

January 2015

Happy New Year!

Chairs Debbie and Jeff Parker

### A Gala fit for the Garden of Eden

The River Garden Foundation's 22nd annual River Garden Gala, *River Garden of Eden*, drew patrons to the Sawgrass Marriott in Ponte Vedra Beach. Locals packed the reception and gave pause while living statues of Adam and Eve greeted guests upon arrival. The gala is the largest fundraiser for the Foundation each year. This year's funds help to subsidize the immediate needs of the people who call River Garden their home.

See more photos page 21



# Resident



San Jose · San Marco · St. Nicholas

Fiercely Local News

Vol. 7 · Issue 9

Fiercely Loyal Readers

## Sentimentalism not enough to stop progress *Live Oaks bite the dust for Overland Bridge project*

By Kate A. Hallock  
*Resident Community News*

When progress hits sentimental history head on, even though there may be a strong and vocal group of advocates for preserving that history, progress seems to win nearly every time.

This too is the case with an aspect of the Overland Bridge Project.

About 25 years ago, residents of the South Shores neighborhood and of St. Nicholas got together for a beautification project in the Atlantic Boulevard median that stretches from Old Hickory Road to Holmesdale Road, in front of Bishop Kenny High School and Assumption Catholic Church and School.

Partially funded through a matching grant from Greenscape, the neighbors raised the money needed to purchase a

Stumps that used to be oak and holly trees in the Atlantic Boulevard median.



number of mature live oaks, holly trees and crape myrtles to help deaden noise of traffic along the boulevard and to improve the appearance of the area.

George Krueer, a South Shores resident, recalls that a year or two after planting the trees, a drought hit the area and he would stretch garden hoses across two lanes of highway from Van's Automotive, where he tapped into a water spigot. "I felt pretty vested in the trees," he said.

Then four years ago, when the Florida Department of Transportation (FDOT) held a series of public meetings, residents questioned the survival of the trees.

The concerned homeowners who attended the original charrettes – controlled brainstorm design meetings – with the FDOT had thought that those

see Oaks page 6

### Art & Antiques Show draws on Southern traditions, hospitality



Tom Ranney with Rosemary and Dan Jackson

Volunteer efforts and tireless hours of fundraising, event arrangements and preparations helped to make the Women's Board of Wolfson Children's Hospital's annual gala a smash in 2014. This year's event will add to the more than \$24 million that have been raised for facilities, equipment and programs for Wolfson Children's Hospital to date. Last year, \$1.3 million was raised by the Women's Board and by press time, year-end results for 2014 had yet to be determined. See more gala photos on page 21

### An enduring tradition celebrated



photo by: Kern Hercules

Jewish Community Alliance Board President Adam Frisch lights the first candle on the outdoor Chanukiyah on Dec. 16 at the JCA center at 8505 San Jose Blvd. Chanukiyah is a term coined about 40 years ago to distinguish between the nine-branched candelabra that is used on Chanukah and the seven-branched one that was used in the Temple and was called a Menorah. The Chanukiyah has eight candles to symbolize the eight days for which there was enough oil after the consecration of the temple and an extra candle, called the "shamash," which is used for lighting the rest of the candles.

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# Happy New Year!

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Celebrating the start of a brand new year opens the door to all kinds of opportunities – improving yourself, your business and your community, among many others. It's the time to set new goals and develop the discipline to achieve

them. From weight loss to a nip here, a tuck there to overall health and fitness, there's no better time than now to jumpstart your way to success. Take a few minutes to check out the ads and profiles from businesses who can play a part in helping you achieve your goals.

benefit a charity that in turn betters our community, such as the Donna Foundation from the special Affair in the Square event Hope Squared.

Our communities are beginning to see a lot of growth as our neighborhood moves toward Downtown in Brooklyn and big plans are being laid out for the Southbank. It can be said that the catalyst for growth is the strength of our neighborhoods, due to their immense popularity. We can relish in the new opportunities for entrepreneurs, in job creation for those in need of work and in diversity in restaurants, gift shops and other retailers to patronize.

In closing, we wish to thank our readers, advertisers and community advocates who have made moving into our 8th year of publication such a blessing.

*Happy New Year,  
Seth Williams and  
Pamela Bradford Williams*

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*Happy New Year 2015*

I love January. Despite cold, gray days, we get to experience THE very first day of a brand new year. What can be more thrilling than waking up on January 1st to experience a brief moment of balance? It is the only day in the year where we are set free of the past and projected forward into our dreams in one magnificent miniscule waking moment. Savor this brief moment. Let it be your guide throughout the long year.

The magic of a brand new year is thick in the air. Plans are being concocted and goals are being laid on the road to success. New-ness is in the air, a sort of nervous energy bound with confidence. Neighbors waive as they tear out of the driveway heading towards victory. Kids trot off to school with auras of pride wearing the afterglow of Santa's visit. We marvel that another year is down and a new one is here.

My desk is cleared and a blank page cleanly sits awaiting a new story. My cellphone ringtone is a

doorbell because every time it rings, I am reminded that I am opening a door. As you begin to tell me your story, you fill my room with your goals. My need to organize your story into one oh so very unique process called a real estate transaction kicks in and my page begins to fill. Keep ringing. Fill my page. I welcome your stories. Allow me to be your Realtor. I love what I do because of you and your homes. Happy New Year One and All!

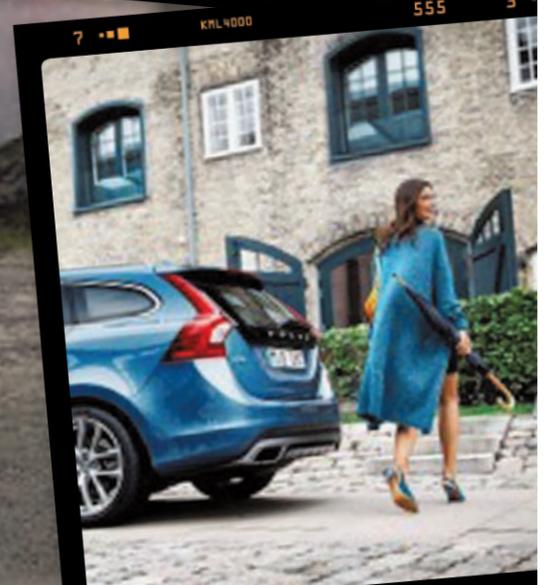
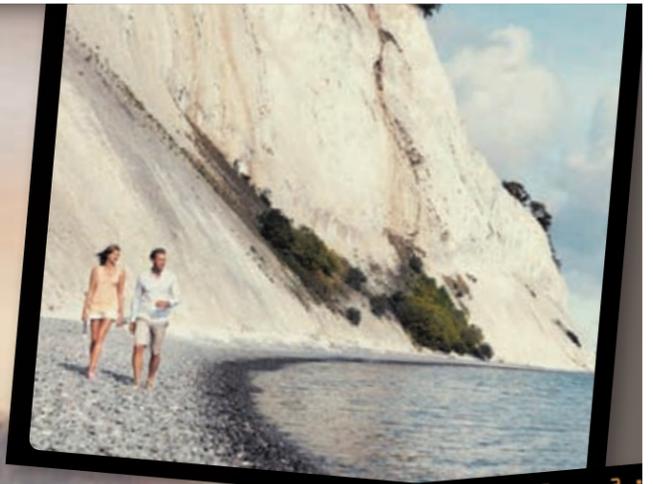
—Anne Rain

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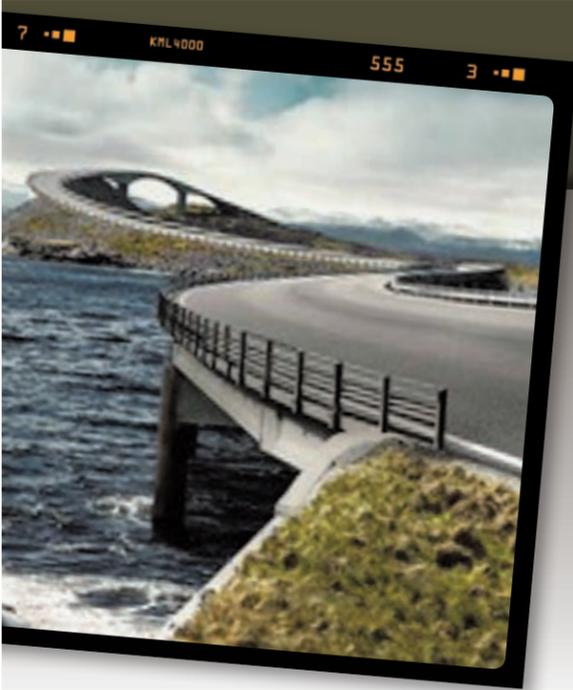

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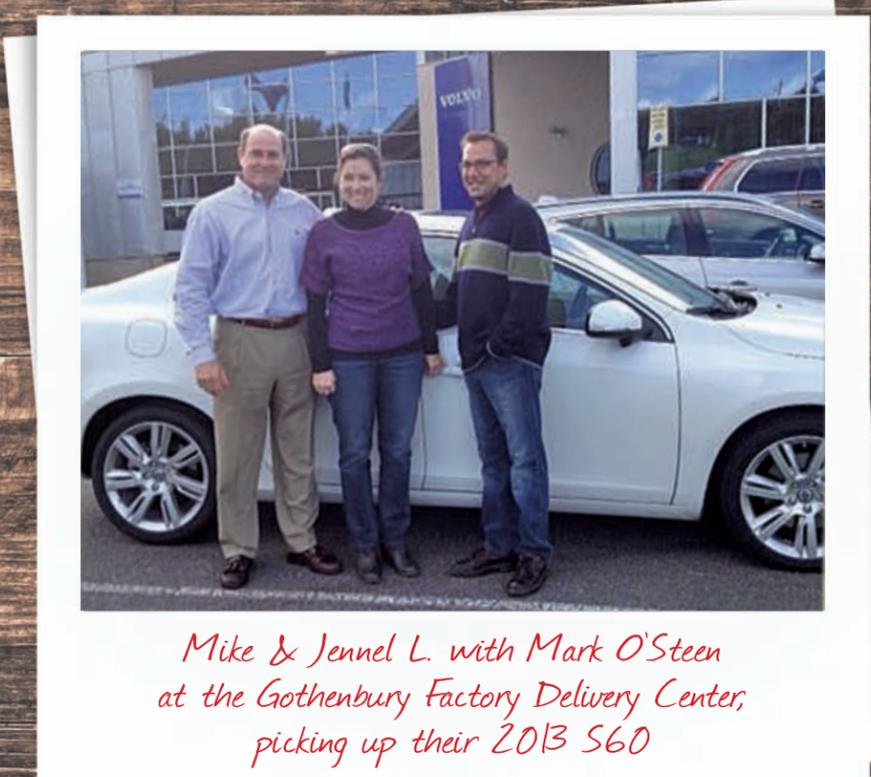
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*Mike & Jennel L. with Mark O'Steen at the Gothenburg Factory Delivery Center, picking up their 2013 S60*

# This year, I resolve to...

A good community can make a big difference between merely living and living well. Who better than our residents to make and keep resolutions that will help each other thrive in 2015? *The Resident* stepped out to ask “What will you resolve to do in 2015 that will help make the community a better place to live and work?” Compiled by Katie Smith.



The cultural scene is really important to me, particularly the literary scene. There’s a lot happening, and Bridge Eight, the literary magazine I edit, is resolved to keep supporting our talented writers and bringing their work to the public.

*Coe Douglas, San Marco*



Through 1st Place Sports, I’ll help encourage people to sign up for races and set training objectives to either run their first race or set new personal performance goals.

*David Martinson, San Marco*



I’m going to help start a fine art collective in the neighborhood. Art and access to making art benefits everyone.

*Adam Berman, San Marco*



I will volunteer for clean-up efforts for our parks and waterways.

*Sandy Haltiwanger, San Marco*

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*Troy Mayhew,  
San Jose*



I resolve to be a better kid in school.  
*Hayes Mayhew,  
San Jose*

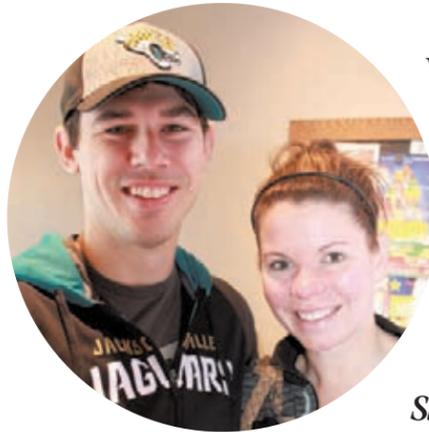
I'm resolving to start riding my bike to work, and organize more kid-friendly community bike rides like the Saturday morning RAM Ride.  
*Gretchen Ehlinger,  
San Jose*



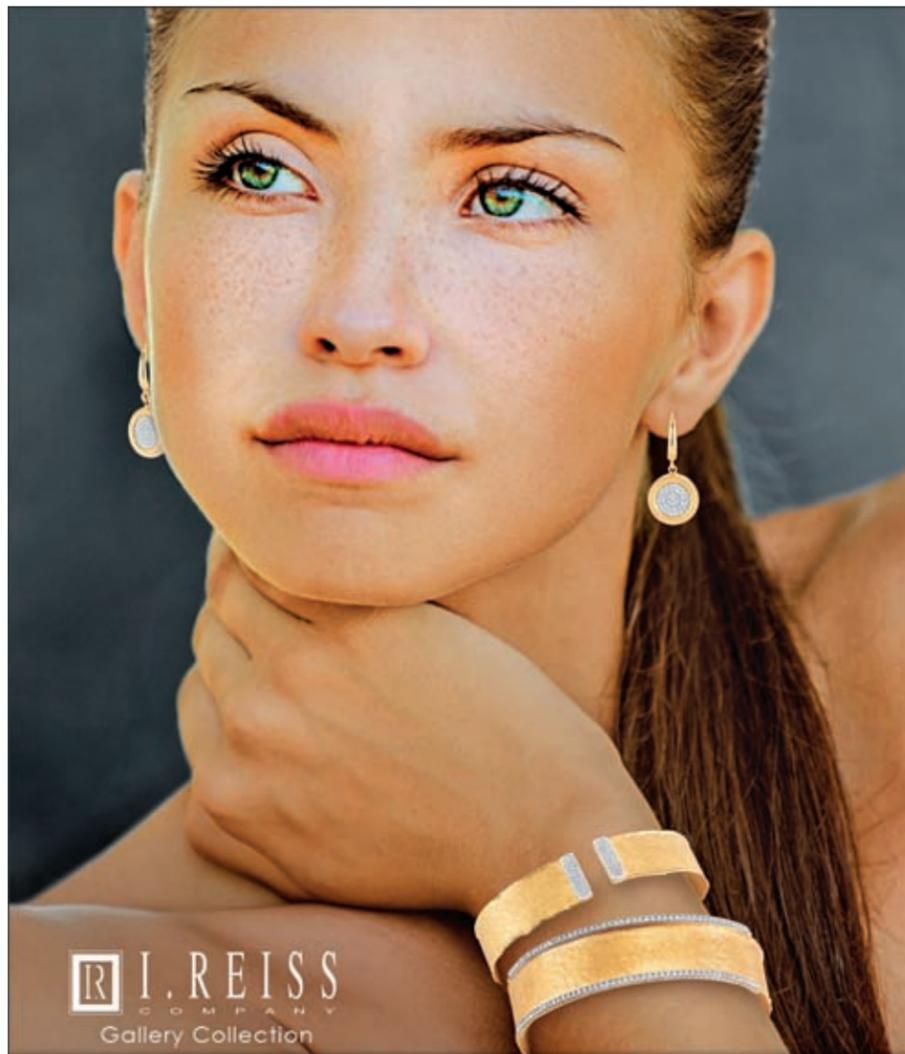
I'm going to continue my work with the MaliVai Washington Youth Fund and service with the Rotary Club of San Marco.  
*Terri Florio,  
San Marco*



I'm going to ride my bike more to help decrease air pollution.  
*Hollis Mayhew,  
San Jose*



We like San Marco so much... we support the restaurants, we ride our bikes around the neighborhood and visit the parks...we could get involved in some neighborhood litter pickups next year.  
*Jeremy and Lizzie Cooper,  
San Marco*



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# Oaks

*Continued from P. 1*

trees were slated to survive the project.

“We were consistently mindful to do everything we could to keep the trees and upgrade the look of the ramp area from the ‘urban blight’ look it displayed during the ‘Doll House days,’” said a resident who wished to remain anonymous. “By having lovely landscaping at the entrance to our neighborhood this would make worthwhile all the noise and vibration we have been enduring as the construction got more intense.”

That was the game plan until a couple of months ago.

While the FDOT initially said that they would lose some of the trees, Kruer said “We were shocked to see the clear cut.”

Most of the trees adjoining the neighborhood were cut down early in the project. Then a couple of months ago Kruer noticed that construction workers were parking vehicles and heavy equipment under the remaining trees – on top of the roots. “My concern was for the remaining trees,” Kruer stated. “We quickly requested protective orange netting around the root zone of the remaining trees.”

