased to welcome world-renowned Dr. Issam D. Moussa as Chief Medical Officer.

After three years as Chair of the Division of Cardiovascular Diseases and Director of the Cardiac Catheterization Laboratory at Mayo Clinic Jacksonville, Dr. Moussa joins First Coast Cardiovascular Institute (FCCI) with the same focus on innovation and the highest standards of care.

With over 200 medical publications, lectures all over the U.S. and around the world on cardiovascular health, and initiatives to improve outcomes, Dr. Moussa, is here to further assert our commitment to excellence, says Dr. Khatib co-founder and president of FCCI.

As an Interventional Cardiologist and Endovascular Interventionalist, he specializes in performing catheter-based cardiovascular procedures in patients with valvular heart disease, coronary artery disease and peripheral arterial disease (PAD). He performs minimally invasive transcatheter aortic valve replacement (TAVR), as well as other innovative minimally invasive procedures for mitral valve repair and procedures geared at reducing the risk of stroke.

A graduate of Damascus University Medical School, Dr. Moussa spent the last 20 years at prestigious medical institutions in the U.S. initially as a trainee and then as an educator training an entire generation of younger physicians. The highly regarded Lenox Hill

hospital, Columbia University Medical Center, and Weill Cornell Medical Center in New York City are among the places where he served.

Dr. Moussa sees a paradigm shift in the future of health care in the U.S. He says although hospitals will always have a crucial role to play, that role will become limited to treatment of the acute, very ill patients. Healthcare will be moving towards an outpatient service at home or in a large group practice, such as FCCI. Group practices will no longer be just a few doctors but a team of doctors and allied health professionals with various specialties. While FCCI will continue to specialize in cardiovascular health, Dr. Moussa says FCCI is recruiting doctors in other specialties such as podiatry, neurology and primary care.

The driving force behind this new healthcare model is for patients to take care of all of their medical needs in one location and reserve hospital visits for only serious health needs. "We at FCCI have a commitment to both high quality and affordability," he says, "We can address multiple needs and provide quality and convenient care."

Clinical research currently being done in hospitals will increasingly be done in outpatient organizations such as FCCI. With providing high quality care comes the drive to take part in new and advancing treatments. Dr. Moussa is excited to build on the 8 year tradition of research taking place at FCCI. "We want to bring more cutting edge technology to Northeast Florida," Dr. Moussa says, "We're always looking for new treatments, whether it's medicine or devices."

Dr. Moussa also lauds programs at FCCI such as continuing education programs for local and regional groups of doctors. He expects those to grow and possibly go national. Dr. Moussa is excited to serve and educate his patients. He says FCCI will soon hold patient educational conferences with groups of up to 100 patients, giving patients the opportunity to ask questions about their health concerns.

Dr. Moussa will also be working with the entire FCCI staff on organizational and quality initiatives, with the majority of his time focusing on patients.

Dr. Moussa is involved with several national medical journals. He has been the editor-in-chief of "Acute Cardiac Care" and associate editor of "Catheterization and Cardiovascular Interventions" since 2011. He also currently serves as Chair of the Steering Committee of the American College of Cardiology Cardiovascular Data base which sets the quality measures for cardiovascular care in the United States.



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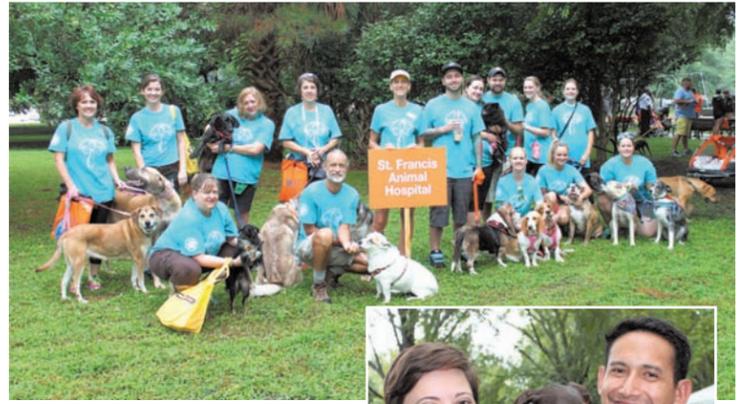
Mutt struttin' not dampened by rain

In spite of rain, more than 800 people and nearly 400 dogs took part in the 3rd Annual Best Friends Animal Society Strut Your Mutt at Riverside Park. The event raised more than \$108,000 to help Jacksonville animal rescue groups save the lives of more shelter dogs and cats. Fundraising continues online through Oct. 11; go to www.strutyournutt.org/JAX2014 to donate.

The family-friendly dog festival was one of 12 events nationwide and 19 Jacksonville area animal rescue groups participated; they are all members of the No More Homeless Pets® Network.



Friends of Jacksonville Animals



St. Francis Animal Hospital



Amy and Gil Samson with Fig

Author helps raise G.R.E.A.T funds

A furry-friendly fundraising event for G.R.E.A.T. Rescue took place Sept. 9 at Aardwolf Brewery. Local sponsors – such as Bubbles Car Wash, MAC Hair Studio and The Write Touch – donated goods and services to the silent auction raise funds for G.R.E.A.T. Rescue.

New York Times bestselling author and former U.S. Army Captain Luis Carlos Montalván spoke about his experience with his Golden Retriever, Tuesday, at the book signing. "It's a wonderful opportunity to raise funds for a great cause," Montalván said.



Life-saving service dog Tuesday enjoys the attention during his owner's book signing.

Gwen Duhon and Margaret Misenar



Former Cpt. Luis Carlos Montalván has released two books, Tuesday Tucks Me In and New York Times Bestseller Until Tuesday.



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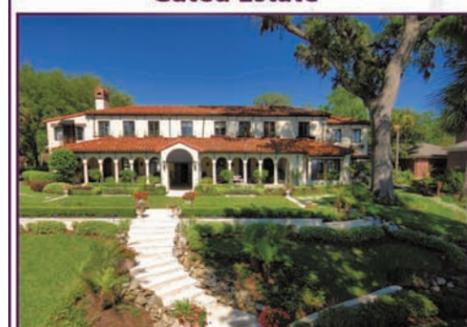
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Remission Rocks pink and green

The 4th annual Remission Rocks outdoor party to benefit the Bosom Buddies program was mighty pink. Staff from the Women's Center of Jacksonville sported pink boas, T-shirts, tutus, tights and even pink hair as they welcomed guests to evening affair at River City Brewing Company. Baskets and other items for the silent auction brought in the green for a good cause as guests enjoyed an evening on the riverfront.

Jill Hecher, Bobbi de Córdova-Hanks, Sara DeWitt, Melinda Ingle



Baptist Health to partner in transforming cancer care

By Kate A. Hallock
Resident Community News

Last month, a respected local healthcare organization agreed to partner in the fight against cancer with a world renown cancer center.

Even their brand promises – Changing Health Care for Good® and Making Cancer History® – embrace similar goals to provide adult cancer patients in the region with greater access to the most advanced cancer care available, and to contribute to a mission to end cancer.

