



MUSIC AND ART THERAPY ON STAGE AT ANNUAL PARTY

PAGE 26

Nemours patient Riley Ruppert-Richendollar, alongside Steven Amburn of First Coast Music Therapy, entertained patrons at the annual holiday donor reception at Epping Forest Yacht and Country Club on behalf of Nemours Children's Specialty Care.

FIRST FLOOD, THEN FIRE

Renovated fire station responds to school alarm

PAGE 4

GOOD BYE, FAT KAT?

An idea is brewing in Murray Hill

PAGE 8

A LOOK BACK AT 2017

Leaders share their perspectives

PAGE 10

COURT OF APPEAL HEARS LOCAL CASE

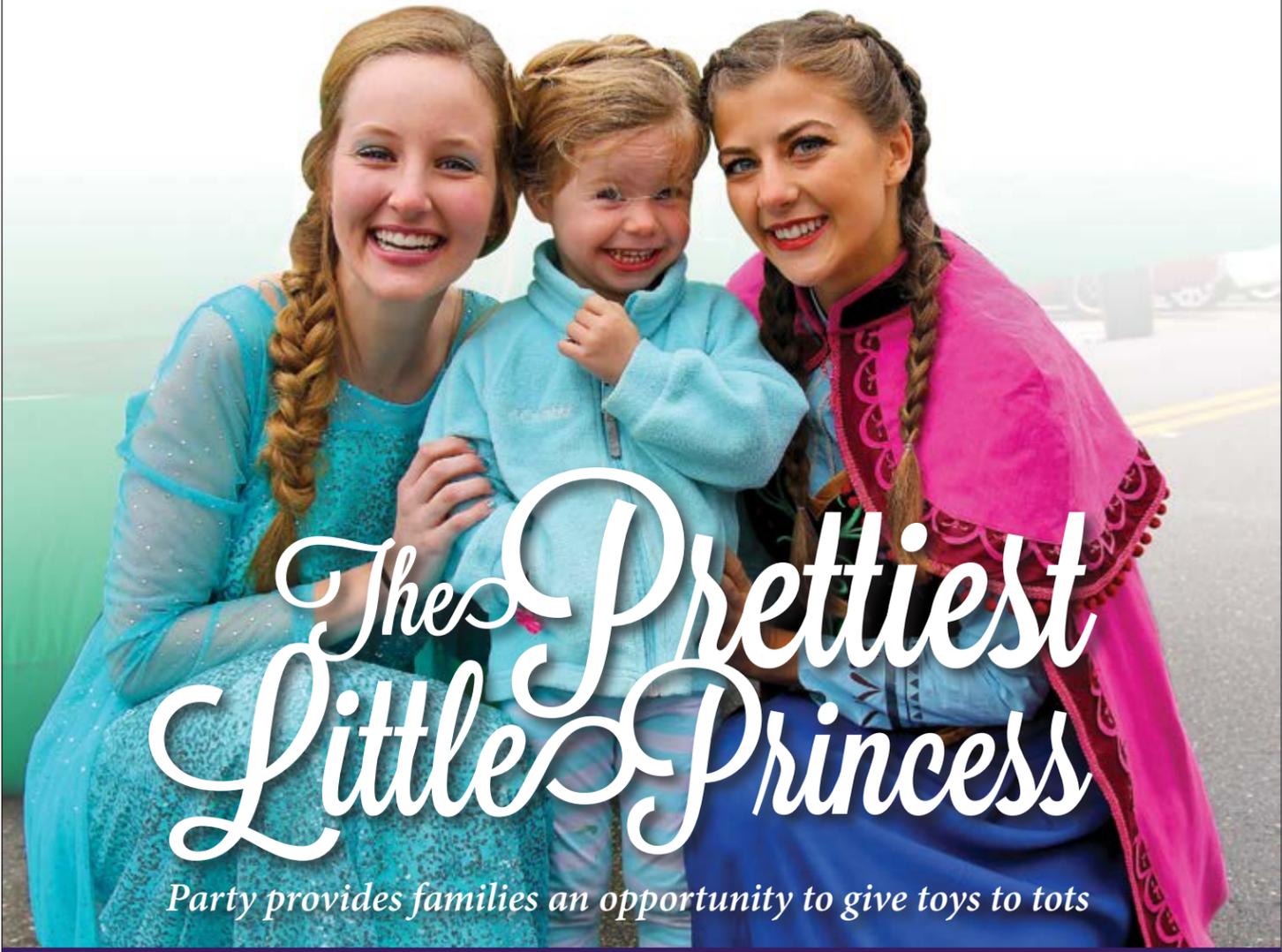
Plaintiffs against restaurant fight motion to dismiss

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COMMUNITY NEWS



The Prettiest Little Princess

Party provides families an opportunity to give toys to tots

"Frozen" princesses, Megan Mazak (Elsa) and Morgan Woods (Anna), pose for a photo with an ecstatic Molly Lynch at the Christmas on Lomax Block Party and Toy Drive. [Read more, page 32](#)

DEVELOPMENT RISING: PROJECTS UNDERWAY, SOME HOLDING FAST

BY KATE A. HALLOCK, RESIDENT COMMUNITY NEWS

Whether you are positive, negative or indifferent about development projects, there's no doubt it's occurring in the urban core. From building projects that seem to be right in your own backyard to road projects that force a change in your daily commute, the historic district could have them all in 2018.

Two currently underway are under the watchful eyes of residents in Riverside, and in the Avondale and Fishweir neighborhoods.



Fairfax Manor residents on Fishweir Creek can monitor the progress of the RiverVue apartment project on St. John's Avenue.

READ MORE, PAGE 49



JACKSONVILLE JAGUARS FOUNDATION AND DONORS HELP FIGHT HUNGER

PAGE 26

Although hurricanes left hungry people in their path, guests Farley Grainger, Megan Menefee, Jacksonville Jaguar Kicker #4 Josh Lambo, Gary Chartrand, Ernie Bono and Jim Lafleur were on hand to help close the gap by raising funds and awareness.

LONDON CALLED, JACKSONVILLE ANSWERED

PAGE 27

The 41st Annual Art & Antiques Show to benefit Wolfson Children's Hospital included local antique aficionado and presenter William Nash with his wife Leanna.





Downtown buzzing with development



The Jacksonville Landing could stick out “like a sore thumb” amidst new development if Sleiman Enterprises and City Hall can’t resolve issues that would result in improving the 30-year-old riverfront retail complex.

By Lilla Ross
Resident Community News

Expect lots of movement on the development scene on the Northbank, starting with the demolition of the old court house and city hall buildings. The city is seeking bids to clear the riverfront site on East Bay Street. The job, expected to cost \$8 million, would make the land ready for development.

It is all part of Mayor Lenny Curry’s plan to redevelop the Northbank, anchored by Shad Khan’s \$500 million plan for the Shipyards and Metropolitan Park that could include condominiums and apartments, office space, hotel, restaurants, retail and a marina.

Or, it could be the site of Amazon’s second headquarters. Jacksonville is one of 238 cities bidding for the business and is offering 200 acres downtown on the river. Khan has dubs on 70 acres from the Shipyards to Metropolitan Park. The city has declined to explain how the property would be divvied up if Jacksonville wins the bid.

Also planned for the riverfront is the USS Charles Adams, a floating naval warship museum. A capital campaign is under way. The frigate is awaiting refurbishment in a Philadelphia dry dock, which will take four weeks. Daniel Bean, president of the nonprofit board, said the arrival date for the Adams is uncertain but it could be in late spring.

But the Northbank has some issues to deal with, including the half-finished Berkman Plaza II and the down-at-the-heels Jacksonville Landing. District 5 Councilwoman Lori Boyer said the city is in talks with a developer who wants to turn Berkman into a hotel/residential property.

The future of The Landing is mired in a legal fight between the owner, Toney Sleiman, and the city, which accuses Sleiman of violating the lease. Sleiman Enterprises, in turn, filed a lawsuit against City Hall with accusations of abuse of power and undermining the success of the riverfront retail complex.

The City owns the property while Sleiman owns and operates the facility, constructed in 1987.

Publishers’ Note

Looking back at the year gone by, we’re thankful that no amount of devastation could dampen the desire to grow our great city. The momentum and attraction continue, especially when we show how well we pull together to help one another during difficult times.

Although not always clearly and immediately evident, there is usually a silver lining to destruction. Whether the Great Fire of 1901 that precipitated the build-out of Riverside and Avondale and the growth of South Jacksonville (now San Marco) or, more than a century later, the flood waters of Hurricane Irma that will help lead to building smarter, better-designed structures in our future, Jacksonville perseveres.

The wrath of Irma prompted us to rise above our troubles and cherish what makes our historic neighborhoods special as we rallied around our parks and gardens to return them to their glory. The perfect storm wasn’t even strong enough to douse the fire that was lit under our Jacksonville Jaguars in 2017. It’s refreshing to see the city celebrating victories both on and off the field of play.

Let’s celebrate the year to come and share the burden of growing our great city with high hopes and esteem for every citizen – one household at a time – starting right here in our historic districts.

Happy New Year,
Seth and Pamela Williams

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www.ResidentNews.net
Phone: (904) 388-8839
Fax: (904) 423-1183
1650-302 Margaret St. #310, Jacksonville, FL 32204

PUBLISHERS Seth Williams seth@residentnews.net	EDITOR Kate A. Hallock kate@residentnews.net	SALES Debra McGregor debra@residentnews.net
Pamela Bradford Williams pamela@residentnews.net	Got a Story? Email us at editor@residentnews.net	Tarryn Bradford Poling tarryn@residentnews.net

DESIGN: Joe Bahret, Joshua Garrett, Danielle Smith-Boldt, Shannon Young
CONTRIBUTING WRITERS: Susan D. Brandenburg, Marcia Hodgson, Marian Johns, Karen Rieley, Lilla Ross

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Market Update

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Venetia fire station, school suffer flood, fire damages

By Kate A. Hallock
Resident Community News

The Venetia community certainly had its share of disasters in late 2017. Many residents with homes on or within a few blocks of Yacht Basin, a tributary of the St. Johns River, suffered extensive damage to their homes, thanks to the Sept. 11, 2017 hurricane.

Hurricane Irma and the related storm surge also caused nearly \$75,000 in damage to Jacksonville Fire and Rescue Department Station 23, located at 5323 Ortega Blvd. Lloyds Construction was contracted to clean up, repair and replace damaged items, including the HVAC system.

The station had just returned to pre-hurricane normalcy the week of Dec. 11 when a fire broke out at the Venetia Elementary School in the early morning hours on Dec. 15.

The cause of the fire is still under investigation, according to Laureen Ricks, Duval County Public Schools District supervisor of media relations.

“Preliminary assessments found fire damage on the stage in the cafeteria and

smoke and water damage in the kitchen area,” said Ricks.

District maintenance teams and contractors spent the next two days cleaning the school, clearing debris, and discarding damaged and/or unsafe items. On Dec. 18 they began a demolition process which may take several weeks, said Ricks.

“The preliminary timeline is three months for reconstruction for cafeteria and kitchen, with preliminary cost being \$200,000,” she said. “Keep in mind that this cost is preliminary and is not inclusive of all repairs needed. Nor does it include cost of cleaning or replacing damaged items.”

Venetia Elementary students were welcomed to finish the semester at John N.C. Stockton Elementary School, as enough empty classrooms were available to facilitate the need.

“Venetia will most likely be ready for students to return after break,” Ricks said. “The plan is for food to be prepared offsite and delivered to the school, while the kitchen and cafeteria are being worked on. We are thankful no one was hurt, and the damage is limited to the cafeteria.”



Duval County Public Schools District maintenance crews worked to clean up fire-damaged portions of the Venetia Elementary School cafeteria. (Photo courtesy of Duval County Public Schools)

Irma creates hazard along park bulkhead

By Kate A. Hallock
Resident Community News

Lakeside resident Carol Easter isn't the only one who wants to know when the City of Jacksonville intends to address a dangerous situation at a local park.

“I have been told there have been many people calling about the bulkhead, the

huge sinkhole and, in Stinson Park, the ramp to the dock over in the neighbor's yard,” said Easter. “As you walk by it can be hazardous to fall into the river. I have been very concerned for people who go there at night. If they were not aware that the ramp is gone it would be quite easy to fall in [the river].”

The Resident reached out to the City's public information office Dec. 1, 2017 to find out why a sinkhole has re-appeared in Baker Point Park after the City spent more than \$3,000 in April 2017 to fix

erosion around the bulkhead at the park on San Juan Avenue. And that was after a new bulkhead was installed at that same park in June 2015.

Easter and her husband, Ron, live a block away from Baker Point Park and across the street from Stinson Park, both of which they patrol daily, picking up trash in the early mornings.

When the sinkhole first appeared in August 2016, the Easters contacted the city a number of times by phone and by email and said there was no response.

After *The Resident* reached out to city employees in Parks, Recreation and Community Services, Public Works and the office of District 14 Councilman Jim Love in early January 2017, barriers were installed around the erosion sites the same day and the hole was expected to be filled in within the next 30 days.

Four months later, the hole was filled with stones, then over-filled with dirt before sod was put down. A concrete spillway was added in hopes of deterring additional erosion from storms.

Hurricane Irma, like her predecessor Matthew, will most likely be blamed for the re-occurrence of the sinkhole, which is easily large enough and deep enough to swallow an unsuspecting victim.

Across the street in Stinson Park, a public dock was torn from the bulkhead on the Ortega River and the ramp is still resting in a nearby yard. In November 2017, a City spokesperson said the support structures for the dock and ramp were being inspected



This hole at the bulkhead in Baker Point Park was supposedly filled with stones and dirt back in April 2017. After Hurricane Irma's storm surge washed away the dirt fill, there is no indication of stone fill.



Baker Point Park in December 2017 after the sinkhole was filled.

and after the assessment was completed, repairs costs and a timeline would be determined based on FEMA guidelines.

As of press time, *The Resident* had not received a response from the City about the cause and the repair of the re-appearing sinkhole, but a check of the site in mid-December revealed it had been filled once again.

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Riverkeeper files motion to delay harbor deepening project

Hurricane flooding to be evaluated by Army Corps of Engineers

By Kate A. Hallock
Resident Community News

With affidavits from Lisa Rinaman, the St. Johns Riverkeeper, and four concerned individuals, the Riverkeeper filed a motion for preliminary injunction Dec. 4 against the U.S. Army Corps of Engineers and the Jacksonville Port Authority (JaxPort) to delay the first phase of the harbor deepening project.

Joining the Riverkeeper in the fight against the project were Dr. Jeremy Stalker, an associate professor of Biology and Marine Science at Jacksonville University; Charles Lembcke, a property owner in Monclair and a member of the St. Johns Riverkeeper; Brooks Busey, owner of Sadler Point Marina, and Seth Pajcic, local attorney, also both members of the St. Johns Riverkeeper.

Of primary concern is the new 11-mile plan which has not been formally evaluated by the Army Corps of Engineers, according to the Riverkeeper, who contends environmental impacts and the economic feasibility of the project must be fully assessed prior to authorization of federal funding and before dredging should be allowed to proceed.

"This new 11-mile plan simply does not exist according to the Army Corps," stated Rinaman. "Federal law requires JaxPort's new plan to be thoroughly studied and evaluated, including the recalculation of the Benefit Cost Ratio (BCR), yet nothing has been done by the Corps to fulfill this requirement."

The original project called for a 13-mile channel to be dredged to 47 feet, deep enough to accommodate larger Post-Panamax ships, such as supertankers and large modern container and passenger ships.

Irma weighs in

The September 11, 2017 hurricane should be viewed as a wake-up call for Jacksonville when it comes to potential storm surges on the St. Johns River, according to Stalker.

"The flooding caused by Irma represents the best information now available for use in modeling the potential flooding impacts of activities that affect the St. Johns River and its floodplain in Jacksonville and surrounding areas," Stalker said in his affidavit. "Irma flooding represents the most recent and most detailed information available related to flooding and should be taken into account in any modeling intended to gauge the potential extent of flooding increases from dredging the St. Johns River."

Lembcke, Busey and Pajcic all expressed concerns about flooding from storm surge, predicted in a study by the Army Corps that dredging could result in up to a foot in storm surge and tide levels in some areas. The three men cited serious damage to property, both residential and business, as a result of Hurricane Irma and stated flooding increased by dredging the river will have the potential to impact their homes and businesses.

"In the wake of Hurricane Irma, the urgency and importance of assessing the potential flooding impacts from dredging is even more apparent," explained Rinaman. "Failure to evaluate these impacts when we know that the dredging will likely



Indicative of what could come down the St. Johns River if the channel were deepened, the COSCO Development, a Post-Panamax ship, moves past downtown Savannah, displaying the magnitude of its size in relation to nearby building. (Photo by Georgia Ports Authority/Stephen Morton Photography)

increase storm surge and tide levels only puts our community and our river at greater risk and makes us more vulnerable in the future."

Stalker's affidavit notes the geographical/topographical makeup of Jacksonville as conducive to flooding even under normal storm circumstances.

"Jacksonville and its surrounding areas are largely flat with a low gradient and are subject to flooding at times of high water," stated Stalker. "Some areas of Jacksonville have experienced repeated flooding simply from high tides or tides associated with normal storm events. Flooding of these areas will be aggravated by the increased tide and storm surge heights caused by the dredging."

Two-and-a-half months after Irma swept through Jacksonville, the Army Corps announced Nov. 30 it would re-open the National Environmental Policy Act evaluation

process to "consider whether the recent flooding conditions in the vicinity of the Jacksonville Harbor Navigation Project following the 2017 nor'easter and Hurricane Irma constitute significant new circumstances or information relevant to environmental concern sand bearing on the Jacksonville Harbor Navigation Project or its impacts." The Riverkeeper contends the flood assessment should be completed before the project begins, citing federal law that requires the Army Corps to address all potential impacts, including mitigation, and to incorporate the anticipated costs into the final project Benefit Cost Ratio.

"The fact that flooding impacts and a new 11-mile project have not even been evaluated further validates our concerns and reinforces the urgent need to fully vet the Deep Dredge before it's too late to turn back," said Rinaman.

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Women's Giving Alliance seeking Letters of Interest for 2018 grant cycle

The Women's Giving Alliance (WGA) is accepting Letters of Interest for its 16th grant cycle through January 10, 2018.

WGA, an initiative of The Community Foundation for Northeast Florida, is a collective giving grantmaking organization. Its current focus is on Breaking the Cycle of Female Poverty in Northeast Florida. WGA is accepting applications for funding from tax-exempt 501(c)(3) organizations or units of local government with programs or projects that serve women and/or girls in Northeast Florida (Baker, Clay, Duval, Nassau or St. Johns Counties), with a specific focus on intervention and prevention. The deadline to apply is Wednesday, Jan. 10 at 5 p.m.

The grants support organizations whose goals help facilitate systemic change in the lives of women and girls. WGA believes this is done by applying creative, research-based solutions to critical needs and producing measurable, sustainable impact.

Grant requests of all sizes are welcome. The grants are for two years and are paid in installments. WGA members will make scheduled visits during the grant cycle to monitor progress.

To learn more and to apply for a WGA grant, submit a Letter of Interest at www.wganefl.org/apply-for-a-grant.



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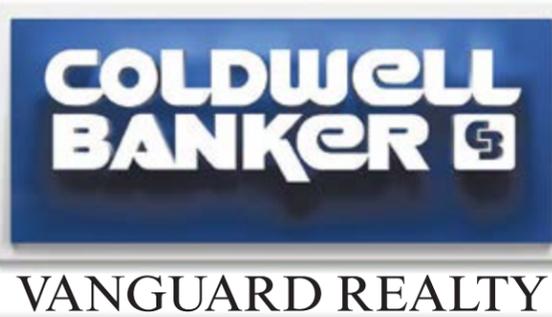
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1856 Challen Avenue

This exquisite Mediterranean style home was designed by Marsh and Saxelby. The home is traditional, yet bright and open and located on one of the few blocks in Avondale with underground utilities. There have been many updates including new appliances, new bathrooms, new 2 car garage, new pool, new floors & more. A notable feature is the great floorplan with formal dining and living rooms just off the foyer in the front. Casual family and dining area in the back open to the kitchen and overlooks the pool with French doors. Up the beautiful staircase with iron railings are 3 bedrooms and 3 baths. Master bedroom has fireplace, two walk-in closets and doors to a private terrace.

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The Peninsula
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1644 Inglesiade Avenue
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5334 Winrose Falls Drive
4/2.5, 2,717 sq. ft.
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2254 Post Street
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Longtime night spot could find new life as craft brewery

Zoning change requested for site of former Fat Kat lounge

By Kate A. Hallock
Resident Community News

For at least 30 of a 75-year history, the concrete block and stucco single-story adjoining buildings at Edgewood Avenue in Murray Hill have had an unsavory and sometimes notorious reputation, but now there may be new life “brewing” for what once housed a nightclub.

An application was filed Oct. 12, 2017 with the City of Jacksonville by Broc Flores, owner of Fishweir Brewing Company, to rezone a portion of the property from CCG-1 to PUD in order to allow for the use of a brewery onsite, along with the sale and service of beer/wine for onsite or off-site consumption.

A dentist on active duty at Naval Air Station Jacksonville, Flores, 32, said he began brewing while in college earning bachelor’s and master’s degrees in chemistry, then got serious about home-brewing in 2009.

Now the Fishweir Park resident’s sights are set on a significantly larger operation. The nearly 6,000-square-foot space, located at 1183 Edgewood Ave. South next to B Street Eats, will provide manufacturing space as well as retail sales and service.

“We [Flores and his wife, Stacy Branham] didn’t know about the property’s infamous past when we first found it...we weren’t here when all that happened,” he said.

Flores was transferred from NAS San Diego a year and a half ago. The couple bought a home bordering Fishweir Park,

and Flores built a garage in the backyard that became his first brewing space. “My wife jokes the first tap room was in the park,” said Flores, hence the name Fishweir Brewing Company.

“I have always wanted to open a brewery, it’s always been a dream of mine,” said Flores, whose five-year stint with the Navy is up early in 2018. “I was planning on staying in the Navy but decided to try the brewery.”

Poor building conditions present hurdles

For the past four years, since February 2014 when a shooting at Fat Kat Night Club left one dead and three injured, the site at 1183-1187 Edgewood Ave. has been shuttered and unsightly. Graffiti mars the plywood covering windows and, in September 2016, the City’s Municipal Code Compliance Division had deemed the 1187 address an unsafe structure.

Although supposedly put on a demolition bid list in October 2016, the building remained an eyesore on a Murry Hill block that has seen new businesses opening at a good clip in the past three years.

The building is owned by John B. Kowkabany, who has a liquor license for the property. On Dec. 7, 2017, the Municipal Code Compliance Division cited the portion located at 1187 Edgewood Ave. as an “unsecured vacant building or dwelling.”

The roof had collapsed in that half of the building, but according to Flores, Kowkabany is trying to bring it back up to code. “He’s dedicated, he wants to make it happen,” Flores said. “The first step is getting us into the building, and his goal is to get another business into the adjacent building.”



In deplorable condition, a portion of the Fat Kat Night Club building on Edgewood Avenue is being considered for a craft brewery with onsite sales and service.

Details on Flores’ application are sparse, although it did indicate a one-year construction schedule after approval of the application by City Council and the Land Use and Zoning Committee. He is working with a San Diego architect that has a lot of experience in designing breweries, and has engaged with a local attorney to handle the application approvals.

“There are some hurdles to overcome with the space first,” said Flores. “There’s always a potential it won’t work in that location. We’re staying positive.”

The application also states while “no [minimum] parking is required under the Zoning Code...the PUD requires two

parking spaces for employees in the rear of the property.” The building has seven street spots and there are five more available in a sharing agreement with Maple Street Biscuit Company, which anchors the north end of the block.

