

FROM HRO TO IRMA

Learn what city leaders thought about 2017 events

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TREE CANOPY THREATENED

State legislators want to take funds away from local control

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WHO'S BUILDING WHAT, WHEN

New housing, parking, businesses will fuel economic growth

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NEW TRAFFIC CHALLENGES

Just when you thought it was over, new roadwork begins

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San Jose San Marco St. Nicholas

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JANUARY 2018, VOL. 11, ISSUE 01

Resident

COMMUNITY NEWS



AN ELEGANT EVENING

abundant with Royal Appeal

The 41st Annual Art & Antiques Show to benefit Wolfson Children's Hospital continues to raise funds for the region's most vulnerable by offering the most advanced and comprehensive pediatric surgical services and technologies. The hospital serves children – regardless of ability to pay – thanks to fundraising and donor support. **Read More, Page 25**

Hilary and Tom Keeley with Kerry Slattery, Paul Lambert, Lynn and Michael Erhard



HOLIDAY KICKOFF

Will, Ryan, Maggie and Lindsey Riggs take part in San Marco's annual Holiday Magic

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GATHERING CELEBRATES DONORS AT THE HOLIDAYS

PAGE 24

Malcolm, Mary Virginia and Edward Jones joined Maggie Hightower during an intimate gathering at Epping Forest Yacht and Country Club at the Nemours Children's Specialty Care annual donor appreciation party.



TASTE OF THE NFL DRAWS DONOR SUPPORT, FIGHTS HUNGER

PAGE 24

Among the guests at the Jacksonville Jaguars Foundation's Taste of the NFL were Jeff Shelton, Ali Korman Shelton and Ryan Schwartz, who supported hunger relief to benefit those affected by the aftermath of Hurricanes Harvey, Irma and Maria.



SOUTHBANK MEGA-DEVELOPMENT INCHING CLOSER TO PROJECT START

Property sale still under discussion

BY KATE A. HALLOCK, RESIDENT COMMUNITY NEWS

"It's not cast in concrete" seems to be the ongoing status when discussing the sale of Jacksonville Energy Authority land on the Southbank for the development project known as The District.

Although Elements Development of Jacksonville LLC had won the bid in 2014 to purchase the 30-acre property for \$18.5 million and were scheduled to close on the sale in 2015, it received two extensions and then in late November a third, which included the condition that a \$250,000 deposit would be nonrefundable.

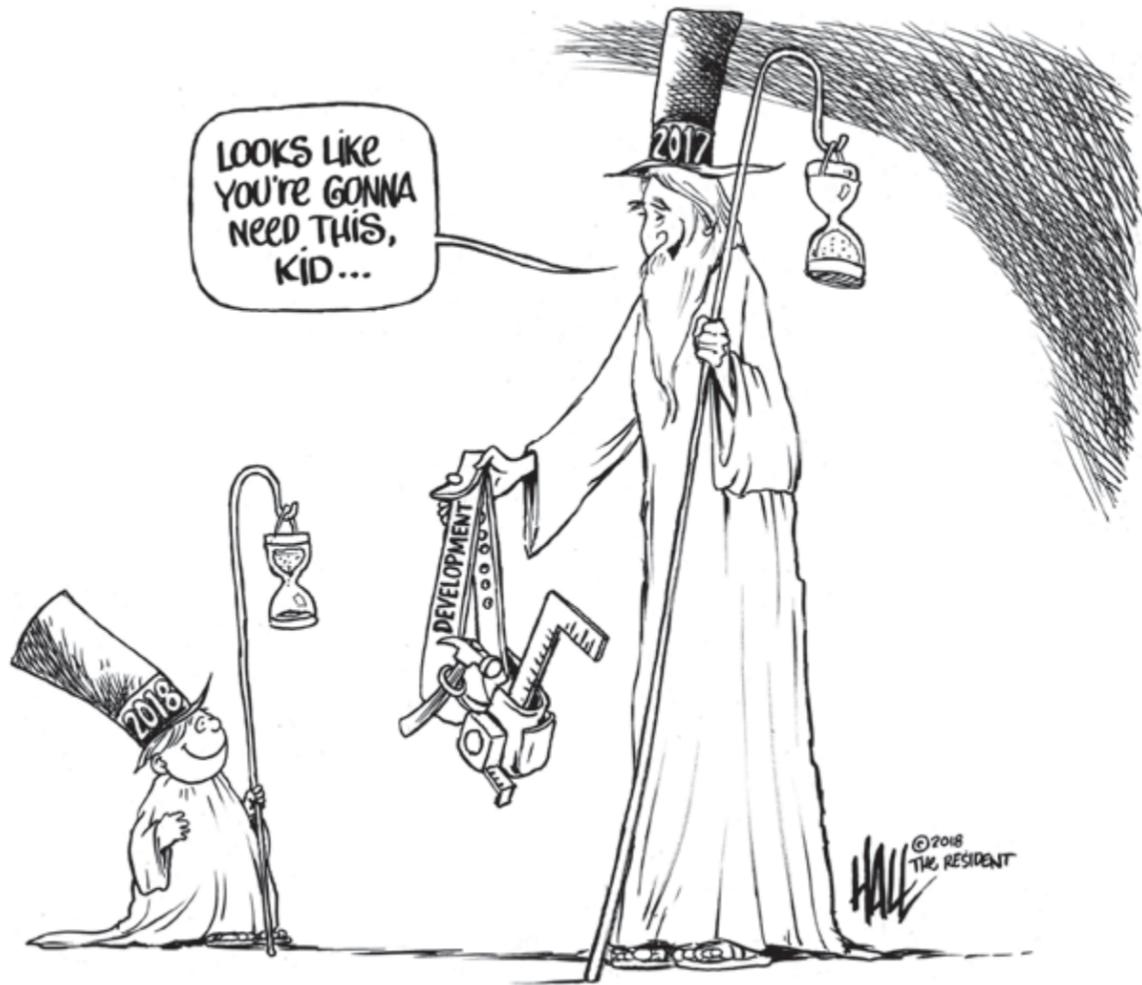
After the third extension was approved by the JEA, an unexpected party entered the negotiations.