Hugh Greene, president and CEO of Baptist Health, noted that both brand promises are truly a demonstration of changing health care in a lasting, enduring and sustainable way in its partnership with MD Anderson by wiping out cancer for good. "This is one of those cases with what we say in words on our logo becomes a reality for the people of the communities that we serve," he said.

Baptist Health and The University of Texas MD Anderson Cancer Center, the largest free-standing cancer center in the world based in Houston, have signed a letter of intent to form a partnership to create a joint cancer program in North Florida next year that will enhance patient access to MD Anderson's world-renowned treatment protocols, clinical trials and translational research.

That means that residents of Jacksonville and surrounding areas will enjoy an elevated quality of cancer care that is found in only a few places in the country.

When formalized, the agreement will make Baptist Health a partner member of MD Anderson Cancer Network®, and Baptist Health will be operationally and clinically integrated with MD Anderson. There are currently only two other MD Anderson partners in the nation: the Banner MD Anderson Cancer Center in Gilbert, Arizona and MD Anderson Cancer Center at Cooper in Camden,

New Jersey.

"I can say with great confidence that the board of directors strongly believe that what we are announcing today is great news for the Jacksonville community," said Robert Hill, chairman of the Baptist Health board of directors, at the press conference on Sept. 24 at the Hill Breast Center.

As for what's going to happen in the next year or two, Dr. Thomas Burke, executive vice president, MD Anderson, stated, "We're starting at the point of committing to the program; we'll be spending the next several months piecing together the action plan of how we're going to move forward."

Burke indicated that there will be an ongoing assessment of strong, functional programs that are already in use, and they will be the cornerstones of how the partners will launch the joint cancer program.

Baptist Health will also do an assessment of where they have gaps and those will be

converted to an action plan going forward. "I think you'll see us trying to get off the ground clinically in the spring of 2015," Burke continued.

It's not just programs, processes and procedures that will be reviewed and possibly changed. The partnership will involve new opportunities for staff and a new building in the future.

"This is going to involve recruitment of people. We will be recruiting, training in terms of specialists in oncology," said Dan Fontaine, executive chief of staff for MD Anderson. "There will be a new facility that will be part of this, the scope and size and location yet to be determined. To grow cancer services we need to expand beyond the building in which we sit today."

John Wilbanks, executive vice president and chief operating officer of Baptist Health, concluded "This is the beginning of a lot of work that will be well worth it in the end."

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CANCER NEWS



KTAC moves to YMCA

Kids Together Against Cancer has a new location. Its quarterly free five-week art workshop is now offered at Brooks YMCA, 10423 Centurion Parkway North on Mondays.

“Our program helps parents learn how to talk to their children and helps take the fear out of the experience for the children,” said Jennifer Maggiore, KTAC program coordinator.

“Our art educators and clinical social workers provide guidance and support to families.”

Art services are provided by Art with a Heart. The program is open to all families who have a parent with cancer. KTAC supports children when either parent are facing a cancer diagnosis. Call (904) 742-2916 to register for the monthly groups.

Baptist Health breast cancer vaccine gives hope

Earlier this year Baptist Health enrolled patients in a vaccine trial that could be another option for some women with Stage 4 breast cancer.

The clinical trial is a pharmaceutical study of an adenovirus vector vaccine for women with previously treated breast cancer who have not responded adequately to past treatments of radiation, surgery and chemotherapy, according to Troy Guthrie Jr., MD, medical director of research and education for the Baptist Cancer Institute.

“This is a way of treating

their breast cancer with an immunotherapy,” said Dr. Guthrie.

The treatment is an adenovirus that replicates inside the tumor tissue and kills the tumor cells, but does not replicate in normal tissue. The trial involves a patient getting treated once a month for a year.

A side effect of the vaccine can be flu-like symptoms and the first person in the trial experienced those for about five days, Dr. Guthrie said. But her tumors in her breast have been shrinking when other therapies failed, he stated.

Big Pink RV at Victory in Pink

St. Vincent’s big pink RV travels thousands of miles each year to bring life-saving screening mammograms to more than 3,000 women. The colorful unit will be at the Victory in Pink celebration on Sat., Oct. 4, 6-9 p.m., at St. John’s Town Center. Every mammogram is

read by radiologists using the same state-of-the-art technology found at St. Vincent hospital locations. St. Vincent’s is the only health system in the region with a mobile mammography unit. Schedule a Mobile Mammogram by calling (904) 308-5490.

New online cancer resource guide launched

The Northeast Florida Cancer Control Collaborative (NFCCC) has launched the Cancer Resource Guide, a free online directory of cancer-related resources to help educate and empower patients, caregivers and healthcare providers on the First Coast regarding cancer prevention and treatment.

The guide, which is funded in part by the Centers for Disease Control, through the Florida Department of Health Comprehensive Cancer Control Program and the Northeast Florida Cancer Control Collaborative, is

coordinated by the Health Planning Council of Northeast Florida. This new resource features provider details as well as information on financial assistance, caregiving, community resources and much more. A section on smoking cessation is also included.

The guide, www.cancerresourceguidencf.org, is the only online portal that offers a single comprehensive repository of information and resources in northeast Florida, covering the full spectrum of cancer-related needs.

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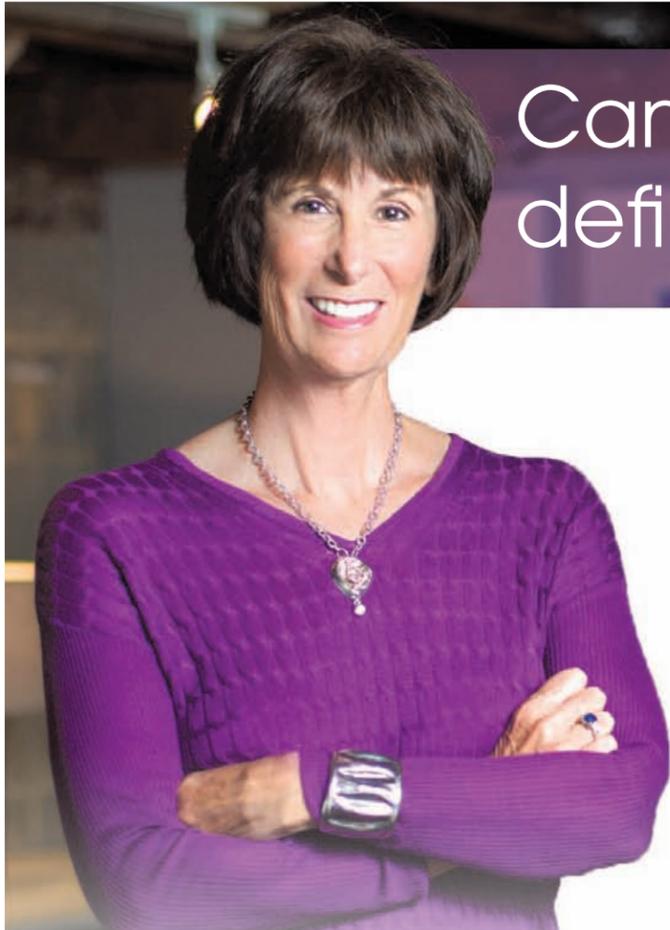
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Cancer life-changing, not defining, for company founder



By Kate A. Hallock
Resident Community News

Karen Burdette celebrated her 60th birthday two summers ago on an African safari with her family. What happened before and after the long planned trip, though, was much more of a life-changing event. Burdette, chairman and founder of Burdette Ketchum, a marketing consulting and services firm in San Marco, underwent surgery for breast cancer a month before the 10-day trip. As soon as she returned, she started chemotherapy. "I never had a moment's thought about cancer while I was there; I think the trip gave me a much needed break from dealing with cancer and helped prepare me mentally and emotionally about what was to come," said Burdette as she shared her story.