According to Kruer, there is ample places for the construction workers’ vehicles to be parked elsewhere. “I walk approximately two blocks from my parking spot each day so I don’t think this would be a huge inconvenience to protect a 25+ year old tree.”

In late October the FDOT was contacted by South Shores Neighborhood Association asking to have the remaining trees spared from removal. Ron Tittle, public information officer for FDOT, responded by email indicating that “the

engineer inspection team is working with the contractor to determine which trees are scheduled to be removed. The surveyors are being asked to tie a ribbon around the trees scheduled to remain.”

The plan was to install drainage pipes down the length of the median and the residents hoped there would be a work-around to retain the trees. Unfortunately, one month later, just one live oak remained standing. Tittle indicated that the engineer and construction teams attempted to develop alternatives but no plan was feasible.

“Every large project such as the Overland Bridge Project takes protective measures for tree root zones,” Kruer stated. “Out of all the beautiful live oaks the South Shores Association paid to plant, there is only one large live oak standing, but it is also probably destined for the chainsaw.”

It does not appear that any trees will be left in the median. A thorough review of traffic control plans along Atlantic Boulevard between Old Hickory and Kingman Avenue was conducted, according to Tittle. “It is not possible to save the trees in this area,” he explained. “The median is required in order to shift traffic and allow for construction of the new Atlantic Boulevard on-ramp.”

FDOT’s landscape engineer was asked about the possibility of a future landscape project, but Tittle noted that the engineer is concerned about available areas to plant landscaping. The possibility of a landscape project could be evaluated at a future date once the Overland Bridge project is finished.



A stretch of Atlantic Boulevard included a tree-lined median separating the east and westbound lanes.

The lone surviving oak tree from the 1989 St. Nicholas neighborhood planting will also most likely be cut down for a drain pipe installation.



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# You Asked For It

Back in July 2014, *The Resident* reported that District 4 Councilman Don Redman had pledged discretionary bond funds for the repair of the distinctive Art Deco landmark sign for St. Nicholas. A reader noticed that nothing has been done and asked for an update.

According to Redman's assistant, Scott Wilson, back in July when the councilman pledged \$1,500 for the repair, the Overland Bridge Project was not far enough along to ensure that no further damage would be done if the marker was repaired.

When asked what the plan was for beginning the repair, Wilson indicated that he had recently reached out to the Florida Department of Transportation to see if repairs could be completed prior to Redman's term expiration in February 2015. Wilson indicated that Redman's office had secured approval to proceed.

When the FDOT was asked to



confirm, Ron Tittle, public information officer, said "The construction company mentioned that no future work will affect the repair of the St. Nicholas sign. Our engineers and construction team noticed the sign was damaged a few months ago and was not a result of construction activities."

Wilson has also reached out to the Public Works Department to see if the lettering at the base of the sign could be raised higher above ground level, but it was determined that doing so would exceed the cost of the funded project. Instead, some type of inorganic ground covering, such as bark mulch, may be laid to keep the base of the marker clear of sight-obscuring weeds and grasses.

At this time, there is no firm schedule for beginning the restoration of the sign.

# Residents appear to support public schools

By Kate A. Hallock  
*Resident Community News*

Residents in the historic districts appear to be as supportive of public education as the total polled in the Jacksonville Public Education Fund's 2nd Annual Survey of Education Perceptions in Duval County.

When asked *Would you support or oppose a small increase in property taxes if those taxes go to public education?* slightly more than 60 percent of the responders in *The Resident's* readership supported the increase, while slightly less than 60 percent of the total polled supported it.

In the follow-up question, *If a tax increase for schools is approved, which one of these areas should receive top priority?*, nearly 40 percent of the subset group strongly supported using the tax to improve safety and security of school buildings and other properties versus just 31 percent of the total polled. Instead, the total polled preferred to use the tax increase to expand technology use in classrooms by providing a laptop or tablet for every student about 36 percent compared to the subset's 24 percent.

Conducted by the Public Opinion Research Laboratory at

the University of North Florida, the poll included a sampling of ages, genders, races, education and political party affiliations.

The week-long survey, taken in the evenings, resulted in a total of 514 completed surveys with opinions from 137 (26.65 percent) parents and guardians of students currently enrolled in kindergarten through 12th grade at Duval County public schools.

Respondents were asked to answer 25 questions or statements (in addition to eight demographic questions) that addressed key issues in public education.

Topics ranged from the Common Core Standards in Florida to support for school board leaders, to an increase in property tax and where it should be put to best use.

According to Trey Csar, president of the Jacksonville Public Education Fund, this will be a transition year in public education, especially when it comes to Common Core Standards. Nearly two-thirds of the respondents support the use, but the majority (64 percent) also feel uninformed about the new tests that will measure those new standards.

The full report, including script questions and interactive data visualizations is available online at [www.jaxpef.org](http://www.jaxpef.org).



Upcoming Events



An Evening With  
Graham Nash

Saturday, January 17 at 8:00 PM

Best known as the harmonizing voice of The Hollies and Crosby, Stills and Nash, his 1971 solo album *Songs for Beginners* was a chart topper.

70s Soul Jam

Thursday, January 8 at 8:00 PM

Take a musical trip back to the soul sounds of the 70's

Maze featuring  
Frankie Beverly

Thursday, January 15 at 8:00 PM

Combining a Philadelphia soul sound with a strong appreciation of Marvin Gaye, MAZE featuring Frankie Beverly has enjoyed a devoted fan base since the late 1970s.

Kathleen Madigan

Thursday, January 22 at 8:00 PM

American comedian and TV personality

ABBA The Concert

Saturday, January 24 at 8:00 PM

Enjoy fantastic performances of the most iconic hits from ABBA, featuring the band Waterloo

Arlo Guthrie –  
50th Anniversary of  
Alice's Restaurant  
Massacre

Thursday, January 29 at 8:00 PM

Folk icon Arlo Guthrie brings to the stage, for the first time in a decade, *The Alice's Restaurant Massacre* in its entirety

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# City Council approves Boyer's legislation for speed reduction process

By Kate A. Hallock  
Resident Community News

San Marco neighborhoods where residents are concerned about speeding commuter traffic will now find it easier to appeal for slower speed limits after the Jacksonville City Council approved legislation sponsored by District 5 Councilwoman Lori Boyer.

After hosting community meetings in September regarding excessive speed on residential streets, Boyer introduced a bill creating a petition process and funds to help neighborhoods get speeds reduced. That ordinance, 2014-666, was enacted on Nov. 25.

At the two San Marco town hall meetings, Boyer was told the problem is motorists looking for alternative routes to avoid traffic congestion and finding them on neighborhood streets.

Residents on River Road and surrounding side streets were particularly irked by the speeds of rush hour commuters and sought resolution. Several solutions were offered but participants felt that reducing speed limits from 30 mph to 20 or 25 mph would

serve the community best.

The legislation enables a neighborhood homeowner's association or group of residents to petition to have the speed limit within a residential district reduced on local streets. Following a process that includes filing a petition, scheduling public meetings and circulating the petition to affected property owners, at least 75 percent of the property owners of the local road segment impacted must agree with the proposed speed limit change.

## Neighbors ante up

Once the petition process is completed, the Public Works Department will invoice the neighborhood for 50 percent of the costs for signage and other applicable costs. That share of the costs is typically borne by a neighborhood association treasury, but an amendment to the new legislation will provide financial assistance where needed.

Ordinance Code Section 111.930, Neighborhood Speed Limit Reduction Trust Fund, allows City Council to appropriate funds to offset a neighborhood's share of the costs associated with the installation of speed limit signs.

To complete the petition process, the city highway engineer will determine if the changes are reasonable and conform with Florida Department of Transportation criteria for speed zoning. If, with input from the Jacksonville Sheriff's Office, the petition is deemed reasonable, the speed limit reduction will be implemented; if it is not, the neighborhood's costs will be refunded.

*Will petition process help curb excess speeds?*

Do you have an opinion to share about speed limits in your neighborhood? Do you think the new legislation will be effective? Let us – and other readers – know if your neighborhood will begin a petition to reduce speed limits on your local streets. Send your comments to editor@residentnews.net.

## District 5 Neighborhood Meetings

Councilwoman Lori Boyer will hold several meetings this month for residents interested in discussions on traffic calming and lake dredging. All meetings will be held at the San Marco Preservation Hall, 1652 Atlantic Blvd.

**River Road Traffic Calming**  
January 14, 2015, 6-7 p.m.

**Belote Place and Marco Place Traffic Calming**  
January 14, 2015,  
7:30-8:30 p.m.

**Lakewood Road and Northwood Road Traffic Calming**  
January 15, 2015, 6-7 p.m.\*

**Colonial Manor Meeting: Lake Dredging**  
January 15, 2015,  
7-8 p.m.\*

**Gadsden Rd Traffic Calming**  
January 26, 2015,  
6-7 p.m.\*

\*Dates and times subject to change

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# More jobs downtown in food industry

## *New eatery sweetens city's downtown*

Downtown Jacksonville is a whole lot sweeter now that the Candy Apple Café & Cocktails has opened in the old Seminole Club building on North Hogan Street.

Visitors to the three-story building across from City Hall are greeted by a burst of colors from furniture, paintings, glittering chandeliers and candy-like displays just inside the main hallway. On one side of the hall is the Candy Apple restaurant, which is a partnership between Liz and Jennifer Earnest, owners of Chef's Garden Catering & Events, and Alan and Ellen Cottrill, who own River City Contractors and Millwork Design Studio in San Marco.

On the other side of the first floor is Sweet Pete's, which closed its Springfield location



Jennifer Earnest, Allison Behringer, Liz Earnest, Ellen and Alan Cottrill

and is now making candy and hosting tours in the 22,000-square-foot building that opened more than 110 years ago.

Riverside resident Tammy Clark, retail manager and booking coordinator at Sweet Pete's, said everyone involved in the endeavor is excited about its potential to draw visitors, both regionally and

nationally, to the city's Hemming Plaza.

"There has been a lot of hard work, a lot of long hours here," Clark said as she checked chocolate candies on display. "It's not just a candy store. It's a restaurant, a bar, and a place where people can come from all over the country to learn about the art of candy making."

The project began in early 2014 when Sweet Pete's owners Allison and Peter Behringer appeared on the CNBC TV show "The Profit" featuring investor Marcus Lemonis, who later purchased the Seminole Club building and introduced the Behringers to the Cottrills and Earnests.

The café's primary dining area will feature French cuisine with "Southern influences" and include an outdoor patio. Also available on the second and third floors are the Dessert Bar, Candy Cane Lane, Licorice Lane and the Candy Palace, all individually decorated rooms capable of hosting parties of various sizes.

More than 50 people are currently employed by the two businesses at 400 N. Hogan St. The Candy Apple Café & Cocktails will be open Monday-Friday, 10 a.m.-8 p.m., and 10 a.m.-5 p.m. Saturday and Sunday. Call (904) 376-7161 or go online to [thecandyapplecafe.com](http://thecandyapplecafe.com) for more details.

## *From chopping block to chop house*



The Bostwick Building, a 110-year-old icon of downtown Jacksonville was given a permanent new "lease in life" when the Downtown Investment Authority (DIA) voted to approve \$500,000 in historic dollars and up to a \$250,000 loan from the Downtown Economic Development Trust Fund toward a \$6.16 million renovation which will include the Cowford Chophouse.

## OneSpark opens registration

Have you been thinking about participating in OneSpark 2015? If you have, then now is the time to register. During OneSpark, set for April 7-12 in downtown Jacksonville, project creators display their inventions and ideas in the categories of art, education, health and science, music, social good and technology.

Creators can receive a portion of \$150,000 in "crowdfunding"

based on the number of votes they receive from those attending the event. They can also win cash rewards if their project is an award winner. Private investors also review creators' ideas for consideration of additional funds.

Creator registration closes Feb. 14. Visit [www.onespark.com](http://www.onespark.com) or email [creators@onespark.com](mailto:creators@onespark.com) for registration forms and details.

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# Nonprofits get fundraising boost from new Weaver fund

By Kate A. Hallock  
Resident Community News

Who better than a savvy businesswoman to understand that one has to spend money to make money, even when it comes to nonprofit fundraising.

Perhaps with that thought in mind, Riverside resident and philanthropist Delores Barr Weaver recently established a \$4 million endowed fund at The Community Foundation for Northeast Florida to support nonprofit organizations in presenting their premier fundraising event.

The Endowed \$10,000 Event Grant Fund Established in 2015 By Delores Barr Weaver will provide an annual grant of \$10,000 to 20 local organizations to support their leading fundraising event in perpetuity.

“It was very difficult for me to narrow the list of deserving organizations who work so hard to raise money, and so I hope you will feel special that you were chosen for this gift,” Weaver told executives from the recipient agencies. “You were chosen because you rose to the top by the work that you do. Keep up the good work, and we will all make a difference together.”

As each agency nears the time of its big fundraising event, it will receive a \$10,000 grant from the Fund. The Community Foundation for Northeast Florida will continue to issue the grant (which is not an event sponsorship) as long as the organization retains its nonprofit status and continues to present the event for which they are receiving funds.

Several of the executives from the 20 nonprofit organizations have expressed their gratitude for Weaver’s generosity.

“All of us at the Jacksonville Speech & Hearing Center feel incredibly blessed to be included in Mrs. Weaver’s very creative and extremely generous endowment,” said Mike Howland, president and CEO, Jacksonville Speech & Hearing Center. “Planning and orchestrating a major fundraising event like Finfest challenges our staff, board of directors and volunteers. To jumpstart Finfest every year with this \$10,000 grant...is a huge boost to both our bottom line and our morale.”

Vicky Watkins, executive director for



Front: Vicky Watkins, Sanctuary on 8th Street; Linda Levin, ElderSource; Delores Barr Weaver; Cindy Funkhouser, Sulzbacher Center; Jackie Cornelius, Douglas Anderson School of the Arts. Back: Jimmy Orth, St. Johns Riverkeeper; Carol Harrison, Ronald McDonald House; Keli Coughlin, Tom Coughlin Jay Fund; Michael Howland, Jacksonville Speech & Hearing Center; Kimberly Hyatt, Cathedral Arts Project; Nancy Broner, OneJax

Front: Cindy Watson, JASMYN; Ju’Coby Pittman, Clara White Mission; Delores Barr Weaver; Emily Lisska, Jacksonville Historical Society; Renee McQueen, PACE Center for Girls Jacksonville. Back: Rick Mullaney, Gateway Council; Ellen Siler, Hubbard House; Steve St. Amand, Junior Achievement; Wanda Lanier, Barnabas Center; Sarah Boone, Theater Jacksonville; Darren Dailey, Jacksonville Children’s Chorus



Sanctuary on 8th Street, was equally pleased. “We are grateful beyond measure for this generous gift. Mrs. Weaver’s annual bequest will jump start our SHINDIG sponsorship efforts. Knowing that we can count on the funds every year eliminates a bit of the pressure, but won’t reduce our efforts,” Watkins shared. “I feel sure that our traditional sponsors will be even more willing to support a cause that Mrs. Weaver believes in and will want to follow her lead.”

“The grant directly supports an exciting ongoing fundraiser, the Gingerbread House Extravaganza, which is the Jacksonville Historical Society’s major fundraiser and it supports the important work we do,” said Emily Lisska, executive director, Jacksonville Historical Society. “Ultimately, the funds raised provide much needed dollars for children’s programs and the society’s archival repository — benefiting all of our city’s

citizens. This annual grant not only supports our work, but we believe will also inspire others to do so.”

The president and CEO of the Cathedral Arts Project, the Rev. Kimberly Hyatt, noted: “Delores continues to impress with how generous, creative and forward-thinking she is in her approach to philanthropy. Spring for the Arts generates not only public awareness of the need for arts education but also a significant portion of Cathedral Arts’ donations. And each year, all these donors and sponsors have to be cultivated and asked to support the event again. By making her support not only permanent but also automatic, Delores is setting an amazing precedent that I hope other funders will consider as well, either via an endowment or multi-year commitments.”

“We are so grateful and honored to be selected as one of the recipients of the Endowed \$10,000 Event Grant Fund

established in 2015 by Delores Barr Weaver. This grant is important to the financial success of our largest annual fundraising event, McGala, and our overall mission,” said Diane Boyle, executive director, Ronald McDonald House. “Importantly, this grant has inspired us to think about a new strategy to ask our dedicated sponsors to follow in the footsteps of Mrs. Weaver and also consider a multi-year commitment.”

Jacksonville Children’s Chorus Executive Director Darren Dailey said, “We at the Jacksonville Children’s Chorus (JCC) are deeply appreciative of the generous gift given by Mrs. Weaver to annually support one of our events. It is through these events we are able to raise the funds necessary to continue and expand our various programs. Additionally, funds generated by such events enable us to provide scholarships to those children’s whose families cannot afford tuition. Today, 34 percent of our singers are receiving either partial or full scholarships.”

Many of the agencies expressed the hope that other donors will take a similar creative and long-lasting approach to supporting the important work of the nonprofit community.