An email sent to the Downtown Investment Authority (DIA) Board of Directors from developers Peter Rummell and Michael Munz suggested The District be "a public private partnership with the public benefit being multi-fold..." proposing that the City initially buy the land from JEA and over time convey it back to Elements as development progresses.

READ MORE, PAGE 15

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IN HOMES BY JANUARY 5TH, 2018



Resident captures Irma in prose



William Shuttleworth

William Shuttleworth, 80, lives in The Towers of Jacksonville, a senior apartment high-rise on the Southbank. Although Shuttleworth lives on the seventh floor, he did lose his car when the parking lot flooded, while others in first-floor apartments lost most of their belongings.

After replacing his vehicle, the retired furniture restorer decided to turn his thoughts to capturing Irma's aftermath through poetry.

"It took awhile before I got it ready to share with others," said Shuttleworth. "My mind was focused on the loss and replacement of my car...as well as many other inconveniences."

Goodbye Irma

Not forty days and forty nights, but
forty fears and forty frights,

Irma's whirly ways turned our terra
firma topsy-turvy everywhere, by golly,

With blustery winds and rain zapping
out power in her escapade of folly.

A nor'easter also chimed in celebrat-
ing gleefully with hardy party pranks,

Making the St. Johns gush its fury by
overflowing its banks.

Streets became raging waterways as
far as eye could see,

Invading homes and businesses
while wrestling down many a tree.

Parking lots became fishing ponds
where autos swam like fish wiggling
around;

We older folks just hunkered down,
grateful to God we hadn't drowned.

Her ceaseless rage frightened many
into scurrying helter-skelter, seeking a
safe shelter

'Til Irma's swashbuckling bash
subsided, socking eager beavers with
the tough task of clean-up behind her.