The diagnosis – invasive ductal carcinoma in one breast – caught her by surprise.

"I'm relatively physically strong, active, and assertive about taking charge of my health, and life," Burdette said. "The diagnosis was shattering; breast cancer nor any other kind of cancer are in my family's health history. It was a shocking diagnosis."

But, used to the fast pace of running an 18-year-old agency, Burdette leveraged her ability to focus on success for her treatment program. "You just have to turn yourself over to the health system (in her case, Mayo Clinic) and the treatment regimen. It's very disconcerting at first for someone who goes to the doctor once a year for a checkup. They don't give you any options. They just set the treatment protocol and schedule and you follow it."

Burdette kept a positive attitude through 12 months of chemo and radiation therapy. "I worked hard to stay mentally positive and focused, not emotional. I never cried; I never said 'Why me?' I just worked my program," she said. "There's an end to this, I told myself. I'm working towards that date; I'll be fine, I'll get better."

Unorthodox treatment to keep hair

Burdette shared that she tried an unusual method for keeping her hair from falling out by freezing the hair follicles to keep the chemo from getting to the roots. Developed in England, Penguin Cold Caps is not FDA approved in the U.S., and a limited amount of clinical tests have been done.

"It's a little bit off the radar in the U.S. but has been used for over 20 years in Europe with very high success rates," said Burdette. "It was important to me because I didn't want to leave the house and have the first thing people think about me when they saw me was 'cancer patient.' I didn't want it to define me."

While the outcome of the cold caps process is dependent on a user's chemotherapy regimen and medications as well as hair type (Burdette's hair is very thick and

coarse), it was successful – she kept her hair on her head, maybe somewhat thinner but still a full head of hair. She admits the regimen was grueling, but doable, and maybe not for everyone.

On chemo day, Burdette's husband Gary would get two coolers filled with dry ice, then pack the caps to freeze them to minus 22 degrees Fahrenheit. Her daughter was in charge of changing the caps every 30 minutes during the four- to five-hour chemo infusion and then for an additional four to five hours afterwards.

"You have to have someone committed to coming and doing it. No one was more invested than my husband and daughter in helping me with this. It's harder on the person switching the caps, than the chemo patient," said Burdette, who confessed the first 30 seconds of application were the worst.

Moving forward as an advocate

Now it's all behind her and Burdette said "After all of this, I don't look back on it as 'that period' of a cancer diagnosis and treatment. I look back on it as life-changing, in ways that have made me a better version of myself.

"I'm physically stronger, I exercise every day, I have more healthy eating habits, I get more rest, I have a stronger faith," she reflected. "I'm more at peace and have a better perspective of what's important in life and what's not so important."

As a result of Burdette's diagnosis, she, her family and her firm became involved with local cancer events and remain involved.

Her daughter, Krista Nilsson, owner of Therapie in San Marco Square, started Hope Squared, an annual event that brings the merchants together to promote and raise funds for the Donna Foundation. This year's Hope Squared event is Oct. 16-18 and each participating merchant donates a portion of sales those days to the foundation.

Burdette's daughter and some friends and co-workers also formed a team and ran the 26.2 with Donna marathon while Burdette was going through treatment. "Our non-running team's role was to put medals on people as they came across the finish line and I was able to put the gold marathon medal on my daughter," Burdette said. "It was such a proud and special moment for both of us we had all been through so much."

"It's really important to me to be an advocate now and become more involved with breast cancer organizations," she concluded. "I've become involved in Making Strides Against Breast Cancer. Last year – our first year – Burdette Ketchum was among the few Gold Tier fundraising teams in the city, most of which were major corporations. We will have a bigger presence this year, on Oct. 25. It's an amazing, amazing event. It's a sea of pink."

Making Strides participants are women undergoing treatment, survivors, families, and friends, all walking in memory of a loved one lost. The Walk supports local women going through breast cancer treatment and raises funds to find a cure and "Finish It."



Karen Burdette with daughter Krista Nilsson, who ran the 26.2 with Donna Marathon

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GO GIVERS

Julie Jacob

By Julie Kerns Garmendia
Resident Community News

Julie Jacob, 30, credits her University of Central Florida sorority, Alpha Delta Pi, with introducing her to community service. Throughout college she helped many charities, but felt a special bond with children staying at the local Ronald McDonald House, which provides temporary housing for families of seriously ill or injured children to stay nearby while their child is hospitalized or receives medical treatment.

"I worked fundraisers, collected soda can tabs and cooked dinners for families at the Ronald McDonald House. I most enjoyed connecting with the children, who came into the kitchen asking questions about dinner, wanting to help...it was a way to forget their illness or injury for a while. Those children just have

such a special place in my heart," Jacob said. "After college, I kept volunteering anywhere that helps ill children."

While living in Memphis, Tenn., Jacob became a volunteer for ABA Place, founded by her close friend Jenni Helms. Helms founded the charity because of her autistic son and a lack of socialization and recreational opportunities for autistic children. ABA Place (refers to Applied Behavior Analysis, therapies used to treat autism) offers fun educational programs combined with ABA therapies to improve the lives of autistic children.

Since Jacob, a Hyatt Event Sales Manager since 2006, and her husband Clinton, 31, moved to Jacksonville for his work at Medtronic, Jacob has volunteered with THRIVE, Hyatt's community service



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program. THRIVE coordinates monthly volunteer opportunities at charities including Daniel House, Jacksonville Humane Society, Ronald McDonald House and homeless shelters. Jacob also coordinates Hyatt's volunteer Green Team on beach clean-ups and community beautification, including Hemming Plaza. "When I discovered the Ronald

McDonald House in San Marco near my home, I joined The Red Shoe Crew. These young professionals host service projects, fundraisers, social and networking events to benefit RMH," Jacob said. "In July we did Rock the House 5K and in September I was co-chair for the annual Fries with That Wine at the Garden Club on Riverside Avenue: a wine tasting event combined with favorite fast foods."

Jacob also volunteers with Jacksonville's J.L. Wiley Foundation for stroke awareness, treatment and healthcare advocacy, founded by friends. She especially enjoys the annual Ultimate Chili Master Cook-off fundraiser where professional and amateur chefs prepare their secret recipes. She is a Partner in Hope Sustaining Donor for St. Jude Children's Hospital.