“We applaud Mrs. Weaver for recognizing just how important the annual signature fundraising event is for Riverkeeper and all of the other nonprofits that were selected,” said Jimmy Orth, executive director for the St. Johns Riverkeeper. “We will now begin each year knowing that we can expect a \$10,000 grant to jumpstart our Oyster Roast fundraising efforts. As an organization that is privately funded and relies heavily on the success of the Roast, this will help to alleviate the uncertainties and challenges associated with soliciting sponsors each and every year.”

The agencies selected represented a diverse cross-section of needs, from youth to the elderly, from the arts to the homeless. At the conclusion of the presentation ElderSource CEO Linda Levin commented, “It’s not just your gift that is so important, it’s the leadership, it’s the ideas. We are so appreciative of your generosity.”



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# River project creating fish habitat completed

CCA members and other supporters gather at Metro Park before going to watch placing of artificial reef materials.  
Photo courtesy of Greg Craddock



Barge workers place concrete rubble at one of two artificial reef sites in the St. Johns River.  
Photo courtesy of Joe Kistel

By Greg Walsh  
Resident Community News

There's a new housing development on the St. Johns River – or should we say IN the river. And if aquatic researchers' predictions are confirmed, the fish and other marine life are going to greatly benefit from the Jacksonville Reefing project.

In early December, workers placed tons of large chunks of concrete from barges at two sites in the river about one-quarter south of the Fuller-Warren Bridge as part of an effort to create underwater structures that enhance the food chain and biological diversity, according to the Jacksonville Chapter of the Coastal Conservation Association (CCA).

The goal of the project championed by CCA member and Ortega resident Payton Scheppe is to provide shelter to juvenile species, increase fish populations, and provide sustainable recreational fishing opportunities, project supporters said.

"Payton has worked for four years to get this project accomplished," said CCA member Charles Holt, who grew up in San Marco and operates Charles and George's Carwash at the Roosevelt Square Mall. "When he first brought it up I felt like it would never happen because the government bureaucracy would overpower him. The government turned out to be time consuming, but also mainly tried to help. In fact Jody McDaniel of the City of Jacksonville was so helpful that she was given an award by the Coastal Conservation Association at the ceremony."

One of the reefs is named after Holt's late brother, George, and the other is named the Coastal Conservation Association Reef, to honor the contribution of the association and its volunteers. The late Holt was raised in Jacksonville and was a long-term supporter of CCA.

The reef sites – averaging about 4 feet tall and covering areas about 200 feet by 200 feet – are in depressions in the river bottom where the concrete chunks will go and won't pose a danger to river boat traffic. The sites also are in spots a sufficient distance from the riverbank to cause any problems for recreational boaters.

In addition to state officials, the U.S.

Coast Guard and the U.S. Army Corps of Engineers reviewed the plans and approved of the reef sites, which measure about 200 feet by 200 feet, officials said.

Funding came from a \$30,000 grant from CCA's national office and a matching grant from the Fish and Wildlife Conservation Commission. Several companies are donating the reef materials, CCA says, including Vulcan Materials Co., which is providing more than 50,000 cubic feet of "concrete rubble."

The St. Johns Riverkeeper is a supporter of the reef project as well.

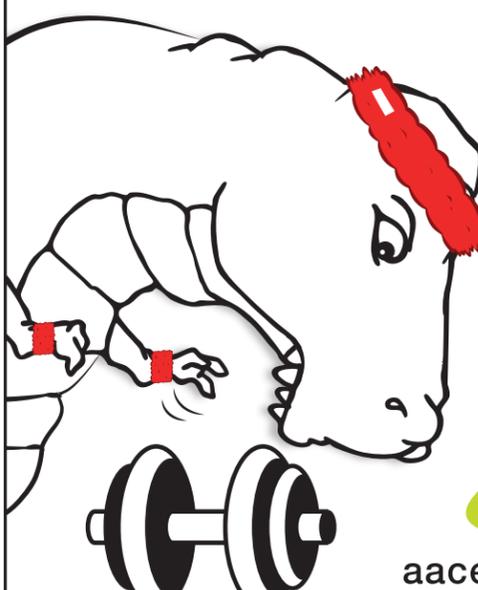
"We are very excited about this project and commend the CCA for their efforts," said Avondale resident Jimmy Orth, Riverkeeper executive director. "Not only does it provide important habitat for fish and aquatic organisms, it attracts more people to the river. When people use and experience the St. Johns, they are more inclined to advocate for its protection. As sea level has risen and the channel has been dredged deeper and deeper, saltwater has pushed farther upstream, killing submerged grasses and freshwater wetlands. These reefs can help to a certain extent by providing some habitat where natural vegetation no longer exists in the St. Johns River."

More reef sites in the river are possible but won't occur for at least three years to provide Jacksonville University a chance to study the impact of the first two.

The initial discussion began in 2011 at Jacksonville University when city officials met with the representatives of the Florida Fish and Wildlife Commission, Florida Department of Environmental Protection, Jacksonville Offshore Sport Fishing Club, JU Marine Science and CCA. Also involved was the group Think It Sink It Reef It, or TISIRI, a non-profit organization that builds reefs off the coast of Northeast Florida.

Boaters can find the reefs at the following GPS locations: Latitude: 30.17.973N Longitude: 81.40.290W and Latitude: 30.18.484N Longitude 81.40.026.

Visit <http://ccaflorida.org/typography/jacksonville-reefing-project> for more information.



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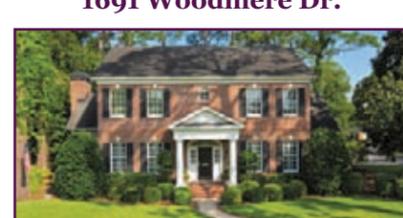
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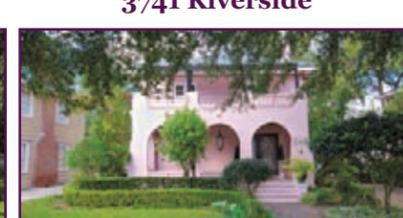
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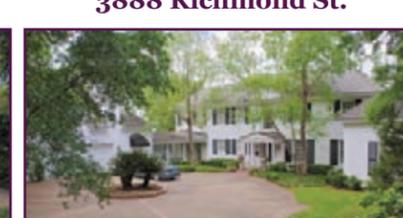
  
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# MOVERS & SHAKERS

## New president, CEO named for Jacksonville Symphony Association

A new year, a new beginning for the Jacksonville Symphony.

After improving the association's financial stability and leading the search for a new music director - bringing Courtney Lewis on board as music director designate - David Pierson retired from the association. Following a national search for a new president, Martin Connor, III, board chair, announced last month that Robert Massey was appointed, effective Jan. 2, 2015.

Massey, who previously led Orchestra Iowa (formerly the Cedar Rapids Symphony) and, prior to that six-year stint, was executive director of the Washington Bach Consort in Washington, D.C., brings experience in growing audiences and revenues.

Connor noted, "Robert's experience

with audience expansion and community engagement makes him the perfect choice for taking the Jacksonville Symphony Orchestra to new heights in North Florida."

Jacksonville's cultural offerings in art, music, dance, theater and museums provide a strong potential for collaboration with the Symphony. "This is an incredible time for symphonic music," said Massey. "Artistic standards have never been higher, exciting new works are being created as are new mediums to connect us to those works. The thirst for live, shared concert experiences has never been greater."

Lewis, who begins his first full season as Jacksonville Symphony music director in fall 2015, said "We share a vision for the future of the Jacksonville Symphony and I'm excited about working together to achieve it"



Robert Massey

Massey and his family have not yet found their Jacksonville home, but look forward to the search. "For the time being, we've found a temporary apartment in the Intracoastal West area. This will give us time to explore the city and discover just the right neighborhood for us," Massey shared. "We've always been drawn to more historic areas with homes as distinctive as we are!"

## Cooking kosher at Winn-Dixie



Chef Harry Shapiro and Jamie Geller



Leo Davis poses for a casual photo with author and kosher cook Jamie Geller at Winn-Dixie, which partnered with the Jewish Federation of Jacksonville for a Kosher Cooking Demonstration with Geller. More than 100 fans attended the event in Lakewood.



Author and kosher cook Jamie Geller signs book for Janet Husney.

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# MOVERS & SHAKERS

## Philanthropy in her blood

Courtney Weatherby-Hunter, San Marco, is the new philanthropy director for Children's Home Society of Florida. She was most recently director of development at We Care Jacksonville, and co-chair of the National Philanthropy Day awards luncheon in November.



Weatherby-Hunter will lead and execute efforts to increase revenue generation with a dedicated focus on major gifts as well as building a donor-centric culture. "The Children's Home Society is special to me as I started out working in child welfare right out of college," she said. "It's always been something that I had a passion for so it is nice to be able to fundraise for such a worthy cause."

## San Marco couple receive humanitarian award

San Marco residents, Drs. Charles Haddad and Judella Haddad-Lacle received the 2014 Clyde Collins Humanitarian Award, given by the Duval County Medical Society. The Haddads make medical mission trips each year to the Dominican Republic and this year will be their 10th trip. The couple brings third year medical and pharmacy students from the University of Florida to serve the underprivileged during spring break week.

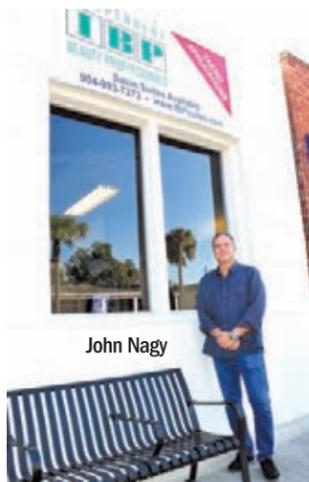


Judella Haddad-Lacle is the medical director at UF Health Community Health and Family Medicine Clinic (in the Springfield neighborhood) and Charles Haddad is medical director with UF Health Family Medicine on Dunn Avenue.

"We spend a week educating the students and taking care of patients of all ages. We bring them vitamins, we perform minor surgical procedures, do gynecological exams and also give fluoride treatment to all the children," said Judella. "This is a wonderful trip for us personally and also to see the growth of the students and how they enjoy learning and be compassionate to those who need us the most."

The Clyde M. Collins, MD, Humanitarian Award was created by the DCMS in 1997 in memory of Dr. Clyde Collins to recognize volunteer efforts by DCMS physicians who exemplify Dr. Collins' caring disposition and commitment to the community he humbly served.

## IBP Suites ready for new stylists



John Nagy

Are you a hair stylist seeking a new, trendy location San Marco? If so, property owners John Nagy and Karen Thomas have a spot available for you in Independent Beauty Professionals (IBP) Suites, at a unique concept new to Jacksonville.

IBP Suites, 1547 San Marco Blvd., is a collection of six private studios that give stylists, nail technicians, massage therapists and skin care specialists the option to set their own hours. Each studio, accessible through a shared hallway, has essentials of a sink, chairs and mirrors, Nagy said, but can be individually decorated to the stylist's needs.

"(Stylists) have everything they need to get started," Nagy said. "They manage their own business and set their own hours."

Visit [www.ibpsuites.com](http://www.ibpsuites.com) for more details or call (904) 477-2008 for details.

## The Coves celebrates 20 years



River Garden Senior Services celebrated the 20th anniversary last month of The Coves, its Mandarin-based independent living retirement community. The community provides seniors with many activities, including classes offered by members as well as visitors. Attending the anniversary party on Dec. 3 were (from left) Shirley Bielski, Coves board member; Lois Schlesinger, Coves board president; Sheldon Gendzier, Coves member; Malcolm Bloom, Coves board member; Jack Price (seated), Coves board past president; Jim Richman, C.O.O., River Garden; Lew Meisel, Coves board past president; Helene Coleman (cutting the cake), Coves board past president; Elliott Palevsky, CEO Emeritus, River Garden; Dot Verstandig, director emeritus, The Coves; Margaret Davis, administrator, The Coves; Marty Goetz, CEO, River Garden.

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# New watering hole on Baymeadows opens doors



Kaitlyn Wilson, John Burgess, Nancy Ruth Barber, Sydney Barber and Cristel Villanueva

There's a new place to indulge in dining options and some tasty libations in the local area. Serving appetizers such as truffle salted popcorn and bruschetta alongside sandwiches, salads and desserts, there's sure to be something you'll enjoy on the menu at The Well Watering Hole.

Be sure to make room for cocktails and wines and/or beers by the glass as the happy hour may inspire laughter and a change in mood. There are books, cartoons and other elements to surprise visitors. Owner Nancy Ruth Barber wants to create a

bit of subtle humor, as guests are invited to join in the laughter and lounge around in a relaxed environment.

You can even drop a few coins in the wishing well during your visit, as the establishment will send the money to a deserving nonprofit. "We're Jacksonville's best kept secret," said Barber, when referring to the new location.

At press time they didn't have a sign up, but plans are moving forward. The Well Watering Hole is located in the former Larry's Giant Subs at 3928 Baymeadows Road.

# Long-standing judge retires from bench

Duval County Chief Judge Donald Moran, a San Marco resident who formally retired at the beginning of this month, was honored in December at a courthouse retirement where friends, family and colleagues spoke of his many contributions.

All the accolades are well-deserved, said W. Braxton Gillam IV, past president of the Jacksonville Bar Association.

"He was extremely effective," Gillam said when asked how Moran, 69, stayed in the position since 1993. "One thing that is said over and over about him is he was satisfied with being the lightning rod for the bench."

As the leading force behind construction of the \$350 million courthouse, Moran took plenty of public disdain over the building's size, cost overruns and delays in opening.

"It's a testament to how good of a job he's done. He stands up for what he thinks is right," Gillam said.

Moran is also credited with starting Duval County's drug court, which now serves as a model. "He spearheaded that program," Gillam said. "People come from all over the world to see how our drug court functions."

Jacksonville Mayor Alvin Brown was among the well-wishers at the Dec. 5 retirement



Chief Judge Donald Moran, right, and Jacksonville Mayor Alvin Brown

party officiated by Moran's successor, Mark Mahon.

"Your determination, singularity and work ethic remain unmatched," Brown said in a letter to Moran, "and you will be missed. As you begin this new chapter of your life, I wish you every success, as well as many fond memories."

It is unlikely Moran's 21 years as the administrator of the 60-judge circuit court will never be broken because the Florida Supreme Court has subsequently changed the selection process for chief judges.

Moran was named Jurist of the Year in 2003 by the Florida Chapter of the American Board of Trial Advocates.



Chief Judge Donald Moran stands with family members in the Duval County Courthouse

# Bi-Lo awards grant to Red Cross

The Bi-Lo Holdings Foundation, together with its Winn-Dixie stores, presented a \$250,000 grant last month to the American Red Cross Northeast Florida Chapter for the National Red Cross Disaster Responder program. The program ensures that relief services such as food, shelter and other basic necessities are available immediately to victims of disaster.

Bi-Lo Holdings Foundation President and Chief Marketing Officer Mary Kellmanson, of Avondale, presented the Red Cross' Regional Chief Officer Pat Shea and board members with a \$250,000 check on Dec. 16 at the Red Cross office, 751 Riverside Ave.

Front: Maurice Rudolph, Board Chairman; Mary Kellmanson, Bi-Lo Holdings Foundation president and chief marketing officer, Bi-Lo Holdings; Pat Shea, regional chief officer,



American Red Cross of North Florida; Back: Fionnuala Geoghegan, board member; Jack Morgan, division disaster executive; Stephen Michael, vice chairman; Steve Auld, board member; Charles "Skip" Cramer, regional volunteer services chairman.

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*A thorough investigation also revealed a defect in the seatbelt buckle. Pajcic & Pajcic sued the car manufacturer and seatbelt maker. The cases were settled and the design flaw was fixed.*

Fortunately, we were able to recover enough for Daphnie to buy a beautiful home and a specially equipped van. She is able to pay for the services and equipment she needs every day. There will always be regret for what might have been but her remarkable character and personality have allowed her to live a rewarding and happy life despite her catastrophic injury.

Pajcic & Pajcic has nine AV rated "preeminent" attorneys and is one of the few firms on Martindale-Hubbell's list of Top Ranked Law Firms in the Southeastern United States to receive the perfect 5.0 rating in client satisfaction.



# January Calendar

## Men's Garden Club

Mon., Jan. 5, 7 p.m., Garden Club of Jacksonville, 1005 Riverside Ave.  
Open to the public. Meeting topic: Irrigation; speaker: Vick Groner, community garden assistant  
For details, contact Donn Elliott, (904) 635-7318 or sweetwoodfarm@hotmail.com

## Ethel Merman's Broadway

Sat., Jan. 10, 7:30 p.m., Thrasher Horne Center for the Arts, 283 College Dr.  
Rita McKenzie stars

## HGTV stars at Jewish Community Alliance

Wed., Jan. 14, 7-8:30 p.m., Jewish Community Alliance, 8505 San Jose Blvd.  
Flippin' the Block stars Whitney and John Spinks will demonstrate how small changes can make a big difference in your home. Registration required; go to [jcajax.org/ji](http://jcajax.org/ji).