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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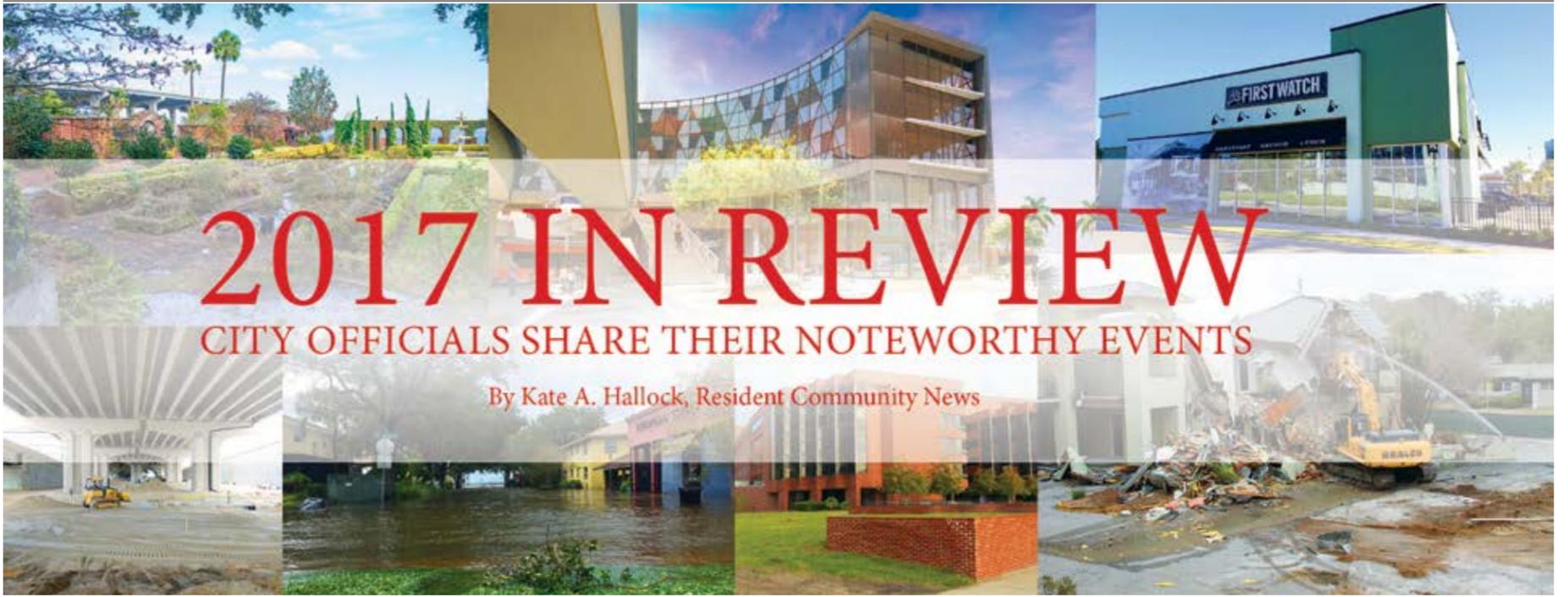


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If you were to ask the question “What event had the biggest impact on Jacksonville during 2017?” most residents, if not all, would answer Hurricane Irma.

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 5

“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

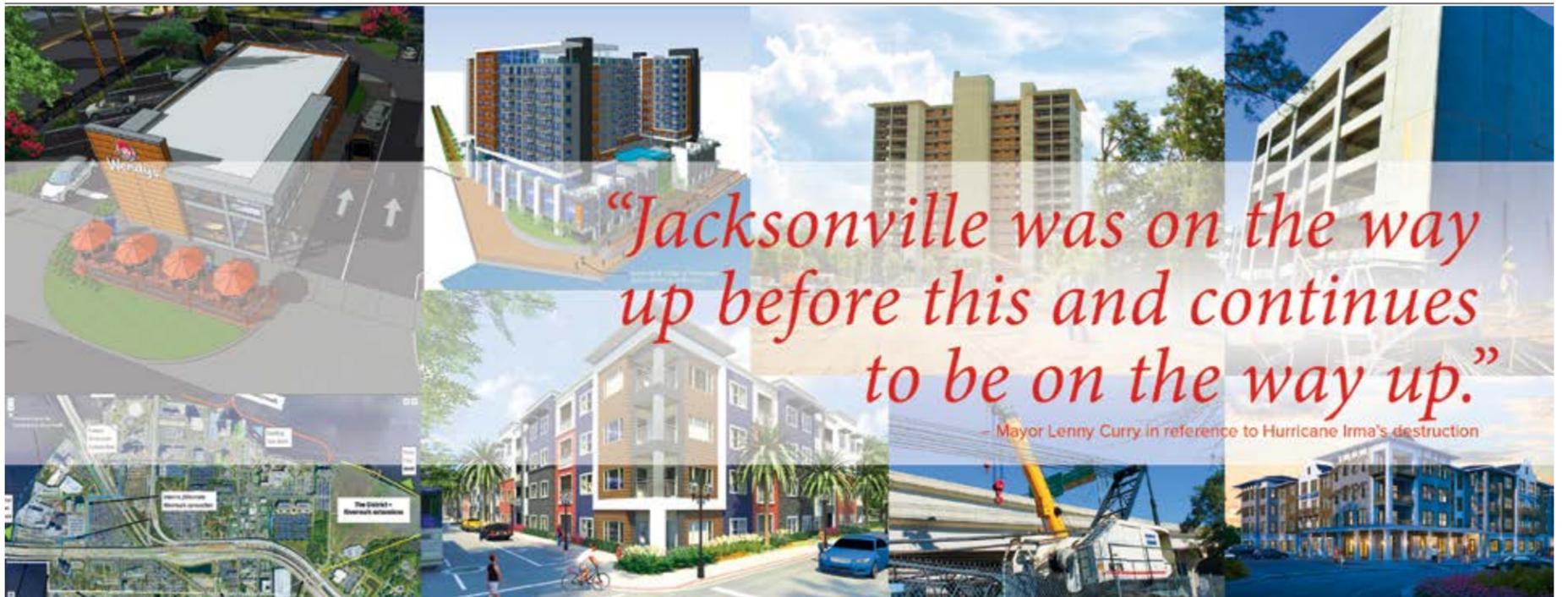
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“Jacksonville was on the way up before this and continues to be on the way up.”