The couple, vegan foodies, landscaped their yard around Clinton's seasonal vegetable, fruit and herb gardens, bird houses and feeders. Julie, an avid runner who enjoys substituting healthier ingredients for favorite recipes, tests them out on family members (who she laughingly admits sometimes head for McDonald's afterwards). The Jacobs plan annual ski trips out West and will visit Napa Valley next summer. Other Jacob family members are rescue Labrador Retriever Maggie, and Elton, their Corgi.

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Hello

Getting to Know Terry Lawler



Terry Lawler is a newcomer to Jacksonville, by way of southwest Florida and New Jersey. She first visited the city to attend a wedding but, not venturing beyond the venues, admitted that she didn't see the appeal of Jacksonville. Now, a few years later, Lawler lives in San Marco and her opinion has changed.

Q. What brought you to Jacksonville to live?

A. Last fall I was talking to an old friend who worked here and she mentioned some openings at Stein Mart, the company she was working for. When I came for an interview I stayed at the Crowne Plaza Riverfront and woke up to a beautiful sunrise and dolphins playing in the St. John's River below my window. I was hooked. And I got the job. (Lawler is an associate buyer at Stein Mart.)

Q. What attracted you to San Marco?

A. Shortly after I accepted my job, that same friend introduced me to her neighborhood, San Marco. I found a fabulous apartment three blocks from San Marco Square

and moved in a week later. I'm a bit of a fan of the restaurants in the Square. I've eaten at all of them, and honestly can't pick a favorite. It's fantastic to have so many choices a short walk away. A perfect day would have time for breakfast at the Maple Biscuit Company, lunch at the Beach Diner, afternoon cocktails at the Grape & Grain and dinner at Taverna or The Grotto. If I started early I could squeeze in a movie with a glass of wine at the San Marco Theater.

Q. What are some of your favorite places to hang out, visit or have fun?

A. After work I take a walk around the neighborhood, the Square and Lake Marco. Each time I see something new. I'm as entertained by the many little parks, with their

historic plaques and the spacious homes, as I am by the millions (my father told me a million times not to exaggerate) of cats. I'm not a cat person and have an unusually superstitious fear of black cats, but the multitude of cats roaming the area fascinates me. I often take my Polaroid camera and snap pictures of some of the most interesting felines I meet. I often joke that someday I'm going to publish a coffee table book "The Cats of San Marco."

Q. Have you explored other parts of Jacksonville?

A. During my interview weekend, my friend took me to dinner in Riverside. I was smitten by the vibe of area. On a Saturday in December I was walking from the Riverside Arts Market past the Cummer Museum and since it was a free First Saturday I went in. I became a member that day and have enjoyed going to various events at the museum and gardens. When I'm not looking for a new home in San Marco for me and my husband, I spend time antiquing in 5 Points if my daughter is visiting and I attend as many charity and municipal events as I can. Each one provides new insights and new friendships.

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October Calendar

Senior Games Opening Ceremony

Fri., Oct. 3, 1 p.m., Metropolitan Park, 1410 Gator Bowl Blvd.

The ceremony will feature a parade of athletes, torch lighting, a senior health and fitness expo, door prizes, and lunch. For more information, call (904) 630-7392 or visit www.coj.net/seniors

Oktoberfest in Memorial Park

Fri., Oct. 3, 6-9 p.m., Memorial Park, VIP Preview Party

Sat., Oct. 4, Noon to 8 p.m., Memorial Park, open to public

Tickets include a souvenir Oktoberfest stein, a free stein fill, a giant pretzel, live oompah music and other entertainment. Benefits Memorial Park Association. For details, go to <http://memparkjax.org/event/2014-oktoberfest-memorial-park/>

Family Pet Fair, Blessing of the Pets

Sat., Oct. 4, 10 a.m. - 2 p.m., Fletcher Park, 1652 Atlantic Blvd.

Proceeds benefit St. Francis Animal Hospital and St. Philip Neri Animal Ministry to help pets in need of medical care. Pet blessing will occur at 1:30 p.m.

FinFest at Sawgrass

Sat., Oct. 4, 6:30 - 10:30 p.m., Sawgrass Marriott Resort & Spa, 1000 PGA Tour Blvd.

Annual fundraiser for Jacksonville Speech & Hearing Center includes food, beverages, live and silent auctions. www.eventbrite.com

Aging True 24th Annual Golf Classic

Tues., Oct. 7, 10:30 a.m. registration, 12:30 p.m. shotgun start, Hidden Hills Country Club, 3901 Monument Rd.

Proceeds benefit Meals on Wheels. Jaguars kicker Josh Scobee will be celebrity host and honorary chair. Go to http://www.agingtrue.org/_documents/gcbr.pdf for details.

Fall Festival

Wed., Oct. 8 to Sun., Oct. 12, Southside United Methodist Church, 3120 Hendricks Ave.

Family-friendly events open to the public include Family Fun Night, Chili Cook-off, Friday Night Movie, Neighborhood Party and Fall Festival. For details, visit www.southsidemethodist.org.

Fall Festival

Fri., Oct. 10, 5-7 p.m., San Jose Episcopal Day School, 7423 San Jose Blvd.

Hay maze, apple bobbing, bounce houses and slide, DJ, class-sponsored booths, sweets, treats and more. Benefits the Parents' Association.

Dinner on the Farm

Fri., Oct. 10, 6:30 p.m., 223 Mill Creek Road "Farm to table" event will feature freshly grown organic vegetables, a pig roast, and homemade desserts, live music and art auction. Event will benefit Berry Good

Farms. To RSVP by Oct. 6, email mjensen@northfloridaschool.org or call (904) 724-8326.

14th Annual Miracles Gala One Night Masquerade

Sat., Oct. 11, 6 p.m., Sawgrass Marriot Resort & Spa, 1000 PGA Tour Blvd.

Annual fundraiser for Juvenile Diabetes Research Foundation includes cocktail hour, seated dinner, live and silent auctions and live entertainment. For information call (904) 739-2101.

Caring Chefs: A feast to warm your heart

Sun., Oct. 12, 7-9:30 p.m., The Avenues Mall

Sample cuisine and beverages from nearly 70 of NE Florida's popular restaurants and wine vendors. Benefits the Children's Home Society; call (904) 493-7739 or go to www.chscaringchefs.com

Florida Forum: Michael J. Fox

Mon., Oct. 13, 7 p.m., Times-Union Center for the Performing Arts

Presented by Florida Blue to benefit Wolfson Children's Hospital, actor/activist Michael J. Fox is the first in the 2014-2015 series sponsored by The Women's Board of Wolfson Children's Hospital. For tickets, call (904) 202-2886, email FloridaForum@bmcjax.com, visit www.TheFloridaForum.com

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Fall Gardening Workshop

Tues., Oct. 14, 9:30 a.m. -12:30 p.m., Mandarin Garden Club, 2892 Loretto Rd.

Duval County Extension Office workshop on fall gardening tips, managing nuisance wildlife, invasive plant management techniques. Pre-register by calling (904) 255-7450.