## A Taste of Haiti

Thurs., Jan. 15, 6-9 p.m., Haskell Company, 111 Riverside Ave.  
Live music, silent auction, carnival games, Haitian arts and crafts, buffet and more to benefit the Prosthetic Lab at the CRUDEM Foundation Hospital Sacre Coeur. \$45/person suggested minimum donation. To purchase tickets, go to <http://crudem.org/taste-haiti-jacksonville-fl/>

## Men's Garden Club Camilla Garden Dedication / Sledding Party

Sun., Jan. 18, 2:30 p.m., Camellia Garden in Riverside Park  
Tues., Jan 20, 6 p.m., First Annual Sledding Party  
Open to the public. For details, contact Donn Elliott, (904) 635-7318 or sweetwoodfarm@hotmail.com

## Shen Yun

Sat.-Sun., Jan. 24-25, three shows, UNF Fine Arts Center  
Orchestra and choreography combines Chinese and Western classical music traditions. Purchase tickets online [ShenYun.com/Jacksonville](http://ShenYun.com/Jacksonville) or call (888) 974-3698.

## JB Scott's Swingin' Allstars

Sun., Jan., 25, 3 p.m., Riverside Presbyterian Church, 849 Park St.  
Concert in Kissling Hall; reception follows. Contact office for details, (904) 355-4585.

## Southside Methodist Women's Retreat

Sat., Jan. 31, 9 a.m. to 4 p.m., Memorial United Methodist Church, 601 Center St., Fernandina Beach  
Refresh, a one-day mini-retreat, sponsored by Southside United Methodist Church. For details contact Jeanette Yates, [j.yates@southsidemethodist.org](mailto:j.yates@southsidemethodist.org), call (904) 396.2676 or visit [www.southsidemethodist.org](http://www.southsidemethodist.org) and click on Women's Groups.

## Guatemala Bowl IV

Sun., Feb. 1, FEC Field  
Multi-generational Ultimate Frisbee/Flag Football tournament; join a team to compete in friendly sports to raise money for Mission2Guatemala; sponsored by Southside United Methodist Church. For details contact Jeanette Yates, [j.yates@southsidemethodist.org](mailto:j.yates@southsidemethodist.org), call (904) 396.2676 or visit [www.southsidemethodist.org](http://www.southsidemethodist.org) and click on Youth Ministry.

## Pops in Love

Sun., Feb. 15, 3 p.m., Times-Union Center for the Performing Arts, 300 Water St.  
Special price tickets benefit Seniors on a Mission. Buy online at [SeniorsonaMission.org](http://SeniorsonaMission.org) or call (904) 551-4373.

## Jan. 9 deadline for Leadership Jacksonville nominations

Leadership Jacksonville, an organization that develops youth and adult leaders in Northeast Florida, is accepting nominations for its adult Leadership Jacksonville (LJ) Class of 2016. The year-long program brings together more than 50 leaders from throughout the First Coast community to build relationships with other leaders, explore community issues and perspectives and work to become better community trustees.

To be considered for Leadership Jacksonville, applicants can be nominated by LJ alumni, the applicant's employer or they may self-nominate. Candidates must complete an online application and may be invited for an interview. The selection is highly competitive, and an effort is made to select participants who represent a broad cross-section of the community. "The adult leadership program of Leadership Jacksonville has been one

of our organization's signature programs since 1977. It is highly stimulating for participants in terms of community involvement, networking and outreach," said Leadership Jacksonville Executive Director Jill Langford Dame. "Our graduates, who are already outstanding leaders, develop a better understanding of our area's assets and issues and increase their commitment to make a positive difference in Northeast Florida. They often refer to their time in the Leadership Jacksonville program as 'life-changing'"

The Leadership Jacksonville Class of 2016 program will begin in August 2015 and continue through May 2016, and includes nine program days and two weekend retreats. Nominations are open through January 9, 2015. To learn more about Leadership Jacksonville and its programs, visit [www.leadershipjax.org](http://www.leadershipjax.org) or call (904) 396-6263.



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# A rewarding experience for holiday shoppers, families *A brighter holiday season for children*



Anna Donahoo with her Sanctuary friend Kendyl



Sarah Davis and Cery shop for the best gifts for girls

Jennifer Crouch and her Sanctuary friend Kiya

It became a true “win-win” for families in support of Sanctuary on 8th Street during the holidays. Through a unique program, Sanctuary leaders invite interested families and supporters to participate in a holiday experience that pays dividends through the spirit of gratification. This year, 36 children were able to shop at Target with a mentor to help budget the monies given to participants.

A true lesson in humanity, for both givers and receivers, the shopping spree provides insight into the meaning of giving, not just buying and spending. “It kind of puts Christmas in perspective,” shared Erin George of Avondale, whose husband is on the board at the Sanctuary. “They think about their family members, it’s really sweet and refreshing.”

As a qualifier, all of the Sanctuary children who participate have been on their best behavior and they’ve exhibited leadership that they deserve the opportunity to shop. Just as Santa has rules, such as being nice – not naughty – and being on your best behavior, the decision makers reward those who follow the rules.

“This is always one of the most fun things we do, so it’s exciting to come back to be involved,” said college freshman Jennifer Crouch of San Marco; she is studying education at school. Crouch and her Sanctuary friend Kiya budgeted their \$80 wisely, seeking the best gift ideas for Christmas and stretching their dollars.

For more information or to get involved with the Sanctuary on 8th Street visit [www.sanctuaryon8th.org](http://www.sanctuaryon8th.org) or call (904) 356-3588.



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**Thursday, Jan. 8th–Mar. 26th**  
 6:30-8:00 pm  
 Buckman Bridge Unitarian Universalist Church  
 8447 Manresa Ave, Jax, FL 32244

**Thursday, Jan. 8th–Mar. 26th**  
 6:30-8:00 pm  
 Elks Club, 1855 West Rd, Jax, FL 32216

**Seniors Classes (17 Moves)**  
 Thursday, Jan. 8th–Feb. 25th, 10-11:30 am  
 St. Paul's Episcopal Church, 5616 Atlantic Blvd, Jax, FL 32207

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 Rabbi Lief offers the sermon at Hendricks Avenue Baptist Church

**Tu b'Shevat Seder** Please come and join us!  
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### Livestock outnumber actors in living nativity



Donkeys, a horse, sheep and goats were among the many creatures in the annual Live Nativity on Arbor Lane. Residents portrayed Mary and Joseph, the Wise Men, shepherds and angels in the tableau.



Christina L. portrays Mary, the mother of Jesus and Ben P. is Joseph. Angels, left to right, are Lila T., Grace W. and Salley T.

### Piano students bring holiday cheer to travelers



On Dec. 13, Douglas Anderson piano students played Christmas songs and other favorites for travelers at the Jacksonville International Airport's main lobby/waiting area.

### Bolles students play in Tuba Christmas at Landing



Nick Kramarich and Jackson Roberts

Photo by Mindy Roberts

Musicians from the Bolles Middle and Upper School Bands joined more than 150 low brass players from North Florida on Dec. 13 for Jacksonville's 20th Annual "Tuba Christmas," a gathering and performance held annually at the Jacksonville Landing.

The Jacksonville performance included tubists Nathan Lesser, of

Avondale, and Anya Raheja, of San Jose, as well as euphonium (small tubas) musicians Nick Kramarich and Jackson Roberts, both San Jose residents.

"Being a part of more than 150 tuba, euphonium and sousaphones (marching tubas) was an amazing experience," Kramarich said.

### Granada holiday fun



Granada residents held the annual Granada Park Holiday Hayride, complete with photo ops with Santa Claus.

Cayden L. and Harper L. with Santa

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# Social REGISTER

## Make a muscle, make a difference

Raising one's glass in toast after toast is sure to build a little more muscle, but it's certain too to raise needed funds for the Muscular Dystrophy Association. The annual MDA Toast to a Cure Gala held Nov. 22 at the Hyatt Riverfront raised more than \$40,000 to foster help and hope for those who depend on MDA. Kudos to top fundraisers Bryan Miller (\$12,400) and Randall Whitfield (\$5,250) as well as the Jacksonville Association of Fire Fighters, who helped to raise over \$120,000 this year through the combined efforts of the "Fill the Boot" campaign throughout Northeast Florida, according to President Randy Wyse.



Todd and Angelica Gicalone



Jeff and Joanne Rivera

## A big night, several steps closer to pediatric distinc



Hugh and Cindy Harby with (in front) Rives Martin, Charlie Martin and Katie Lahey



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Crystal Fanale with Justin Ashourian



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OYSTER PERPETUAL COSMOGRAPH DAYTONA

tion

Patrons and proud supporters of the initiatives of Wolfson Children's Hospital came together to celebrate the most anticipated social event of the season. The Opening Night Party, titled BOXWOODS & BowTies- A modern twist on Southern Traditions was held at the Prime Osborn Convention Center Dec. 5.

With the mission clearly in focus, over 400 members of the Women's Board have raised more than \$24 million for facilities, equipment and programs over the years. The three-day show and sale that follow, produced annually by The Women's Board, will help to raise the bar for Wolfson Children's Hospital, along with its partner Nemours Children's Clinic.

The current funding target of The Women's Board is a new, state of the art Pediatric Surgery Center of Distinction. The facility, when complete, will enable the most skilled surgical staff to work on advancing surgical techniques. One other gain for our region will be the expanded use of minimally invasive and robotic surgery for pediatric trauma patients.



Diane Halverson, Ward Lariscy and Betsy Lovett



Susan Towler, Velma Monteiro-Tribble and Jim Towler

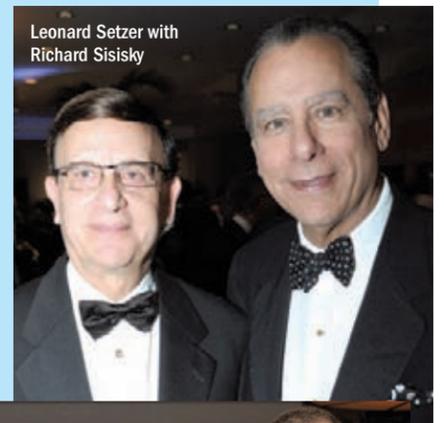
# River Garden Gala continues to draw generous patrons

The River Garden gala has helped educate the general community about the unique nature of the facilities, its national reputation as a model elder care agency, and what a special role it plays in our community. Jeff Parker and his wife Debbie chaired this year's River Garden of Eden Gala and invited a long list of patrons, special guests, along with numerous sponsors.

As of press time, at least \$220,000 had been tallied on the fundraising front thanks to the 623 generous patrons in attendance at the Sawgrass Marriott on Nov. 22. Twenty-one years after the first gala, the event continues to attract a growing crowd from across Northeast Florida who come together for an evening of good food, fine friends and fundraising for River Garden Hebrew Home and the Wolfson Health and Aging Center.



Chair Debbie Parker with Marcia Morales



Leonard Setzer with Richard Stisisky



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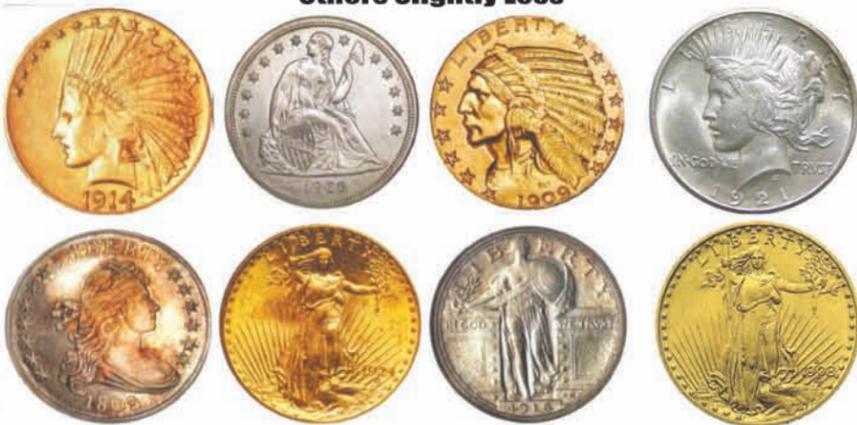
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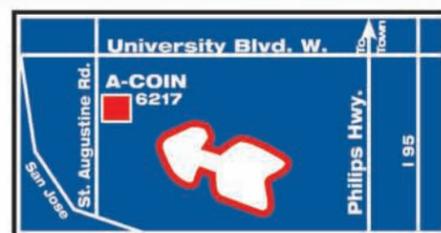
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# Home for the holidays, home for good

By Kate A. Hallock  
Resident Community News

There's something about watching toddlers experience Christmas that leaves nearly everyone with big smiles on their faces. At the McCalvin household, those smiles on Christmas morning could not have been bigger.

Mason was home for the holidays, home for good.

"It's hard to put into words... we're beyond excited," said Laura McCalvin. "We went shopping for Mason and our foster son and that was so fun. Being able to get them

presents and have them here for Christmas is really exciting. Having family here is so important to Zach and me; we feel beyond blessed."

The three-year-old boy can now call couple's San Marco home his own, following his Oct. 13 adoption in the court of Judge David Gooding.

Jim Clark, president and CEO of Daniel Foundation, said that young Mason was very fortunate to have the McCalvins as his new parents, who are planning to have their own children.

"This is a perfect example that shows that just because you adopt doesn't mean you can't [continue to plan to] have your own biological child," Clark said. "This child did not have a future; he would have been one of the statistics. Now he has a life."

The McCalvins became foster parents because they saw the need.

"We love kids, and we felt that calling and a desire to foster, not thinking we would adopt," Laura said. "We thought we would foster after we had our own kids but decided we had the time and there was no reason not to do it now."

Daniel Foundation was made temporary legal guardian of Mason when he was

removed from his home. Family Support Services of North Florida assigned Daniel Foundation as the case manager, and as such, the nonprofit was responsible for finding a foster family or a permanent family.

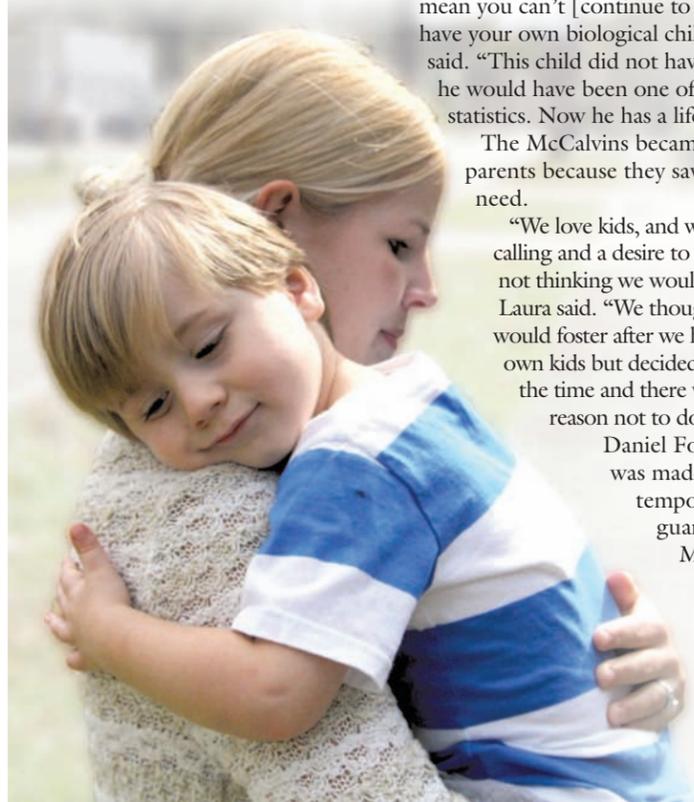
The McCalvins fostered Mason for four months before it was determined that he was unable to be reunited with his biological family. At that point, the young couple knew they wanted to adopt him. "We fell in love with Mason. It happened to work out that we were able to adopt him," Laura shared.

Clark said "We're very fortunate to have the Florida adoption information center here at Daniel's Southpoint location. We have professionals to help parents through the bureaucracy and paperwork. We're always looking for foster families and adoptive families all the time."

Children who are adopted through foster care are taken care of medically and educationally through the state. "Adopting parents get a medical subsidy to help with what may come up in the lives of the adopted child, and the ongoing education will be paid for, including college," Clark noted.

"I would like to encourage other families to fosters and adopt. There is a great need," Laura concluded. "There are not a lot of foster families in the San Marco area. There are a lot of misconceptions about adoption, about the expense...but it's about the kids. It's changed our lives. We're better people because of it."

For more information about adoption, visit Family Support Services of North Florida at [www.fssjax.org](http://www.fssjax.org) or Daniel Foundation at [www.danielkids.org](http://www.danielkids.org).