Flores is also asking for a relaxation of the minimum distance requirements, noting other bars and restaurants in the same vicinity have a variance. Although not within line of sight, Edgewood Avenue Christian Church is within 1,500 feet of the proposed PUD.

As of press time, the application had not been added to the agenda for Land Use and Zoning or City Council, but Flores is hopeful it will be reviewed early this year.

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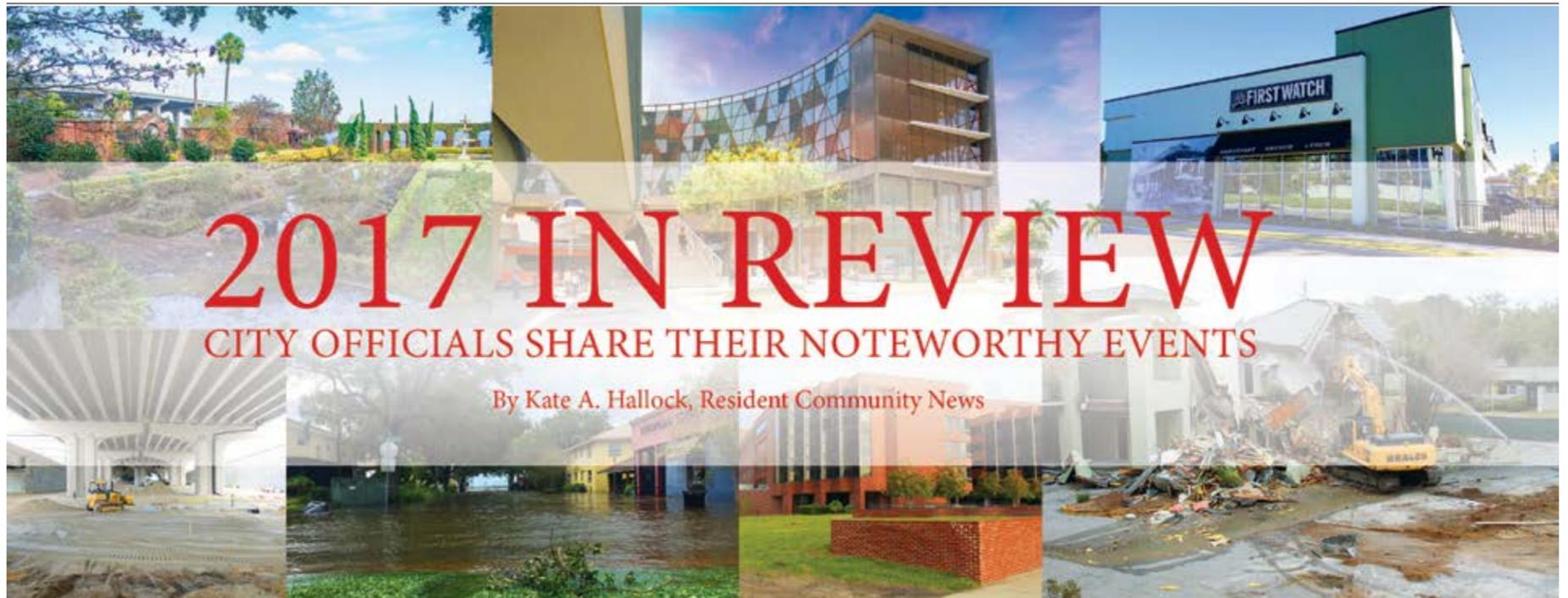


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If you were to ask the question “What event had the biggest impact on Jacksonville during 2017?” most residents, if not all, would answer Hurricane Irma.

Without a doubt, a storm that caused the highest level of flooding in the city since the mid-1800s is nothing to discount. Even now, nearly four months later, residents in the urban core, and in historic neighborhoods like Riverside, Avondale, Ortega, St. Nicholas and San Marco are still in recovery mode.

Hurricane Irma – which hit Jacksonville Sept. 11, along with a nor’easter which dumped up to 15 inches of rain on the area and higher than normal tides due to lunar cycles (a full moon occurred five days before Irma made landfall) – created a storm surge that took many by surprise.

District 5 Councilwoman Lori Boyer and City of Jacksonville Mayor Lenny Curry also put Irma on their list of top noteworthy events in 2017.

“The catastrophic flooding that much of the northern part of the District suffered as a result of the storm, on top of the tree damage and power outages across the District makes this a clear number one,” said Boyer about the event which was Number 1 on her list. “Some businesses have permanently

closed, many residents are still not back in their homes and repair work continues throughout the District. The storm also brought enhanced focus to our drainage system design and maintenance as well as to our regulations for construction in low areas. It also demonstrated how our residents rose to the occasion to support one another. I’m proud to live here.”

The mayor also commented on Jacksonville’s resilience. “Jacksonville was on the way up before this and continues to be on the way up,” he said.

Number 2 on Boyer’s and Curry’s lists was the return of the City budget to a pre-recession level with, most importantly, the addition of 100 police officers.

“This year’s budget included the addition of 100 JSO officers – a restoration of force size to earlier levels. Sheriff [Mike] Williams contends that this increase in staff is essential to tackling the violent crime issues we have seen in recent years and making our City safe for all our residents – something we all desire,” Boyer said, reinforcing Mayor Curry’s statement that “JSO was at dangerously low levels when we [Curry and Williams] got into office.”

Boyer added, “And, the budget also saw an increase in capital investment in roads,

drainage, parks and similar projects that improve our quality of life.”

For District 14 Councilman Jim Love, other funding in the Capital Improvement Plan (CIP) is crucial for a long-standing problem in Ortega Hills.

“The only way in or out of that community requires crossing a railroad track that runs along U.S. 17/Roosevelt Boulevard. Unfortunately, at these two crossings there is a side track (a second track) which is used to park freight trains to wait for the oncoming Amtrak train. If the cargo train is long enough it can block both entrances and the citizens of this 500-plus unit residential community are blocked, sometimes for hours,” Love said.

“This is a major safety concern as rescue, fire and police personnel are also blocked from serving this neighborhood. Fortunately, a third exit is funded for the design and the purchase of land in fiscal year 2018-2019 and to be built the following year. This exit will bypass the side track and allow an entrance and exit to Ortega Hills in nearly all situations.”

Love also said one of the most important bills to be passed in 2017 by Jacksonville’s City Council was Ordinance 2017-15, the Human Rights Bill which amended the Ordinance Code to insert sexual orientation and gender identity into the classes of persons specifically protected from discrimination in the areas of employment, housing, and public accommodations.

“This bill was sponsored by Council Members Aaron Bowman, Tommy Hazouri and myself to help provide equal protection to the LGBT community. Most of the country have these protections in their code and this brought Jacksonville up-to-date by the expansion of the non-discrimination classifications,” said Love.

“A byproduct of the bill passage is the economic effect of ensuring that companies considering moving to Jacksonville don’t

cast us aside because we don’t have these protections in place,” said Love.

Indeed, economic development was high on the mayor’s list of important 2017 events, citing the addition of a second Amazon fulfillment center in Jacksonville that would add 1,000 more jobs to the 1,500 at the first fulfillment center on the Northside.

“This is an exciting development for Jacksonville and the Cecil Commerce Center,” said Curry a year ago at the announcement. “The center is a tremendous asset for our city offering companies like Amazon ample space, resources and accessibility. In addition to the state-of-the art fulfillment and distribution center to be located in northwest Jacksonville, I am looking forward to Amazon’s expanding presence in our city and contributions to its continued economic development and growth.”

Mayor Curry isn’t the only city official looking forward to growth in Jacksonville. A resurgence in downtown, in particular the Southbank, was item Number 3 on Boyer’s list.

“From the topping out of the new Baptist MD Anderson building due to open next year, and the new Baptist parking garage, to several new apartment communities, to the proposed multi-use project known as the District, things are booming on our side of Downtown,” she said. “These developments will provide new jobs, housing, high quality health care, and entertainment all within District 5.”

Meanwhile, similar developments are occurring in District 14, as Love noted in his top 2017 events list.

“The addition of two high quality riverfront apartments, one on St. Johns Avenue and Herschel Street (the RiverVue Apartments) and the second on Bishop Gate and the St. Johns River (yet to be named), will provide waterfront living without the stately mansion

Continued on page 11

“This project has been an ongoing hassle for years and we are seeing the light at the end of the tunnel.”

– Lori Boyer, District 5 Councilwoman on the Overland Bridge Project

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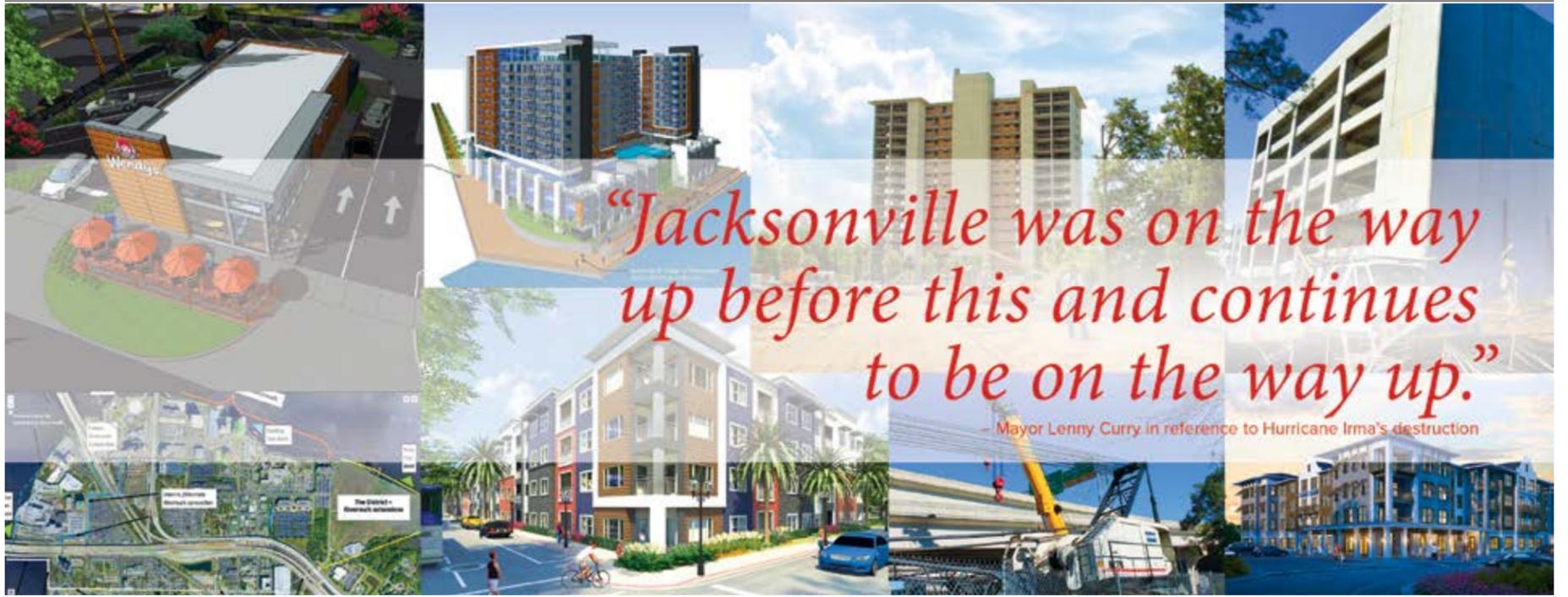
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prices,” Love said. “Neither will be finished this year but both are well on their way to completion. In addition, the apartment on Bishop Gate will provide over 300 feet of public river walk.”

Access to public parks and waterfronts was high on Boyer’s list of importance, too, noting that although the Parks Partnership Program was adopted by City Council in 2017 with little fanfare, it provides a vehicle for individuals and businesses to donate to parks.

“Whether someone wants to donate a tree or bench in memory of a loved one, build a playground in an underserved community, or sponsor swim lessons for young children, the City can now accept those donations easily and provide recognition to the donors,” Boyer said. “I believe this program has the potential to substantially enhance our park system and at the same time makes it easy for donors avoiding the time and conflicts of ad hoc decisions.”

Jacksonville City Council also unanimously voted April 25, 2017 to adopt pension reform, an action the mayor considered historic. “Pension reform is the biggest milestone for the City of Jacksonville since consolidation nearly 50 years ago,” he said.

Pension reform affords Jacksonville the opportunity to extend an already approved surtax that has a sunset date of 2030 to continue for the sole purpose of addressing the unfunded liabilities of the City’s three funds – Police & Fire Pension Fund, General Employees Pension Fund, Corrections Officers’ Pension Fund. Revenues from the half-penny sales tax will only be used to pay down pension debt, and the tax will end when the plans are 100 percent funded or by 2060.

Transportation projects hit both Boyer’s and Love’s list of 2017 noteworthy items.

The Overland Bridge project, begun in January 2013, was due to be completed at

the end of 2017, with some work continuing into 2018, “but we are nearing the end of a lengthy and often seriously inconvenient project for many in the District,” said Boyer. “Whether it is the noise from beeping trucks, lights from nighttime work, or the challenge of navigating new traffic patterns, this project has been an ongoing hassle for years and we are seeing the light at the end of the tunnel.”

In the meantime, in Love’s district, the widening of the Fuller Warren Bridge from three to four northbound and southbound lanes has only just begun. The project includes a shared-use path for pedestrians and bicyclists, as well as expansion to the Riverside Arts Market (RAM), and provides for removal of the retention pond, the addition of 74 parking spaces, and spaces for additional RAM vendors, which should enhance the already vibrant Saturday mornings under the bridge, said Love.

The District 14 councilman rounded off his list by adding actions taken by City Council to slow the opioid epidemic in Jacksonville was important.

“Three bills, 2017-299, 2017-426 and 2017-674, were aimed to slow the death toll from overdosing on opioid drugs, which in 2016 was 464 citizens, more than the murder and auto accident deaths combined,” said Love. “These three bills sponsored by Council Member Bill Gulliford, and co-sponsored by myself and others, urged Governor Rick Scott to declare an opioid epidemic a public emergency (which he did), to provide money for a six-month Opioid Epidemic Pilot Program and to investigate and pursue litigation against pharmaceutical manufacturers and distributors of opioids and any other parties that may have caused financial harm to our city. The opioid epidemic is a national concern and not taking action is a dereliction of duty.”

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State legislation threatens local control over trees

By Lilla Ross
 Resident Community News

The planting of three bald cypress trees at Nathan Krestul Park last month turned into a call for action to defeat state legislation that would abolish tree mitigation laws and funds that pay for trees to be planted on public property.

The gathering Dec. 11 on San Jose Boulevard celebrated the new, improved website, JaxDigsTrees.com, and the new tree database that will allow Duval County residents and officials to make decisions about where to plant trees using the city's \$20 million tree mitigation fund.

But that fund and the laws that protect Jacksonville's trees are being threatened by Florida House Bill 521 and Senate Bill 574, said Alicia Grant, president of Scenic Jacksonville. The legislation would stop local governments from regulating the "trimming, removal, or harvesting of trees and timber on private property." Only the Legislature would be able to regulate trees.

That threat has mobilized groups like Scenic Jacksonville, Greenscape, Sierra Club and the Public Trust Environmental Legal Institute of Florida that have spent almost two decades getting Jacksonville's tree protection ordinances in place and functioning.

"The legislation is misguided and misinformed," Grant said. "They don't understand all the benefits we get from trees. They improve the economic value of property, they clean the air, help manage storm water, reduce erosion and have psychological benefits. In Florida, we can't afford to clear cut."



Anna Brosche, John November, Audrey Gibson and Anna Dooley wield shovels at a tree planting in Nathan Krestul Park.

State Sen. Audrey Gibson was one of the prime movers behind the 2000 charter amendment, passed by 76 percent of the voters, that established the mitigation fund. "It passed by the biggest margin in history and that would be ripped from us," Gibson said. "It controls what the county looks like."

Two years ago, Public Trust sued the city over the way the fund was being used. Last summer, Jacksonville City Council approved a settlement that established a city tree commission that will advise the city how to use the funds to replace and expand the tree canopy.

The newly appointed members of the commission include Curtis Hart, a developer; Aaron Glick, a land protection specialist; Jeremy Cooper, an arborist; Rhodes Robinson, environmental services specialist; City Councilman John Crescimbeni; City Council President Anna Brosche, and Public Works Director John Pappas.

John November, executive director of Public Trust, urged everyone to call state lawmakers to urge the legislation be defeated and to visit JaxDigsTrees.com for more information about the issue.

Park & King merchants take proactive approach to trees

By Kate A. Hallock
 Resident Community News

When it comes to district beautification projects, District 14 Councilman Jim Love isn't letting the grass grow under his feet.

As president of the Park & King Streets Merchants Association, Love is taking advantage of the recently settled tree mitigation lawsuit to tap into \$20 million in funds in order to replace aging Bradford pear trees in seven medians on King Street, between College and Park Streets.

At the association's Dec. 14 meeting, Love invited City of Jacksonville Urban Forest Manager Richard Leon and the newly hired City Arborist Kathleen McGovern to present recommendations on the types of trees which could replace those planted nearly 15 years ago when an underground utility project allowed the medians to be planted.

Leon and McGovern provided three types of trees – the American Hornbeam, the Bald Cypress and the Winged Elm – along with two types of ground cover, dwarf Mondo grass and perennial peanut grass, for discussion.

Approximately 25 trees would be replaced, at a ballpark cost of \$40-60,000, depending on which trees the association selects. Love, whose State Farm insurance agency is located on King Street, plans to go door-to-door to businesses in the Park & King Retail Corridor to ask for opinions.

The soil in the seven medians will also need to be replaced to give the new trees and grasses a healthy growing environment. In addition, the association will pay to have a small strip of pavers laid across the median in front of Kickbacks restaurant as there is a lot of foot traffic crossing King Street mid-block between Post and College Streets.



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North Florida Land Trust acquires property for expansion of McGirts Creek Park



Land given by an anonymous donor to be added to McGirts Creek Park.

North Florida Land Trust, based in Riverside, has added to McGirts Creek Park through acquisition of nearly 10 acres of land on McGirts Creek.

An anonymous donor gave NFLT the money to acquire the property located just north of Saundersville Court and west of Ricker Road. NFLT negotiated with the seller, Arquileta Trust, who agreed to take less than the appraised value of the property as a charitable donation. The land will be transferred to the City of Jacksonville and added to the McGirts Creek Park on Jacksonville's Westside.

"We are thankful to the anonymous donor who made it possible for us to once again help facilitate land acquisition to expand McGirts Creek Park and preserve the environmentally sensitive area around the creek," said Jim McCarthy, president of NFLT. "This land has significant conservation value in its protection of the creek

floodplain and we were happy to help obtain the property for the city."

The property is predominantly oak and pine forest with some open areas of sparse pine trees and palmettos. McGirts Creek passes through the western boundary.

This is the second time NFLT has acquired land for expansion of McGirts Creek Park. In 2016, NFLT facilitated the donation of 33 acres of land to the City of Jacksonville. The addition of the latest property brings the total number of acres of the park to just under 133 and adds to the preservation of McGirts Creek and the Ortega River system.

One of the services that NFLT offers is to facilitate the acquisition of properties for other conservation organizations or government agencies. Throughout the years, the land conservation organization has facilitated the acquisition of more than 300 acres of land in Clay, Duval, Nassau and St. Johns Counties.

Ortega Point property owners to decide on utility conversion

By *Kate A. Hallock*
Resident Community News

Ortega property owners from Grand Avenue north to Ortega Boulevard, which swings around the point south to Manitou Avenue, met with the Jacksonville Energy Authority late last year to discuss a proposed project to convert the existing overhead utility service underground.

The JEA conversion program focuses on undergrounding overhead electric, telephone, cable television, communication or other overhead distribution line facilities located within the public rights of way in a defined neighborhood boundary.

To enter the conversion program, 75 percent of the property owners within a neighborhood must agree to the program by petition, and 100 percent will be assessed a pro rata portion of the total cost of the project, if approved by City Council.

Currently, neighborhood block captains are relaying preliminary study information to residents and identifying interested property owners, as well as obtaining signatures necessary to get the required level of commitment before the project can move forward for more detailed review.

If the neighborhood expresses 75 percent participation by petition and pays the

requisite \$100 per property fee (minimum of \$1,500 and maximum of \$5,000), a certified estimate will be prepared outlining more refined project costs. Once the certified estimates are provided to a neighborhood, the owners may reconsider their commitment based on the certified costs.

Again, 75 percent of the benefited property owners must sign a petition to agree to a special assessment for the costs before the petition is submitted to the Jacksonville City Council for formal consideration.

If approved by the Council, 100 percent of benefited property owners will be assessed the costs. If approved by the City Council (only after the required level of participation by petition is demonstrated and the Council agrees), an annual assessment is added to each owner's property tax bill for a benefited property for all pro rata costs of the project including financing costs for a period of years as specified in the approved assessment. The assessment is billed on the property tax bill until paid in full by each benefited owner.

If you live in the Ortega Point North community and are interested in converting your utilities from overhead to underground, contact JEA Project Outreach at (904) 665-7500 or projectoutreach@jea.com.

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As Overland Bridge projects wraps, Fuller Warren Bridge expansion begins

By Lilla Ross
Resident Community News

Whether you travel by car, bicycle, Skyway or on foot, there's a transportation project in 2018 that will affect your life.

The good news for motorists is the Overland Bridge project, which started in 2013, is coming to a close this spring. The \$159.2 million project to widen Interstate 95, replace aging overpasses and reconfigure traffic patterns has been a major headache for drivers and residents living near the noisy construction zone.

But a new construction project will soon begin on the Fuller Warren Bridge that will have something for drivers, cyclists and walkers when it is completed in 2020.

And, Jacksonville residents will get to try out some of the models of autonomous vehicles under consideration by the Jacksonville Transportation Authority for the new Ultimate Urban Circulator.

A number of other projects will be under way in the coming months, which in the short term will mean detours and traffic delays. Here's a rundown:



Rendering of proposed multi-use path that will be part of the Fuller Warren Bridge expansion.

Fuller Warren Bridge: Starting in May 2018, the Florida Department of Transportation will begin construction on a \$126 million project to add traffic lanes and a shared-use path to the bridge. The work is expected to be completed in summer 2020.

The 12-foot-wide pathway for pedestrians and cyclists will be on the south side of the bridge, separated from traffic by a fence. The railing will have artistic features developed with input from Riverside Avondale Preservation and the Cummer Museum of Art and Gardens.

Construction will occur on the south side of the bridge, said Odette Struys, the project spokesperson. Piers will be installed in the river to support the roadway and two extra lanes will be added. Once that work is done, the median will be moved over a lane, giving the northbound traffic an extra lane.

The project also includes new ramps on Interstate 10 at Irene and Stockton streets. Sound barriers will be erected on the east side of U.S. 17 northbound between McDuff Avenue and Rosselle Street and on the south side of I-10 between Stockton and College Streets.

More information about the project is available at Your10and95.com.

Hendricks Avenue repaving: The resurfacing project along approximately three miles of San Jose Boulevard and Hendricks Avenue from Cornell Road to San Marco Boulevard is scheduled to begin Jan. 3 and is expected to be finished by spring 2019, said Debbie Delgado, a spokesperson for Florida Department of Transportation. When the \$5.4 million project is done, bicyclists will have a bike lane running from Baymeadows Road to Prudential Drive.



Rendering of an autonomous vehicles under consideration for the Ultimate Urban Circulator

Daytime lane closures are not permitted during northbound morning and southbound evening rush hours, but expect slowdowns during other times, Delgado said. The repaving part of the project will occur at night, so residents along Hendricks may hear noise. But the work proceeds quickly so the disruption shouldn't last very long, Delgado said.

Among the highlights of the Hendricks Avenue project:

On-street parking from Cornell Road to Peachtree Circle North will be removed and bike lanes will be added.