— Mayor Lenny Curry in reference to Hurricane Irma's destruction

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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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.

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."

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.



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

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Urban core buzzing with development

2018 may be year projects are kicked into gear

By Lilla Ross
Resident Community News

It might look as if nothing is going on at The District, but looks can be deceiving.

The legal infrastructure is being laid for the 30-acre riverfront development on the Southbank, according to Michael Munz, who is a partner in the project with developer Peter Rummell, managing partner of Elements Development of Jacksonville LLC.

If all goes as planned, construction on the physical infrastructure — water, sewer, roads — will be under way by summer, Munz said.

It is just one of several projects underway in San Marco and the Southbank.

The District

Rummell and Munz have been working for three years to buy the site of the former Southside generating station from JEA for \$18.5 million.

“It has taken much more time than anyone expected,” Munz said. The JEA board has granted Elements three extensions. The company is in negotiations with the City of Jacksonville and JEA for the City to take over the contract. The proposal is scheduled to be on the Downtown Investment Authority’s Jan. 4 agenda.

The company has until March 30 to tie up all the loose ends and proceed with the sale. The deadline for closing on the sale is July 16.

“There will be a groundbreaking,” Munz said. “We’re not quite sure when but by the end of the year it will be a large construction site.”

AC Marriott has agreed to develop a 200-room hotel on the site and negotiations are under way with developers for an apartment complex and retail.

Construction on the infrastructure, expected to take 18-24 months, will begin on the western end of the site and move east, allowing work on vertical structures to be phased in.

“I know it might not look like anything is happening but you don’t see us when we are in five-hour meetings with lawyers and conference calls with the city,” Munz said. “The behind-the-scenes work is not very sexy. We have put an intense amount of time into it. When you see dirt turning

and workers on the site, there will be a different perception.”

Southbank

Also on the Southbank, a 300-unit luxury apartment complex is under construction for the former Crawdaddy’s Restaurant site between the Lexington Hotel and the Duval County School Board building. Broadstone River House, being built by Phoenix-based Alliance Residential Co. on the three-acre site, is expected to be completed this year.

But at the other end of the Southbank, a proposed 13-story apartment project by Ventures Development Group on a 2.9-acre property between Baptist/Aetna and the Acosta Bridge is still in flux.

The project is being challenged by GV-IP Jacksonville Owner LLC, which owns the Aetna building next door, and by Baptist Medical Center over a variety of issues, including parking, traffic flow and the overall size of the development.

Last summer, the project got the go-ahead from the Downtown Development Review Board and the Downtown Investment Authority. But GV-IP appealed those decisions to City Council, which sent the matter back to the DDRB, which again approved the project 5-2 in December. GV-IP indicates it will take the matter to court.

San Marco Apartments

Catalyst Development Partners of Atlanta is seeking permits from the City and the St. Johns Water Management District for 147 apartments and a three-story, 221-space parking garage on 1.9 acres between Louisa Street and Home Street near Interstate 95. The San Marco Apartments at 1444 Home St. also would have a pool with summer kitchen and firepit, clubhouse and fitness center. San Marco resident Doug Skiles, of EnVision Design + Engineering, is the registered agent and civil engineer for the project.