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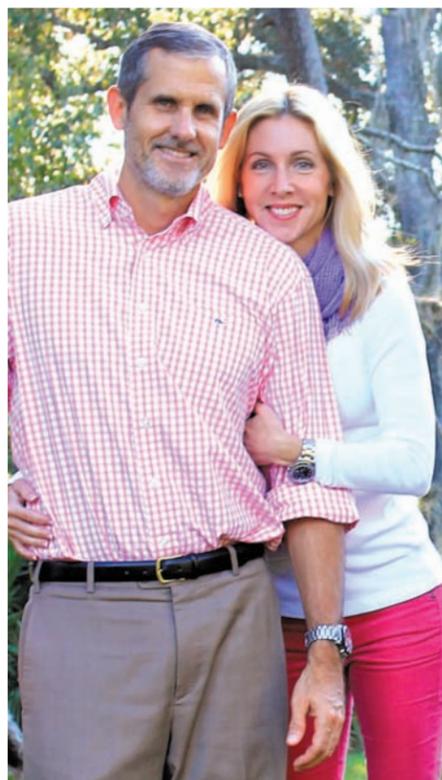
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# Hello Getting to Know Joe & Meredith Mark

Little did Joe and Meredith Mark know that when they each bought a home in Miramar as young professional singles they would one day live in San Marco and raise a family. Get to know the young man from Stuart and young Southside woman who love the neighborhood and make family a priority.



**Resident News:** What singular aspect about San Marco makes it your most favorite reason to live there?

**Joe:** Meredith and I met after I sold my first house, which happened to be right next door to Meredith's, to my brother and his wife. We are now raising our family here in San Marco, and couldn't love it more. We love that we are in a historic area near Downtown, and the fact that we can walk to the Square for date night, shopping or our regular Friday night dinner with the children at Pizza Palace. If it isn't the local shopping and restaurants, easy access to the stadium, library, being minutes from our children's school, we love the diversity of our community and neighbors.

**RN:** What are some of your favorite go-to places for dining out, shopping, being outdoors, etc. and why?

**Meredith:** We end up dining casually most of the time, but also love to dine

at BB's, Taverna, M Shack, and Bistro Aix. We live next to two beautiful parks, Brown Whatley and Alexandria Oaks. As our children get older, it's fun to take bikes to Alexandria Oaks and run around the paved walk way.

**RN:** Are you involved in the community and if so, to what extent?

**Meredith:** We are members of Assumption Catholic Church. We are active with our children's schools, The Bolles School and Academie de Montessori. Joe is a board member of the Make a Wish Foundation.

**RN:** What resolutions will you make for the New Year?

**Meredith:** Hmmm, resolution. That's tough. We didn't make a resolution last year. Eating dinner together as a family is very important to us. The days are busy with work, school and after-school activities, and making that a constant priority is our goal. Dinner together as a family gives us a chance to enjoy a well-balanced meal, and also a chance

to debrief the day and "dial-in" to each other.

**RN:** What is your diet and exercise regimen that keeps you motivated and healthy? Have you always been so motivated or was there something in your life that prompted you to adopt a healthy lifestyle?

**Meredith:** We both find that eating healthy is easier when we regularly exercise. It just rounds out the benefits of living healthy. Why undo all the good done with a good exercise routine? Joe's passion is Crossfit, which he does every morning at 6 a.m. at the local San Marco Crucible Crossfit located on King Street. My passion has always been running. I'm not big on races, although I did just finish my first half marathon. I love that running gives me "me time" to think, and I always say it's when I best solve problems. Both Joe and I find that exercise gives us more energy, and as we invest in our health we just feel better. Sounds simple, but it's a habit that hasn't really been hard to maintain. It's more of a lifestyle.

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# Medicine or Malarkey: Should You Feed a Cold and Starve a Fever?

Popular wisdom has taught us that we should “feed a cold and starve a fever, but scientists are now questioning the notion. Starving, in any situation, is never the answer. But experts believe it’s what you eat, not how much you eat, that seems to have the most health benefit – easing symptoms of both the common cold and the flu.

### Will eating food when I’m sick make me feel better?

One study reported by WebMD suggests that eating a nutritional, well-balanced diet while ill may positively influence short-term immune function. However, everyone’s immune system responds differently to disease.

In an article published by the National Center for Biotechnology Information, a division of the National Library of Medicine at the National Institutes of Health, a study showed that there may be a positive correlation between the nutritional content of food and the immune system’s response.

Although further studies are needed, experts suggest listening to your body. If you’re sick and feel hungry, eat something healthy and nutritious. And always remember to stay well hydrated by drinking water.

### What should I eat if I’m sick?

Nutrient-rich foods help your body stay healthy and fight infections. Here are the top suggestions for what to eat from WebMD.

### Antioxidants

What they do: help build a strong immune system. Examples: beta carotene and vitamins C and E

What to eat: almonds; apricots; asparagus; beets; broccoli; cantaloupe; carrots; cauliflower; cod liver oil; kale; mangoes; mustard and collard greens; nectarines; peaches; pink grapefruit; pumpkin; red, green or yellow pepper; safflower oil; salmon steak; spinach; squash (yellow and winter); strawberries; sunflower seeds; sweet potato; tangerines; tomatoes; and watermelon

### Bioflavonoids

What they do: help you stay healthy by activating your immune system.

What to eat: the pulp and white core in the center of citrus fruits, green peppers, broccoli, and red and yellow onions

### Hot Tea

What it does: helps to thin mucus and ensure proper hydration.

What to drink: green and black tea (which is filled with strong antioxidants known as flavonoids)

### Phytochemicals

What they do: increase your overall wellness.

What to eat: apples, apricots, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, garlic, legumes, onions, red peppers, soybeans, sweet potatoes and tomatoes

### Protein

What it does: builds and repairs body tissue and fights viral and bacterial infections.

What to eat: lean sources of protein, such as skinless chicken, lean beef and turkey, beans, and soy

### Yogurt

What it does: Eating a daily cup of yogurt can help reduce your susceptibility to colds. Researchers say the beneficial bacteria in yogurt may help your immune system fight germs.

What to eat: low-fat or natural Greek yogurt

### Zinc

What it does: Zinc is an antioxidant that assists your body’s resistance to infection, stimulates the immune system and helps repair tissues. Some studies show that taking zinc lozenges within 24 hours of getting a cold may reduce the duration of cold symptoms.

What to eat: eggs, meats, nuts, seafood, seeds, wheat germ and whole grains

### Is chicken soup really good for the soul?

According to WebMD, studies show that traditional chicken soup may have benefits for your health and well-being. Here’s how:

The hot vapors from a bowl of broth help clear a stuffy nose.

Research shows it has a mild anti-inflammatory effect that could reduce cold symptoms.

Consuming liquid helps keep you hydrated.

Chicken soup may improve your mood by reminding you of the love of a parent.

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# New Year. New You.



Why are resolutions so easy to make yet so difficult to keep? That intense burst of motivation we feel at the beginning of a new year often starts to fizzle out as early as February. What we need is more STICK-TO-IT-NESS!

“The keys to making a successful resolution are to commit to realistic goals and to find fun ways to incorporate small changes into your everyday life over time.” says Kym Dunton, RN and Women’s Health Coordinator at Baptist Health.

Join the conversation at [baptistgoodforyou.com](http://baptistgoodforyou.com) and sign up for a free, small group gathering during January, called “New Year. New You.” — Because our resolution is to help you stick to yours!



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# Retirement not in local physician's dictionary

## Still serves health care needs for lower income families

By Julie Kerns Garmendia  
Resident Community News

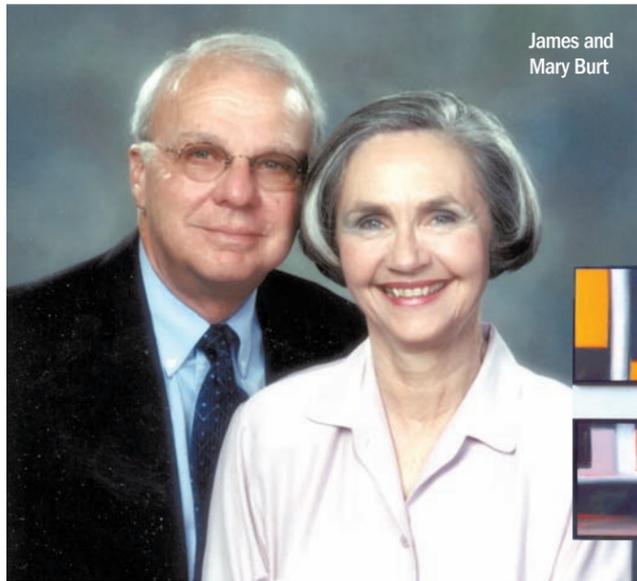
It's difficult to turn off the passion to help others, especially when a lifetime career focused on medicine ingrains the desire to treat everyone. Because of that passion, one local doctor found that 'retirement' really wasn't in his dictionary.

James Burt, M.D., of San Jose, grew up on the Northside and attended Andrew Jackson High School. He and his wife Mary met at Emory University and have been married 55 years. Their two sons, Matthew Burt and Andrew Burt and families, all live in San Jose. A urologist with the McIver Clinic for 28 years prior to his retirement in 2000, Dr. Burt served as a flight surgeon in the U.S. Air Force in the 1960s. Most would agree that the distinguished physician was due for less schedule and more time to play with the grandchildren. His official retirement, however, lasted about a year.

Dr. Burt spent time considering volunteer options. Enter Dottie Dorion. She and Mary Burt were both on the board of Community Connections and at an event the three began discussing James' retirement when Dorion asked about his plans.

"I told Dottie that I wanted to volunteer. Dottie, a longtime nurse, had recently returned from a Kayak for Charity event at Hilton Head where she met the founder of their local Volunteers in Medicine (VIM). She knew we needed this in Jacksonville to provide medical care for our working uninsured...and we began planning," Dr. Burt said. "I started talking to doctors and Downtown churches and she talked to nurses and potential donors and it all came together by September 2001."

According to CEO Mary Pat Corrigan, Dr. Burt and Dorion had the commitment and drive to form a charity, open a Downtown



James and Mary Burt



Dottie Dorion

medical clinic (they lease the former Paulus Music Company building) and recruit medical, faith-based and community volunteers to work. Many supporters donated items and helped launch the clinic, including local construction expert West Westmoreland who offered his services to entirely renovate the building.

The first few years Dr. Burt worked 40 to 60 hours and then fulltime until mid-2012 when more volunteers made it possible for him to continue on an as-needed basis. His retirement remains elusive as Dr. Burt is greatly concerned about funding for the clinic and the approximately 110,000 to 118,000 local working residents who cannot afford health insurance. He and Dorion say that the new national health plans do not cover this population, although longtime sponsors have dropped their financial support due to that widespread misconception.

According to Dorion, prior to Volunteers in Medicine opening in Jacksonville, the majority of low income, working uninsured were forced to go to hospital emergency rooms for care. She said that their clients today are much more seriously ill, with multiple or chronic medical conditions but that the organization, its staff, supporters and volunteers are committed to continuing their mission.

"We need financial help to keep providing the medical and preventive care we offer. We want to keep families intact and stable by preventing financial ruin when there is illness and no medical insurance," Dorion said. "I believe that when you're doing the right things from the heart and for the right reason, everything will fall into place." She continues to volunteer nurse at the clinic when needed.

Dorion, the most positive and active senior anyone could ever meet, is a resident of Deerwood, a mother and grandmother,

local philanthropist, former world-class athlete, swimmer and triathlete, professional artist and photographer. Her husband of 57 years, George, an 80-year-old former Bacardi executive, calls himself "Dottie's Full-time Sponsor."

Dr. Burt, a Methodist who grew up watching his parents help the USO and constantly check the railroad and bus stations for stranded military soldiers to feed and house overnight, has strong feelings about the collective need to help others.

"Dottie and I wanted to give back to a community we've enjoyed over many years. We know the needs of lower income working individuals and their families," Dr. Burt said. "There are minimal options for medical care for those just above the poverty threshold who cannot afford insurance and receive none from their jobs. A hospital ER is too expensive and they will end up just doing without care."

Dr. Burt believes that the present Federal Health Plans for lower income individuals, despite the subsidies, do not provide enough to supplement even lower cost health insurance. "The healthcare needs of the \$13,000 to \$28,000 income group remain unanswered. That is why our medical services remain a vital need in Jacksonville," Dr. Burt said.

VIM is entirely funded by donations, local grants and sponsors, and is run by a small paid staff and approximately 230 volunteers of all ages, including active and retired physicians, nurse practitioners, registered nurses, specialists, nursing and medical students. Along with medical services they also provide mental health and nutritional counseling and diabetes prevention education. The clinic is located Downtown at 41 East Duval Street. The phone is (904) 399-2766 and website, vim-jax.org.



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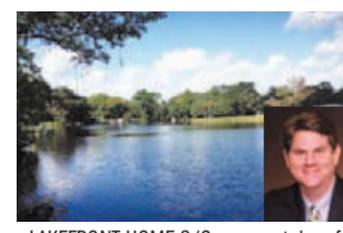
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# A New You in the New Year

## Physicians share best practices, best procedures and best results

The New Year is the time to embrace the very best of what life has to offer, whether it is time with family and friends or a more rewarding career. Most importantly, it's time to be the most confident person you can be in 2015.

With this in mind, perhaps it's taking time to finally get some work done, as you've been waiting to create a better impression of yourself or you have a medical necessity that you wish to address. Plastic surgery isn't necessarily about vanity; there are a multitude of reasons to need a referral to the best aesthetic surgeons.

The wait is over. Whether it is to satisfy your own personal needs, or to heighten your appeal to your spouse, loved ones or coworkers, the time

has arrived. After all, many of us have been waiting for the right time to finally reward ourselves with that perfect nose, the lack of midsection or the stubborn weight that we can't seem to work off. There are so many personal reasons for learning more about the best procedures and best options to consider; this section will help you discover a starting point by pairing you with a great referral source.

Here you'll find credible and responsible aesthetic specialists who work hard to innovate, gain accreditation and practice medicine in the most thoughtful and safe fashion. The doctors featured in this section understand they're reaching a client that is going to do their homework – their due diligence – and they're proud to be taking part and offering their expertise



### Defying the odds, championing stem cell research and innovation

Dr. Lewis J. Obi, MD, FACS, Medical Director CSN of Florida

Well, all age, but defying the odds of aging and providing a youthful outcome has been one thing that Dr. Lewis Obi has accomplished for patients throughout his entire career. At the Samuel Wells Surgicenter & Cell Surgical Network of Florida, Dr. Obi is again changing the course of medicine and revolutionizing results through stem cell research via the implementation of stem cells in cosmetic procedures.

In a long line of innovations and 'firsts', Dr. Lewis Obi has always been on the cutting edge of surgical techniques, unveiling many of the best technological breakthroughs. When a demand for less invasive and more affordable surgical techniques were prevailing, Obi was one of the first in the nation to use the Palomar Medical SlimLipo Laser Platform back in 2008. By improving results through less invasive, cost effective methods, Dr. Obi helps patients return to everyday activity levels and experience less pain and downtime. With this in mind, the scope of work is continually moving toward better noninvasive techniques and methods for a more rapid recovery.

Through careful and exacting research, Dr. Lewis Obi has been able to create a totally nonsurgical

face and neck lifting combination that has been used in about 200 patients to date. By deriving higher concentrations of adult stem cells through Cell Assisted Lipotransfer (CAL), Dr. Obi can then implement the use of the fat derived cells in the cosmetic procedure.

This advanced stem cell technology is unique not only in our area, but it is breaking ground on a national level. The most fascinating part is that it is available at the Samuel Wells Medical Complex under the keen eye of Dr. Lewis Obi and his staff, right here in Jacksonville. His practice ensures excellence by carefully monitoring the results through an Investigational Review Board (IRB) study with Cell Surgical Network L.A., based in Los Angeles (California).

Always the constant innovator of new techniques in plastic surgery, he exemplifies excellence. Dr. Lewis Obi, motivated by the promise of a bright future for the use of adult stem cells, has authored a chapter in the first book to detail the use of stem cells in aesthetic surgery. In this recently released book [Nov.2014], Stem Cells in Aesthetic Procedures-Art, Science and Clinical Techniques, a detailed procedural approach describing the Specialized Stem Cell Fat Transfer to Face, has been contributed by Dr. Obi.

As medicine changes from invasive to noninvasive techniques to heal patients, Dr. Lewis Obi has been out in front. Obi has recently announced a partnership with Dr. David Heekin and Dr. Orlando Florete to unveil the Cell Surgical Network of Florida. The goal of CSN is to provide regenerative stem cell/PRP injections for many inflammatory and degenerative diseases in an effort to avoid surgery. Neurologic and Urologic specialties will be added in the near future. It is important to emphasize that Cell Surgical Network only utilizes minimally invasive adult fat as a source of stem cells which contains significantly greater stem cell numbers than bone marrow.

**Dr. Lewis Obi and Cell Surgical Network**  
 (904) 399-0905  
[www.obiplasticurgery.com](http://www.obiplasticurgery.com) and [www.samuelwellsurgicenter.com](http://www.samuelwellsurgicenter.com)

## Ponte Vedra Plastic Surgery delivers results

### Skin care and minimally invasive procedures enhance options

Dr. C. Cayce Rumsey III, MD, Dr. Paul J. Scioscia, MD, FACS, Dr. Brett J. Snyder, MD  
 Dr. Robert W. Burk III, MD, FACS, Dr. Erez G. Sternberg, MD and Dr. Hollie J. Hickman, DO



One look at the Ponte Vedra Plastic Surgery headquarters in Ponte Vedra Beach indicates one thing – success and sound medical practice. After all, the facility is impressive, but even more impressive is the team under its roof. At the helm are six board certified surgeons, a network of anesthesiologists and registered nurses which distinguishes the ambulatory surgery center that encompasses a portion of the building – making surgery and concierge recovery possible after any procedure.