The roadway will be widened by reducing the median between Peachtree Circle North and Dunsford Road to accommodate both on-street parking and bike lanes.

On-street parking from Dunsford Road to San Marco Boulevard will be removed and bike lanes will be added. Traffic signals and crosswalks also will be upgraded.

A one-mile stretch of Emerson from Hendricks Avenue to Philips Highway is being repaved as well. The project also includes upgrades to traffic signals and improvements to handicap-access ramps. Concrete medians will be installed on both sides of the Florida East Coast Railroad crossing, a block west of Philips Highway. The \$1.1 million project is expected to be completed by spring. For more information about the project, go to nflroads.com.

In addition, to add to the traffic upheaval, JEA has been installing water and sewage infrastructure along the west side of Hendricks Avenue from Cornell Road to San Marco Boulevard. The work is expected to conclude by the end of February.

Riverplace Boulevard: Bids are being sought for the \$4 million revamp of Riverplace Boulevard between Main Street

and Prudential Drive. The "road diet" will slim the five-lane road down to three lanes, making room for wider sidewalks, bicycle lanes and on-street parking. District 5 Councilwoman Lori Boyer said work should begin in the spring and take about a year.

The new configuration will slow down traffic as it passes through what has become an increasingly residential area, as well as improve access to the Riverwalk.

Skyway: Jacksonville residents will be able to check out the autonomous vehicles under consideration for the Ultimate Urban Circulator — the new improved Skyway.

A test track has been opened adjacent to Lot K between the Doro District and Daily's Place, said Leigh Ann Rassler, JTA spokesperson. It's where JTA will be testing the various models offered by manufacturers. The public will have a chance to check them out and get a free ride during special events held throughout the two years of the testing.

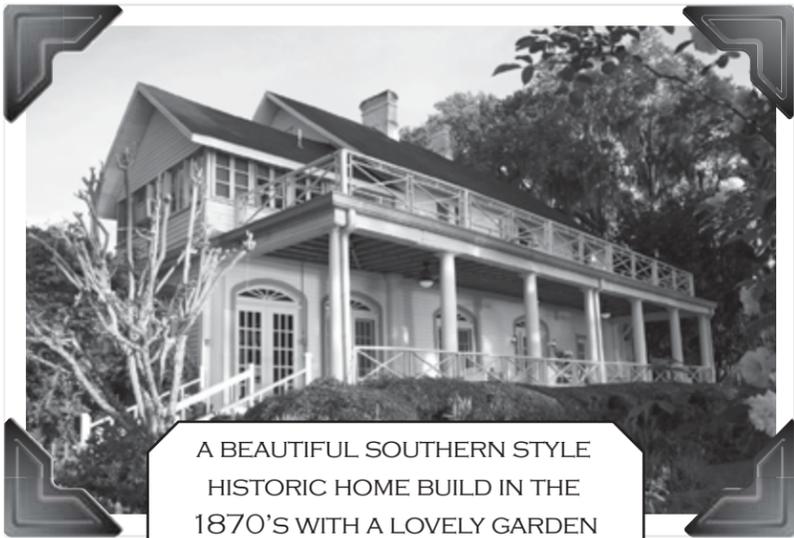
For more information about the project, go to www.jtafla.com/blueprint/ultimate-urban-circulator-u2c.

Brooklyn Road Diet: This month the consultants for the proposed Brooklyn Road Diet are expected to present cost estimates for the various options to the Downtown Development Review Board and the Downtown Investment Authority. The "road diet" is being considered in order to make Riverside Avenue more pedestrian- and bicycle-friendly between Forest Street and Downtown.

In 2017, the consultants — POND & Company, and Dover, Kohl & Partners — offered several options each for Riverside Avenue, Forest Street and Park Street, including a roundabout at Riverside Avenue and Forest Street to provide slower speeds, a distinctive gateway to the river, and clear travel lanes.

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SolarSmart energy program to roll out in April

Solar power consumers not happy with JEA decision to cut incentives

By Lilla Ross
Resident Community News

The new year marks a significant expansion in solar energy with JEA's SolarSmart program that will allow utility customers to get some or all of their electricity from solar.

With the planned 2018 retirement of the Northside coal-fired generating station, the public-owned utility will rely on natural gas and solar to generate up to 2,700 megawatts of electricity a day needed to power the city.

The SolarSmart program, which starts in April, will give customers the option of spending a little extra – .075 per kwh compared with .06988 per kwh – for the

solar option. That's about \$5 more for 1,000 kwh. JEA decided not to incentivize solar, choosing instead to charge actual costs.

This might be a good alternative for residents who can't use roof panels in tree-shaded San Marco and Riverside/Avondale neighborhoods. In lieu of installing solar panels on a roof, homeowners can buy solar power from a utility which operates solar farms.

JEA has been using solar since 1999 when it began installing solar panels at 25 locations, including schools, the Jacksonville Zoo and Gardens and Jacksonville International Airport. It developed its first solar farm in Baldwin in 2009. Two privately-owned solar farms are on Old Plank Road and near JIA.

Last year the JEA board approved spending \$50 million to establish large-scale solar farms. Each farm could generate 50 megawatts of electricity, enough to power about 400 homes.

A developer will build the farms, each requiring 400 to 500 acres, on the Westside and sell the energy to JEA at a cost of about \$20 million a year. The farms are expected to go on-line by 2020.

Environment America's Shining Cities 2017 Study ranked Jacksonville 19th in the country for solar power production, generating about 24,300 megawatt-hours of electricity a year, enough to power 1,450 households. Jacksonville was the only Florida city to make the list.

JEA also began a net metering program in 2009, allowing solar panel owners to sell their excess energy to the utility, but the board recently voted to reduce how much it paid, cutting the rate from 11 cents per kwh to about 3 cents.

Advocates of solar panels are not happy about the cut.

"We haven't seen this in any other part of state," said Angela DeMonbreun, program director of Solar United Neighbors of

Florida. "Other big cities are encouraging more rooftop solar to reach renewable energy goals. In Central Florida, the local utility is incentivizing it and you see that in South Florida, too."

"But here in Jacksonville, JEA wants to be the provider. They are cutting out the little guys. And they want you to pay more for solar but the cost of solar is dramatically decreasing."

About 1,000 homes in Duval County have solar panels and Solar United was planning to increase that number by establishing a solar co-op like the one they launched recently in St. Johns County. The co-op would include up to 200 homeowners who could share the cost of installing panels on their homes.

DeMonbreun, a Riverside resident, was ready to sign up but she said since JEA changed its policies, the co-op is on hold. She is hoping JEA will revisit its decision and is encouraging solar advocates to contact the utility.

First District Court of Appeal hears appeal in The Roost case

By Kate A. Hallock
Resident Community News

Nearly a year after Duval County Circuit Court Judge Kevin Blazs rendered a decision to accept a motion to dismiss an appeal regarding a restaurant proposed in Riverside, the appeal was heard Dec. 14 in Tallahassee by the First District Court of Appeal.

The arguments were heard by Judge Timothy D. Osterhaus, Judge Scott Makar and Judge Thomas D. Winokur. Bryan S. Gowdy of Creed and Gowdy, P.A., represented Kevin Pettway, Jennifer Wolfe, and Nancy Murray-Settle, plaintiffs. Craig D. Feiser and Jason Teal, of the Office of General Counsel, represented the City of Jacksonville, while Paul M. Harden and Zachary Watson Miller argued for SDS Restaurant Group, the company owned by Ted Stein and J.C. Demetree.

Stein and Demetree are proposing to open a 150-seat restaurant and bar at 2224-2242 Oak St., the site of the former Deluxe dry cleaner and laundromat. The neighborhood group Positive Riverside Optimized Urban Development (PROUD) oppose the restaurant on the basis of incompatibility with the Riverside neighborhood.

Most of the arguments during the 45-minute hearing centered on the definitions of "filing" and "rendition," terms used to note when the 30-day window begins under which to file an appeal. The plaintiffs argue

the clock began on June 20, 2016, the postmark of the notice of City Council's May 24, 2016 approval, while the respondents believe the window began on the date of the approval of the ordinance.

During the arguments, Feiser said the City was aligning itself with the plaintiffs on the issue of when the countdown began for the appeal process.

"Jacksonville City Council Rule 6.310 governs this issues and the Circuit Court gave short shrift to that rule and said it cannot govern this issue, but it actually does," said Feiser. "It does not conflict with what the appellate rules consider to be rendition."

Feiser said the first "element of rendition" is the written order, which goes to the Jacksonville City Council for approval. The second element is the council president and council secretary have to sign the order, and the third element of rendition is that it has to be filed.

"Filing happens when it goes out in certified mail to interested property owners who live within 350 feet of the affected zoning decision," said Feiser. "That, our contention is, is the point when it is rendered and the appellate clock starts to run."

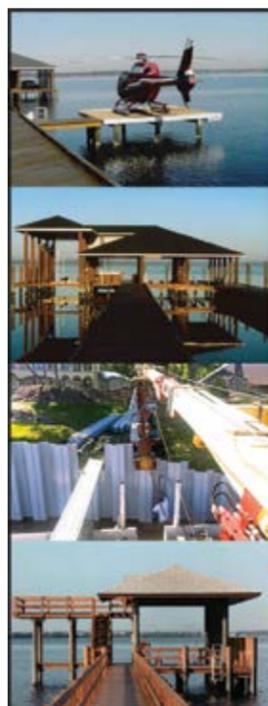
Feiser said the City had chosen that its own ordinances are not final until they are mailed out to those who would be affected by the ordinances in the event they want to appeal.

"We're trying to afford the proper due process to those who are affected. A postmark is certain; there is not a date certainty to know when things are posted online and when the clock started running," he said. "The City could have picked any other point in time...but the City chose the best possible date for due process and to give those notice the appellate period has started."

Harden said he did not agree that mailing is the customary method of rendition.

"The ordinance says it is effective when it is signed by the council secretary and the council President. That date, in this case, is May 24," said Harden.

Even if the plaintiffs win, they may have to return to Tallahassee for the hearing of a second motion filed by the respondents, who cited a "lack of standing," that is, the plaintiffs would not suffer adverse effects from the restaurant any different from the rest of the neighborhood.



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The ILRC's commitment to promoting the independence for anyone with a disability across Northeast Florida starts with its Youth Services programs. Making sure that students are aware of their rights and potentials is the first step toward ensuring they live an independent, self-sufficient life.

Education at the ILRC is facilitated by Youth Services, which consists of the Ready to Achieve Mentoring Program (RAMP). RAMP is a high-tech, career-focused mentoring program for at-risk youth, including those with disabilities. The RAMP model uses a combination of group, peer, and one-on-one mentoring to promote the successful transition of participants to employment, continued learning opportunities, and independent living.

Youth Services also provides resources directly to students in the form of Individualized Education Program (IEP) advocacy, student leadership opportunities, information and referrals, community involvement, and summer camps. When meeting with parents after a successful IEP meeting, they shared their thoughts about the growth they had seen in their son. "The school changed the format



ILRC Representatives visit the floor of the Florida Senate in Tallahassee during an advocacy trip for the Youth Advisory Council.

of our son's IEP meeting when they found out we would have an advocate, and for once our voice was heard," shared a parent that has seen proven results through the youth programs.

Every student deserves a great education, and it is the ILRC's goal to provide students, parents, and teachers with the resources they need to make sure their experience is as accommodating as possible.

Students are afforded a leadership opportunity through the Youth Advisory

Council. By supporting members with resources, they need to succeed, the Youth Advisory Council provides a platform for students to plan events, advocate for themselves, and grow as leaders in a district-wide student organization.

The Council sets its own agenda, creates its own budget, and helps to enrich each new generation of students. Council members propose ideas, discuss issues that affect them, and meet with state lawmakers in Tallahassee.



ILRC Youth Services program participants hosted Thanksgiving dinner for youth and their families.

The president of the Youth Advisory Council also has a seat on the ILRC board.

The ILRC partners with the University of North Florida Department of Education to provide summer camps for youth in Northeast Florida. Through this year's summer camp theme of self-advocacy, students discovered new abilities within themselves thanks to the help of ILRC staff and UNF students. They also focus on hands-on career skills during other summer camps provided by ILRC. And, going behind the scenes at local businesses is one way in which students gain a unique experience and insight into life after high school.

For more information, or to register a student for any of the Independent Living Resource Center programs, visit www.theilrc.org/programs/ or call (904) 399-8484.

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3612 Valencia Road

Charming 2BR/1BA brick bungalow with lots of great features. Updated kitchen with granite countertops, breakfast area, sunroom, fireplace, and a great pool for entertaining in the back yard. 1,186 sq ft. \$265,000



1288 Murray Drive

All brick 2BR/1BA cottage with sun room on ultra large lot. This home has it all, new roof, new paint inside and out with custom cedar shutters. Large garage could be converted to guest house or in-law suite. 1,266 sq. ft. \$245,900



5358 Carder Street

4BR/2BA. New wood floor tile in laundry and mudroom. Brand new grey-tone flooring throughout, brand new fridge brand, new carpet in master. Great patio and HUGE backyard. Great for entertaining. 1,285 sq. ft. \$148,500



1543 Azalea Terrace

3BR/2.5BA Brick home in the heart of Avondale. Features a Living room, dining room, family/media room, central heat and air, hardwood floors and carpet. 2-car garage. 2,350 sq ft. \$449,000.



1352 MacArthur Street

This 4BR/2BA home features gleaming wood floors, new tile, fireplace and lots of closets. This is a must see in Avondale. \$249,000.



3329 Randall Street

3BR/2BA features huge front porch, original wood floors, fireplace, and 2 renovated bathrooms. Huge bedroom upstairs running the length of the home with walk-in closet. Lots of recent upgrades. 1,800 sq. ft. \$305,000

MOVERS & SHAKERS

Loop re-opens in new location after year-long closure

A year plus a week after a popular restaurant closed its doors in Avondale at the former site of St. Johns Village, The Loop re-opened new doors at 4591 Lakeside Dr.

The Dec. 17 ribbon-cutting was attended by more than two dozen employees after working out the kinks during the “friends and family” soft opening the day before.

Owner Mike Schneider said the re-opening couldn't come quick enough.

“It was a lot more difficult than we thought it would be to get it open,” said Schneider. “We underestimated all of the phases of the development, the generation and revisions of the plan, the plan approval...it was just one thing after another. I had projected we would be open in the spring, revised it to the summer, then moved it back to the fall.”

Management didn't know until a few days prior that they would be ready to open the doors Dec. 17 and reached out to loyal customers, inviting them to be the first to experience the new location at Sadler Point Marina. Nearly 200 were guests during the soft opening lunch and dinner hours, said Schneider.

The family-friendly lunch and dinner eatery seats 96 inside at long community tables and spacious booths. Patio seating for 40 is underway, as is a license to serve wine and beer. The restaurant will employ 30 to 35.



Ken Spillman, general manager for the “Avondale” Loop restaurant, wields the scissors as Chief Operating Officer Chris Hartley (left) and Director of Operations Trey Kirwin (right) hold the ribbon for the Dec. 17 re-opening.

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Clara White Mission founder honored with roadway designation

Following the Jacksonville City Council's Oct. 24, 2017 enactment of Ordinance 2017-670 to honor the life and achievements of Dr. Eartha M.M. White, founder of the Clara White Mission, a pilgrimage walk took place with city leaders Dec. 18.

Known as the "Angel of Mercy," Dr. White impacted the lives of countless people through her service to the community and philanthropy. She was a true humanitarian and successful businesswoman, creating numerous educational and employment training opportunities for the underprivileged, and founding the Eartha M.M. White Nursing Home and the Clara White Mission. She was also Jacksonville's first professional social worker, first female realtor, Florida's first black census taker, a soprano with the first-ever black opera company, and

recognized as the City of Jacksonville's Woman of the Millennium.

The historical walk began with a kick-off and unveiling of one marker at the corner of Forsyth and Broad Streets to the unveiling of the second marker on the corner of Beaver and Broad Streets, which designate the stretch as Dr. Eartha M.M. White Parkway.

District 7 Councilman Reggie Gaffney sponsored the legislation which honored Dr. White for her many accomplishments locally and nationally. In addition to Gaffney, the walk was attended by Dr. Charles Moreland, Director of Community Affairs; District 10 Councilman Reginald Brown; Judge Pauline Drake; Bishop Rudolph McKissick, Sr.; Bethel Baptist, and many others, including students, clients and residents of the Clara White Mission.



Charles Moreland, Director of Community Affairs, and City Councilmen Reggie Gaffney flank a portrait of Eartha M.M. White, who was honored by a roadway designation. (Photo courtesy of City of Jacksonville)

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Jacksonville hockey team supports Girl Scouts

More than 300 Girl Scouts and their families attended and participated in a behind-the-scenes tour with the Jacksonville Icemen, a women in hockey presentation, meet and greet with the players, and more at Girl Scout Night Dec. 13. As part of this partnership, Girl Scouts of Gateway Council received a portion of every ticket sold and were the recipient of the 50/50 raffle, for a total of \$2,124.

Bob Ohrablo, Jacksonville Icemen president; Debbie Brainard, Girl Scouts of Gateway Council chief operating officer; TriciaRae Stancato, Girl Scouts of Gateway Council chief development officer, and Garet Hunt, Captain, Jacksonville Icemen.



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OneJax announces 2018 Humanitarian Award honorees

John A. Delaney, University of North Florida president, has been named the honoree of the 2018 Gold Medallion for Lifetime Achievement award, one of several to be given at the OneJax 2018 Humanitarian Awards dinner April 12.

The OneJax Humanitarian Awards honor those who have demonstrated the highest level of personal and professional integrity, have given generously and extensively to our community and have been dedicated to the improvement of human relations among diverse groups in our community.

The 2018 Silver Medallion honorees include Riverside resident Barbara Drake, retired business executive, Air Force Captain, and community volunteer; Lawrence 'Laurie' DuBow, philanthropist, pharmaceutical executive, and resident of Epping Forest; Riverside resident Sherry Magill, Ph.D., Jessie Ball DuPont Fund president, and Darnell Smith, Florida Blue market president, North Florida region, and 2017 Jacksonville Chamber board chair.

The honorees will be recognized at the Humanitarian Awards Dinner 7 p.m. Thursday, April 12, at the Prime Osborn Convention Center, 1000 Water St. A 6 p.m. reception will take place prior to the event.



John A. Delaney



Barbara Drake



Sherry Magill



Darnell Smith



Lawrence 'Laurie' DuBow

Library board of trustees selected new library director

Six months after former Library Director Barbara A.B. Gubbin retired from the Jacksonville Public Library, the Board of Library Trustees on Dec. 14 voted to extend the offer of the position to Tim Rogers, previous executive director of the Metropolitan Library System in Oklahoma City, Oklahoma.

Rogers has accepted the offer and will begin in the new role on Jan. 29, 2018.

"Tim brings several years of executive level experience in a variety of library settings to Jacksonville," said Ronnie King, chair of JPL's Board of Library Trustees. "With his contributions as a seasoned library leader, we look forward to furthering the success of JPL in the years ahead."

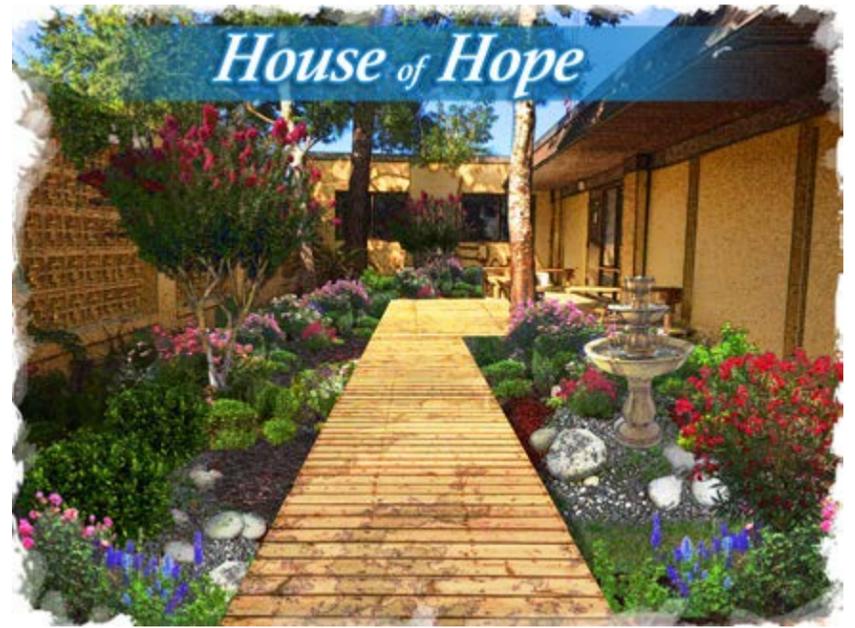
Rogers has more than 15 years of experience in various library director positions. In Oklahoma City he was responsible for the strategic and operational results of a library serving more than 750,000 people from 19 branch locations with more than 425 full-time employees. At NC LIVE—a library consortium for the state of North Carolina—he was the executive director and ran the statewide consortium of more



Tim Rogers

than 200 academic and public libraries. Rogers also held director-level roles at the largest public library in Kansas (Johnson County Library), Coffey County Library in Tennessee and Oneida Public Library in central New York. In addition to his operational and strategic successes, Rogers has extensive fundraising experience that should benefit JPL.

The library director search committee included King, past Board of Library Trustees Chairpersons Erin Vance Skinner and Dr. Brenda Simmons Hutchins, current Trustee Jill Dame, JPL Foundation Board Chair Kevin Hyde, past president of FSCJ Dr. Barbara Darby, and WJCT President and CEO Michael Boylan.



Rendering of the courtyard proposed for the new House of Hope youth emergency shelter

Nine-bed emergency shelter plans unveiled for youth in crisis

The Youth Crisis Center (YCC) recently unveiled plans for its new, nine-bed House of Hope emergency shelter at its November Butterfly Garden Luncheon: Celebrating the Wings of Change, along with its new mission, new logo and community collaborations.

"On behalf of the families we serve, thank you for the generous support that was shown during our Butterfly Luncheon. YCC was excited to share our new mission, which now focuses on those impacted by traumatic life experiences, said Kim Sirdevan, president and CEO of Youth Crisis Center, located on Parental Home Road.

The House of Hope shelter, located on the YCC campus, will serve young adults 18-24 years old, especially those from the

LGBTQ population who are homeless as a result of being displaced from family, which is often due to their sexual orientation or gender identity. YCC is collaborating on the project with JASMYN, a local Jacksonville nonprofit serving LGBTQ youth.

"We were also excited to announce our new collaboration with JASMYN," she said. "I am so appreciative of our wonderful donors. The funds raised will go toward purchasing supplies and furniture necessary to open the new House of Hope program."

The targeted opening date for the House of Hope is early 2018, contingent upon YCC receiving the necessary \$650,000 in estimated annual operational costs for the emergency shelter.

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Co-owners Bob Fleckenstein and Jeff McCusker

River & Post opens, stakes claim in restaurant scene

The latest arrival in the bustling restaurant scene of Riverside/Avondale has arrived after a highly-anticipated construction phase completed in early November. The restaurant is located at 1000 Riverside Ave. at the corner of Riverside Avenue and Post Streets.

With a spectacular view of the river and downtown skyline, the view is unparalleled in the entire city of Jacksonville. Since its opening night, Nov. 20, co-owners Bob Fleckenstein and Jeff McCusker have been working hard to build a team that delivers outstanding service alongside beautiful and satisfying dishes from the kitchen.

McCusker has opened several restaurants in his career and said that, by far, River &

Post has been the best. "I've opened four restaurants and this is the smoothest and the largest one that I've opened," shared McCusker. "The kitchen has been putting out wonderful food, beautiful plates."

With an expansive rooftop lounge and private party space on the rooftop and the ground floor, the 11,500-square-foot restaurant has already made waves with local foodies and has taken the city by storm. With ample parking and valet parking available on many nights, the restaurant is poised to become one of the highly anticipated spots for special occasions, parties and has quickly become a date night hotspot. Reservations are encouraged by calling (904) 575-2366.