La Caroline: Jacksonville's Rock Opera

Thurs., Oct. 16 - Sat., Oct. 18; gala performance and reception, Oct. 24, 8 p.m., Museum of Science & History, 1025 Museum Circle.

Special school performances, Oct. 14-17. For details, visit www.LaCaroline.org.

Affair in the Square

Thurs., Oct. 16, 6-9 p.m., San Marco Square
Live music, farmers' market, beer tastings

4th Annual Hope Squared

Fri., Oct. 17-Sat., Oct. 18, San Marco Square
Portion of sales from participating merchants (find the pink balloon at their door) to benefit The Donna Foundation in support of Breast Cancer Awareness Month. Raffle sales will also be added to the overall Hope Squared donation. In 2013, the event raised \$3,700.

Monster Mash Dash 5K & More

Fri., Oct. 17, 6 p.m. Fun Run/6:30 p.m. 5K, Jacksonville Fairgrounds Exhibition Hall, 510 Fairgrounds Place

Feature a restaurant village of food, adult beverages, children's activities and entertainment on the main stage. Benefits Community PedsCare, a program of Community Hospice of NE Florida; call 904.886.3883 or visit HDM.CommunityHospice.com.

10th Annual Halloween Doors & More

Sat., Oct. 18, 3-8 p.m. Jacksonville Fairgrounds Exhibition Hall, 510 Fairgrounds Place

Trick-or-treat at Fantasy Doors; enjoy Magical Meet & Greet Streets, Candyland, Trick-or-

Treat Theatre, Groovy Goblin Family Disco, and Ghostbusters Grown-Up Grotto. Benefits Community PedsCare, a program of Community Hospice of NE Florida; call 904.886.3883 or visit HDM.CommunityHospice.com.

North Florida Komen Race for the Cure

Sat., Oct. 18, Metropolitan Park, 1410 Gator Bowl Boulevard

5K/2K run/fitness walk benefits breast cancer research. Register at www.komennorthflorida.org/komen-race-for-the-cure/

Jacksonville Concert Ballot Company Auditions

Sun., Oct. 19, 2 p.m. ages 9-12; 4 p.m. ages 13-adult; \$10 audition fee, 1276 King Street (Riverside). Call (904) 388-2466 for more information.

Pond Workshop

Tues., Oct. 21, 9:30 a.m. -12:30 p.m., Duval County Extension Office, 1010 N. McDuff Ave.

Workshop topics on pond design, planting and maintenance of ponds. Pre-register by calling (904) 255-7450.

Bernard Selevan Tree of Life Award Dinner

Tues., Oct. 21, 6 p.m., Jacksonville Jewish Center, 3662 Crown Point Rd.

Honoring Lilo and Harry Frisch, recipients of the Lifetime Achievement Award. Register via email at RSVPNorthFL@jnf.org or call (561) 447-9733.

Smart Women Make Change: Danica Patrick

Thurs., Oct. 23, Noon-1:30 p.m., Florida Blue Conference Center, 4800 Deerwood Campus Pkwy

Benefits Junior Achievement Girl\$, which brings financial literacy programs to girls and young women. For information, call (904) 398-9944, ext. 231 or go to www.jajax.com

First Coast R4L Kickoff Rally

Thurs., Oct. 23, 6 p.m. - 7 p.m., Fionn MacCool's at The Landing, 2 Independent Dr.

Event volunteers and participants will gather to launch fundraising efforts for the year. Volunteers and survivors are invited to attend. For more information call (904) 391-3618 or visit RelayForLife.org

See the Girls Summit

Fri., Oct. 24, 8 a.m. - 4:30 p.m., Main Library, 303 N. Laura Street

One-day conference with three tracks (See Me Now: Commercial Sexual Exploitation of Children; Advocacy to Activism; Girl-Centered Practice). Register at www.seethegirl.org/event

Patrons of the Hearts 10th Annual Artscapade

Fri., Oct. 24, 7 p.m. - 11 p.m., The Museum, 4160 Boulevard Center Drive

Raise funds to continue to provide life-saving surgery to children with congenital heart defects from around the world. Theme is Caribbean Tales with "Caribbean chic" dress theme. For tickets, visit www.patronsofthehearts.com

Making Strides Against Breast Cancer Walk



Sat., Oct. 25, 9 a.m., Jacksonville Landing, 2 Independent Dr.

Noncompetitive 5K walk to raise money to fund breast cancer research and educate women about the importance of early detection and prevention. For more information and to sign up, visit makingstrideswalk.org.

Health Screenings & Wellness Fair

Sat., Oct. 25, 10 a.m. to 2 p.m., Wyndham Downtown Jacksonville Hotel, 1515 Prudential Drive

Free screenings include blood pressure, glucose, high cholesterol, body mass index, dental, prostate (men over 40 years), podiatry (foot), cardiac evaluation including echocardiogram and carotid Doppler testing, eye examinations, nutrition counseling, arthritis evaluation, bone density testing, psychiatry and mobile mammography. To schedule mammography call (904) 308-3780. There may be cost for the screening based on insurance coverage or financial qualifications.

Wine, Women & Shoes

Sat., Oct. 25, 11 a.m. - 3 p.m., Hyatt Regency Riverfront

Proceeds benefit Big Brothers Big Sisters of Northeast Florida. Event information and tickets are available at www.winewomenandshoes.com/Jacksonville.

Farm to San Marco Dinner

Sat., Oct. 25, 3 p.m., Whatley Park
Proceeds benefit North Florida School of Special Education's Berry Good Farm, and Whatley Park improvements. Tickets are limited; visit www.smpsjax.com for purchase.

The Big Orange Chorus

Thurs., Oct. 30, 8:30 a.m. - 3 p.m., Christian Family Chapel, 10365 Old St. Augustine Rd.

This one-day program introduces middle and high school age boys and girls to a cappella singing. Free to public, private, and homeschooled students (with a chaperone) and includes lunch. For more information, visit www.bigorangechorus.com or email medvidod@yahoo.com

Music through the Ages

Nov. 2, 6 p.m., All Saints Episcopal church, 4171 Hendricks Avenue

Annual free concert series features the University of North Florida Orchestra, celebrating the 129th anniversary of All Saints. (904) 737-8488 or www.allsaintsjax.org.

Concert in Park Cancelled

Due to unforeseen circumstances the San Marco Preservation Society's Fall Concert in the Park scheduled for Oct. 10 has been cancelled. SMPS is seeking someone interested in planning the Spring Concert in May 2015. Contact the office at (904) 396-0081 or Mary Toomey at mtoomey585@bellsouth.net.

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Full STEAM ahead for new lab

Dr. Linda Johnson, Head of School cuts the ribbon on Sept. 26 at Hendricks Day School for its new STEAM Lab, allowing students to apply science, technology, engineering, arts and math principles in real life. The PK3 through 8th grade school has been educating Jacksonville students since 1970 and is located at 1824 Dean Road. It is one of the first schools in Jacksonville to launch a STEAM Lab.



Seniors make joyful noises at Taylor Manor

During National Assisted Living Week, Sept. 7-13, residents of Taylor Manor & Villas had the opportunity to participate in several activities, including a display of their musical talents in the hand bell choir.