The surgeons at PVPS also maintain satellite offices for treatments and consultations in Riverside, Southside, Amelia Island and St. Augustine for patient convenience. With the change in the economy years ago, options outside

of surgical procedures have become a more common practice, as non-surgical options and outstanding skin care regimens are more popular than ever.

#### Skin Care in Focus

With three full-time board certified nurse practitioners and four full-time medical aestheticians, the center's skincare department is second to none in Northeast Florida. "We pride ourselves on offering the highest quality products and treatments based on science, not fads," said Adrian Gibbs, the center's community relations manager.

Among the latest in specialized skincare procedures utilized by the team are the DF Facial and the SkinPen, described further

by Gibbs. "The DF utilizes state-of-the-art technology to infuse your skin with vitamins, peptides and growth factors," Gibbs said. "Patients walk away instantly firm, uplifted and with glowing skin." Gibbs then describes the SkinPen, commonly referred to as "micro-needling" and its advanced efficacy. "SkinPen stimulates your skin's natural ability to produce new collagen and elastin. This is achieved by creating microscopic channels, which allow products to penetrate into deeper layers of the skin. It is perfect for sun-damaged skin, acne scars, large pores or uneven skin tones," said Gibbs. This year, their team completed a master certification in micro-needling with Dr. Lance Setterfield, an early pioneer of this procedure.

All of the products and procedures offered by the PVPS

team are tested and you can rest assured that anything that is used by the physicians, nurse practitioners or aestheticians has been qualified and used extensively before it is applied to a patient. "Some may wonder how we stay on the cutting edge and ahead of trend. We do this by always investing in education and training both at the national and local level. You can always look to PVPS for excellence and to find out what's new!" said Christine Weber, lead aesthetician.

#### Surgical Practice in Focus

On the surgery side, breast augmentation and reconstruction continue to be the most often performed surgical procedures by board certified plastic surgeons Dr. C. Cayce Rumsey III, Robert W. Burk III, Dr. Paul J. Scioscia, Dr. Brett Snyder, Erez G. Sternberg and Dr. Hollie Hickman.

All of the center's surgeons are experienced in the most innovative surgical procedures and techniques for the cosmetic and plastic surgery industry while also staying well-trained in all facets of aesthetic surgery, reconstructive plastic surgery and non-surgical cosmetic med spa procedures.

A specialty of the center is CrisaliX, a 3D imaging tool used during a consultation. Using images of the patient, surgeons are able to show women a virtual, yet realistic view of how their breasts would change in shape and size through breast augmentation surgery.

Augmentation is just one procedure on the extensive list that also includes breast lift and reduction, tummy tuck, eyelid surgery, facial implants, face lifts, liposuction, and ear and nose surgery, to name a few.

Reconstructive surgeries include breast reconstruction, scar revisions, skin cancer reconstruction, post-gastric bypass surgery and lesion removal.

When it comes to a sensitive issue for many cancer survivors, poll results have shown that too many women who undergo cancer procedures don't know their options for reconstruction, according to Gibbs. Some have never been counseled about their options; to know that a plastic surgeon being involved in the case management and recovery can change the whole picture. The results from the hands of a gifted surgeon can change a woman's life and create lasting, positive change for patients in an already difficult situation.

<b>Ponte Vedra Beach</b> 289 Ponte Vedra Park Drive Ponte Vedra Beach, FL 32082 904.273.6200	<b>Riverside</b> 2105 Park Street, Suite D Jacksonville, FL 32204 904.273.6200	<b>Southside</b> 7711 Baymeadows Rd E, Suite 6 Jacksonville FL 32256 904.638.5555	<b>Amelia Island</b> 5472 First Coast Highway, Suite 3 Amelia Island, FL 32034 904.438.0271	<b>St. Augustine</b> 1750 Tree Blvd #10 St. Augustine, FL 32084 904.273.6200
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Email inquiries to [info@pvps.com](mailto:info@pvps.com), or visit [www.pvps.com](http://www.pvps.com)

## Local physician raising family, bar for medicine

Dr. Tirbod Fattahi, MD, DDS, FACS



Department of Oral & Maxillofacial Surgery  
(904) 383-1667 • [ufhealthjax.org](http://ufhealthjax.org)

A familiar face to area residents, Dr. Tirbod Fattahi, with wife Julia, enjoy raising their daughters in the historic neighborhood of Avondale. The slower pace of life, neighborly social engagements, and family activities are a respite from Dr. Fattahi's earlier days in the bustle of Washington, D.C. The whole family are active participants with the Sunday school and children's choir at St. John's Presbyterian – Julia as director with Dr. Fattahi as helpful assistant. The Fattahis are also planning to participate in faith-based and medical mission trips as a way to give back to those less fortunate.

Dr. Fattahi's family and church activities do not preclude his love of blood-pumping activities – he enjoys the thrill of racetrack driving schools in his spare time. The precision and responsiveness required of an excellent driver are qualities that span both his extracurricular activities and his professional life in the medical field.

For the past 12 years, Dr. Fattahi has worked in the Department of Oral & Maxillofacial Surgery at UF Health Jacksonville. Currently director of the UF Health oral & maxillofacial residency program, associate professor of surgery and chair of the department, Dr. Fattahi believes that educating future healthcare providers is as vital as the rest of his work, providing both medically-necessary interventions and aesthetic procedures to patients seeking care.

With both dental and medical degrees, Dr. Fattahi's training gives him a uniquely thorough understanding of the physical structures of the head and neck and any underlying pathology. His practice philosophy revolves around thoroughness and detail. His surgical training and ongoing medical professional development enables him to provide excellent results in both elective and medically-urgent cases.

Dr. Fattahi's work at UF Health concentrates on facial trauma and reconstructive surgery. For patients seeking aesthetic procedures, Dr. Fattahi has a private practice in the St. Vincent's Southside Medical Center at 4203 Belfort Road, Suite 345. For information, call (904) 383-1667.

## Plastic, reconstructive surgery are Dr. Glassman specialties

Dr. Dean Glassman, MD, FACS



Dr. Dean Glassman's Office is located at Baptist Medical Center Downtown in the Baptist Pavilion, Suite 1603, Jacksonville, FL 32207. Call 904.396.0023 to book an appointment by asking for Ashley. Visit [www.glassmanplasticsurgery.com](http://www.glassmanplasticsurgery.com) for further information about the practice.

Plastic cosmetic surgery, as well as reconstructive and pediatric surgery are the specialties of Jacksonville's Dr. Dean Glassman.

Considered one of the area's premier plastic surgeons, Dr. Glassman is currently the chief of plastic surgery at Baptist Medical Center and has more than 20 years of experience as a board certified plastic and cosmetic surgeon.

Patients come from all over Northeast Florida to be treated by Dr. Glassman, who did his plastic surgery fellowship at Johns Hopkins University Medical Center in Baltimore, Md., and later became chief of plastic surgery at Shands Jacksonville Medical Center. He has also taught plastic surgery, serving as an associate professor in the department of surgery, and has authored a number of articles on the subject.

His specialties include facial plastic surgery including nose, eyelids, and facelifts. He also performs the well-known 'mommy makeover', tummy tuck and breast lifting.

In addition, Dr. Glassman offers all aspects of non-surgical aesthetic services and products including: NeoCurtis skin care line, Botox, Juvederm, and products to maintain an improved you. He offers Laser resurfacing of the face with the newest CO2 fractionated device as well as many other Laser procedures including vascular birthmarks, pigmented lesions and tattoo removal.

The friendly staff make an extra effort to educate patients about all their options, discuss financing, prepare them for the various procedures and assist them to make recovery as trouble-free as possible.

Glassman is also known to readers of The Resident due to prior articles that had been written about his volunteer work in several South American countries.

"Every year I go somewhere and do volunteer work for kids," Glassman said. "It's very rewarding work."

In 2015 he plans at least one trip to Brazil as part of a group of doctors doing reconstructive surgery on children with cleft palates and other facial disorders.

## Dr. Duffy focuses on referrals through results

Dr. Michael J. Duffy, MD, FACS



Cosmetic & Reconstructive Surgery Center  
(904) 398-2666  
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Once the decision to have cosmetic surgery is made the next question is: What doctor is best suited to perform the surgery? If potential patients listen to their family, friends and neighbors, there's no question the name Dr. Michael Duffy of Jacksonville will come highly recommended.

"Word of mouth is so strong with plastic surgery," said Claire Duffy, the doctor's wife and manager of his office at 6867 Belfort Oaks Place. "It's not really referrals from other doctors. What happens is you have to make Cindy, Debbie and Suzie really happy because when they are happy they are going to refer all their friends."

"So our practice is so big word of mouth. That's really what you want. You want to bring someone in and wow them, to make them look beautiful and always with safe results."

Specializing in all cosmetic surgeries of the face and body, Dr. Duffy is committed to enhancing each the patient's personal appearance, resulting in more confidence and self-esteem. And who are the people coming in? Many are women seeking what Claire Duffy calls a "mommy makeover." Often they are young women who have had their first child and seeking a renewed youthful appearance.

"For us and our practice, the thing that we see and do more than anything is mommy makeover," she said. "People are in bathing suits so much here and in shorts." A growing number of men are also looking to cosmetic surgery, she said, with upper and lower areas of the eyes, excess skin resulting from massive weight loss and liposuction of their flank area. "We do an incredible amount of men," said Claire Duffy, noting that many patients are older men looking to compete for jobs against recent college graduates. "The men are coming in and saying 'You've got to do something. I look old and tired compared to this young guy. I can run this better than the young guy,'" she said.

The American Board of Medical Specialists certified Dr. Duffy to perform surgery in 1988 and approved him for plastic surgery in 1996 and was recertified in 2005. He received his medical degree from Emory Medical School in Atlanta, where he also did a residency along with the Medical School of Georgia in Augusta and Mayo Clinic in Rochester, Minn. Among his professional affiliations are the American Society of Plastic Surgeons, Fellow American College of Surgeons, Society of Surgical Oncology and the Duval Medical Society. Dr. Duffy received the Plastic Surgery Educational Foundation Award in 1993. He also speaks at international and national symposiums on cosmetic plastic surgery and is the author of several articles on the subject.

"It's all about building on the trust the patient is placing on the doctor and staff," Duffy said. "It's all about trust because, let's be honest, they can go anywhere. So you want them to feel safe, to feel they are in very, very capable hands from the person who answers the telephone to the recovery room nurse." Follow-up calls to patients who have the surgery at the Jacksonville Surgical Center begin the night of their procedure and continue for several days. They also receive "a day of spa beauty treatment" with one of the two aestheticians on staff, she said.

# Transforming retirement for others now a challenge for Wilkes-Pierce

By Julie Kerns Garmendia  
Resident Community News

Going from an organized routine of making plans to keep others fit and active to a self-induced period of making no plans may be a challenge for Kathleen Wilkes-Pierce.

The activities director at Taylor Manor describes her 25-year career there as the years of “grace and plenty.” She said that she will never forget the staff, volunteers, residents and families who became her own extended family.

Wilkes-Pierce, 66, transformed the activities program, upping the fun factor and re-energizing residents of all ages and physical conditions.

“I’m grateful that I was allowed to



Shelly Jones, administrator at Taylor Manor, and Kathleen Wilkes-Pierce at her retirement party.

juggling three monthly calendars of activities at Taylor Manor possible.

“We incorporated many varied volunteer projects, including pet therapy, arts and crafts projects, programs with teens, schools and veterans. It was my personal goal to put a smile on each resident’s face every day, to make them feel included, loved and cared for...and a joy-filled spirit is contagious!” she said.

The term “retirement” sounds strange to the 30-year resident of San Jose who said she is taking some good advice. The first step is to simply enjoy her family life at home in her little red brick house and learn how to actually be retired.

“My plan is no plans for at least six months or a year.

I’m going to think about all the things I might like to do, including volunteer with children or teach a dance fitness class. My husband Clark Pierce, 65, and I want to visit our son in Seattle and travel,” she said. “I’m an artist in watercolor, pens, ink, and tempura doing scenery and still life, which is something I’ll have more time for now.” Wilkes-Pierce worked for Lord’s of Avondale in the 1970s and 1980s, before it closed, custom dry-mounting wedding invitations and announcements, a hobby she may start again.

Wilkes-Pierce would like to thank Taylor Manor and the hundreds of residents and guests who attended her retirement party, an event filled with happy memories she will never forget.

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do my own thing, to fill every day with worthwhile classes, special presentations and community performances, hands-on opportunities to learn or experience new things and intergenerational activities. It was important to me that we offer daily BodyMindSpirit dance fitness classes adapted for anyone to participate, either seated or standing,” she said.

In her prior career, Wilkes-Pierce operated a Jazzercise Studio, which she loved, on Hendricks Avenue. That experience taught her the social and physical benefits of fun-filled physical activity, combined with the stimulation and energizing qualities of musical accompaniment. It also taught her business management skills that made

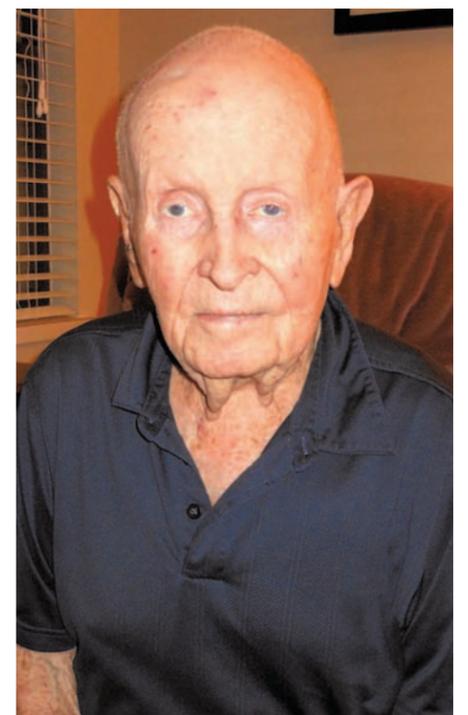
## Navy retiree celebrates 100th birthday

By Julie Kerns Garmendia  
Resident Community News

When John Joyce Mathis retired from Naval Air Station Jacksonville in 1964 the World War II veteran said he never expected to be celebrating his 100th birthday with family and friends at Taylor Manor Assisted Living Center. He spent the next phase of his life as a much-in-demand carpenter doing home repairs. It was productive work with his hands that brought him great satisfaction. Just recently he gifted his shop and all of his tools to a grandson who hopes to follow in his grandfather’s footsteps.

He and his late wife, Eunice Carlton Mathis, lived on Cruz Road 27 years and then on two acres on Spring Glen Road for 40 years. Their only child, Alda Mathis Tarvin, and her husband Richard built their home on one of those acres right next door where the couple could be close to their three grandchildren. There are now seven Mathis great-grandchildren.

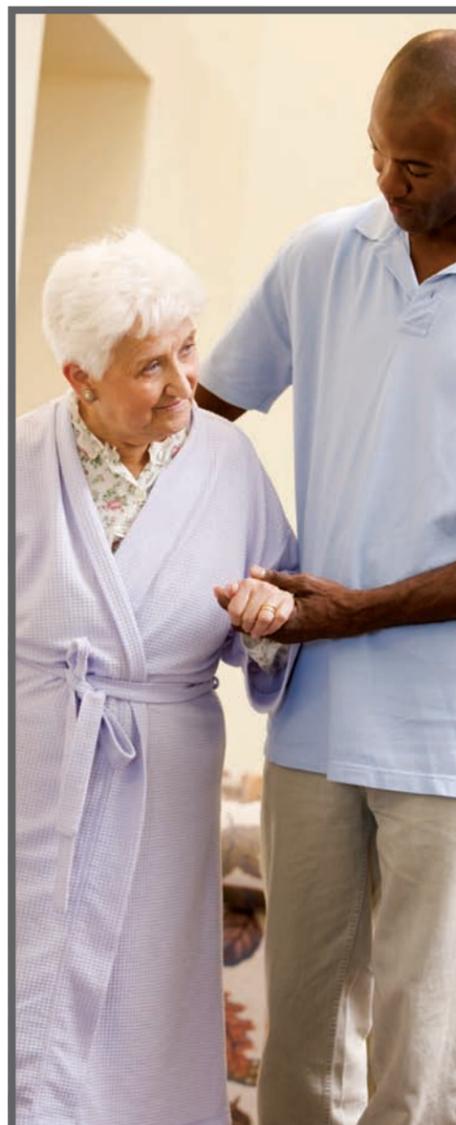
Mathis says he has many friends, is a keen Bingo player and is interested in current and military news. The thing he misses most is getting out on the water and going fishing and taking care of his prolific vegetable garden and fruit trees, especially his fig trees. He is glad that he and Eunice took the time to travel to the



Caribbean, to Hawaii and go on a cruise. He remembers how crisp and beautiful the North Carolina mountains looked during the fall.