Eleven "Women With Heart" to be honored at luncheon



Seated: 2018 Women With Heart honorees Cheryl Barnett, Diane Raines, Dr. Pam Chally, Dany Atkinson and Dr. Estrellita Redmon. Standing: 2017 Women With Heart honorees Tracy Williams, Lisa Weatherby, Aimee Boggs and Helen Morse. Not pictured: The Honorable Audrey Gibson, Leslie Gordon, Shelley Morgan, Silvia Pulido, Melissa Ross and Dr. Elana Schrader.

Eleven women whose leadership, advocacy and generosity have greatly impacted so many in the community have been named Volunteers in Medicine's 2018 Women With Heart.

Dany Atkinson, Cheryl Barnett, Dr. Pam Chally, The Honorable Audrey Gibson, Leslie Gordon, Shelley Morgan, Silvia Pulido, Diane Raines, Dr. Estrellita Redmon, Melissa Ross and Dr. Elana Schrader will be honored at the 2nd Annual Women With Heart luncheon Feb. 7, 11:30 a.m., at the Florida Blue Conference Center on the company's Deerwood Campus.

Again sponsored by Florida Blue, the recognition luncheon will serve to kick off a year-long celebration.

"We're proud to play a role in honoring this next group of amazing ladies for their dedication to some of Northeast Florida's most vulnerable and often over-looked populations – our hard-working uninsured individuals and families," said Florida Blue Market President Darnell Smith.

The inaugural year's Women With Heart event and the subsequent monthly events customized and hosted by each of the honorees significantly impacted Volunteers in Medicine.

The event not only increased awareness for the clinic's mission and its innovative volunteer service model, but also raised over \$125,000, which will support the clinic's primary and specialty care services and programs.

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Avondale attorney appointed General Counsel at Baptist Health

Deputy General Counsel G. Scott Baity, J.D., BCS (Board Certified Specialist in Health Law), a 21-year professional of the Baptist Health Legal Department, will assume the executive role of senior vice president and general counsel, effective Jan. 1, 2018.

As general counsel, Baity will advise senior executives, including Baptist Health President and CEO Hugh Greene, FACHE, and the boards of directors for the health system and its hospitals on business agreements and strategies, legal risks, compliance, regulatory and other law-related matters for Jacksonville's largest nonprofit health system.

"I am honored to assume this role for Baptist Health at such an exciting time in our history, and to follow in the footsteps of Harvey Granger, who is scaling back after having adeptly provided critical guidance and governance as general counsel of Baptist Health for more than 30 years," said Baity, an Ed White High School graduate and Avondale resident.

Baity began his Baptist career as a staff attorney in 1996 before being promoted to associate general counsel in 2003, and



Scott Baity

deputy general counsel in January 2017. A graduate of the Walter F. George School of Law at Mercer University and the University of Florida, Baity has been named one of Jacksonville's Top Lawyers in Healthcare since 2012 and was a 2017 recipient of a First Chair award for excellence, which recognizes the nation's top 150 in-house lawyers for their accomplishments and significant contributions to the legal community.

He is a member of the Board of Directors and Treasurer of The Arc Jacksonville, and serves on the Board of Legal Specialization and Education of The Florida Bar, which oversees the awarding of board certification to Florida attorneys.

St. Vincent's HealthCare announces Red Rose Ball Chairs



Tracy and David Williams; Sonnie Kim-Ashchi, M.D. and Majdi Aschi, D.O.; Seana and Matthew McAfee

The 2018 co-chairs for the 37th Annual Red Rose Ball to benefit women and children services throughout Ascension St. Vincent's HealthCare include three family-oriented couples.

Sonnie Kim-Ashchi, M.D., is a board-certified OB/GYN and director of robotic surgery at Ascension St. Vincent's Southside, while Majdi Ashchi, D.O., is an interventional vascular cardiologist. The couple love to travel all over the world with four children, including 11-year-old twin boys who were premature with NICU needs. Majdi is an avid fisherman and collector of antique cars, while Sonnie enjoys yoga, Pilates and kickboxing.

Seana Delaney McAfee is an active civic volunteer in areas ranging from animals to military veterans, and at her children's schools, St Mark's Episcopal Day School and The Bolles School. Matthew Stuart

McAfee is a partner at Driver, McAfee, Peek and Hawthorne and immediate past chairman of the Jacksonville Symphony Orchestra. He has assisted Ascension St. Vincent's with its commercial real estate legal needs over the past several years. The couple has three healthy children, born at Ascension St. Vincent's while managing premature labor issues.

Tracy Williams, president of Ascension St. Vincent's Southside, and her husband, David, are parents to Isla, 7, and Cassidy, 5, who attend San Jose Episcopal Day School and Joe, 3, who goes to Southside United Methodist Preschool. All three children were born at the Family Birth Place at Ascension St. Vincent's Southside. Tracy, who began her career at Ascension St. Vincent's 11 years ago, was an athletic trainer and physical therapist. David enjoys woodworking and home renovation projects.



Doug Baer, president and CEO of Brooks Rehabilitation presented a check in the amount of \$25,000 to Tyler Morris, executive director at the Independent Living Resource Center (ILRC), Board Member Angela Miller and Board Chair Cindy Pfister.

A big check for a worthy cause

The Independent Living Resource Center (ILRC) received a nice gift in its holiday stocking Dec. 20 when Brooks Rehabilitation presented a check for \$25,000 to the St. Nicholas-based nonprofit.

The funds will help provide much needed resources to disabled in the community, by helping to support the Temporary Loan Closet, a durable medical

supply arm of the ILRC, which began operation in Jacksonville in 1978.

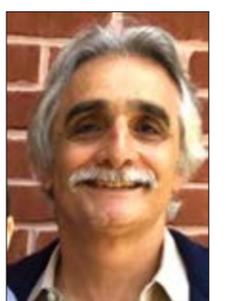
"As someone who uses equipment like this [durable goods, i.e., walkers, wheelchairs], it's a game changer. You're already out of control [balance] and it's already stressful enough, what you're going through," said Angie Miller, when referencing the need for assistance in the form of donated items.

Miller had the opportunity, alongside staff at the ILRC, to thank Doug Baer, president and chief executive officer at Brooks Rehabilitation, after the presentation. "We're thankful for your partnership and everything you do," she said.

Ortega Forest resident joins MOSH Board of Trustees

Ortega Forest resident Sam Salem, former owner of Whiteway Deli, has joined the Museum of Science & History (MOSH) Board of Trustees for a three-year term from 2017-2020. Also joining the board were Justin Avery, Partner at KPMG LLP; Michael Cheng, Managing Director for MidCap Financial Services LLC, and Erik Hoag, CFO at FIS.

"We are thrilled to welcome these talented and dynamic professionals to MOSH's board of trustees," said MOSH President Maria Hane. "Their diverse experience and backgrounds perfectly complement the dedicated trustees currently serving the Museum. I am confident the wide range of knowledge and expertise these new members possess will catapult MOSH to new levels of success."



Sam Salem

Wishing you a Happy and Blessed 2018!



You are never too old to reinvent yourself — Steve Harvey



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A dry crawlspace is vital for your home's health and for yours

Install a commercial-grade dehumidifier for a much dryer home

Dehumidify. Dehumidify. Dehumidify. At the risk of sounding like a broken record, Chris Turner of Turners Underseal said there's no better way to restore your home to good health and keep it that way than to dehumidify it.

Crawlspaces, in particular, are breeding grounds for mold and mildew, and can make you sick, especially if you have allergies or asthma. But, whether or not you're prone to allergies, contaminants from crawlspaces can still irritate your eyes, skin, nose, throat, and lungs.

"Just about the only way to maintain a dry crawlspace year-round is to use a permanently installed, commercial-quality dehumidifier, like Turners Underseal compact unit," said Turner, who is passionate about health – yours and your home's.

In Florida, there's no getting around humidity and, according to Greg Weatherman, a top indoor air professional, "Soil is always wet, even when it appears to be dry. Water from ground sources continuously moves through the particles of the soil."

Fortunately, Turner has the solution to keeping a crawlspace nice and dry.

"We install a 6-by-6-foot liner with a mounting pad under the commercial dehumidifier with an automatic pump, partial vent closings and drainage to the outside for trouble-free operation," said Turner, who added that since Hurricane Irma, getting your crawlspace dry and keeping it that way will prevent bad indoor air quality.

With over 30 years' experience as a certified indoor air quality professional, Turner knows his stuff when it comes to healthy, dry crawlspaces.

"After creating healthy, dry crawlspaces for years, we've found that our dehumidifier systems have resulted in tremendous improvements in our clients' homes," said Turner.

In addition to affecting your and your family's health, damp air in your crawlspace may damage the structure of the home, its flooring, your furniture, and items stored in a crawlspace. That's why it's so important to control the relative humidity in these areas with a Turners Underseal dehumidifier system.

Earlier this year, Katie Penkala of Avondale brought Turner in to address extreme humidity in her 90-year-old home.

"I called many different companies asking for their assistance in fixing the problem," she said. "Every company told me that they could not fix the problem and that I needed to call someone else."

That "someone else" was Turner, who came to Penkala's home, and diagnosed the problem was the crawlspace. After thoroughly explaining the process, the job was completed within a week.

"After the first day of having my dehumidifier installed, I already have a noticeable difference in the humidity level," said Penkala. "It has made my drywall stop cracking, my carpet is no longer damp, and there are no musty odors in my house."

Penkala went on to say "I am so thankful Turners Underseal was able to quickly and efficiently fix a problem that many others just passed off. I would definitely recommend Turners Underseal to anyone who wants a healthier crawlspace and a less humid house."



In addition to the dehumidification system, Turners Underseal also does crawlspace wood sealing and crawlspace liners. For your free crawlspace inspection, contact Chris Turner at (904) 903-9569, Monday through Friday, 8 a.m. to 7:30 p.m. or check out Turners Underseal at turnersunderseal.com/

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Joseph Murphy, Richard Rapp and Greg Bartolotta

New Avondale restaurant opens during holiday season

After a two-week soft opening, Barrique Kitchen & Wine Bar of Avondale held its grand opening Dec. 7, officially introducing more than 200 wines and a Mediterranean-based menu at its 3563 St. Johns Ave. location, site of the former Cowford Traders shop. Joseph Murphy, one of three partners in Barrique of Avondale, said managing partner Greg Bartolotta "is the restaurateur and personally selected the wines" featured in an enormous wine cellar displayed in the main dining room. Murphy and partner Richard Rapp, both of Ponte Vedra Beach, came up with the

idea of bringing the concept of New York-based Barrique to Jacksonville even though neither are involved with Bartolotta's Babylon, New York restaurant. Renovation of the 5,000-square-foot space cost more than half a million dollars and the result is an Old World décor of brick, stucco and reclaimed wood in the main dining room, bar area, and two private dining rooms. Altogether, Barrique seats 100, including sidewalk seating at four umbrellaed tables, and has a staff of more than 35.

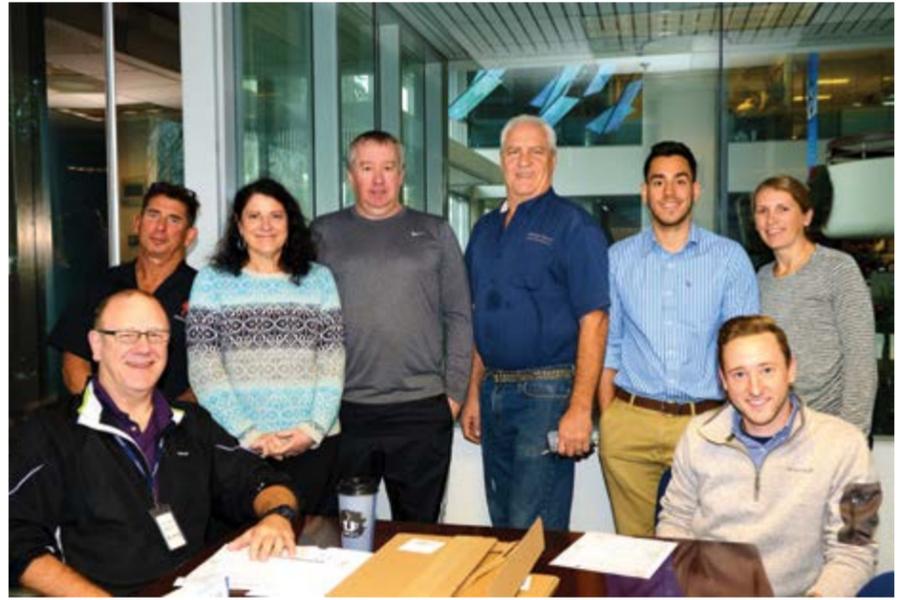
Rotarians learn of issues, challenges facing youth

The Rev. Adam Greene, Head of School at Episcopal School of Jacksonville, spoke at the San Marco Rotary Club meeting on Nov. 28. Rev. Greene, of Ortega, discussed with the group some of the issues and challenges facing America's youth today. He emphasized the importance of addressing these challenges intentionally and thoughtfully, working with parents of adolescents in a collaborative way, and how ESJ does this through the school's four pillar approach to education in a highly challenging, academically rigorous, yet caring and supportive environment. "Rotary has a long history of supporting education. It was a pleasure to welcome



Adam Greene, Head of School at The Episcopal School of Jacksonville, with Janet Reagor, Rotary Club of San Marco president. Adam to our club and hear his perspective on issues facing students today," said Empire Point resident Howard Dyal, Rotary Club of San Marco president-elect.

Local road race remains strong, impacts community



Mt. Acosta Classic committee members Darrell Purkey with Scott Gross, Gena Star, Robbie Higgerson, Charlie Fetzner, Andres Santandreu, Drew Rowland and Marie McMaster; committee members not pictured: Phil Foreman, Alice Gould, Matt Gulden and Carina Brillhart

Spirit of Ironman inspires others to engage, participate

A passionate committee recently met to plan, strategize, and organize the game plan for this year's 6th Annual Mt. Acosta Classic, a major fundraiser for the Jared Bynum Scholarship Foundation. The Feb. 17 bicycle road race and running event will have rubber hitting the road in tandem with runners on the same course as cyclists. The race kicks off from the Haskell Building at 111 Riverside Ave. and will challenge participants to get involved, get engaged, and embody the spirit of longtime Ironman Jared Bynum, as they traverse the St. Johns River on the Acosta Bridge. Bynum, a committed runner and triathlete tragically lost his life on Sunday, Oct. 7, 2012, while training for the Florida Ironman competition. He was struck from behind by an SUV while on his last 100-mile

training ride prior to the big event. He was a large supporter of anything and everything local, including establishments in the Riverside and San Marco communities, nearby to his office at the Haskell Company. According to friends, his workouts began and ended in the local area, and he always strived to help local merchants and restaurants gain more visibility. In addition to his support for local businesses, he took it a step further a few years prior to his passing. In 2010, Jared and his wife, Kelli, started mentoring at-risk students at Julia Landon Middle School through their church, Southside Baptist. After his fatal accident, a scholarship was established to help fund college tuition costs for a deserving Landon student from an underprivileged background. Deserving students have shared their experiences and more can be found by visiting MtAcostaClassic.com, 100 percent of proceeds go to students in the community.

Local lawyer hangs out own shingle downtown

San Marco resident and attorney Michael Cavendish has launched his own downtown firm, Cavendish Partners, P.A., conducting lawsuits, litigation, and trials for companies and key stakeholders in Northeast Florida. His clients include private individuals, state agencies, municipal bodies, and corporations ranging in size from Fortune 100 market leaders to closely-held family businesses.

Formerly an Avondale resident, Cavendish has practiced law in downtown Jacksonville since 1998, when he moved to Jacksonville to join the firm of MaguireWoods. He has also worked for Boyd & Jenerette and, most recently, Gunster. A former General Counsel of the Jacksonville Regional Chamber of Commerce, Cavendish is also a former Board Chair for the Jacksonville Transportation Authority.

Cavendish is a graduate of the University of Florida College of Law, Order of the Coif, and received his bachelor's degree at Florida State University. He is the winner of two awards from The Florida Bar, the Sanders Award for Legal Writing (2000) and the Crumbley Award for Legal Management (2010). Michael Cavendish with his wife, Dr. Michele L. Cavendish



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Inaugural 'emerging leaders' celebrate successful year

Members of the inaugural class of the Hightower Emerging Leaders Fellowship, a program developed by the JAX Chamber, came together Dec. 7 at the Ortega home of Betsy Lovett for a closing reception and celebration. The event was co-hosted by the program's namesake, Michael Hightower, and was attended by JAX Chamber President and CEO Daniel Davis, and one of the Fellowship guest speakers, Peter Rummell.

The Hightower Emerging Leaders Fellowship brings together a class of talented young professionals with prominent and influential Jacksonville leaders. The Fellowship fosters meaningful relationships between the current and next generation of community leaders.

Applications for the 2018 Fellowship are now being accepted. Email ImpactJAX@myjaxchamber.com for more information.



Daniel Davis, JAX Chamber; Chester Aikens, Duval County Public Schools; Peter Rummell, RummellMunz; Diana E. Donovan, Jacksonville University; Rinaldo Allen, Assemblymen; Andrew J. Kisz, Ernst & Young, LLP; Tyler J. Mathews, England - Thims & Miller Inc.; Britten Hughes, Black Knight Financial Services; Thomas D. Lee, IV, Lee & Cates Glass Inc.; Kate Spilsbury, Florida Blue Center Jacksonville Town Center; Joseph W. Rogan, Smith, Hulsey & Busey; Elizabeth Feustel, J.D., Jacksonville Civic Council; Ashley N. Strickland; Christopher Warren, University of North Florida; Richard B. Naylor, Tom Coughlin Jay Fund Foundation; Haleigh Hutchison, Jacksonville City Council; Jordan Pope, JEA; Betsy Lovett; Michael Hightower, JEA



Mike Hightower, Betsy Lovett and Chris Warren



ImpactJax Chair Thomas Lee and Lauren Lee with Jax Chamber President and CEO Daniel Davis



Diana Donovan, Betsy Lovett and Kate Spilsbury



Amy Kisz and Britten Hughes with Jay Shea and Kate Spilsbury

New Curators Society holds inaugural reception

The Cathedral Arts Project's Curators Society, founded in recognition of CAP's 25th anniversary, held an inaugural reception Nov. 9, hosted by CAP Board Chair Heather Moore.

The gathering featured a special performance by CAP alumnus Armando Atanda, now a senior violist at Douglas Anderson School of the Arts, providing a firsthand account of the proven significance the program has on its students.

The Curators Society recognizes donors who show their dedication to ensuring every child has access to an arts-rich education through a three-year annual commitment of \$1,000 or more. The Curators Society is



Armando Atanda, Jane Condon and Brian Griffin, Orchestra Department Chair at Douglas Anderson School of the Arts

inspired by the belief that its stakeholders possess the transformative power to curate quality arts learning that empowers students to analyze, innovate and create.



Heather Moore, CAP board chair and host of the event, with Dr. Mark Gold and Susan LeMasters



Gabriela De Broux with CAP Board Member Rachel Roberts and Shannon Griffin



Carmen Meyer and Jill Nicholson with CAP Board Member Peter O'Brien and Laura Bennett



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2525 COLLEGE ST 2106

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Laura Wesson
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4348 SHERWOOD RD

3/2-2,150 sqft. SOLD by Elizabeth O'Steen and Cece Cummings! A fabulous opportunity to live on one of the most sought after streets in Ortega Forest. Situated on a large half acre lot in walking distance to John Stockton Elementary School. This home allows for many opportunities to entertain.



SOLD

4351 MCGIRTS BLVD

4/3-3,052 sqft. SOLD by Beverly Brooke! This fabulous four bedroom home is full of character and charm. The family room opens up to a covered porch with gorgeous views of the lush backyard full of beautiful flowers and trees.



SOLD

3665 VALENCIA RD

4/3-2,679 sqft. SOLD by Liz Bobeck! Only steps to Boone Park! This fantastic location is walking distance to both the shops of Avondale and also Restaurant Orsay and South. The open floor plan will feature spacious rooms, a gourmet island kitchen with stainless appliances and marble counters.



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2064 HERSCHEL ST 106

1/2-996 sqft. SOLD by Josh Nugent, Liz Bobeck, and Allison Steilberg! Old World Charm with a Modern Twist @ Chelsea Lofts! Rock solid newer construction condo in the heart of the 5-points area of Riverside. You will feel transported from the moment you walk in the door, are you in Havana, New Orleans, or Key West?



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2970 ST JOHNS AVE 4E

3/2-1,822 sqft. SOLD by Josh Nugent, Dee Burnett, and Allison Steilberg! Spacious fully renovated move-in condition unit at Beau Rivage. Beautiful tree top and St Johns River views from almost every room as well as the balcony. Gleaming hardwood floors throughout all areas except the baths.



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Kathy Suber
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2644 ALGONQUIN AVE

3/2/1-2,379 sqft. SOLD by Lee Elmore and Claire Franson! What a great house in the sought after neighborhood of Ortega. This traditional style split level house is waiting for the right family to make it their own. Potential galore, with spacious rooms, hardwood floors, large corner lot, convenient to shopping, medical and schools.



Jane Slater
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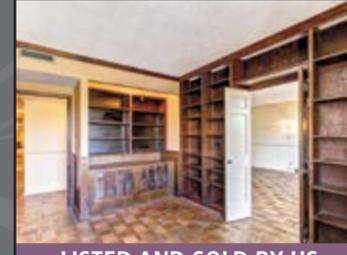
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3/2-1,696 sqft. SOLD by Josh Nugent and Dee Burnett! Great floor plan and commanding views of Avondale and the canal that was the yacht basin for the original Florida Yacht Club! Enjoy your morning coffee from the two large covered balconies that will also afford you amazing sunset views.



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4429 IROQUOIS AVE

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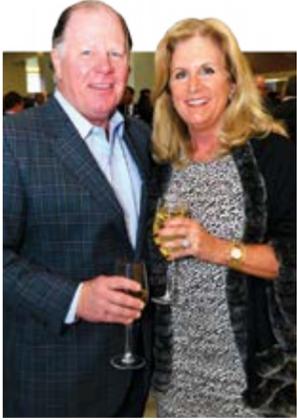
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Jacksonville Jaguars President Mark Lamping with his wife Cheryl



Daniel Bean with Jaxson de Ville and Alan Wachs



Michelle Rahn with Susan Masucci



Randi Guthard with Sally Parsons, Beth Langley and Cheryl Barnett



Ken Harrivel with Allan DeVault



Ashley Soles with Ashley Land



Joanna and Curt Pajcic



Malcolm Jones with Maggie Hightower and David Gonino



Pepper Lindsey with Robert "Bob" Hines

Local restaurant group, Jaguars host benefit to kick hunger

An empty pantry is no fun at any time, but it seems so much worse during the holidays. When the pantry itself is gone due to hurricane damage, the prospects of a happy holiday are bleak. Thanks to Black Sheep Restaurant Group and the Jaguars Foundation, families in need in Jacksonville and Houston had prospects for a brighter Christmas.

Supporting the Jaguars Foundation's hunger relief programs, the Taste of the NFL's Kick Hunger Challenge was a wine dinner held Dec. 11, which this year raised money for Jacksonville and Houston food banks.

Honorary Chairs for the formal event were Nancy and Gary Chartrand. Chefs included Jonathan Insetta, Waylon Rivers, Michael McKinney, and Kerri Rogers, from Black Sheep Restaurant Group, who teamed up with Gallo Wine Group, Elior North America Chef Chris Caracciolo, Delaware North Chef Sean Kinoshita, and special guest Chef Jon Buchanan from Third Coast Restaurant, Houston, Texas for a special evening which included champagne and appetizers, a formal dinner, and a decadent dessert bar at the U.S. Assure West Club in EverBank Field.