Each participant was given one or two colored bells. The conductor raised cards with colored circles indicating when the bells should be rung. "Some people ring their bell when they're supposed to and some ring them the whole time," said Marion Lyon, originally from Lakewood. "It's a really interesting sound." "It's fun making pretty music," said Jeanette Mayo, a former San Marco resident. Most residents participating in the choir, including Lyon and Mayo, normally don't play musical instruments. "I love everything about this music," Mayo said. "I would recommend it to anyone."

Former Lakewood resident Marion Lyon chuckles as she rings her bell in the hand bell choir at Taylor Manor.



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or email development@agingtrue.org
Click the Volunteer tab at www.AgingTrue.org for more information.

Society focuses on long-term social change

Community-minded young professionals were invited to learn about United Way's work and how they can get involved at a social hosted by the United Way of Northeast Florida Tocqueville Society. The event, held Sept. 3 at The Grape and Grain Exchange in San Marco, introduced the next generation of the society to its goal of advancing the common good. Through their support, each member

helps keep students on track to graduation, helps families achieve financial stability and provides people the tools to lead healthy, productive lives. Raising more than \$5 million locally, the Tocqueville Society consists of 300 members united in creating long-term social change. For more information about Tocqueville Society visit www.unitedwaynefl.org/tocqueville-society/



Sara Ley, Cary Hendricks, Travis Williams, Ross Gloudeman, Winnie Busam, John Busam



Maren Bertozzi, Paul Bertozzi, Anna Brosche, Dave Brosche, Michelle Braun, John Thompson

Patrons of chamber music support juvenile diabetes benefit



Ellen Olson, Rachel Clifton, Les Roettges, Eric Olson

By Julie Kerns Garmendia
Resident Community News

The San Marco Chamber Music Society's annual concert to benefit the Juvenile Diabetes Research Foundation (JDRF) was held Sunday, Sept. 14 at St. Mark's Lutheran Evangelical Church. Approximately 150 attendees enjoyed the free concert, including a world premiere by Jacksonville composer William Schirmer.

"We were extremely pleased with the large audience which donated approximately \$3,100. We're also grateful for a \$750 matching donation from Thrivent Financial," said Ellen Olson, co-founder, with husband Eric, of the San Marco Chamber Music Society.

Jacksonville Symphony Orchestra musicians comprised the chamber group: Les Roettges, flute, Eric Olson, oboe and Ellen Olson, viola. Rachel Clifton, pianist and member of the Bolles Fine Arts Faculty, performed with the group for the first time.

The musicians collaborated to present the world premiere of Ensemble CCCXCVII, opus 5036 by William Schirmer (b. 1941); Sonata for Flute &

Viola by the quirky J.M. Kraus (1756-1792); Romance for Oboe, opus 94, no. 1 and Marchenbilder, opus 113 both by Robert Schumann (1810-1856) one of the Romantic Era's greatest composers; Trio for Flute, Oboe & Piano, by neoclassical English composer/actress Madeleine Dring (1923-1977); and Tarantelle by Philippe Gaubert (1879-1941), French performer, composer/conductor.

The Olsons formed the non-profit music society in 2011 to present free world class concerts in the pristine acoustics of St. Mark's Lutheran Church in San Marco. The JDRF benefit is held in honor of the Olsons' daughter Gina, 18, who lives with juvenile diabetes. Although Gina was unable to attend, her parents happily report that the Douglas Anderson graduate is a freshman creative writing major at Roanoke College in Virginia.

JDRF is the leading global organization funding Type 1 Diabetes (T1D) research to better prevent, treat and eventually cure T1D. For future concert, donation or support information visit www.sanmarcochambermusic.org.

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First Coast Relay For Life Kickoff Party Thursday, October 23 at 6:00pm
Fionn MacCool's located at The Landing 2 Independent Drive, Jacksonville, FL 32202

RelayForLife.org

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The Way we Were

Landon Lionettes

By Julie Kerns Garmendia
Resident Community News

Nancy Champion Rush, 79, was a beaming fresh-faced youth in her Landon Lionette uniform posing for photos during the early 1950s when she attended Landon High School. Now, as she carefully turns pages in the Landonian yearbooks, the intervening years vanish and it seems like yesterday. She reminisces about the Landon Lionette Drill Team and being its leader as a senior in 1953. Originally formed in 1933 by Miss Kathleen Turner, gym teacher, with just 40 girls, it eventually grew to 172 Lionettes.

"I was a Lionette each year we were eligible, 10th to 12th grades...it was just the thing to be a Lionette. We practiced complex formations daily after school, learned new routines for every performance and dared not miss practice. Miss Turner was so strict and imposing we shook in our boots! We performed for football games with the Landon Band playing John Philip



Homecoming Court

Sousa marches for us. We marched in downtown parades and in the 1952 Gator Growl Parade in Gainesville," Rush said.

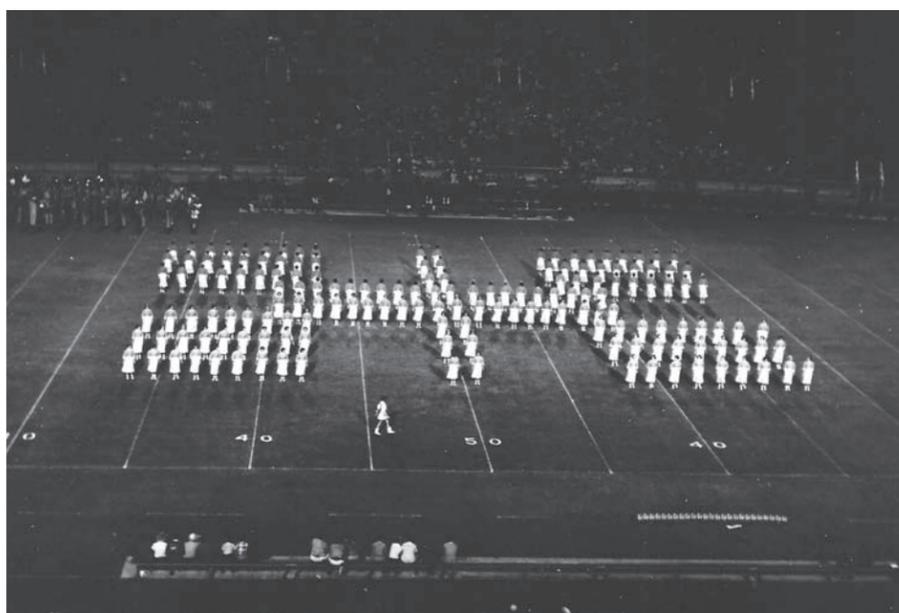
The girls were precisely arranged by height with identical uniforms and hairstyles. Every school year meant a new uniform, sometimes a skirt and blouse or a one-piece. The uniforms were sewn by drill team mothers and their unveiling was a highlight for the Lionettes.

"The new uniform Miss Turner designed each year was kept top secret and it was so exciting when we finally got to see them. They were always orange and white," she said. "Besides sponsoring the Lionettes, Miss Turner was an outstanding gym teacher who taught us all kinds of sports including archery, bowling and table tennis."