Baptist MD Anderson

The new Baptist MD Anderson Cancer Center is on track to be finished by August, according to spokesperson Cindy Hamilton. The \$150 million, nine-story building is across San Marco Boulevard from the existing cancer center that opened in 2015.



Baptist MD Anderson Cancer Center under construction in San Marco

Jackson Square

Chance Partners, which plans to redevelop the site of the failed Jackson Square project are apparently in talks with the neighboring church, Southside Assembly of God, to purchase the property. The church would not comment, but District 5 Councilwoman Lori Boyer said rezoning is being sought for the property on Kings Street.

Judd Bobilin of Orlando and Jeff Rosen of San Jose, principals of Chance Partners, want to build an apartment community on the 17-3-acre property at 2600 Philips Highway, just south of Interstate 95. The property is zoned for a planned unit development and Bobilin has said they plan to build 900 multi-family rental units and 350,000 square feet of commercial space, with construction to begin in early 2018 and be completed in 2019.

But the addition of the church property could mean Chance Partners has bigger plans for that area.

Meanwhile, on the other side of the river, the company is also in the middle of a \$40 million development project at the former Commander Apartments and St. Johns Village property on Fishweir Creek. RiverVue will have 228 apartments at St. Johns and Herschel Street in Avondale, when it opens this summer.

Northbank

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 dibs 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.

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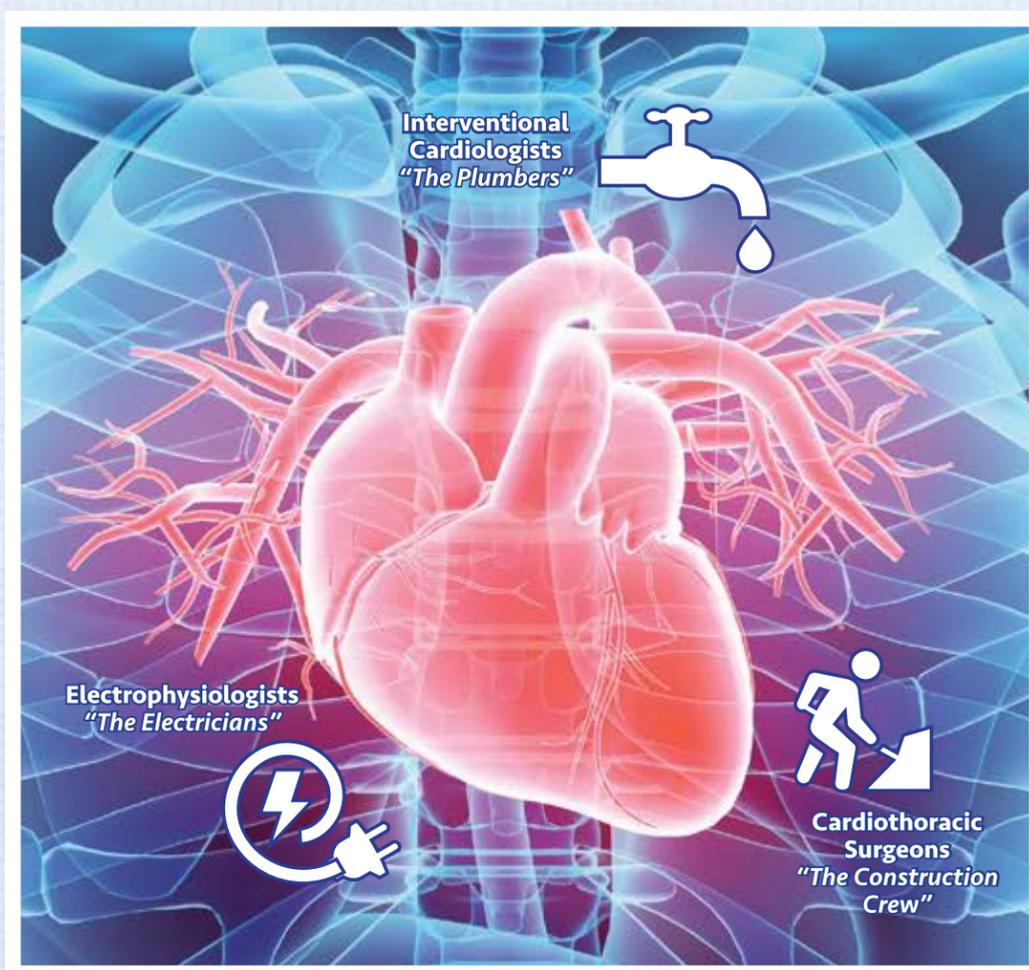
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Riverkeeper files motion to delay harbor deepening project

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 increase storm surge and tide levels only puts our community and our river at



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)

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 and 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.