Nemours supporters celebrated at annual holiday event

Nemours Children's Specialty Care held a donor appreciation reception Dec. 7 at Epping Forest Yacht and Country Club to celebrate generous individual, corporate and community donors in 2017.

Approximately 60 guests enjoyed cocktails, hors d'oeuvres and holiday cheer to music by Steven Amburn of First Coast Music Therapy. A video presentation created by Pepper Lindsey of Lindsey Films, Inc., gave an overview of the new music therapy program and Art with a Heart in Healthcare, two programs that serve the hematology oncology patients of Nemours and are supported by philanthropy.

"This event is a small way to show appreciation to our donors who help so many of our patients and families throughout the year," said Dr. Michael Erhard, Enterprise Vice President and Chief Medical Officer for Nemours Florida. "Nemours treats every child regardless of their ability to pay and we could not do this without the support of the Jacksonville community."

Hosted by the Nemours Fund for Children's Health, the party is an annual affair, recognizing the achievements of various donor programs while celebrating the season of giving at the holidays.



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7006 Ramoth Dr.
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UNDER CONTRACT

3244 Herschel St.
\$549,900



3556 Valencia Rd.
\$374,900



SOLD

2264 Post St.
\$360,000



NEW LISTING

1466 Belvedere Ave.
\$332,900



1661 Charon Rd.
\$294,500



4238 Genoa Ave.
\$265,900



UNDER CONTRACT

4407 Melrose Ave.
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1247 Rensselaer Ave.
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1514 Glendale St.
\$199,900



2223 Gilmore St.
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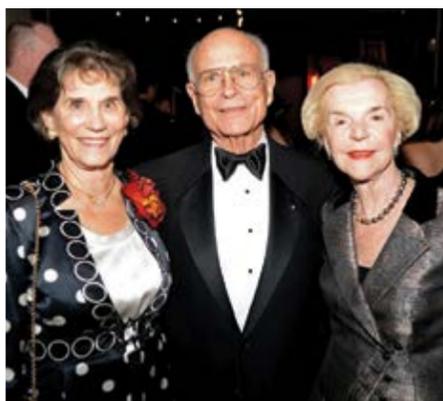


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Agnes Danciger with Dick and Marcia Morales



Neily Braren and Kelsey Clarkson



Peter and Margaret Moore



Marleigh Gulliford with Robin Campen



John Orth with Riverkeeper Executive Director, Jimmy Orth, and his son, Eli Orth



Sharon Pentaleri with Ruth Whitner, Laura Magevney and Holly Upchurch



2017 Art & Antiques Show Chairs Jan Kirby, Kelly Kunz and Frances Hutto



Barbara and Bill Ketchum



Anne and Keith Holt

Art & Antiques weekend a boon for Women's Board

While all of Great Britain was keen with the news of Prince Harry's engagement to actress Meghan Markle, Northeast Florida's own philanthropic celebrities turned out for the Royal Affair Gala, kicking off the 41st Anniversary Art & Antiques Show, themed "London Calling."

This year's gala was a return to the formal affair with full-length gowns and black tie, as patrons danced to melodies by the RiverTown Band.

Presented by the Women's Board of Wolfson Children's Hospital, the annual show featured nationally-acclaimed lecturers,

internationally-recognized art and antiques dealers, the Opening Night Gala, and "Paddington at the Palace," the Children's Fashion Show, featuring current and former patients of Wolfson Children's Hospital, followed by the "Mad Hatter's Tea Party."

The show helps raise community awareness of Wolfson's unique facility and fund state-of-the-art services, programs, equipment and facilities to provide the best health care for all children in the Northeast Florida/Southeast Georgia region. The Women's Board has raised more than \$30 million for facilities, equipment and programs.

Annual Oyster Roast turnout evidence of great Riverkeeper support

The weather couldn't have been better for the St. Johns Riverkeeper's annual Oyster Roast, known for being one of the best parties of the year and drawing guests from all over Northeast Florida.

As it is each year, the Nov. 17 event was held at the Garden Club of Jacksonville in Riverside, where Fisherman's Dock served up delicious oysters and seafood, with other tasty food from Biscottis, and brews from Aardwolf Brewing Company, Bold City Brewery, SweetWater Brewing Company, and Wicked Barley Brewing Company.

The evening's festivities included live music from Firewater Tent Revival, and a wide array of items in the silent auction, including glass art by featured artist Brian Frus of San Marco. The Tin Can Photo Lounge, a mobile photo booth, was on hand to help guests capture the moment.

The annual Oyster Roast is a critical fundraising event for the St. Johns Riverkeeper, helping to support its effective advocacy, outreach, and education programs.

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The Pajcic Firm is thankful to be part of The Jaguars Foundation team that donated holiday meals to the hungry in our area. Jaguars players helped load up the canned and fresh food that was distributed to 1200 needy families. About 281,000 people struggle to put food on the table in Northeast Florida. 80,000 of those are children.



Members of the Pajcic Firm joined a former client to give out food and supplies to the homeless in our area. Seeing the smiles we put on the faces always gives us great joy and pleasure. It truly is better to give than to receive!



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Republican Women honor Public Defender Charlie Cofer

The Republican Women's Club of Duval Federated, led by its president, Sharon Light, held its monthly luncheon Dec. 14 at San Jose Country Club. Special guests included Mayor Lenny Curry, who gave the keynote remarks, Sheriff Mike Williams, The Honorable Charlie Cofer, several city council members, with appearances by Santa Claus and The Grinch.

After a musical presentation by Mary Galvano-Bajohr, who sang the National Anthem a capella, the club's board of directors announced grant recipients to include American Heritage Girls Troop

1212 in Clay County, Five Star Veterans Center, a nonprofit which provides assistance to veterans coping with PTSD and other disorders; The Women's Help Center, a nonprofit which offers free, supportive counseling to women facing unplanned pregnancies, and Turning Point USA, a nonprofit which creates conservative grassroots networks on college campuses.

Cofer, Public Defender for the Fourth Judicial Circuit of Florida, was given the club's 2017 Special Person Award for his ongoing support of the women's group.



Sharon Light, president of the Republican Women's Club of Duval Federated, with Mayor Lenny Curry



Judge Charlie Cofer with Jerry Holland, Property Appraiser's Office



Amy Ferraro with Gedone Prachar



Pam Jackson with Leigh Lovein



Patty Dodson, District 2 Councilman Al Ferraro and Shelly Theis



Sandy McCorvey with Natalie Broulette and Lucille Coberly



Pat Latimer and Teresa Koufonikos with Karyn Morton and Emily Hehn

Local nonprofit honors those slain in 2012 Benghazi attack

"When people fear their government, there is tyranny. When the government fears the people, there's liberty."

That quote, shared by former CIA officer Kevin Shipp, received a standing ovation and effectively summed up the rest of the program at Turning Points in America's "America at a Crossroads" event in Jacksonville.

Each year since the Sept. 11, 2012 murders of U.S. Ambassador Christopher Stevens, Navy Veteran SEALs Glen Doherty and Tyrone Woods, and Air Force Veteran Information Officer Sean Smith in Benghazi, the Benghazi Tribute Team of Northeast Florida presents an annual tribute.

The 2017 event, held Dec. 3 at the Hyatt Regency Riverfront, included a keynote presentation by Dinesh D'Souza, America at a Crossroads speaker, author and filmmaker.

Following a memorial service with military honors for the heroes of the Battle of Benghazi, the program also included



World War II Veterans "Lucky" Howe, Sollie Mitchell and Bob Hall were among veterans and first responders honored at the Benghazi Tribute.

presentations by Congressman Ted Yoho, and by Roger Aronoff, Stephanie Jason, Clare Lopez, experts in security, terrorism and Benghazi, and Shipp.

"This unique event provided a chance to find out what's really happening all over our country from some of the most knowledgeable experts in America," said Beth



Dinesh and Debbie D'Souza with Beth Heath, host of the event.

Heath, Benghazi team leader with Turning Points in America. "Those that attended were overwhelmed and abuzz with the knowledge and new information shared at this event."

If you missed the heavily-attended event, you can get a professional motion picture DVD of the event at www.benghazitribute.org/events.

Bowtie ball raises funds for newborns

Babies born in the new year will get the best start at life with a new Panda Warmer at Ascension St. Vincent's Medical Center Southside, thanks to the Shircliff Society.

Proceeds from the society's inaugural Bowtie Ball: A Casual Affair to Remember will support babies born in the Family Birth Place with this life-saving equipment that safely regulates a new baby's temperature.

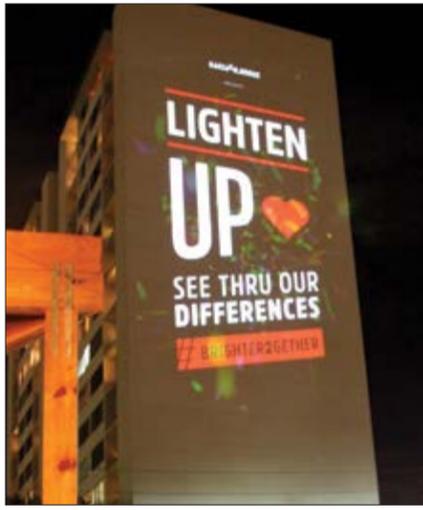
The young professionals group will gather Saturday, Jan. 27, at Manifest Distillery, 96 E. Forsyth St., for an evening of touring, tasting and entertainment. Bowties are encouraged at the dressy casual event for 21 to 40-year-olds. Visit jaxhealth.com/bowtieball for tickets.

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Digital light display puts participants on 10-story 'screen'

Local digital creative agency, Castaño Group, launched LightenUp, a 10-story-tall interactive digital display, to create a unique holiday celebration experience. For three nights, Dec. 15-17, "dancing" lights were projected on the façade of the Riverside Presbyterian Apartments facing Oak Street.

At an audience "activation" area, located at The Bread & Board restaurant directly across from towering display of lights, the community was encouraged to join in pairs, coming together while a motion tracking system and custom software illuminated the tower, taking the form of the participants and tracking their movements in a colorful array of particle lights on the tower.



The Riverside Presbyterian Apartment tower was the "screen" for an interactive light display Dec. 15-17.

"After a year filled with political, racial, and religious division, we wanted to create a holiday project that would encourage people to come together to celebrate the holiday season and their shared humanity," said Joash Brunet, one of Castaño Group's principals, together with Kedgar Volta.



Castaño Group's Joash Brunet, Thao Bui and Kedgar Volta brought the 5 Points/Riverside community together with an interactive light display.

Masons to hold open house, cookout to share their story

The structure at 1225 McDuff Ave. S. has been owned for so long by Riverside Masonic Lodge 266 it has no sales history on the City of Jacksonville property appraiser's website.

Built in 1937, the historic lodge was constructed with material from a home being demolished on N. Laura Street downtown. The Masons will hold an open house and cookout on Saturday, Feb. 10, 11 a.m. to 2 p.m., for those interested in touring the 80-year-old building.

Chartered on April 22, 1931, Riverside Masonic Lodge originally met in rented space at the corner of May and Gilmore Streets, where I-10 is now located.

The lodge's history is as rich as its home. According to current leader, Walter Brown, in the early days of the organization, it was not uncommon for area residents, including widows and orphans, to be cared for by lodge members.

"In years past, our members were heavily involved in supporting Lee High School [located across the street], including the old Dad's Club," Brown said. "As a kid in the 1980s, I remember Riverside Lodge always had something going on, and served as a hub for neighborhood functions and activities."



Riverside Masonic Lodge 266

Many residents in the area don't know about the Masonic Lodge and what they do, but Brown is looking to change that.

At the Feb. 10 open house, members will talk about freemasonry, and representatives of the youth organizations Rainbow Girls and DeMolay, Eastern Star, the Morocco Shrine and the Child ID program will be on hand as well.

"I think it's important for the community to see how many things we are involved in and how much we do care about the preservation and protection of the area and its residents," said Brown. "I believe that many will want to be part of the lodge once they realize the programs we are committed to and how we work in the community to make things better."

Women share joyful activities in look back at 2017

Members and guests of the National League of American Pen Women, Jacksonville Branch (NLAPW), gathered on Dec. 9 to celebrate the holiday season at the Lakewood home of Biographer Susan D. Brandenburg, where each attendee had an opportunity to describe an event in 2017 that brought them joy.

Writers Maggie FitzRoy of Ponte Vedra and Caren Burmeister of Lakewood had a dual moment of joy to share. FitzRoy recently finished writing her first novel, "Mercy's Way," and hired Burmeister to edit it. The novel is slated for publication in January 2018 and both novelist and editor are thrilled.

"We've been freelance journalists working on the same local publications for years," said FitzRoy, "but this is our first real collaboration and it has been so exciting! I'm already working on my second novel and I'm going to count on Caren to edit that one, too."

Jan Atchley Bevan of Murray Hill (former author-in-residence at the Cummer Museum of Art & Gardens) and musician Lynn Rose Curtin of Ponte Vedra also collaborated in 2017, when Curtin sponsored the recording of Bevan's original compositions played on the piano by Bevan.



Maggie FitzRoy and Caren Burmeister

"Playing my original music on the piano and putting it on a CD was pure joy for me," said Bevan, "and Lynn made it possible."

Celebrating its 120th Anniversary this year, the NLAPW is made up of professional women in the arts. The opportunity for collaboration is one of the many advantages enjoyed by the visual artists, musicians, writers, poets and photographers that belong to the national organization.

For more information on how to apply for membership, visit www.Jaxpenwomen.com, email JacksonvillePenWomen@gmail.com, or call (904) 273-0448.

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Start new year with exercise in the park

By Kate A. Hallock
Resident Community News



Tai chi classes are held in Boone Park South the fourth Sunday of the month

One of the benefits of living in Florida is nearly year-round good weather, and, living in one of the Historic Districts means you are never far from a park. Even better, exercising in a park is beneficial to your health and now, thanks to several groups, it is also beneficial to a local park.

"I always thought that Boone Park South was the perfect place to do morning yoga under the trees," said Pamela Telis, founder of Friends of Boone Park South. "After several calls and contacts, I found that Urban Yoga offers yoga in venues throughout the city and wanted to participate in our vision for yoga in Boone Park South."

Lynn Peterson, owner of Synergy Studios, suggested doing Pilates in the Park, so in November 2016, the Friends of Boone Park South started monthly yoga on the third Sunday of the month, cosponsored with Urban Yoga. Monthly Pilates on the first Sunday, originally cosponsored by Synergy Studios, now cosponsored with Let's Do Pilates. Monthly Tai Chi classes began in March 2017 on the fourth Sunday, cosponsored by Taoist Tai Chi Society.

Classes are conducted in a grassy space under the trees near the playground at the corner of St Johns Avenue and Van Wert Street, 9-10 a.m., and for Pilates and yoga, participants are asked to bring their own mats. The cost \$5 per person per class and goes to the Friends of Boone Park South, a nonprofit organization dedicated to the

preservation and maintenance of Boone Park South. "Participants are eager to pay when they know it will go back to the park," said Telis.

"Lately, we are getting about 10-20 participants of all age groups and gender for most classes. Tai Chi has brought the most diverse and largest group," Telis said. "Only recently we had to cancel for the first time due to rain!"

Yoga instructor Abby Solano is a member of Urban Yoga Jax, a local co-op of certified yoga teachers that use the urban core as a studio.

"Our goal is to bring yoga to the community by offering \$5 open level classes in an array of locations," said Solano. "We are so thrilled to partner with friends of Boone Park to bring people out to interact, move, and breath in the park they work so hard to preserve and make beautiful."

Let's Do Pilates, a "boutique" Pilates studio nestled inside of Verb Jax Fitness Center in Riverside, offers private and semi-private Pilates-based movement sessions, providing safe, creative and challenging movement experiences for the clients.

"Pilates is awesome. Pilates is life changing. Pilates is weird. Oh, and Pilates is hard!" said Joanna Massey, founder of Let's Do Pilates.

The exercise events are posted on the Friends of Boone Park South Facebook page, on NextDoor Avondale, and signs are posted in the park the week of the event.

Loved ones honored at annual Service of Remembrance



Volunteer Pat Tucher with Sherri Fussell, Dawn Townsend and Jay Magee

Nearly 200 guests remembered their loved ones at the 27th annual Tree of Life and Candlelight Service of Remembrance Dec. 7 at Community Hospice and Palliative Care of Northeast Florida. This was the 14th year the service was held at the Sunbeam Road campus.

Towering evergreens with holiday lights illuminated more than 800 white satin memorial ribbons adorned with the names of loved ones. Each ribbon represented a person whose absence is felt especially during the holidays.

"Tree of Life is a beautiful celebration of life and a cherished tradition for so many in our community," said Susan Ponder-Stansel, president and CEO. "It's a great privilege to offer those who attend this special opportunity to celebrate the lives of the loved ones they have lost and remember them as the holiday season begins."



Sisters Claudia and Denise Kowkabany came to pay their respects for their family members. They came to honor their brother John, who had passed away in August 2017, and their mother Alice, both of whom had been under the watchful eye of Community Hospice.

Ribbons and ornaments purchased for the Tree of Life supported Community Hospice Foundation, which helps families embrace life, guide them through the journey at life's end and provide comfort and care for all, regardless of age, the illness they face or their ability to pay.

Surprise birthday party for local attorney

Friends, family and staff gathered at the St. Nicholas-based law firm of Foerster, Isaac & Yerkes to surprise Fred Isaac, shareholder, with a birthday party Dec. 5.

Isaac, who grew up in Avondale, graduated from Jacksonville University with a psychology degree and received his juris doctorate from Mercer University's Walter F. George School of Law. He is also a chancellor of The Episcopal Church in the Diocese of Florida and received the Distinguished Service Medal for the Diocese of Florida



Fred Isaac receives birthday hugs from Rebecca Schriver, comptroller and paralegal for Foerster, Isaac & Yerkes, and from Annette Hemingway, a close family friend.

and the Distinguished Service Cross from Christ Episcopal Church.

The attorney is a past president of the Rotary Club of Ponte Vedra Beach, and past chair of the Constructions Trade and Qualifying Board for the City of Jacksonville.



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5 Points merchants shut down Lomax for good cause

Elsa and Anna, from the movie, "Frozen," weren't the only cold characters as they posed for photos with shivering children at the first annual Christmas on Lomax Block Party and Toy Drive Dec. 9 in Historic 5 Points. One block of Lomax, between Oak and Park Streets was closed for the party, which included a gigantic blow-up Christmas tree. Visitors were encouraged to drop off an unwrapped gift to be donated to the Children's Christmas Party of Jacksonville held the following weekend.

In addition to the Frozen actresses, Santa Claus and members of the Roar of the Jaguars were on hand to help warm things up as boys and girls decorated ornaments and cookies while their parents shopped specials at Lomax Street boutiques and enjoyed snacks courtesy of Good Dough, Bread and Board, BREW 5 Points and Grassroots Natural Market.

Sponsors of the block party included Gloss Goods, Root Realty, Generation Us and FreshThread Custom Apparel.



Stella Hyrne gets ready to decorate a Christmas cookie.



Joanna Kardys, of Redfield Salon, curls Noelle Payne's blonde locks.



Logan Swindell shares his Christmas Wish List with Santa.

Local agencies, businesses make holidays merry for others

From the very youngest who need a head start and a helping hand to seniors who may face the holidays alone, local businesses and agencies did their part to make the holidays brighter for those who are often forgotten.

The children at the Early Learning Center at the Episcopal Church of the Good Shepherd in Riverside were delighted by a special story time Dec. 13, thanks to the staff at Dr. Clayman's Plastic Surgery Center and Miracle Spa.

The story, written and narrated by Elana Clayman, included animated props. After much prompting by the children, Santa, played by Dr. Loren Clayman, made his appearance in time to distribute toy animals.

Also on Dec. 13, members of the Jacksonville Bar Association and the Jacksonville Sheriff's Office met at the JBA's office in the Wells Fargo building downtown to pick up wrapped gifts to be distributed to area seniors, continuing a tradition that is 25 years old.

In partnership with Aging True, which provides a list of seniors and their wish lists, local lawyers and police officers purchase, wrap and personally deliver the gifts to over 422 seniors.

"We really appreciate the Sheriff's Office working with us. There's an over 50 percent increase in the number of gifts from last year," said Tad Delegal, president of the Jacksonville Bar Association.



John Phillips with Courtney Weatherby-Hunter

Kimberly Jones, the chair of this year's Senior Holiday Event, had worked on the committee since 2011 while in law school. "A professor introduced it to us as a good project and, because I can't be with my own grandmother during the holidays, I wanted to be able to do something for other seniors," said Jones, who works for Baumann, Gant & Keeley.

For the sixth year in a row, the Law Firm of John M. Phillips brought a "Winter Wonderland" to Ortega, with over 24 tons of snow shaped into a slide and play area, as well as falling "snow."

In a departure from the previous five years when the toy drive recipient was Toys for Tots, this year's event, held Dec. 15, benefited Children's Home of Society of Florida as well as local children who lost so much as a result of Hurricane Irma.



Members of the Jacksonville Bar Association and the Jacksonville Sheriff's Office with gifts for local seniors. From left, Charles Smith, Kimberly Jones, project chair, Lt. Travis Cox, Officer L.E. Cook, Zach Levenhagen, Sgt. Ken Lamb, the Honorable Eleni Derke (kneeling), the Honorable Roberto Arias, Katie Dearing, JBA president-elect, Tad Delegal, JBA president, and Sheriff Mike Williams.



Elana Clayman and Dr. Loren Clayman, center, with staff members of Dr. Clayman's Plastic Surgery Center and Miracle Spa at the Early Learning Center administered by Episcopal Children's Services at the Episcopal Church of the Good Shepherd.

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Warm weather draws large crowds to Christmas in Avondale

From one end of the Shoppes of Avondale to the other, the annual Christmas in Avondale event held Dec. 2 was anchored by music.

At the south end, in front of the Avondale Gift Boutique, students from Ortega Elementary School's Steel Drum Band performed under the direction of Shaun Bennett, music instructor. Three blocks north, students from the Ronan School of Music played to audiences in front of Open Road Bicycles and Le Macaron French Pastries. Also, nestled between Coldwell Banker Vanguard Realty and Sherwin-Williams Paint Store, the St. Johns Presbyterian Church choir sang Christmas carols, and dancers from Happy Feet Dance Studio entertained visitors from all over Duval County.

Sponsored by the Shoppes of Avondale Merchants Association for more than three decades, many of the businesses set up tables outside their shops, serving cookies, candy, hot cocoa and other sweet treats during the unseasonably warm event.

In addition to traditional favorites, such as the holiday movie, "Elf," projected by Berkshire Hathaway HomeServices Florida

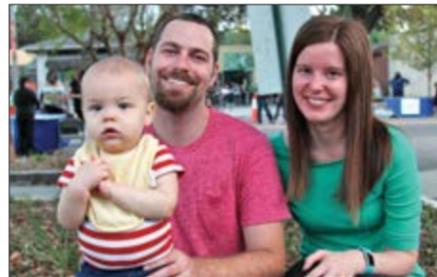


Jason and Jody Giles with twins Ryan and Gigi, authors of the book, "Too Lucky," about a search to find the "just right" rescue dog.

Network Realty, photos with Santa, pony rides and the Sahara Silk Belly Dancers, annually underwritten by Hooshang Oriental Rugs, new this year were the Jax Dog Café, Letters to Soldiers, a Christmas story reading by the Jacksonville Public Library and a game truck.



Performers from Happy Feet Dance Studio – front: Christina Malanga, Gail Wickenden, Lisa Federico, Brenda Todd, Lisa Reinhard, Patty Otterson; back: Chip Wickenden, Chris Crisp, Gerald Todd, John Otterson



Steve and Leigh Starnes with son, Paul



Madison and Nathan Phifer with sons, Miles and Nolan

Hawaiian Santa makes appearance at 11th Annual Read & Romp

A one-of-a-kind event for children up to age 10, the 11th Annual St. Vincent's Read & Romp was held Dec. 2 at the St. Vincent's Family Medicine Center, which hosts the event each year.