Rush was the daughter of Al Champion who owned Champion's wholesale florist business, which became a mega DIY craft, artificial flower and Christmas retail store. She worked in the family business part-time for



Cheerleaders



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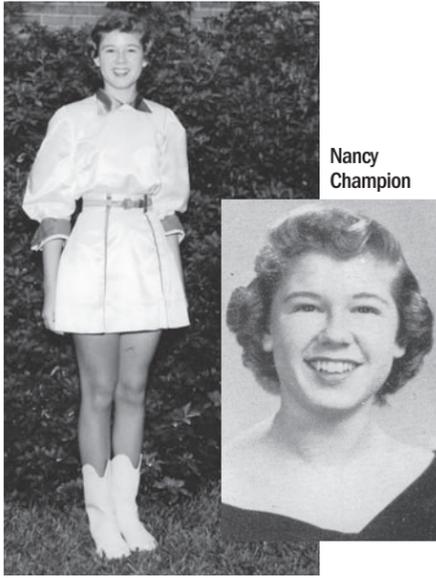
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Nancy Champion



Nancy Rush, Now



Kathleen Turner

years. First located on Price Street near Riverside Avenue, after her father's death in 1978, the business moved to Arlington. Champion's closed in 2009.

Nancy married schoolmate Dan Rush (1951 graduate), who managed the Lions Football Team from 1949-51. Dan, a U.S. Air Force Pilot and civil engineer, worked in steel and concrete construction. They just celebrated their 59th wedding anniversary with their three children and spouses, seven grandchildren, one great-grandchild and their rascally Maltese, Rascal Rush.

Active at South Jacksonville Presbyterian, they support the Cancer Society, Sulzbacher Center, Salvation Army and Community Hospice. Dan fishes, visits hospital patients, and was a 50-year member of the Shriners, Masons, Scottish Rite, Jesters and Rotarians. Nancy plays marathon bridge, (10:30 a.m. to 5 p.m.) with a group of friends who've been together since the 1960s.

Gladys Mattingly Maxwell, 80, Nancy's Lionette friend, was a senior and their leader in 1952. She remembers moving to Jacksonville, a nervous new ninth grader at Landon, then being warmly welcomed by the students; Maxwell keeps touch with many Landon friends. She attended the University of Florida and retired after 35 years with Independent Life Insurance Company.

"We lived on Hendricks Avenue, then on Worth Drive near Landon.

I had many cheerleader and athlete friends...it was such fun to cheer on our great teams and travel to away games to perform...I was proud to be a Landon Lionette...it was an honor to be chosen leader by Miss Turner. I never miss reunions or the Landon Ladies Luncheons every month at the Avenues Olive Garden," Maxwell said.

Marka Booher Perrone grew up on River Oaks Road, followed her older brother David Booher onto Landon's yearbook staff and became editor as a senior in the last graduating class, 1965. Her bittersweet memories of many students working together as a team to create that final Landonian are poignant.

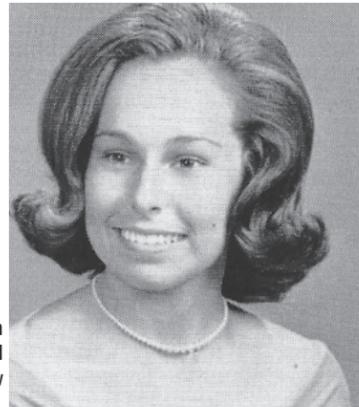
"It would be the last yearbook. It felt like a huge responsibility, but so special to all of us gathering the photos and organizing the Landonian. Classes were small, everyone knew each other and we were proud of Landon," Perrone said.

Beckie Paille Adcox grew up in Empire Point and graduated with the last Landon High School Class of 1965. She maintains a website (www.landonclassof1965.com), email (Landonclassof1965@gmail.com), Facebook, Landon Line phone number (904-221-5044) and alumni roster. A Landon High School Reunion is planned for April 17-19, 2015, Hilton-Homewood Suites Riverwalk in Jacksonville.

"Alumni, please don't postpone contacting school friends because, sadly, every year we lose classmates," Adcox said.



Beckie Paille: Then and Beckie Adcox: Now



Marka Booher: Then and Marka Perrone: Now



Gladys Mattingly: Then and Gladys Maxwell: Now

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Jr. Residents

The Ice Bucket Challenge is making a profound difference in increasing awareness of and encouraging donations for amyotrophic lateral sclerosis (ALS). Since the challenge began in July, the Association has received more than \$114 million in donations. Area schools did their part to help fight the disease also known as Lou Gehrig's disease.

San Jose Catholic

San Jose Catholic Principal Brian Wheeler accepted the Ice Bucket Challenge for ALS Research, issued by fifth grade student Cal Leonard. "I was pleased to bring awareness to ALS by participating in the ice bucket challenge. I hope you will join me in donating to the John Paul II Medical Research Institute. Cal Leonard showed leadership and creativity in challenging me, therefore bringing awareness to this worthy cause," said Wheeler. "I was very happy that he did it," said Cal. "He's the best principal because he is friendly and willing to help raise money for an important cause."



ALS Ice Bucket Challenge met by area school leaders

Hendricks Day School



Head of School Linda Johnson, Ed. D., along with 10 faculty and staff members accept the ALS Ice Bucket Challenge in front of the 220 students, faculty and staff of Hendricks Day School.

Dr. Johnson was challenged by music teacher Chelsea Weise. "It's brave to challenge your boss" said Weise. "However, Dr. Johnson is a great sport and immediately accepted the challenge."

The faculty and staff who had not yet participated in the Ice Bucket Challenge dumped water one by one in a continuous wave.

"Each month, our faculty and staff collect and distribute funds to a special charity. In September, we gave to ALS," said Dr. Johnson. "We believe in teaching our students to give back to the community. The best way to instill values is to model them."

The Bolles School



More than 50 students and 30 faculty and staff at The Bolles School helped raise nearly \$800 for ALS and joined in on the ice bucket enthusiasm during the first week of school.

However, awareness and fundraising for ALS did not start at Bolles with The Ice Bucket Challenge. For more than six years, the student-run Bolles ALS Club has been active in its efforts to raise funds and awareness for the disease. Many Bolles students, faculty and families have personally experienced the devastation caused by amyotrophic lateral sclerosis, or ALS, creating a very personal connection to the club and its activities within the Bolles community.

Day of service will have lasting results

Reese Edwards, Blair Baldwin and Addison Nunley, students from San Jose Episcopal Day School, along with Jacksonville University student volunteers, worked together on the national Green Apple Day of Service Sept. 27 to kick-start the school's Giving Garden. The garden will be an on-going, school-wide project and provide a healthy and productive learning environment for the students.



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San Jose Episcopal Day School

Knowing each child, teaching to the individual is blueprint for success

Like the ups and downs of a seesaw, kindergarten – that special time of a child’s life – can be a delicate balancing act between academics and play.