2018 grant applications available from The Community Foundation

Applications for grants through The Community Foundation for Northeast Florida are now available for early childhood, at-risk and under-served populations, and for the arts.

Nonprofit organizations which work to improve the quality of childcare centers may apply for grants up to \$1,000. Applications are due by February 15 for grants beginning April 1, 2018.

Individual artists pursuing the next step in their artistic development may apply for grants of up to \$3,500 for one year. Applicants must be at least 18 years of age, and reside in Duval, Clay, Nassau, St. Johns or Baker County. Applications are due by March 5 for grants beginning in June 2018.

Grants from the Beaches Community Fund are available for nonprofits serving Jacksonville Beach residents from Mayport to Guana. Past grants have ranged from \$5,000 up to \$75,000. Applications are due by Jan. 10, 2018.

Applications are available at www.jaxcf.org/receive.

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South Shores resident unhappy with mis-identification



By Kate A. Hallock
Resident Community News

Gary Ulrich is very happy in his 85-year-old South Shores home. In fact, he loves his whole neighborhood, but said he was not happy to see it identified by Jacksonville media as flood-prone and eligible for a Federal Emergency Management Agency (FEMA) buy-out.

Reed's Subdivision – the area under scrutiny – is actually mostly west of Ulrich's South Shores development, which was never part of Reed's Subdivision, he said.

The dividing line between the two subdivisions appears to be Barbara Avenue, which is indicated on the property appraiser's site as being located in Reed's Subdivision, named after Gov. Harrison Reed, who served from 1868 to 1873. After his death in 1899, Reed's farm was platted and became part of the City of South Jacksonville in 1907.

South Shores was platted three decades later in 1937, said Ulrich, who has lived in his 1938 home since 1972. He said there had been an effort in 1998 to have the South Shores community designated

a Historic District, but even though most of the residents were for it, a few thought it would "bring in more government [oversight]."

South Shores is mostly high ground and although some homes were affected by Hurricane Irma, none like those in Reed's Subdivision, he said. "Most of our neighborhood did not experience flooding."

Some homes in the South Shores community are tagged as candidates for a FEMA buy-out, including those on South Shores and Old Hickory Roads north of Guilford Road, but not Ulrich's.

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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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.

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.

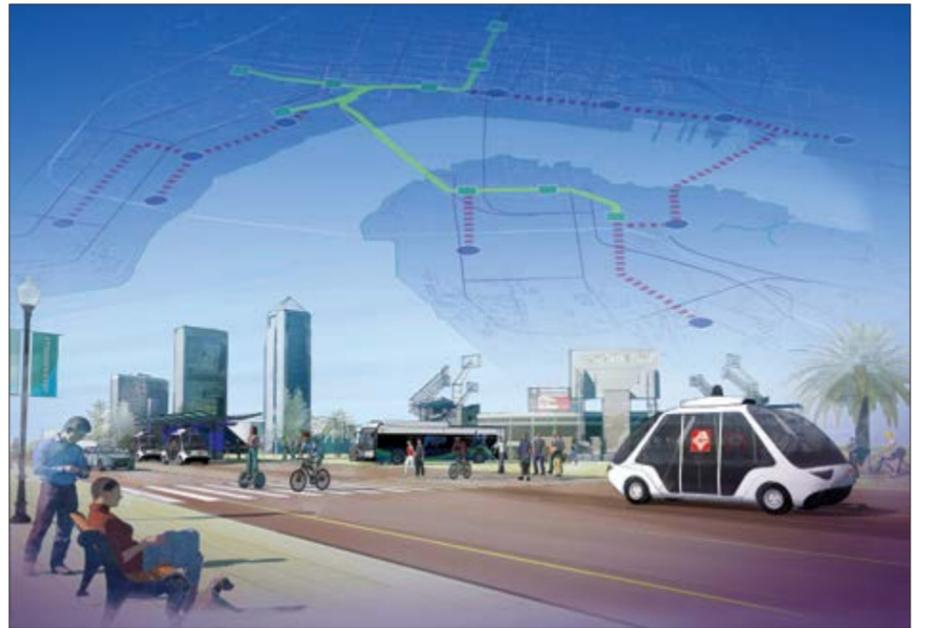
Among the highlights of the Hendricks Avenue project:

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



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

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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Measured results assist disabled, make world of difference

ILRC provides hope through four decades of devotion

For 40 years, the Independent Living Resource Center (ILRC) has cultivated an attitude of independence for those living in our community who are challenged by a disability. Since its founding, tremendous growth has occurred, and the impact can be seen in countless areas – from access in employment to advocacy in education – helping people make major gains.