Themed "It's Christmas in Florida," activities included a climbing wall, train rides, Christmas crafts, food, entertainment from Pine Forest Elementary School students, story time with Clifford the Big Red Dog, music and photos with Santa Claus, clad in a Hawaiian shirt.

A St. Vincent's Mobile Medical unit was on hand to give health and wellness screenings. Sponsors included St. Vincent's HealthCare, Reach Out and Read, Publix Super Markets Charities, Target and Lions Club International.



Kenneth Largen Dr. Sara Largen, Charles Largen and Dr. Jason Largen with 5-month-old son, Matthew



Dr. Sonya Dominguez, Associate Program Director, St. Vincent's Family Medicine Residency Program, Diya and Dev Acharya, children of Dr. Viral Acharya



Julien and Eloise Libra, students at St. Mark's Episcopal Day School, with Santa Claus at Read & Romp.



Reed and Alden Veres give Clifford the Big Red Dog a big hug

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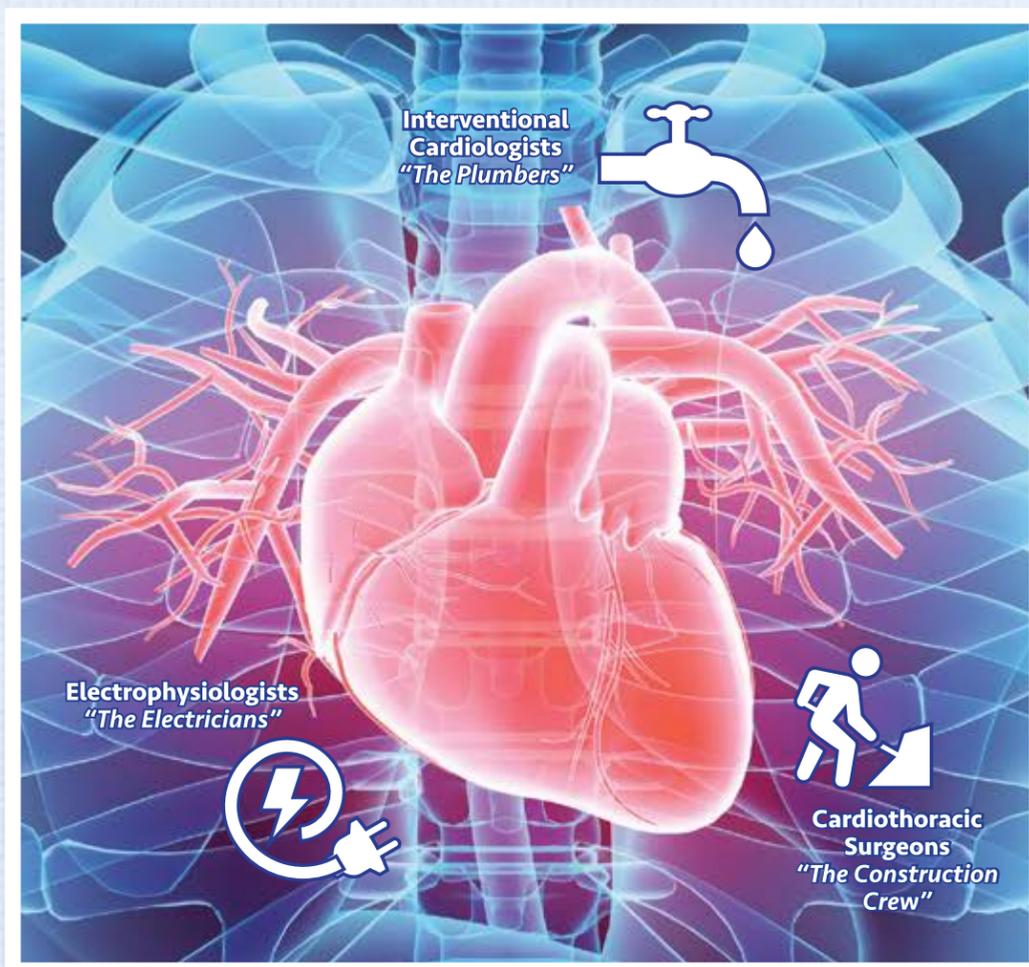
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Four of the original Ortega River Run organizers – Wirt Beard, Rev. Barnum McCarty, Tom Donahoo, Sr. and Fred Miller

Ortega River Run celebrates 40th anniversary

Race organizers reflect on early days

By Kate A. Hallock
Resident Community News

With the learning curve well behind them, what's left for four of the six masterminds behind the annual Ortega River Run are chuckles about early mishaps and a sense of pride about the beloved local 5-mile run, the fourth oldest in Jacksonville.

Back in 1978, seven months after the Gate 15K River Run began, Wirt Beard, Rev. Barnum McCarty, Tom Donahoo, Sr., Russell Walthour, Bill Ketchum, Sr. and Fred Miller decided to organize a race "for the fun of it," said Donahoo. "It was kind of a spin-off of the downtown race's popularity."

They also hoped they wouldn't lose any money. Instead, a profit of \$1,838.91 was donated to St. Mark's Episcopal Day School scholarship fund that first year. Now, four

decades later, thousands of dollars have been raised to help provide tuition assistance for hundreds of students.

"In the lifespan of the race, we've had just two goof-ups that I know of," recalled Miller, 75, owner of Fred Miller Group, a real estate firm in the heart of Old Ortega, just a block from the school.

With two bridges crossing the Ortega River and a significant number of boaters in the community, the inaugural race committee was concerned about unexpected drawbridge raisings during the race and sent flyers around to the upstream boating community asking for cooperation. "That first race we had someone standing next to the bridge tender with \$20 at the ready to encourage him not to raise it," joked Beard.

Jokes about bribing the bridge tender aside, the Ortega River Bridge did go up during one of the early runs to allow boats to pass through. Fortunately, all the runners were stopped for the five-minute wait so no one got the jump on the lead.

The other mishap Miller shared was when a JSO lead car once took a wrong turn, reducing the course distance for the runners who followed.

Tom Donahoo, Sr., 78, said it was Barnum McCarty, rector for St. Mark's Episcopal Church at the time, who recommended getting cooperation from the Jacksonville Sheriff's Office and did so by reaching out to Sheriff Dale Carson and Mayor Hans Tanzler, both Woodmere residents.

Now race committees ensure road closure permits are in place and the JSO sets up road blocks to keep the race flowing as smoothly as the water under the bridges.

Originally the race course traversed Ortega Point early on, but now runners shoot out of the starting gate at St. Mark's to cross the first of two bridges before taking the streets through Fairfax Manor, running behind the Roosevelt Square Mall to ascend the Roosevelt Boulevard/U.S. 17 bridge, then traversing McGirts Boulevard to Ortega Point and finishing at St. Mark's.

"There was a push to make the race a 5, 10 or 15K," said Miller, "but we could not figure out how to make it a fun course in an even 'K' so we ended up with a 5-mile race."

To calibrate the course, Miller and Beard followed Jay Birmingham, an ultra-distance runner who currently coaches track at St. Johns County Day School, to note mile markers.

"Jay was instrumental in the beginning," said Beard, 72. "He set it up so runners lined up according to their time."

Although Miller, Donahoo and McCarty ran many of the races, not all of the first race organizers participated in that way. Beard said he was in charge of procuring a starter for the first race. "I got a cannon from the Florida Yacht Club," he said, also recalling his 7-year-old son, Charlie, first ran the 1-mile fun run in the inaugural race, then ran the 5-mile race.

Miller ran the first 10 years, and "I ran the races until Tommy beat me," laughed McCarty, 87.

The first two years the Ortega River Run was held in the fall and Beard estimated there were 600 to 800 runners. Since then, the annual precursor to the Gate River Run is held in late February or early March, "when dogwood and azaleas are blooming," said Beard. "Now there are 2,000 or more runners."

The 40th Annual Ortega River Run, presented by St. Vincent's HealthCare and Digestive Disease Consultants, is scheduled to be held Saturday, Feb. 24. This year's race committee hopes Beard, Donahoo, McCarty and Miller will be there even if they aren't pinning on race bibs and lacing up running shoes.

For registration and race information visit www.stmarksdayschool.org/page/supporting-st-marks/ortega-river-run.

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THE WAY WE WERE: DR. MARIA ACOSTA-RUA

By Karen J. Rieley
Resident Community News

Dr. Maria Acosta-Rua and her late husband, Dr. Gaston Acosta-Rua, have never forgotten their past even as they contributed so much to their Jacksonville community. Theirs is truly an international tale, in which they have intertwined their Spanish and American lives to the benefit of both.

Gaston Acosta-Rua and Maria Victoria Pol Gimenez met in Madrid in their last year of medical school. Gaston was a counter-revolutionary who escaped from Cuba, and Maria was from Madrid.

As soon as they graduated, he moved to Miami to work hard, save money and take his Educational Council for Foreign Medical Graduates (ECFMG) exam, but he promised he would come back for her in Madrid in a year. He kept his promise, and they were married two weeks later in the Monastery of Guadeloupe, because he had to start an internship in Cleveland very soon.



Acosta-Rua wedding in front of "The Marriage of the Virgin Mary and St. Joseph" in the Monastery of Guadeloupe

Maria found herself in a new country, with a new husband who worked rotation in the hospital every other night, in what seemed to her to be gloomy Cleveland compared to Madrid, where she remembers people always out in the streets visiting with each other. She became pregnant almost immediately so that meant she would soon be a new mother in addition to being a young wife.

"It was a real cultural shock for me, and I felt very lonely and depressed," Maria said. But, once Gaston Jr. was born, she had someone to care for and occupy her time. She began to meet people in the neighborhood when she took baby Gaston out for walks.

As she gradually adjusted to her new life, she started thinking about her own career and studying to take ECFMG exam herself.

"It was not an easy task," Maria said. "The exam was in English and included subjects from all of the medical school courses, which I had studied in Spanish." But she persevered and became a "real" doctor.

In 1967, Gaston moved to Iowa City to start his neurosurgical residency. Maria and Gaston Jr. stayed in Cleveland until she completed her internship the following June.

Gaston Jr. now lives in Connecticut with his wife, Lianne. Fernando was born soon after they moved to Iowa and right before Maria began her child psychiatry training. He lives in Jacksonville and is the CEO of Pet Paradise. Tony, who was born when Maria was mid-way through child psychiatry training, lives in Costa Rica with his wife, Adriana. Maria now has six grandchildren – three each by Gaston Jr. and Fernando.

After completing their training, they wanted to move to Florida. Like most Cubans,



Drs. Maria and Gaston Acosta-Rua with sons Tony, Fernando and Gaston Jr., taken at Christmas in the early 1970s.

Gaston hoped he could return to Cuba someday and Florida was as close as he could get us to Cuba," Maria said.

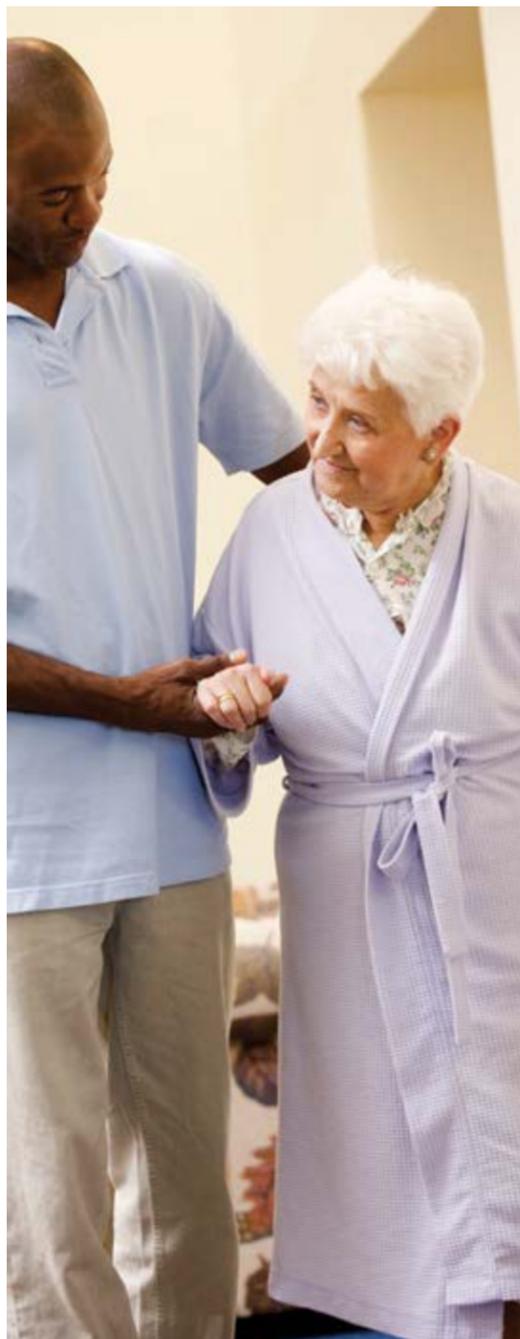
They thought they would move to Miami, but Gaston's chief resident in Iowa, Dr. Tom Boulter, who was by then practicing in Jacksonville, found him a position with Lyerly Neurosurgery in Riverside.

The doctor rented a house for them on Ortega Boulevard, and they ended up liking the neighborhood so much that after two years they bought a house on Long Bow Road, where they lived from 1975 to 1981. Next, they moved to Ortega Forest, where Maria still lives.

After moving to Jacksonville, Maria was determined to put her education to work. In 1973, she started her child psychiatry practice on Oak Street in Riverside.

She was a pioneer as the very first child psychiatrist in Jacksonville. She worked the longest with children at Daniel Kids and has also worked with many other nonprofits that provide services to children, for example, Youth Crisis Center, Florida Baptist Children's Homes, Child Guidance Center, Children's Home Society, the Florida School for the Deaf & Blind, Jacksonville

Continued on page 37



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Maria Acosta-Rua with her grandchildren: Somerset (seated), Alex and Daria (in the front), Andrew (standing), Mills and Fernando Jr. (back), circa 2005

Youth Sanctuary, Northeast Florida State Hospital and Boys Home Association of Jacksonville, in addition to her own private practice. For the last 15 years of her career, Maria worked with foster children.

"I started the first day treatment facility for emotionally disturbed children with St. Vincent's and the school system, and then I started a children's psychiatric ward with Baptist," said Maria, who retired three years ago.

Maria is very proud of the work her husband did, not only in Jacksonville, but in Mexico, Costa Rica and Africa as well. "Gaston was an excellent neurosurgeon and worked in every hospital in Jacksonville," she said. "He did missionary work for more than 20 years. Going with a Mercy Ship to Africa in 1995 was the highlight of his life."

Maria shares Gaston's story of escaping from Cuba. "He was 21 years old and working underground against Castro," she said. "The government was looking for him to put him in prison."

He was introduced by his mother to Fidel Castro's sister, who was anti-Communist. She arranged for Gaston to get on a plane out of Cuba, rather than having to escape by boat. After a brief stay in Costa Rica, Gaston eventually traveled to Miami.

Gaston returned to Cuba only once in 1998. He traveled with a Catholic organization

called the Order of Malta to bring wheelchairs to Daughters of Charity for the home they were running for severely handicapped children and adults.

The Acosta-Ruas have contributed much to Jacksonville's medical sector. "Even now, when I sign something people often recognize the last name and remember that one of us helped them," Maria said.

Gaston kept feeling drawn to help people in Costa Rica, so much so that he bought a farm there. He helped with medical and social contributions.

In 2002, Gaston was diagnosed with pancreatic cancer. As physicians, Maria and he both knew that this meant the end. "He was never in hospice," Maria said. "Gaston knew what was coming and was determined to live each day to the fullest."

He went back to work, played tennis and decided to write about his childhood and his experiences in Cuba, his escape and his memories of life for his children and grandchildren. He also established the Acosta-Rua Family Foundation, with the mission to relieve the burden of the poor and the sick, both locally and in Latin America.

Gaston passed away seven months after he was diagnosed. After his death, their son, Fernando, became involved with Community Hospice & Palliative Care. He is presently the chairman of organization's Board of Directors and a member of its foundation. The Acosta-Rua family made a naming gift for a new 16-bed center called "The Dr. Gaston J. Acosta-Rua Center for Caring" in Gaston's memory.

Fernando and his wife, Brooke, have held seven fundraising events called "A Sunset in Costa Rica" to benefit both the Children's Hospice in Costa Rica, and Community PedsCare (pediatric hospice and palliative care) in Jacksonville. When a second hospice was built recently in Costa Rica, it was named "Doctor Gaston Acosta-Rua Center."

At the time of this interview, Maria and various other friends and workers were busily preparing for the Acosta-Rua family's annual celebration of Gaston's escape from Cuba. They used to hold the event on the actual date of his escape, Dec. 28, but now they hold it earlier in the month when it is most convenient. Fernando and Tony roast a whole pig outside. Maria prepares



Gaston Acosta-Rua relaxing on the porch of his Costa Rican farm

black beans, rice and salad for more than 100 people.

When Maria and Gaston first moved to Ortega Forest, mostly Cuban friends attended, but now friends of their children and their families are the majority of those attending. Many of them are Bolles alumni because all three sons played football for and graduated from the private school in the San Jose area on the St. Johns River. Tony also played Bolles baseball. Fernando is currently a member of Bolles' Board of Trustees.

The Acosta-Ruas Spanish-style home built in 1981 and Spanish furnishings that they collected from their many trips are the perfect backdrop to the event and reflect their commitment to giving back to help people from the communities of their past and present.

The epigraph in Acosta-Rua ... Las Memorias, written by Gaston and Maria Acosta-Rua with Susan D. Brandenburg, exemplifies the Acosta-Ruas' lives: "To be ignorant of what occurred before you were born is to remain always a child for what is the worth of human life unless it is woven into the lives of our ancestors by the record of history." (Cicero 106 BC)

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QUIT SMOKING, LOSE WEIGHT TOPS RESOLUTIONS LISTS

LOCAL PHYSICIANS SHARE TIPS FOR A HEALTHIER NEW YEAR

By Marcia Hodgson
Resident Community News

Stop smoking now. That initiative, along getting sufficient exercise, eating healthy food, and losing weight if needed, should top everyone's list of 2018 New Year's resolutions, according to most local health care professionals.

"If you smoke, stop! If you are thinking about smoking, don't start," said Dr. Joe B. "Bill" Putnam, medical director of Baptist MD Anderson Cancer Center. "If you are older and have smoked more than a pack a day for 30 years or two packs a day for 15 years, ask your primary care doctor to have you screened for lung cancer," Putnam advised.

Putnam's colleague, Dr. Seth Strope, Head of Urologic Surgery at Baptist MD Anderson concurs. "A lot of people associate smoking with lung cancer, but people don't realize bladder cancer is also associated with smoking. Cigar and pipe smoking are associated with neck and head cancer," he said.

Nicotine can lead to gum disease and tooth loss, said dentists Dr. Jacqueline West and Dr. James Schumacher. "Smoking stains your teeth and causes aging vertical lines around your lips as well as increasing your risk of oral cancer," Schumacher said.

And smoking is not good for your feet either, according to Dr. Troy Harris, a Riverside podiatrist. "Smoking causes blood vessels in the feet and legs to become narrow and blocked, increasing the risk of pain, poor healing from injury or surgery, and dramatically increases the long-term risk of ulceration and amputation for those with diabetes," he said. "Quitting smoking improves foot health and reduces the risk of developing diabetes, heart disease and stroke."

Putnam, Strope, Harris, West, and Schumacher are five of 18 local health professionals *The Resident* polled to compile a list of resolutions to improve health in the new year.

Also included in the survey were Dr. Edward Gorak, hematologist oncologist, Baptist MD Anderson Cancer Center; Dr. Sharon Leonard, Division of Allergy/Immunology Clinic, Nemours Children's Specialty Care; Dr. Kay Ellen Gilmour of St. Nicholas a retired cardiologist; Dr. Edmund "Ned" Clark, Psychiatrist, Jacksonville VA Outpatient Clinic; Dr. Sonya Dominguez, St. Vincent's Family Medicine Center, Riverside; Dr. Lakshmi Gopal, Gastroenterologist, Jacksonville VA Outpatient Clinic; Dr. Ann Grenadier, licensed psychotherapist, board certified in counseling, biofeedback, neuro feedback and sex therapy, Biofeedback Associates of Northeast Florida; Dr. Earl Horowitz, geriatric podiatrist, Riverside; Dr. Jila Mahajan, Kids 1st Dentistry; Dr. Lourdes de Armas, Primary Care, Substance Disorders and Physicals; Dr. William "Vaughn" Holland, Ortega Orthodontists; and Dr. Rene Pulido and his brother, Dr. Danny Pulido, both physicians with Emed Multispecialty Group.

Gopal recommended smokers set attainable goals such as smoking one less cigarette a day and rewarding themselves when they finally quit. This works for losing weight, too, she said, noting that using a salad instead of a dinner plate to limit portion size can help to shed pounds. In restaurants share an entrée or bring half your meal home, she said.

Maintaining a normal weight, eating healthy food, and daily exercise were mentioned so often by the physicians they are listed at Nos. 2, 3 and 4. "You don't have to jump on any specific diet fad to have a positive impact on your health," said Holland. "Simply incorporate more fruits, vegetables and proteins."

"Eat more fish, shop the perimeter of the grocery store, and avoid boxed and packaged foods," suggested de Armas.

Gopal agreed. "Eat more fiber and less processed food," she said. "The average

Continued on page 39



Dr. Lourdes de Armas,
Primary Care, Substance
Disorders and Physicals



Dr. Edmund "Ned" Clark,
Jacksonville VA
Outpatient Clinic



Dr. Sonya Dominguez,
St. Vincent's Family
Medicine Center, Riverside



Dr. Kay Ellen Gilmour,
retired cardiologist



Dr. Lakshmi Gopal,
Jacksonville VA
Outpatient Clinic



Dr. Edward Gorak,
Baptist MD Anderson
Cancer Center



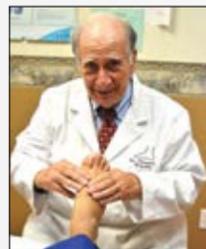
Dr. Ann Grenadier,
Biofeedback Associates
of Northeast Florida



Dr. Troy Harris,
podiatrist



**Dr. William "Vaughn"
Holland,**
Ortega Orthodontists



Dr. Earl Horowitz,
geriatric podiatrist



Dr. Sharon Leonard,
Nemours Children's
Specialty Care



Dr. Jila Mahajan,
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Dr. Danny Pulido,
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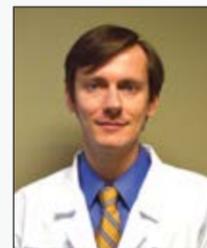
Dr. Rene Pulido,
Emed Multispecialty
Group



Dr. Joe B. "Bill" Putnam,
Baptist MD Anderson
Cancer Center



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person should eat between 25-30 grams of fiber daily. A high fiber diet helps lower cholesterol and encourages weight loss. Eating less processed foods helps to reduce inflammation and is easier for your body to digest." Meanwhile, Strobe advised folks to avoid high fat and charred foods. "People always ask me what you should do for prostate cancer prevention, and fortunately the answer is the same

as for heart disease – the Mediterranean Diet," he said.

Dominguez recommends folks incorporate a "Meatless Monday" into their week. "Plant-based diets have many health benefits, and this is a small step to head in that direction while enjoying new recipes," she said.

Maintaining a healthy weight is as important as exercising for at least 30 minutes three times a week, said Gorak.