The Early Explorers program at San Jose Episcopal Day School successfully maintains that balance with a longer school day. From 8 o’clock in the morning until 3 o’clock in the afternoon, boys and girls in kindergarten are kept happily busy, all the while learning and having fun while they do it.

“Playing is so important at this age,” said Jenny Clarke, Director of Development and Marketing at the school. “But our kindergarteners also get eleven resources each week.”

Those educational resources range from music, drama, movement and dance, to library, science, Spanish, and computer lab, along with physical education and a manners program. Even the religious program – developed by the school’s dedicated drama teacher – allows the children to have fun acting out Bible stories.

“We have so much to offer and we feel that the 3 o’clock dismissal time packs in a great balance of getting a really exceptional education,” said Clarke. “It has proven an enormous increase in first grade readiness at the highest level.”

San Jose Episcopal Day School developed its own curriculum and is accredited by several organizations, including the Florida Council of Independent Schools. But lest parents worry about whether their children will “make the grade,” Clarke is reassuring.

“To be FCIS accredited is a pretty high standard; we meet or exceed all standards,” she explained. “We assess our children at the beginning of the school year [unlike other schools, which test at the end of the year] to guide instruction so that teachers can meet the individual needs of each student.”



The teachers have ongoing training on how to learn about each child’s individual learning style. “One of the biggest benefits is small class size and really knowing each child as an individual,” Clarke noted.

Classrooms are equipped with Smart Boards and iPads, and age-appropriate technology instruction is integrated throughout the curriculum and even the lower grades learn how to create and present interactive presentations.

San Jose Episcopal Day School offers two kindergarten classes, each with a teacher and an assistant, who cumulatively have over 40 years of teaching at the school. Kindergarten teacher Kathy Balek, who is in her 11th year at the school, described a day in her classroom.

“A typical day is a lot of play, a lot of work. We try to keep our children in balance between the social and emotional needs,” Balek said. “The character education program includes learning how to make friends, how to get along with each other, how to be kind.”

In addition to the kindergarten classes, San Jose Episcopal Day School has Pre-K3 and Pre-K4 classes and first through sixth grades. But kindergarten is a key entry point in education, where children discover what they’re good at learning and doing.

“I enjoy helping them find those things they will really excel at. It’s that year they learn so much and get that spark about reading,” Balek concluded. “When they enjoy making those imaginary pictures in their minds more than watching a TV show, then I’ve done my job. I love what I do.”



San Jose Episcopal Day School is located at 7423 San Jose Blvd. in the neighborhood of San Jose Forest. Call Teresa Hall at (904) 733-0352 for more information or a tour of the campus. A Community Open House will be held Wednesday, October 15, 2014 at 9:30 a.m.



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Swimming, breathing with cystic fibrosis easier at gym

Mother and daughter cope daily with disease

By Lara Patangan
Resident Community News

Kathy Land, a cystic fibrosis patient, describes her disease as like “trying to breathe underwater.”

But thanks to a grant from the Cystic Fibrosis Lifestyle Foundation, which will fund a 14-month membership to a Lakewood fitness center, breathing just got a little easier.

Land and her 10-year-old daughter, Samantha, who also has the disease, need the gym membership to help maintain their lung capacity.

Cystic fibrosis is a life-threatening genetic disease that primarily affects the lungs and digestive system. It is caused by a defective gene and its protein product that cause the body to produce thick, sticky mucus which not only clogs the lungs but also obstructs the pancreas, making it difficult for the body to break down food and absorb nutrients.

According to the Cystic Fibrosis Foundation, an estimated 30,000 children and adults in the United States have the disease, with 1,000 new cases diagnosed each year.

While most patients are diagnosed by the age of two, it wasn't until Land was 27 that doctors confirmed she had cystic fibrosis.

By that time, Samantha was already born. Six months later, the baby was diagnosed.

Now Samantha takes 31 medications a day and had part of her right lung removed as a result of the damage from the disease.

Keeping the 40 percent of lung capacity that remains is critical for the young girl who enjoys playing hide and go seek, tag and swimming.

That is why Land decided to find a gym for them to join.

Because of Samantha's young age, most of the facilities Land contacted turned her away. That's when she contacted the owner of Lakewood's Anytime Fitness, Darrell McKay, who not only welcomed the mother and daughter, but went as far as to write the grant



to fund their membership.

McKay said helping Land and her daughter was a good fit with the gym's mission to help others improve their health.

“We feel exercise can improve the quality of life of anyone,” said McKay. “Our passion is to help people improve their lives and feel better.”

Although they have only been working out at the gym for a month, Land said she has already noticed an improvement in her back pain and that working out in an air-conditioned facility makes breathing much easier for her and her daughter.

Glenn Morgan, the clinical trainer at Anytime Fitness who works with Land and Samantha, said that while the objective is to

help them increase their lung capacity, it's equally important to monitor the intensity of their workouts to make sure they don't overdo it.

Morgan, who has the health histories and recommendations from Land and Samantha's doctors, said his goal is to work them up to a full-body routine to train all the major muscle groups within the parameters of their disease.

“It's a fine line,” explained Morgan. “I have to be very aware. They have to be very aware. It can lead to an asthma attack. We have to find a happy balance.”

For now, that happy balance is having fun while improving their health.

“It gets difficult,” said Land. “We come in and have fun though.”



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Flashbacks

Traditions then are traditions now

By Robin Robinson
Resident Community News

It's fall...so it's football, homecoming and Halloween. Reaching back in time 30 to 60 years or more, we see that the more times change, some things stay the same.



The tradition at Landon Senior High School was to hold a barn dance every fall. Pictured here is Robert Broward on the left with his friends in the mid-1940s. With the familiar shaped bottle in the girl's hand, it looks like this picture could have been an advertisement for Coca-Cola.



In the fledging years of Bishop Kenny High School football, Bill Braun consults with Coach Dave Brown in 1953. The football helmets of that era offered no protection to the player's face. There were no face masks and no mouth guards as is required today.



Four-year-old Ashleigh Sleiman finishes off her cotton candy at San Jose Episcopal Day School's Halloween celebration in the mid-1980s. Ashleigh grew up to graduate from Flagler College and now works in the commercial real estate field as Director of Leasing for Sleiman Enterprises.

San Jose Episcopal Day School was built on property gifted to the church by Jessie Ball duPont in the 1930s. The school opened its doors to students in 1950. When fall was in the air, SJEDS celebrated with an annual Halloween Carnival. Students in 1987 are dressed in a variety of costumes.



Bishop Kenny High School's homecoming king and queen in 1954 were Raymond Tubel and Sue Marconi. They were crowned at the homecoming game on the Gator Bowl field. Bishop Kenny did not have its own football field at the time so all their home games were played at the Gator Bowl.



Students weren't the only ones to join in the fun at San Jose Episcopal Day School's Halloween Carnival. Teachers also dressed up in their Halloween costumes to the delight of their students.



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November 4, 9:30 a.m.

Upper School San Jose Campus (9-12)
"Bolles for a Day" — **October 10, 8:30 a.m.**
October 31, 8:30 a.m. and November 14, 8:30 a.m.

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