His secret to a long, happy life?

“I just keep breathing!” he said. “I’m a 65-year member of Spring Glen United Methodist Church. Do you think maybe that has something to do with it?”



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\*please contact our offices for more detailed information

## Good news for Afib patients

Riverside resident Dr. Saumil Oza, a cardiac electrophysiologist with the Atrial Fibrillation Institute at St. Vincent’s Medical Center Riverside, together with five other physicians and surgeons recently launched one of the country’s first stroke prevention programs for patients suffering from Atrial fibrillation (Afib) – the most common type of abnormal heart rhythm and a leading cause of stroke.

This integrated approach involves the collaboration of St. Vincent’s cardiac electrophysiologists, neurologists, gastroenterologists and cardiac surgeons who act as a stroke prevention team. The physicians will work together to evaluate patients on multiple levels and determine the most effective treatment plan for

each individual.

Recently named as Chief of Cardiology at St. Vincent’s Riverside, Dr. Oza said treatment options for patients vary from prescription medications to procedures such as LARIAT and Atriclip, with the overarching goal of providing options for all patients to reduce Afib-related stroke risk.

“The elevated stroke risk that comes with Afib is a serious concern for patients, and many have been told they are at the end of the road when it comes to treatment,” Dr. Oza said. “Our stroke prevention team is focused on finding solutions for every patient regardless of their medical histories or other contributing conditions.”

# In Memoriam

## Carolyn Day Pfohl – 9/28/1919 to 11/29/2014 *Carolyn Pfohl's love for music touched so many*

By Greg Walsh  
 Resident Community News

Thousands of Duval County public school students taking music classes today can thank Carolyn Day Pfohl for leading a determined effort six decades ago to make those classes happen.

Pfohl, who passed away Nov. 29 at the age of 95, was instrumental in convincing county voters in 1961 to adopt a bond issue to construct music buildings at all county high schools and junior highs. In later years, she continued her support of music through involvement with Riverside's Friday Musicale and as managing trustee of the Mary L'Engle Orchestral Fund, which loans string instruments to Duval County students.

Friends and co-workers of Pfohl say her unwavering commitment to teaching children about music will be her lasting legacy.

"Everyone should be grateful for her tremendous push and drive not only for music but for all arts in the community," said Anne Adams, a retired Duval County music educator who worked with Pfohl. "She was my supervisor and she was always an inspiration, always on the upbeat. She was always so full of energy and wonderful thoughts."

Adams said Pfohl, who played



the bassoon, was a strong believer that music "built character and built appreciation for all the arts." She entertained her school staff at her home on many occasions and had genuine interest in co-worker's lives.

"She was also extremely well organized," Adams said. "I visited with her no too long before her passing and she still had all the files about her employees organized and could go right to what she needed."

Born Sept. 28, 1919, in Nixburg, Ala. to Samuel M Day Sr. and Louise Smith Day, she graduated from Alexander City High School and attended Alabama

College where she received a bachelor's degree in music. It was followed by a Master's degree in music from Columbia University in New York City.

Pfohl was county supervisor of music education for 15 years beginning in 1953. In 1968, she married Dr. James C. Pfohl – who later was director of the Jacksonville Symphony Orchestra – and the couple moved to Reston, Va., where he was conductor of the Reston Orchestra/Chorale. They moved in 1978 to York, Penn., where he was conductor of the York Symphony Orchestra.

They returned to Jacksonville in

1983 and Pfohl became involved in Friday Musicale, which honors her by presenting the Carolyn Day Pfohl Award to an outstanding musical educator each year.

Linda Fisher, a past president of Friday Musicale, said Pfohl was very supportive as her vice president. "Whatever I did (as president) was wonderful in her eyes and nothing could have been a greater confirmation for me. I felt a great debt to Carolyn Pfohl."

Fisher also noted that Pfohl continued to attend the organization's musical events in recent years even when her health was declining.

Carolyn Day Pfohl was preceded in death by her husband in 1997 and a brother, Dr. Samuel M. Day Jr. She is survived by her niece, Margaret Day Julian, and three nephews and their wives, Samuel Mason Day III (Joy), Arthur Lennard Day (Kande) and Dekle Day (Elisabeth), and their children. She also had three very dear "bonus" children gained through her marriage to Dr. Pfohl: Alice Keith Knowles, James Christian Pfohl Jr. (Jimmie), and Dr. David Nelson Pfohl. Hardage-Giddons Funeral Home handled the local arrangements and services; burial was in Alexander City, Ala.

**Every face tells a story.**  
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**Tirbod Fattahi, MD, DDS**  
 Associate Professor and Chair  
 UF Department of Oral and  
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# Jr. Residents

## San Jose residents commit to swimming

Family, friends, classmates, coaches and faculty filled the McGehee Auditorium on the Upper School San Jose Campus Nov. 19 in one of the largest college commitment ceremonies in recent years as 19 Bolles student-athletes committed to a particular college or university to continue their athletic and academic careers. Among those students were two from San Jose who will pursue swimming along with their academic careers next fall: Amelia Hartje, Emory University, and Annika Kollevoll, Northwestern University.



Amelia Hartje



Annika Kollevoll

## Preschoolers thank fire and rescue team



Students from South Jacksonville Presbyterian Preschool recently visited Jacksonville Fire and Rescue Station 13 to thank the crew for coming to the school. Daniel Elliott and Luke Eliopulos delivered cookies and a big card, showing their appreciation for the work done to keep the community safe.

## Bolles Bulldogs go to state finals 16th time



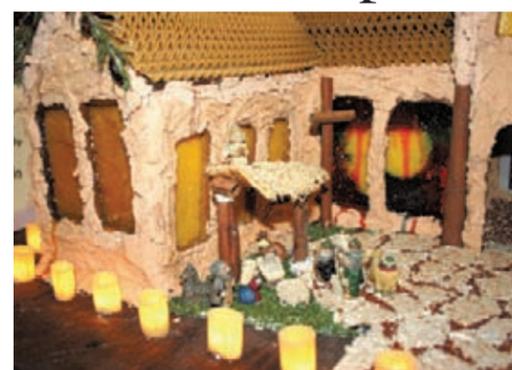
After defeating Madison County 34-15 the day after Thanksgiving, the Bolles Upper School football team advanced to the state finals for its 16th appearance. The team faced Booker T. Washington for the fourth straight year and lost, for the third consecutive time, 33-28 in the Dec. 6 game played at the Citrus Bowl in Orlando. The Bulldogs last beat the Tornadoes in 2011.

## First-time creation wins first place

The elaborate gingerbread creation was a clear winner for first-time participants at San Jose Episcopal Church and Day School. The re-creation of the historic San Jose Episcopal church and tower won first place in the religious category of the Jacksonville Historical Society's annual Gingerbread House Extravaganza.

Church member Bette Loyd and day school parent Julie Pyburn led the design and construction of the winning display. The front garden features a miniature nativity scene, with the roof of the creche made of a pita chip topped with shredded wheat – an idea that came to the creators during a lunch break where they were eating pita chips.

The entry featured materials such as lasagna noodles for the terra cotta tile roof,



fresh rosemary as holiday garland, red quinoa as mortar for spelt cracker tiles and luminaries made of pasta tubes. Decorations included stars of anise, cinnamon sticks, dried cherries and chili peppers. The church's beautiful stained glass windows were recreated with melted candy.

## Granada resident tapped for Honor Band

Senior musician Morgan Ashurian, vice president of the Bolles Upper School Symphonic Band, traveled to Tallahassee last month for the 34th Annual Tri-State Honor Band Festival and Conducting Conference held at Florida State University. Ashurian and band president Spencer Hayes were selected to participate in the four-day festival which ran December 4-7.

Ashurian is principal clarinetist in the Bolles Symphonic Band. She started on clarinet in the sixth grade at the Bolles Middle School Bartram Campus. Ashurian has been selected to the district private schools honor band every year since her freshman year and has participated in symphonic band performances at the Hatch Shell in Boston during her summer study at Harvard.

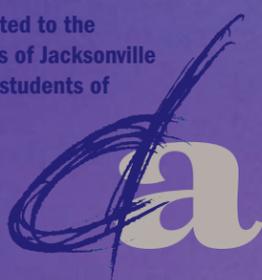


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## Scoring points for a good cause



Photo courtesy of Miller On Sports © 2014

Almost 150 young basketball players spent Black Friday (the day after Thanksgiving) trading canned goods for dunks, dribbles and passes.

Ortega Forest resident Sara Brackin, coordinator for the Riverside Presbyterian Church Basketball League, arranged a trade with the Jacksonville Giants basketball team and Godspeed Elite Sports

Performance to get two training sessions in return for donations of canned goods for San Marco-based United Community Outreach Ministry (UCOM), a Giants' charitable partner.

The youths donated nearly 1,000 canned goods for the cause in return for basketball training with the 2012 and 2013 National Champions Jacksonville Giants.

## Bolles places fourth at World Quest Comp



A group of 12 junior and senior students from The Bolles School competed at the annual World Quest competition at the University of North Florida on Nov. 12, placing fourth out of 49 teams competing. This was the highest finish Bolles has ever attained at the rigorous competition. San Jose resident Nikita Raheja was among the juniors on the team, and San Marco seniors included Brenna Thanner and Morgan

Ashurian.

"I am incredibly proud of what they did," said Dr. Danton Kostandarithes, Bolles teacher and team sponsor. Kostandarithes spent six weeks with students before and after school to prepare for the competition. The World Quest competition tests students on their knowledge of global issues such as human trafficking, food and water resources, youth employment and current events.

## Nine debs at 138th annual ball



Photo by Laura Evans

Nine lovely young women were presented at the 138th Commodore's Debutante Ball on Dec. 20 at the Florida Yacht Club. The debutantes are, left to right, Madeleine Barker, Elizabeth Pilcher, Emily Prendergast, Annemarie Hale, Ivey Gordon, Elizabeth Daw, Ashley Pilcher, Jane Ann Howerton, Stephanie Ira.

## Global Community Day scheduled at Episcopal

The Episcopal School of Jacksonville has scheduled a Global Community Day for Thurs., Jan. 29 under the theme "Educating Everyone." Speakers include a world renowned motivational speaker and former boy soldier from Sierra Leone, and a representative from More Than Me, an organization working in Liberia to educate girls and now to fight Ebola. Events will include a showing of GirlsRising, with activities related to education around the globe.

# Traditional family competition brings neighborhoods together

The sixth annual Craven Family Capture the Flag event, a Christmas Eve morning tradition, took place in Boone Park with families from both sides of the river.

The Craven Family Classic began in 2009 and the friendly competition brings out more than 100 people of all ages.

“It was a game I loved growing up, and wanted to pass it on to my kids’ generation. It has become a great tradition for Riverside and San Marco families,” said Sue Craven Williams. “It is a full family game...kids, teens, moms, dads and grandparents. But just because it is full family, do not get the idea that it is NOT a cut throat competition!”

Two teams – denoted by strips of colored duct tape across chest, back and arms – hides a flag, then return to “face off” where rules are discussed, lines are drawn, and old

grudges brought to the surface.

“The object of the game is to go into enemy territory and find the hidden flag and successfully bring it back to your territory,” Williams explained. “If you are tagged in enemy territory, you have to go to jail and wait for one of your mates to make a harrowing rescue.”

After a couple of games, everyone breaks for an exchange of snacks and friendly accusations, then a grand finale game of kids versus grownups. Last year more than 150 people, ages two to 60-plus, participated.

“I think that once someone experiences the excitement, it become one of the favorite traditions of the year,” concluded Williams. “It is really something to behold, particularly the all-out warfare between the dads! It grows each year. People tend to bring more friends each year.”



Stephanie and Cary Helton, Jenny, Ellen and Richard Reid



Sue, Mac and Riley Williams



Patrick and JP Coll, Jimmy Doherty, Todd and Tommy Froats and Mason Doherty



John Baxter with dog Jost and Jake Williams

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# GO GIVERS

By Julie Kerns Garmendia  
Resident Community News

The Marks, both architects, met at the University of Florida, married and moved to their San Marco home in 2012. Noah works for Kasper Architecture and Sarah is with Gresham, Smith & Partners. Through participation in company volunteer community service projects, they quickly felt part of Jacksonville.

“Two months before the first One Spark Festival, April 2013, we met with a new local charity that needed a booth designed, built and installed for the festival. We created their booth, volunteered to work shifts and dismantled it afterwards. Rethreaded received the most votes of all participants. We felt part of their success and it was a great feeling,” Noah said.

Afterwards, the Marks continued to volunteer for Rethreaded. They saw ongoing needs and supported the charity’s mission to provide work for women and youth exploited by the sex trade (prostitution, human trafficking). Women without education or work history can create a new story for their lives through jobs sewing donated T-shirts into beautiful clothing and accessories, according to founder Kristin Keen.

When an empty warehouse space was loaned to the charity, the Marks knew it required extensive work to create a first-class retail space for Rethreaded.

“We recruited friends and family to volunteer because it was a big job. I’d spent a year working in carpentry after I completed school, so those skills helped. We designed the space, managed the budget, and got donations of specialized labor to transform the warehouse into a boutique,” he said.

Their other volunteer work happens far from Jacksonville, in Honduras where they rode a bus for hours to reach the remote village of Guadalupe. There Noah helped

## Noah and Sarah Marks

drill a water well and install a pump. Sarah taught basic hygiene and sanitation classes to village women and children.

“In developing countries the need for clean water, sanitation and basic hygiene is critical to prevent illness and contamination. Fresh clean water is such a normal part of our lives, we don’t realize how other parts of the country struggle with this basic human necessity,” they said. Living Water International is the charity that trained the couple and coordinates global volunteer assignments.

The Marks believe that helping others and building relationships brings joy to life and volunteering together has brought them closer and strengthened their marriage. They both volunteered as teens through church youth groups at soup kitchens and helping hurricane victims re-build. Sarah was part of her mother’s Relay for Hope cancer team in honor of a cancer-surviving aunt.

The couple enjoys exploring Europe and tending their container vegetable garden which actually puts food on their table. Sarah paints, draws, cooks and volunteers with children at River City Church. Noah plays bass guitar in the church band.



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# The Way we Were

# Stephanie Guerin Schoof

By Julie Kerns Garmendia  
Resident Community News

Stephanie "Stevie" Schoof, 69, has been a nurse for 48 years, a profession she was practically born into (surgeon father, nurse mother). Yet she keenly recalls there seemed few other professional options for women when she finished high school. Schoof said there were three choices: nurse, secretary or teacher.

"When I was growing up those were the only professions most women considered. So I entered the Charlotte Memorial Hospital School of Nursing Program in North Carolina, one of the best nursing programs available at the time and it was intensive...I graduated in 1966 and I'm still in nursing 48 years later!" she said.

Schoof was born at Mayo Hospital in Rochester, NY and grew up in Vero Beach. In 1967 she met and married Carl Schoof, a pharmaceutical representative. They moved to Jacksonville in 1968 and lived on Barnes Road in Lakewood. In 1970 they moved to St. Nicholas when Stevie was pregnant with daughter Aimee. The Schoofs celebrated 37 years of marriage before Carl's death from cancer in 2004.

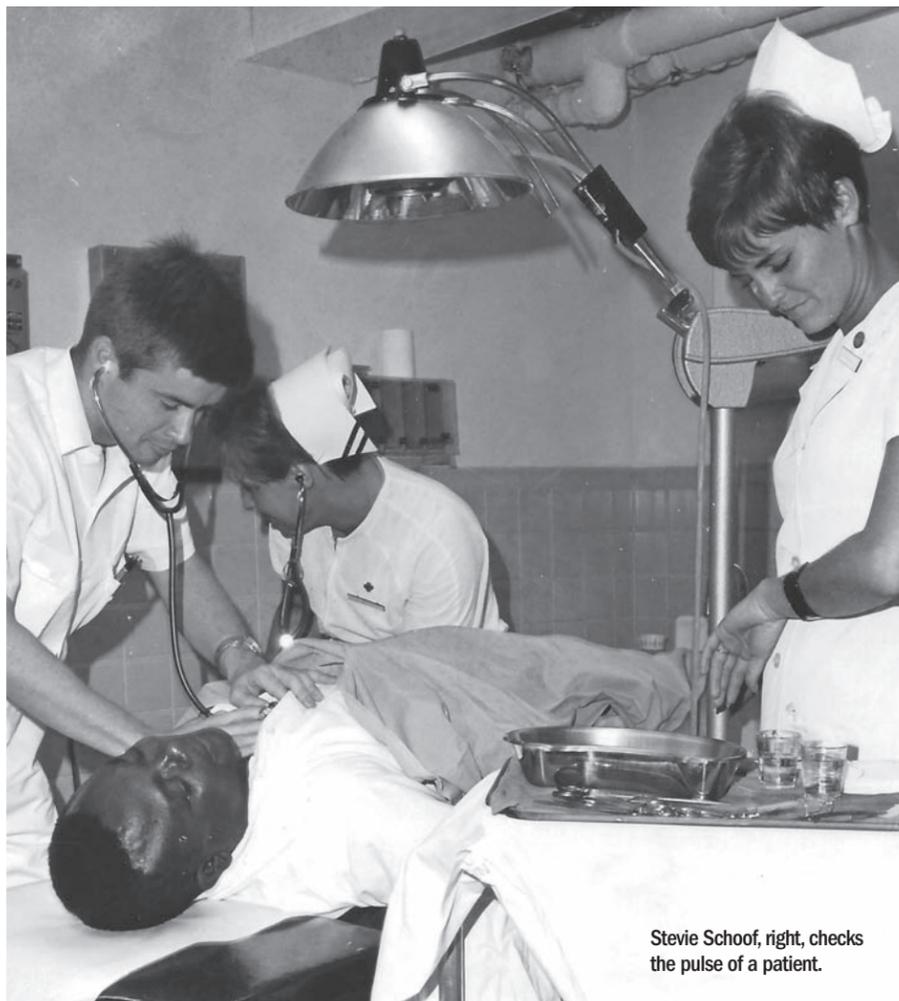
"I've lived in St. Nicholas 44 years and I love this little brick home with its tile roof. I always say 'there's no dishwasher, no microwave and no room for them.' Everyone calls it the 'Flintstone's house' because it still has

the original 1930 wallpaper, tile, wiring and plumbing. I love old homes, old things, antiques...I like to recycle," she said.