"Start walking more," said Putnam. "A good goal is 10,000 steps a day, but some people get wiggled out by that. Any kind of movement you do is good. What's important is to get off the couch and start walking. It is probably the easiest thing to do and anyone can do it."

The walking doesn't need to be all at one time, said Gilmour. "Take a 10-minute walk three times a day. This will improve

your posture, core strength, and help to maintain flexibility. You can also use your walking time to blow off steam over a lousy football score or a conversation with a snarky sister-in-law."

Exercise also helps prevent Alzheimer's disease and dementia, said Grenadier. "When you exercise, you grow new brain cells. It's like Miracle Grow for the brain. For your body to work, you've got to move it."

JUST WHAT THE DOCTORS ORDERED

NEW YEAR'S HEALTH RESOLUTIONS TO LIVE BY

1. **Quit smoking**
2. **Eat healthy**
3. **Exercise**
4. **Maintain a healthy weight**
5. **Be kind to strangers.** Even if it's just a smile or a simple hello. Your small gesture can change the course of someone else's day.
6. **Try a new activity, whether it be a new sport, music lesson, or art class.** Stretch your comfort zone. Make new friends.
7. **Practice random acts of kindness and teach your children to do the same.** You have the power to brighten someone's day with a small action.
8. **Explore mindfulness and meditation.** These activities help you live in the present, cutting down on "noise" that distracts you during the day.
9. **Get involved: help at your place of worship, a local shelter, or a school.** There are many wonderful organizations that could use your time, whether it be once or on an ongoing basis.
10. **Have one meal a day as a family.** It doesn't matter which meal. Talk about one good thing that happened, one difficult thing that happened, and one kind thing you did.
11. **Make sure your relationships extend beyond social media.** Face-to-face time with friends and family is important. Social media doesn't provide the same feeling personal contact does.
12. **Don't drink and drive.** At a party, consider switching to coffee and eliminating alcohol an hour before you leave.
13. **Develop a hobby.** Keep busy doing something you like to do.
14. **Wear sunscreen.** Protect yourself against skin cancer.
15. **Get a dog or cat.** Animals prevent loneliness and provide a sense of purpose. Rescue animals need you, too.
16. **Make time for your health.** Schedule preventative visits with your doctor and dentist.
17. **Prepare for the next day the night before.** Make your lunch, lay out your clothes to save time and eliminate stress.
18. **Learn to be appreciative.** Keep a gratitude journal. It helps to reflect when times are stressful. It is good to count your blessings.



• **Alleviate stress.** "Even happy moments such as graduating, getting married, and having a baby can be stressful," said Dr. Lakshmi Gopal. Recognize life's difficult moments and communicate with someone to help alleviate the burden.



• **Get sleep: Sleep a full eight hours every 24 hours.** Free yourself from the stimulation of television or your mobile device at bedtime, which make it hard to get restful sleep. Without sleep you may have trouble making decisions, solving problems, and controlling emotions or behavior. "The body is like a cell phone, it needs to be recharged," said Dr. Ann Grenadier.



• **Drink in moderation.** The rule of thumb is one drink for females, up to two for males, said Clark. "If you have a mental condition, don't drink at all. Alcohol may relax you in the moment, but it will worsen anxiety and depression. It's best to be more balanced and live away from the extremes," Dr. Ned Clark said.



• **Don't text and drive.** Twenty-five percent of car accidents in the United States are caused by texting. Every day 11 teens will die because they were not concentrating on the road, said Dr. Kay Gilmour.

• **Avoid sudden bursts of emotional stress.** Heated conversations can lead to high blood pressure, heart attacks and stroke. "Avoid physical harm during family gatherings by not talking about politics," said Gilmour.



• **Be gentle with yourself.** Focus on progress, not perfection, said Dr. Sonya Dominguez.



Vaughn Holland's Top 5 Health Tips

- **Have a positive outlook.** Maintaining good health is a lifelong choice. When you have a positive attitude, it becomes easier to live by the ideals you set for yourself.
- **Enjoy your relationships.** Set aside time to spend with those you love. "By fostering connections with family and friends, your mental well-being flourishes for both you and those you hold dear."
- **Rest.** Take time to relax and decompress. "Technology has become so mainstream, it can be hard to shut it all down, but by doing so you are able to focus on what is important in your life and reduce the noise that may surround you."
- **Have passion.** "Wake up every day with the idea you are going to try to be the best at what you do. Eventually that sort of thinking will become part of who you are."
- **Practice the act of forgiveness.** "By letting go of grudges and bitterness, you can make way for improved peace of mind. This helps you move on with life."

"If you smoke, stop! If you are thinking about smoking, don't start."

— Dr. Joe B. "Bill" Putnam, medical director of Baptist MD Anderson Cancer Center

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EXPERT TIPS FROM

- **Apply moisturizers to feet after showering and before bedtime.** Diabetic patients may use AmLactin foot cream if they have dry heels or calluses with fissures, which can evolve into dangerous ulcerations, Harris said.
- **Wear warm, supportive footwear during the winter months.** “Wool socks do a good job of wicking moisture from the skin when feet sweat. Drying feet thoroughly can help prevent excessive moisture and skin damage, such as fungal or bacterial infections, especially between the toes,” said Harris.
- **Dry toes after bathing.** For those who can’t reach their feet, a hair dryer on a cool setting is helpful.
- **If socks or shoes become wet, remove them as soon as possible and avoid wearing them until they are completely dry.**
- **Wiggle toes while traveling.** If traveling for a long time in the car or on an airplane, wiggle toes throughout the trip to increase blood flow in the calves and to reduce the risk of dangerous blood clots. This is important for people with a prior history of blood clots as well as cancer patients, women taking birth control pills, and those having recent surgery.
- **Seniors, especially those with arthritis, diabetes, and circulatory disfunction should have an annual full-foot examination to ensure safety, comfort, and mobility.** Report breaks in the skin or signs of infection, or changes in foot conditions immediately to a podiatrist.
- **Recognize common changes in the foot related to aging** such as skin changes (atrophy, dryness, corns, calluses, color); nails (fungus, injuries, malfunctions), structural changes (bunions, contracted toes, arthritis, gout, diabetes, loss of digits), swelling (vein congestion, cardiac, kidney and injuries), muscle weakness causing loss of mobility, and falling. Falling can be very dangerous and possibly cause loss of life.
- **Wear proper shoes for the occasion.** Shoes must fit properly and be purposeful, especially for surfaces seniors walk on. Be aware of customized orthotics and braces that can be placed in shoes to help with mobility and pain.
- **Get help if you have a change of sensation in your feet** such as burning, tingling and numbness, especially if you have a chronic condition such as diabetes, nerve disfunctions. Pain can be controlled, said Horowitz.
- **Seniors should avoid doing things that will be dangerous to their feet** like jumping up and down or walking into walls, said Horowitz.



Dr. Troy Harris, podiatrist



Dr. Earl Horowitz, geriatric podiatrist

"Quitting smoking improves foot health and reduces the risk of developing diabetes, heart disease and stroke."

— Dr. Troy Harris

DENTAL TIPS TO CUT YOUR TEETH ON

EXPERT TIPS FROM

- **See your dentist regularly.** Avoid calling a dentist only when your teeth hurt. Diabetics should see the dentist and hygienist regularly. Infection, bleeding gums can impact blood sugar readings.
- **Use an electric toothbrush instead of a manual toothbrush.** “This small change can lead to a huge reduction in plaque and tarter,” said Schumacher.
- **Brush your teeth a minimum of twice a day and floss regularly.**
- **Avoid sugary beverages like sodas and sweet tea.** Watch for hidden sugars in foods and drinks, such as low-fat foods, energy, and sports drinks and “fancy” coffee. Diet soda and fruit drinks have high acid that can erode tooth enamel.
- **Take care of bacterial infections of the mouth.** “These can lead to diseases such as diabetes, heart disease, stroke and low birthrate in infants,” said West.
- **Drink more water, especially after meals or snacks when brushing isn’t possible.**
- **Observe prescription medication side effects, especially reduced saliva and “dry mouth.”**
- **Use a water flosser.** If you have crowns, brush, floss, use a water flosser and fluoride so cavities don’t develop. “Give college-bound kids a water flosser and fluoride treatments when they go to the dentist,” said Schumacher. “This helps if they neglect brushing and drink sweetened caffeinated drinks when they are away.”
- **Discuss oral devices with your dentist. If you have sleep apnea or snore, get help.** If you can’t stand your CPAP machine, there are oral devices that can make a difference.
- **Take your child to pediatric dentist by age one.**
- **Make dental health fun.** “Sing a song while your children brush, use a fun timer. Line them up and have a floss-a-thon,” said Mahajan.
- **Start dental habits early:** Wipe infant’s gums after feeding. Start brushing when first tooth appears; floss when child turns two.
- **Brush twice a day, morning, and night, for two minutes.**
- **Limit snacks to once a day.** No grazing all day on sugar.
- **Don’t share soda or Gatorade with a toddler.**
- **Check sugar content on so-called healthy and natural snacks.**
- **Hydrate.** Get children in the habit of drinking water.
- **Don’t rush the process.** “What we do best is develop good, old-fashioned relationships with our patients, spending time with them. Our overall goal is to have a healthy patient. We have the ability to help them get the foundation into good shape,” said Dr. Christian Berdy.



Dr. Christian Berdy, Berdy Dental Group



Dr. Jila Mahajan, Kids 1st Dentistry



Dr. James L. Schumacher, Schumacher Dental Center



Dr. Jacqueline West, West Dentistry

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KEEP CALM AND BE KIND TO YOURSELF

EXPERT TIPS FROM

- **Don't isolate yourself from other people.** "Engage socially, even when you dread it most," said Clark. "If social engagement comes naturally to you, reach out to others for who it does not, but respect that they are not you. Be patient with them."
- **Let anger go.** Holding onto it costs you emotionally.
- **Help others.** Practice altruism, it will help you emotionally. "Reach out to support someone else and give freely without expecting something in return," said Clark.
- **Set boundaries.** "You cannot be everything to everyone. Take care of yourself and seek support when needed," Clark said.
- **Take time to relax.** Take a break from stress, which is toxic to brain cells, said Grenadier. "You need breaks, vacations. You need to bring yourself into balance. There are about 16,000 physiological changes that occur when you are under stress," she said.
- **Treat your problems early.** Find out what you need to do early before problems become chronic, said Grenadier.
- **Protect your head from injury.** Wear a helmet when you bike. "It's not okay to knock your head around," Grenadier said.
- **Be careful with your medications.** Don't use medications longer than necessary. "If at all possible it is better to change your lifestyle and reduce stress than take a pill to deal with it," said Grenadier.
- **Kill ANTS (Automatic Negative Thoughts).** "Thoughts can cause stress. You have to pay attention to the way you think because that determines how you feel and the way you behave," said Grenadier.
- **Get "Clear Time," commonly known as "power naps."** Don't feel guilty napping in the middle of the day," said Gilmour. "Set an alarm and nap for 20-30 minutes maximum to avoid a groggy hangover. A power nap can improve retention of learned material five-fold and alleviate stress. It recharges your batteries," she said.



Dr. Edmund "Ned" Clark,
Jacksonville VA
Outpatient Clinic



Dr. Kay Ellen Gilmour,
retired cardiologist



Dr. Ann Grenadier,
Biofeedback Associates
of Northeast Florida

MAKE THE MOST OF YOUR CHILDREN'S TIME AT HOME

EXPERT TIPS FROM

- **Reduce screen time.** Over-use of screens negatively influences how children learn, behave, feel, and think. It is linked to speech/language delays, ADHD, obesity, poor sleep habits, reduced school performance, poor social skills, eye fatigue/strain, increased risk for participating in risky behaviors, cyberbullying, and cyber predation.
- **Increase outdoor play.** Children of all ages need at least one hour minimum of physical activity. Outdoor activity improves cardiovascular health, reduces obesity, improves Vitamin D levels and encourages face-to-face social interactions.
- **Monitor sleep habits.** All children need eight to 12 hours of sleep. Develop a sleep routine early in childhood and continue to monitor sleep patterns throughout the teenage years.
- **Talk to your teenagers.** Stay involved with your teen's activities. Invite them to have a one-on-one "date" with you to have a good conversation. Find out about their friends and social media contacts.
- **Be a parent before being a friend.** Children need discipline, guidance, and boundaries. Teenagers will resist but need these influences most. "Having a friendly relationship with your teen is healthy but secondary to a parental role," said Leonard.
- **Have a chore schedule.** Children need to participate in household chores. Chores engage children in the day-to-day household responsibilities and strengthen the family unit. Chores also teach life skills and encourage physical activity.
- **Encourage social responsibility.** Participate in a charitable fundraiser or event to help those less fortunate. "Children will feel a sense of self-accomplishment and connection to their community," Leonard said.
- **Teach money management.** Start talking to children about the value of a dollar from a young age. "Teach them that money is earned by hard work and must be managed carefully to save for a large purchase and prevent bad debt," Leonard said.
- **Stay away from junk food.** Eat whole foods such as fresh fruits, veggies, and whole grains. Obesity in children continues to increase due to a large supply of inexpensive processed and fast foods.
- **Hug, kiss, and tell your children you love them every day.** "Children who are loved will show love and kindness in return," said Leonard. "They adjust to adversity more easily and live happier, fuller lives."



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It's thrilling to wake up January 1st to experience a brief moment where time sets us free of the past while projecting us forward into the future. It's a treasured moment that stirs us. Brightness and hope is in everyone's eyes. If I could get my one wish granted, it would be that this bright, hope-filled feeling stays in everyone's hearts throughout 2018.

The power of the new year makes us come alive. Plans are concocted and goals begin paving pathways to success. Newness is everywhere and a sort of nervous energy bound with confidence follows us as we zip out of our driveways heading towards victory. Kids trot off to school with auras of pride wearing the afterglow of Santa's visit. We marvel at who we are and how fun it was getting reacquainted with our family and friends throughout the holiday season.

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Good behavior rewarded with holiday shopping spree



Youngsters again took to the aisles at the Target store on Roosevelt Boulevard during the 10th annual Sanctuary on 8th Street holiday shopping spree Dec 13. Students who attend the program every day and exhibit good behavior are rewarded with the field trip. A week later, 12 middle school students got their turn to shop.

Paired with chaperones, the 35 elementary school students in Sanctuary’s after-school program checked out toys, clothing and items for gifts, after making some tough decisions when they exceeded their \$75 limit.

The funds were donated by the chaperones and other supporters of the Sanctuary on 8th Street. Several of the chaperones this

year included the Rotary Club of Jacksonville, FIS employees, and University of North Florida Alpha Tau Omega fraternity and Kappa Delta sorority members, who regularly help with after-school lessons.

“The holiday shopping experience is a highlight of our Christmas season for not only our children, but for our staff, donors

Some of the chaperones and students of the Sanctuary on 8th Street after-school program after completing their shopping spree at Target.

and volunteers. We are very grateful to everyone who helped make the afternoon a resounding success,” said Rick Carlidge, executive director.

Spelling bee word obvious winner for champ

The Riverside Presbyterian Day School 2017 Spelling Bee winner was sixth-grader Chloe Brown, who correctly spelled the word “conspicuous” in the final round. Runner-up was William Gabriel, also in sixth grade. Both students have the opportunity to compete in the Duval County Spelling Bee Tuesday, Jan. 30 at Julia Landon College Preparatory School.



Local resident performs with choir at White House



Meghan Oliver took part in a performance at the White House with Trinity Christian Academy.

Fairfax resident Meghan Oliver, a junior at the Trinity Christian Academy high school, was part of a White House Christmas performance Dec. 18 with the school’s choir, Voices in Praise.

The TCA choir, made up of 27 students aged 14-18, serenaded White House visitors for two hours and 45 minutes. Their set featured Christmas carols and secular Christmas songs, directed by Joan Cordell and accompanied by piano player Berta Baacke. The choir was hand-selected from a number of applicants from all over the country, including college-level and adult professional singing groups.

The Voices in Praise choir was founded in the 1980s and has won several state-level vocal competitions. The choir performs annually in the Florida Vocal Association (FVA) concert festival and solo and ensemble events, and has been invited to perform at places such as Chicago’s Navy Pier in Chicago, the Biltmore Estate and the Statue of Liberty.

In addition to performing at the White House, the students spent two days touring Washington, D.C., and visiting historic sites, such as the Lincoln Memorial, the U.S. Capitol, Arlington Cemetery, the United States Holocaust Museum Memorial, and the Smithsonian Institution museums.

Students enjoy holiday traditions from around the world

Trey Csar, parent, explains the Jewish tradition of Hanukkah at Holiday Traditions night to students at West Riverside Elementary School Dec. 14. The evening celebrated the unique family traditions of students at West Riverside and various cultures around the world through food, music, and games. Activities included live musical performances, making empanadas, decorating cookies, playing dreidel, and enjoying delicious hot chocolate.



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Students' theme chosen for 2019 Florida Eucharistic Congress



Bridget Monahan Mang Len

Assumption Catholic School students Bridget Monahan of Ortega and Mang Len of Spring Glen are winners of a competition for the 2019 Florida Eucharistic Congress, submitting the theme, "For I know the plans I have for you," from Jeremiah 29:11.

Monahan, an 8th grade honor student, enjoys sail race team, dance, the outdoors and is representing the United States in a regatta in Spain this winter. She attends St. Matthew's Catholic Church with her parents, Laddy and Tim Monahan, brother Reedy (Bishop Kenny sophomore) and sister Mary Katherine (Assumption sixth grader).

Len, an 8th grade student, was born in Mindat, Myanmar and lived in Malaysia for

a short time before her family immigrated to Jacksonville in 2010 as a refugee family. Len speaks three languages, her Chin dialect, Burmese and English, tutoring younger Burmese children in her spare time. She enjoys playing soccer and would like to learn to play the guitar. Len's dream is to attend Bishop Kenny High School, and then have the opportunity to attend college, the first member of her family to have the opportunity to achieve this level of education.

Bolles students fill wish lists for Riverside elementary students



The Bolles Middle School Bartram Campus Library Media Ambassadors finished their 3rd Annual Winter Wishes Book Drive by hand-delivering gift-wrapped books to students at West Riverside Elementary School Dec. 13. Bartram Teacher-Librarian and Information Specialist Jaime Sanborn (top row, far left) said the Bolles community has been successful in the past raising funds and books for Florida's oldest continually operating public elementary school, a Title 1 school in Riverside. The students raised enough books and dollars to purchase a wish list gift for every student at West Riverside Elementary School.

Magnet school students show off knowledge with museum exhibit



Rashmar Stout and Zoe Gibson, fourth-grade students, display their projects which show different types of energy.

Ortega Elementary School, a museum magnet school since 2011, held its annual Museum Exhibit Night Dec. 7 when students proudly showed off their knowledge in many subjects, including science, social studies, biology and geography.

The 94-year-old neighborhood school transitioned seven years ago to a magnet when the Duval County Public School District used a \$1.2 million grant to institute a museum studies strategy that had its roots in Atlanta. Ortega Elementary School was the 11th museum magnet in the country.

Bolles students tour cadaver lab for medical research



David Dickson, Alden Gulliford, Cami Dade, Gracie Surface, Kavi Kerner and Natalie Pearson in the cadaver lab at Zimmer Biomet Institute

Two classes of anatomy students at The Bolles School enjoyed an eye-opening tour Nov. 29 at Zimmer Biomet Institute, a company which designs, manufactures and markets musculoskeletal technologies and products and services for orthopedic surgeons.

Anatomy instructors Nancy Hazzard and Piper Moyer-Shad accompanied their students as they toured the factory floor where Zimmer Biomet makes made-to-order specialized cranial implants and TMJ joints.

The most riveting part of the visit, however, was the time students spent in the cadaver lab. Students viewed several cranial cadaver parts and were allowed to use bone screws, install a plate and see how TMJ replacement parts work on site.

"This is something high school students just don't get to do, our partnership is giving Bolles students experiences very few students across the United States have the opportunity to do," Moyer-Shad said. "This is not an exaggeration, just an incredible experience!"

The educational partnership with Zimmer Biomet is the second such relationship Bolles has formed with a medical partner

in recent years. In 2015, Bolles linked with Mayo Clinic's J. Wayne and Delores Barr Weaver Simulation Center to provide access to some of the world's most leading-edge medical training technology.

On campus, Bolles is one of only three independent upper schools in the world to have an Anatomage virtual dissection table in the classroom. Bolles acquired the table in the spring of 2017 and it already has become a staple of many upper school science lessons.

Students learn kindness through novel and film



St. Paul's Catholic School 5th Grade class began a novel study of the book "Wonder" with plans to finish it in December. Karen Maynard, the 5th Grade teacher, had asked the students to wait to see the movie until after they have finished the book.

Understanding how tempting it is to see a movie when it is first released, Maynard decided to take them as a group to see the movie and surprised them with T-shirts that say "Choose Kind."

"We have embedded our learning of skills and strategies while enjoying this amazing book of teaching kindness," said Maynard. "We decided that we had to see the movie to be able to compare it to the book, and went as a class on Dec. 10 to see the film."

Kneeling, Aiden Johnson, Ethan Baptiste, Mia Sandhu, Ethan Apostle and Elizabeth Pintos; standing, Joshua Parliament, Natalie McGriff, Jayden Register, Caden Ivey, Zedtriana Magpantay, Bella Wilkerson and Wesley Revenaugh



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Lee High School seniors make 114 on-the-spot college decisions

For the past seven years, the University of North Florida's School Counseling Program has partnered with schools in Duval County to host Instant Decision Day in an effort to bring colleges to many first generation students who may otherwise not apply for college.

On Dec. 5, 32 students from Robert E. Lee High School interviewed with college representatives and received an admissions decision as well as scholarship offers on the spot.

The result was a total of 114 acceptances from 15 Florida, Georgia, South Carolina and Rhode Island colleges and universities, and renewable scholarships in the amount of \$2,702,228. Renewable scholarships are awards students can renew during their four years of college enrollment, as opposed to one-time awards.



A representative from Johnson & Wales University guides Lee senior Cey'wan Herah through the admissions process during Instant Decision Day.

Local participating colleges and universities included UNF, as well as Edward Waters College, Florida State College at Jacksonville, Jacksonville University, and the Jacksonville campus of Barry University.

Last year, when participating for the first time in Instant Decision Day, 28 Lee students came away with 65 acceptance letters with \$618,000 in scholarships.

Ortega schools bring students together in reading program

St. Mark's Episcopal Day School fifth-grade students celebrated the Christmas holidays with their kindergarten buddies across the street at Ortega Elementary School.

During their December visit, in addition to reading books together, the fifth-graders gave their buddies handmade Mexican yarn dolls. The doll gifts were inspired through the novel study of "Esperanza Rising," by Pam Muñoz Ryan.

The students in this special buddy program meet every month throughout the school year to read together.



St. Mark's Episcopal Day School student McRae Busey, right, with her kindergarten buddy at Ortega Elementary School.

UNF senior honored for exceptional environmental service

Nikki Adams, a senior at The University of North Florida, was honored for her outstanding record of volunteerism during fall commencement Dec. 8, when she graduated with a bachelor's degree in biology. She was recognized as the recipient of the Senior Service Award, which is presented to a graduating senior for outstanding volunteer service to the University or community by the UNF Alumni Association.

Adams, who grew up in Riverside and attended the Douglas Anderson School of the Arts, realized she could spark change and awareness through volunteerism and found she could accomplish this through the University's Environmental Center, where she became deeply involved with the Center's student-led organization, the Environmental Center Student Coalition. Adams served as club president last fall and facilitated open discussions with students about environmental problems and ways in which they could enact change.

Through the UNF Environmental Center, Adams began to participate in activities that also helped improve the Northeast Florida community by volunteering at clean-up events organized by the St. Johns Riverkeeper, North Florida Land Trust and Groundwork Jax. By "getting down in the dirt" with a team of impassioned individuals, she was able to work as part of a team committed to making a positive, visual change.

Additionally, Adams has interned with the Timucuan Ecological and Historical Preserve as well as the National Park Service



Nikki Adams

and volunteered with the North Florida Land Trust's Team Terrapin, where she contributed to a database that served to quantify the amount of diamondback terrapins present in the marshes on Big Talbot Island. She's also volunteered with The Girls Gone Green, the U.S. Green Building Council, Dreams Come True and Rising Tides Young Professionals group.

Students display artistic talents at Winter Recital

Ruth N. Upson Elementary School students presented their Winter Recital in December with performances by The Upson Chorus and the Upson Percussion Ensemble under the direction of music director Scott Shores.

The ensemble featured three numbers including "Silver Bells." The chorus sang four songs including "Jingle Bell Rock."

The evening began with the Cathedral Arts Dance Teams performing "Carol of the Bells" under the direction of Dewitt Cooper.

Arts specialist Kimberly Hamby exhibited work by the third through fifth grades as part of the night's festivities. Refreshments were available through the Upson Safety Patrol.

"There were wonderful performances and we would like to thank the students, families, teachers and staff for coming out tonight and supporting our music, art and dance programs," said Yvonne Spinner, principal.



Cathedral Arts Dance team performing "Carol of the Bells"



The Upson Percussion Ensemble played three songs at the Winter Recital.

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Bolles students graduate from Joe Berg Scholar Program

Five Bolles seniors were among nearly 80 area scholars to be named Jacksonville Joe Berg Seminar graduates during the program's annual graduation ceremony at the University of North Florida Nov. 30.

This year's Bolles Joe Berg Seminar graduates were Ben Barton, of San Marco, Brittany George, Kavya Mahadev, Cameron Perry Walker, of Ortega, and Darren Wang (32224).

Nominated during their sophomore year, after a rigorous selection process that narrowed the pool from 250 to 100, the selected students spent two years participating in up to 24 seminars and field trips, delivered by local experts in a variety of fields and administered by the UNF Science and Culture Initiative.



Ben Barton, Brittany George, Cameron Perry Walker and Darren Wang; not pictured, Kavya Mahadev

New use for old instruments



Duval County Public Schools is again partnering with businesses and nonprofits for Instruments for Change, a campaign to fill instrument gaps within middle and high school band departments.

Donations of new and gently used instruments are being accepted until Friday, January 26. Donors with large instruments, such as pianos and tubas, may make arrangements to have the items picked up.

In addition to collecting new or used musical instruments, monetary donations to purchase new instruments will be accepted. Checks should be made out to Duval County School Board with "Instruments for Change" in the memo line and can be mailed to DCPS Arts Dept., 2924 Knights Lane East, Building #10, Jacksonville, FL 32216. All donations made will be used to provide instruments for students to use in instrumental music programs.

Partners in the campaign include Alhambra Theatre and Dining, American Legion Auxiliary Unit 129, Florida Blue Center - Jacksonville, St. Johns Town Center, Florida Theatre, Geer Services, Inc., Jacksonville Public Education Fund, Jacksonville Public Library, Jacksonville Symphony, Jacksonville Zoo and Gardens, Keiser University, and Riverside Fine Arts.

More information and a list of donation locations can be found at dcps.duvalschools.org/Page/18146.

Ortega Forest school campus given sprucing up

Students at John N.C. Stockton Elementary School in Ortega Forest have a visual cue to help ensure no child is left alone. During a Nov. 4 campus work day, led by Jason Dearing, Friends of Stockton beautification chair, one of the projects included painting the bench on the playground to let all students know its use as a "buddy bench." When a child is in need of someone to play with, he or she sits on the bench and another child will come ask to play or sit and talk.

Other beautification efforts included creation of a peaceful garden equipped with fresh mulch, painted stepping-stones, wind socks, and a stone bench. Several rain barrels were installed near freshly spruced-up gardens. Outside the cafeteria, the poles were painted to look like pencils.



Function becomes art as canopy poles are painted to look like pencils.



A work day at Stockton Elementary School included colorful rain barrels in the gardens.



A "buddy bench" at Stockton Elementary School helps create friendships.

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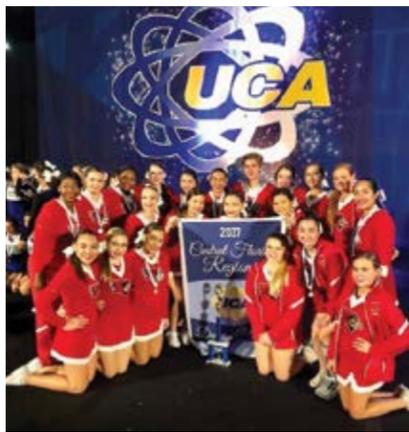
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Local cheer squad advances to nationals

Twenty young women and one young man from Bishop Snyder High School gave it their best in pyramid building, tumbling and cheering when they competed Dec. 2 in the UCA (Universal Cheerleaders Association) Central Florida Regional.

The Bishop Snyder Competitive Cheer Squad traveled to Tampa to compete in UCA's regional event in a bid to qualify for the national competition. The team placed first in the large non-tumbling division and will compete in the national event February 10-11 at Disney's Wide World of Sports.

The team of Ashley Avera, Isabel Buckman, Keith Cook, Kailani Dickerson, Leanne Dobrie, Katherine Eatough, Sophie Edgington, Anna Eplawy, Mira Eplawy, Abi Gillette, Marianna Gonzales, Arianna Greene, Olivia Kanobroski, Cynthia Kellum, Denesha Loggins, Elizabeth Markowski, Bailey May, Scarlett Medina, Olivia Ruel, Elizabeth Shipley, and Hanna Terhaar competed under the watchful eye of Head Coach Angie Brannon.



Young students share Christmas spirit

Luke Wallace, Sadie Mae Chunn and Rawlings Colledge were among the Riverside Presbyterian Day School PreK 3 students who shared the love of Jesus Dec. 13 by packing goody bags for Meals on Wheels recipients. One of the goals at RPDS is to teach all students to serve others thorough giving. Parents helped by sending in socks, chips, candy, word puzzles and other fun items.



Luke Wallace



Sadie Mae Chunn



Winner takes spelling bee in six rounds

After six rounds, sixth-grader Catherine Nichols, right, became the St. Mark's Episcopal Day School 2017-18 Spelling Bee winner. By spelling "sinewy" correctly, Nichols beat fifth-grader Hannah Miller, and advances to represent the school in the District's written Bee.

Students put best efforts to paper for charity

Ben Ketchum, Riverside Presbyterian Day School Head of School, and Dale Child, Art Teacher, with the Angels for Allison annual Angel Notecard Competition winners Rowan Fix, Patrick George and Gracie Jones, whose drawings are featured on notecard sets sold during the holiday season.



Patrick George



Rowan Fix



Gracie Jones





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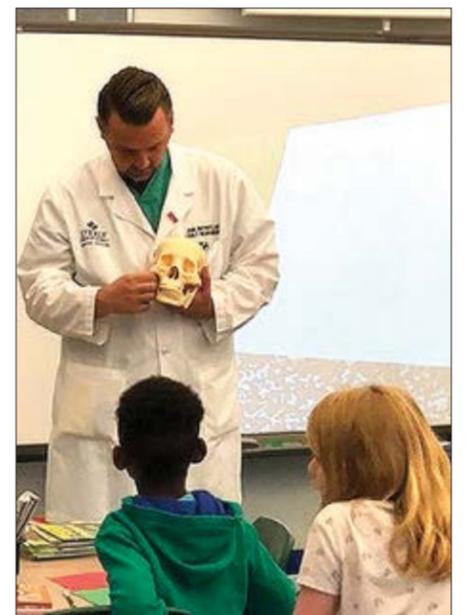
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Career Day opens up a world of possibilities

West Riverside Elementary School's 300-plus students enjoyed Career Day Dec. 15, hearing about a wide variety of different fields to help them imagine their own futures.

They learned about professions from across many industries, including medicine, social services, construction, emergency services, military, education, and government. Students also had the opportunity to explore JEA, Police and Fire Department vehicles, which came to the campus.

A doctor from Lyerly Neurosurgery shows West Riverside Elementary School students a skull during a session about the brain, spine and nervous system.



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Do Something

Why not kick off your New Year by resolving to help others in some small way? You'll feel good about giving someone a helping hand and that's a great health benefit for you, too.

By Marian Johns
Resident Community News

There's no better way to start a new year than by committing to do something for others. January is National Blood Donor Month, a campaign which was initiated by the American Red Cross in 1970, so it's the perfect time to spotlight those who literally roll up their sleeves to "do something" to make a difference.

In just under one hour, the time in which it takes to donate blood, you can help save lives. By donating one pint of blood you can help patients who need red blood cells, platelets or plasma. The need for blood is great, whether needed by patients with cancer or sickle cell anemia, premature infants, trauma victims or even during surgery...in fact, every two seconds someone in the United States needs blood, according to the American Red Cross.

OneBlood provides blood to over 200 hospitals throughout Florida and sections of Georgia. The blood center also serves patients in parts of Alabama and South Carolina. OneBlood operates over 80 donor centers and deploys its "Big Red" bloodmobiles to conduct blood drives

BLOOD DONATION FACTS

- Car accident victims may need red blood cell transfusions of 100 units or more.
- Less than half of the U.S. population eligible to donate blood are blood donors.
- Those with O Negative blood type are known as "universal donors" because their blood can be given to all blood types. Donors with this blood type are in constant need and are especially crucial to a community's blood supply.
- Over 15 million pints of blood are transfused in the U.S. each year.
- One in seven people entering a hospital will need blood.

Source: American Red Cross and Americans Blood Centers

throughout the area. You can help save lives by making a whole blood, double red cell, platelet or plasma donation at a Oneblood donation center at 5209 Blanding Blvd.

Or visit oneblood.org for a list of upcoming community blood drives. You can also help coordinate a blood drive at your school, business or church. Visit oneblood.org for more information and for important guidelines on donating blood.

Kelly Morgan & Kris Fletcher Did Something



Kelly Morgan



Kris Fletcher

For Kelly Morgan, who has been donating blood since she was 18 years old, it was a very clear choice to become a blood donor.

"It just makes sense," Morgan said. "It's a life-giving gift that we all can share with each other and it's so easy to do."

Morgan, who works as a title processor for Gibraltar Title Services, has given blood regularly ever since she became old enough to donate. Morgan said she does not really keep track of how many gallons of life-saving blood she has given over the years. All she needs to know is that her efforts are helping people in need. "I really like the idea that I could help someone in need," Morgan said. "In a world where a lot of things are out of control, this is an easy way to help. OneBlood also really makes it easy and even fun with the events they create to get people out and donating."

Kris Fletcher has spent a significant part of her life traveling, and her commitment of being a blood donor has

followed right along, no matter where those travels may have taken her. Due to Fletcher's rare O negative blood type and antibodies, which can be given to patients of all blood types, she understands the importance of her decision to give life-saving blood.

"I have blood type O negative, which is the universal donor, so blood banks often are searching for such donors," Fletcher explained.

Fletcher began donating when she worked for the government and continued throughout her 28-year career with the Federal Aviation Administration (FAA). She also spent full time aboard her boat traveling and still managed to keep up her blood donations.

"I have to admit, I donated blood for many years and never really thought about who might be benefiting from my blood," said Fletcher. "Later in life I found out that I had a rare antibody in my blood that was particularly beneficial to newborns."

Fletcher said her faith has also helped her to see the significant impact of her volunteer blood donations.

"Now as a new Christian, I reflect more deeply on what gifts God has given me to share with others," Fletcher shared. "Sometimes we search too deeply for our 'purpose' on earth when often just the smallest sacrifice, like a sharp stick in the arm, can change the life of someone's loved one."

"I feel blessed to share just a very small part of myself today, hoping when the day comes, I can give so much more as an organ donor," she said.

"In a world where a lot of things are out of control, this is an easy way to help." — Kelly Morgan



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We welcome you because if you're good enough for God,
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Drs. Loren and Mark Clayman give generously to victims of Hurricanes Harvey, Irma and Maria.



Christmas comes early for children at local school as Dr. Clayman plays Santa in a Christmas puppet show performance.



Breast Cancer Fundraiser (Bratini) gained huge support from a performance by Dr. Clayman and a generous donation.



Cancer support provided by the Claymans running with a team in the Keys 100 ultramarathon.



Valentine's Day made special for Boys & Girls Club of Northeast Florida, thanks to Drs. Loren and Mark Clayman.



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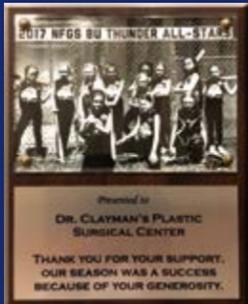


Run Santa Run makes its holiday debut

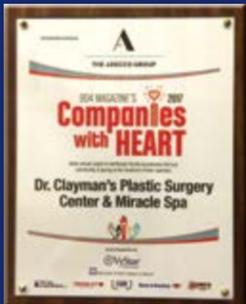


Celebrity starter Sam Kouvaris honored by Drs. Mark and Loren Clayman.

Sponsorship and generous donation by Drs. Mark and Loren Clayman to the National Blood Clot Alliance for the Inaugural race.



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Development rising

FROM PAGE 1

Residents of Park Plaza have a birds-eye view of the Tribridge Residential apartment complex underway between Bishopgate Lane and Lomax Street. They watched as storm surge following Hurricane Irma took over the property site, wondering whether the development company would make changes to address future potential flooding.

“Following Hurricane Irma and the extensive storm surge, we further evaluated the our design of the Bishopgate project,” said Katherine Mosley, Tribridge vice president, development. “While the building as designed had a finished floor elevation above the flood water level, it was decided to further raise the finished floor elevation an additional 12 inches for best practices.” Mosley also said the parking deck will go vertical in first quarter 2018, and signs are that it’s well underway.

Five months after breaking ground on and even following delays caused by Hurricane Irma, Chance Partners Jacksonville LLC is making rapid progress on the vertical phase for RiverVue, a \$40 million development project at the former Commander Apartments and St. Johns Village property on Fishweir Creek.

The complex will have 88 apartments in the tower and 140 units in six new structures at St. Johns Avenue and Herschel Street in Avondale when it opens this summer.



Crews began putting up the forms for the parking garage at the Bishopgate apartment project site in late November; photo taken Dec. 9. (Photo courtesy of Tim Burleigh)

“Due to some construction delays, we are now anticipating the pre-leasing to begin in late March 2018 for June move-ins,” said Kim Hyatt, Pegasus Residential senior regional manager. “Once the tower is completed and the leasing office is officially open the Pegasus team will be working out of there.”

While these residential development projects are front and center in the historic districts, they are by no means the only projects proposed or underway. Several City of Jacksonville projects are either nearing completion, awaiting a schedule or in a bid process.

City projects

Installation of a 485-foot-long sidewalk began in December, extending from the corner of Pirates Cove Road to connect with an existing sidewalk in front of a residence at 5075 Ortega Blvd. The \$15,146 project constructed by the City of Jacksonville Right of Way Stormwater Maintenance Division will improve connectivity for pedestrians.

Two upcoming bridge projects will change traffic patterns for several months once they are underway. But there’s no sense holding your breath waiting for these two as they have been lurking on the drawing board for years. Perhaps 2018 will be the year they are actually accomplished.

The City is currently bidding and re-bidding two long-standing projects in the

Fishweir and Lakeside neighborhoods. A culvert replacement on the Herschel Street bridge over Little Fishweir Creek was opened for bids on Nov. 29, 2017. The project has been on the City’s Streets and Drainage Department project list since 1991 and replaces a failing metal pipe-arch culvert with a box culvert. The roadway will be reconstructed, drainage improved, and the decorative parapet railings replaced with a similar design.

Replacing the Lakeside Drive bridge over the Ortega River inlet behind Roosevelt Square Publix has also been on the books for a while. Five years ago the project was estimated to cost \$700,000 and funding was appropriated by City Council in May 2015.

The replacement was bid earlier; however, all bids received were not deemed sufficiently competitive, so it will need to be rebid, according to Tia Ford, a city spokesperson.

Uncertainty by some Murray Hill residents about the effect of installing a small playground in a portion of Four Corners Park has delayed the project more than six months.

Originally planned for installation in summer 2017, the fully funded \$60,000 playground is awaiting “final approval” from nearby residents who are concerned about noise, traffic and changing the nature of the park, according to District 14 Councilman Jim Love’s office.

Daryl Joseph, director of the City’s Parks, Recreation and Community Services

Department, was scheduled to meet with those residents before the end of the year. Upon approval, Joseph would send the proposal to Love in order to move the funds into a project account.

The proposed playground would include a play tower, swings, balance beam and poles, table, pony springers, and a spinner bowl. Kompan play equipment is claimed to inspire safe play and movement. A larger Kompan playground was installed in Boone Park in October 2016.

Changes at 220 Riverside

Despite dreams to make Unity Plaza a hub for Brooklyn/Riverside activity, the retail space at 220 Riverside Ave. has been slow to attract – and keep – businesses and visitors.

Now, in lieu of foreclosure, the 17,000-square-foot space has been sold for \$5.4 million, according to a warranty deed filed with the Duval County Clerk of Courts. Total market value of the four retail spaces is \$3.71 million.

The size of the four units range from 2,112 square feet to 6,667 square feet. Two of the spaces are currently leased to restaurants, Hobnob and Brixx Wood Fired Pizza, while one unit had been occupied by Sbraga & Co. restaurant until July 2016. The last space is used for private events, managed by Hobnob Gallery and Event Space.

HP Retail 220 LLC has owned the four retail units since October 2014. Rather than undergo foreclosure proceedings for defaulting on a \$5.5 million mortgage, the company sold the space beneath the apartments to CRE Properties, Inc., in Miami Lakes, Florida.

Mid-America Apartment Communities owns the 294-unit apartment building, which is currently at 95.5 percent occupancy, according to a leasing agent.



Proposed playground for Four Corners Park in Murray Hill (Rendering by Kompan)



The City of Jacksonville completed a missing segment of sidewalk on Ortega Boulevard.



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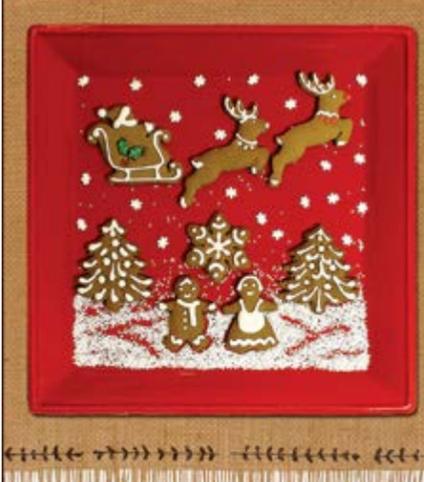


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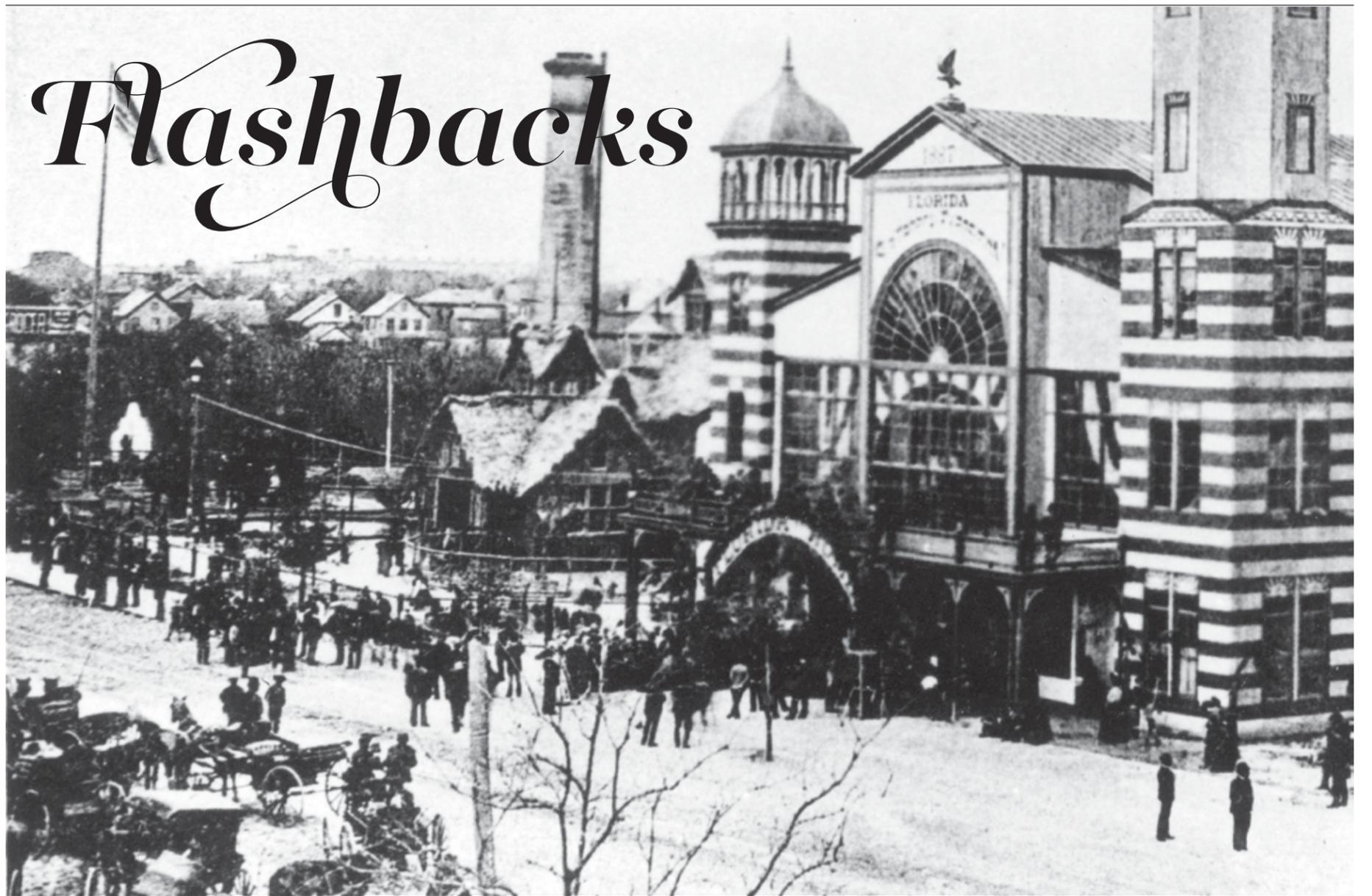
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Beginning in 1888, Jacksonville held the Florida Subtropical Exposition, a take-off on the grand expositions of the era. The exhibition was created to “keep the winter tourist trade coming to the city.” California, a new competitor for the winter tourist dollars, was luring Florida visitors. Pictured is the exposition’s opening day, January 15, 1891, where the rooftops and the grounds appear to have a dusting of snow. The exposition was on the northern edge of downtown near Main and Phelps streets. It was the exposition’s final year.

(Photo courtesy of the Jacksonville Historical Society, from its archives. To learn more, visit jaxhistory.org or call (904) 665-0064.)



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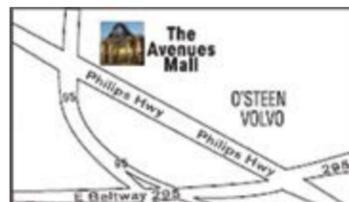
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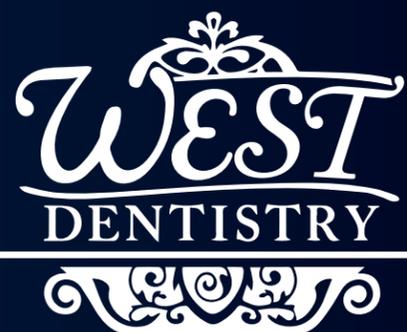


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