During her long nursing career Schoof worked in most of Jacksonville's hospitals including the former Duval Medical Center, (now UF Health Medical Center/Shands Hospital), the old Riverside Hospital, St. Vincent's and Baptist. When her daughters Aimee and Natalie got older, she switched to PRN (temporary/as needed) early shifts to be finished by the end of their school day. That enabled her to supervise homework, after-school activities and serve as home room mom.

"I've learned so much about life from nursing. When I first graduated from nursing school there was one head nurse with five or six nurses working under her. Each nurse was assigned to a specific patient from the time they were admitted until discharge. We bathed our patients, got them hot water bottles, extra blankets, gave back rubs at night...we did everything for them which allowed us to really know that patient's condition. We had a chance to build relationships," she said. "Now I think what's missing is those small caring human touches, warmth and connection...too many different people are caring for each patient."

Positive changes in nursing include the availability of higher education



Stevie Schoof, right, checks the pulse of a patient.

for nurses and heightened emphasis on wellness education, prevention and fitness, Schoof said. She noted the abundance of free seminars, information, health testing and home-use equipment plus greater awareness of overall healthy living.

In 2000 Schoof and her husband took a hiatus from work after losing three close friends to cancer. They were so affected by the deaths they decided to pack their old jeep and travel the country while both were healthy.

"We bought National Park Passes

and visited all the National Parks which was fantastic. We traveled the U.S., saw distant friends and family and entertained in our home whenever we felt like it," she said. "I will always be thankful we took that time together, because within two years Carl, who was physically fit and a runner, was diagnosed with cancer. He died in 2004."

Schoof returned to nursing to teach CPR for Baptist Health Hospitals, an option she chose in order to learn public speaking and overcome shyness.

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Photos from Stevie Schoof's nursing school days

She also does contract work for BC/BS and Health Designs administering health tests for employees and teaching preventative health care. For fun Schoof, always an adventurer who says she feels positively young, explores the back country of Yosemite National Park.

"In 2012 my daughters and I hired a guide, rented gear and 35-pound backpacks, hiked and camped out in Yosemite Valley. I decided we should see El Capitan (3,593 foot sheer vertical granite wall), a mecca for rock climbers. We actually climbed its backside, the Half Dome (8,842 foot granite monolith) where there are heavy metal cables drilled into the rock to aid climbers. Calling and setting that trip up by phone from Florida was a little crazy...I didn't fully realize what we were in for until we got there and my

daughters were freaking out, but it was an incredible experience," she said.

Along with volunteering for Habijax and through her church Southside United Methodist, she is part of a Suds Ministry. She and friends gather their quarters and visit a laundromat to pay for washers and dryers and chat with whoever is there.

"We usually find people in need of help and that's an opportunity to hear their stories and try to do whatever we can for them," she said.

Otherwise Schoof can be found gardening, exploring in her ocean kayak or tracking individual, named great white sharks with her phone app. Schoof invites friends for musical evenings in her home and was an early member involved with the formation of St. Nicholas Preservation.



Schoof family in their St. Nicholas home: Aimee behind mom Stevie, Carl with daughter Natalie

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With the holiday season just around the corner, most of us have seasonal foods and big feasts surrounded by family and friends planned. Unfortunately, that likely also means needing to loosen our belts a few notches. Let these tips guide you to a healthier, more energetic holiday season.

**Don't show up to gatherings with a rumbling stomach:**

If you know you're going to a holiday party where lots of food will be served, be sure not to walk through the front door on an empty stomach, according to the Academy of Nutrition & Dietetics. Help yourself to a small meal or snack before you leave so your hunger doesn't lead you to overeat.

**Be mindful of liquid calories:**

According to the American Heart Association, alcoholic beverages add a lot of calories but they also keep you feeling hungry. After every alcoholic beverage you consume, follow it with a cup of water. This will keep your thirst quenched, your stomach full and your temptation from consuming more liquid calories away.

**Careful with the salt shaker:**

While it may seem like the salt shaker at the dinner table is hardly enough to do any damage, sodium needs to be carefully monitored as a little will go a long way. Choose fresh fruits and vegetables over canned, which may contain more sodium. The US Food and Drug Administration recommends getting into the habit of flavoring foods with herbs and spices instead of salt.

**Fill half your plate with fruits and vegetables:**

Moderation is often easier said than done. A quick trick to moderate your intake while still enjoying those special annual treats, is to fill half of your plate with fruits and vegetables. Enjoy the fruits and vegetables in season as well such as sweet potatoes, pomegranates, oranges and kale.

**Use simple alterations when baking:**

The holidays are no time to deny your sweet tooth. When choosing your baking ingredients, substitute butter with apple sauce to reduce the fat content. Use whole-wheat flour to increase fiber intake. Consider low-fat or skim milk when the recipe calls for heavy creams to reduce calories as well. In addition, consider home baking an opportunity to add fruit in your diet by substituting chocolate chips for dried cranberries or cherries, according to the American Heart Association.

**Integrate physical activity:**

Physical activity doesn't have to mean hitting the gym. Make being active a family affair. Instead of driving around to see the neighborhood decorations, enjoy the decorations on a brisk walk with the family. Find the parking spot furthest away from the mall entrance when getting your holiday shopping done. Take the stairs whenever possible.

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# Episcopal bids farewell to oldest living thing on campus

## *New Live Oak to be planted in same location*

By Kate A. Hallock  
Resident Community News

Episcopal School of Jacksonville announced early in December that the Great Oak tree, which has stood at the center of the School's campus since its founding in 1966, must be removed. The School was purposely designed by architects around the tree in the 1960s.

The Great Oak is of an indeterminate age, but is likely several hundred years old. It was already considered ancient when Mary Packer

Cummings (daughter of Asa Packer, founder of Lehigh University) built her home in the 1880s on what is now the School's campus. Her estate, called Keystone Bluff, was visited several times by the brother (John) of William Cullen Bryant, who placed a bronze plaque on the tree containing a verse from Bryant's poem "A Forest Hymn."

According to school officials, damage, rot and decay has been ongoing and cannot be halted. The Board of Trustees regrettably endorsed a decision to remove the tree, which

occurred during the recent school break.

"If there had been any other alternative, we would have found one," said Head of School Charley Zimmer.

There are plans to use the wood from the Great Oak in some form within the community. "We know how meaningful and important this area of campus is to our community," said Zimmer.

During the school's Christmas break the Great Oak was removed and in its place a 35-foot Live Oak was planted. Tree experts

removed the stump and roots of the ancient oak, created a substantial hole for the replacement tree, which was lifted over the plaza by a crane and placed into the hole. Soil testing, new soil placement, special fertilizer and irrigation – and many prayers – are part of the plan to help the Live Oak adapt to its new home.

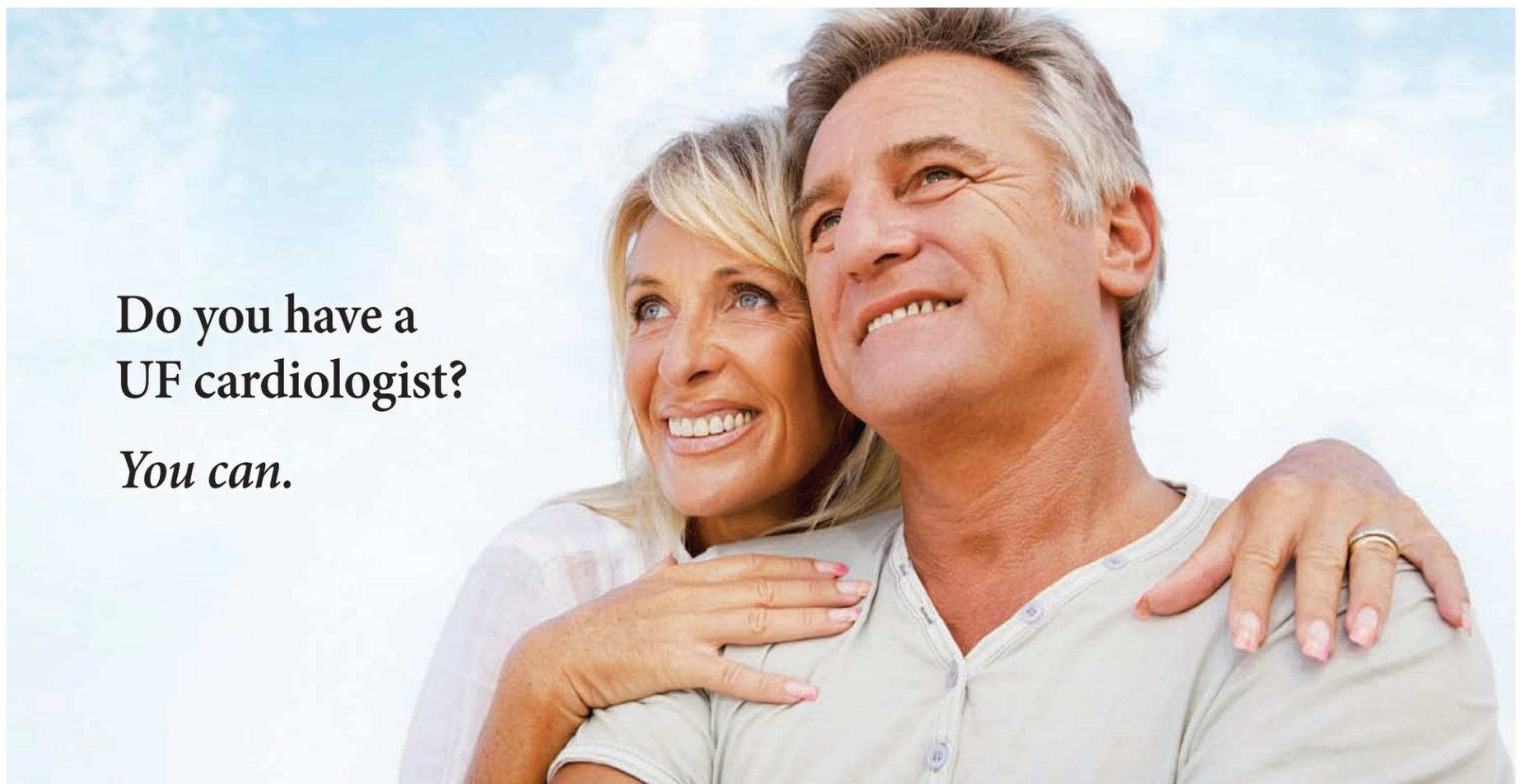
Although the view will be significantly altered when students return to campus on Jan. 5, in years to come perhaps the new tree will become a 'mighty oak.'



Class of 1973 poses at the Great Oak.



A chaplain-led service for students, faculty and staff was held on Dec. 12 in the area near the Great Oak. Photo by Laura Evans



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# Flashbacks

## Hope Haven Hospital

By Robin Robinson  
Resident Community News

The old Hope Haven Hospital, a forerunner of Nemours Children's Clinic, was a hospital established for the care of children with serious illnesses. Founded in 1926 at the height of the tuberculosis epidemic it cared for malnourished and tuberculosis infected children.

It later moved to its modern white brick building near the intersection of Bartram Road and Atlantic Boulevard in 1940. Once tuberculosis was brought under control Hope Haven found its next challenge to be caring for children affected by the devastating spread of polio in the 1950s. By the time the Sabine vaccine replaced the Salk vaccine in the early 1960s, they had treated over 20,000 polio patients.

As the need for crippled care declined the hospital converted to a general children's hospital in the 1970s, adding a surgical wing and increasing the bed capacity from 48 to 80. In 1990 the

hospital was sold and its operations moved to become a part of Nemours Children's Clinic.

The hospital building itself was well recognized and indeed became a symbol of hope to all passing by it. Knowing that children were being treated there, it held a special place in the heart of our community. Hope Haven Hospital was a testament to modern medicine's ability to provide care for those with serious illnesses and eventually come up with a cure for the disease.



Photo courtesy of Jacksonville Historical Society



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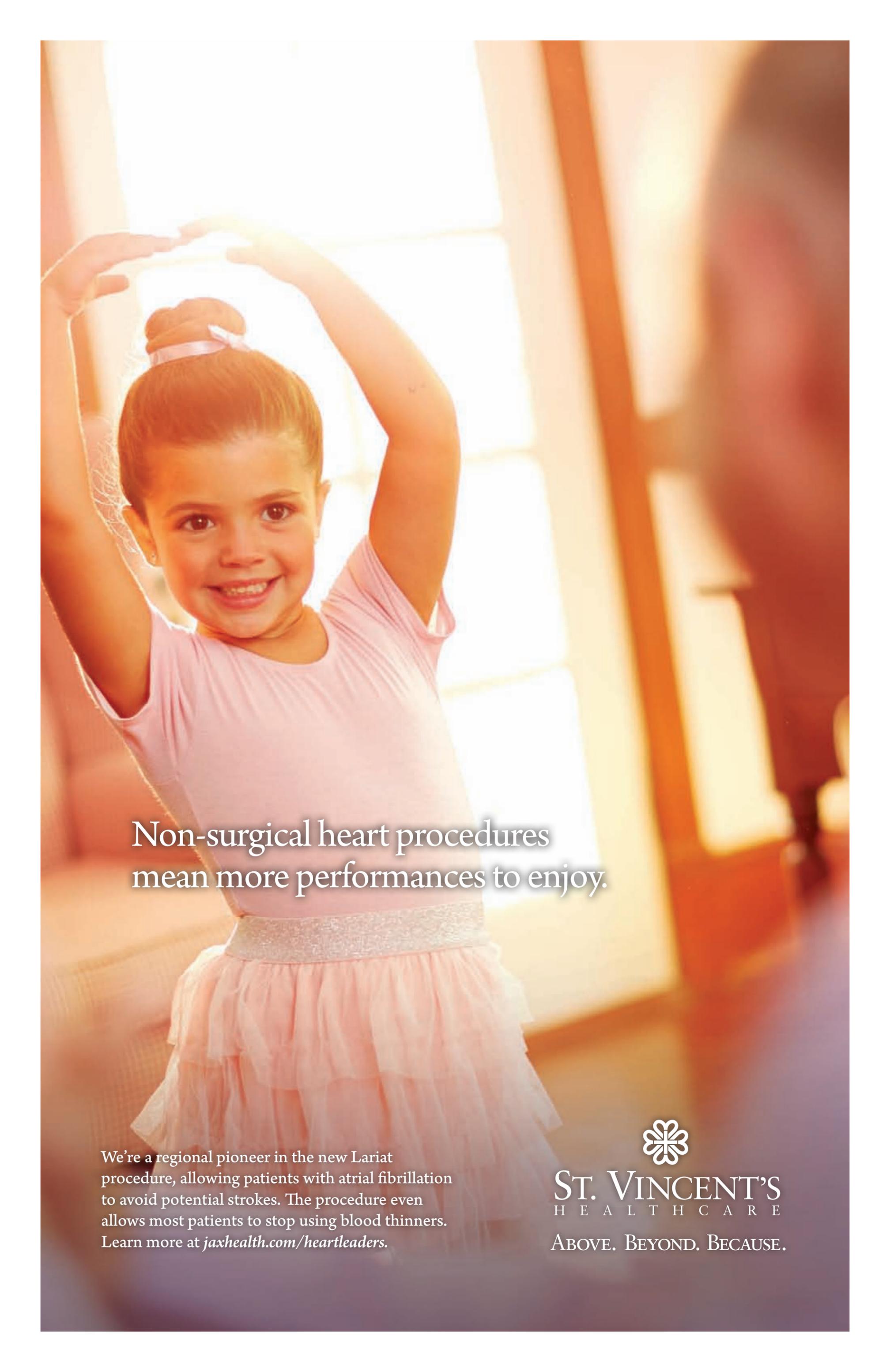
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