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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Jacksonville Jaguar makes holidays merry for kids

Jacksonville Jaguars' Wide Receiver Allen Robinson hosted his 3rd Annual Operation Elf program, a community outreach initiative of Allen Robinson's Within Reach Foundation. The Within Reach Foundation partnered with Academy Sports + Outdoors Dec. 13 to provide a festive holiday event for children in-need who would otherwise have little or no Christmas at all. Robinson spent the evening with 50 Jacksonville-area kids from The Bridge Boys & Girls Club at Academy Sports + Outdoors, where each child received autographed items, a Jaguars jersey and new pair of tennis shoes from Allen, and a new bicycle and helmet, thanks to Academy Sports + Outdoors.



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

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 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 Construction Trade and Qualifying Board for the City of Jacksonville.

Southbank Mega Development FROM PAGE 1

This latest iteration of the planned sale was offered in a draft memorandum intended to be discussed at the DIA's Dec. 20 board meeting. The meeting was cancelled, however, due to DIA Chief Executive Officer Aundra Wallace's unavailability. Instead, the proposed agreement with the details of the City's purchase of the JEA property for nearly \$20 million will be discussed Jan. 4 at 9 a.m. at City Hall.

As noted at the beginning of the "for-discussion-purposes-only" document, the agreement would need to be approved by several government and public entities, including City Council.

"DIA's role is to determine whether the incentives and deal structure are good for downtown and the City," said Oliver Barakat, DIA board member and senior vice president with CBRE.

Who bears the burden?

Elements has invested more than \$2 million to date in legal fees, engineering, architect and master planning, marina permitting, market analysis, project permitting and fees, surveys, and consultants on land use and regulatory approvals.

"We have spent more than any other private sector developer in terms of the planning stages to move this 30-acres forward as a mixed-use master planned project in downtown," Munz and Rummell stated in the email.

Referring to the project as the Southbank Catalyst Site, the email also notes it represents a new market for downtown Jacksonville and will "generate property taxes where none are paid today."

The eight-page draft states the DIA would buy the eight parcels, paying JEA \$1.859 million in cash and then making annual

payments until 2040 for the balance of \$17.59 million, a loan from the JEA to the DIA.

Funds in the Southside Tax Incremental District (TID), including a 1.25-mills special assessment on the value of the improved property, would be used to pay off the loan at an interest rate of 2.57 percent, paid annually with a 10-year interest-only period and an 11-year amortization schedule.

The DIA would also fund a portion of the public infrastructure for the project to the tune of a \$26.41 million loan from the City of Jacksonville, with Elements funding \$18.698 million of the \$45.1 million public infrastructure work. The DIA would repay the City with 75 percent of the ad valorem taxes generated by the project. The horizontal infrastructure would include the extension and completion of the Southbank Riverwalk; a riverfront public park; public accessible roads and sidewalks; river activation points including a water taxi stop, kayak launch, marina and other water connecting activities; water, sewer and utilities, and public parking.

During this phase of work, the DIA will lease the property to Elements for five years with a one-year extension, but the developers would not pay rent unless they miss specific construction milestones.

Once 50 percent of the infrastructure is completed, the DIA will sell the property to Elements for \$1 for each of the eight parcels as long as the developers have a signed purchase and sale agreement with a third-party purchaser, building permits in hand for at least 22 percent of the proposed development rights, and all acquisition and construction financing in place.

The memorandum sets the approval of the property assignment from the JEA to the City no later than March 30, with a closing date of July 16, 2018.

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Berdy Dental Group marries tradition with technology

With deep roots and a roster of patients whose charts go back 20, 30, and in some cases, 50 years, longevity is one true testament to the quality of patient care at Berdy Dental Group.

Indeed, patients who come from St. Augustine, and even as far as California for routine cleanings, provides even further evidence that Berdy Dental Group has set a standard that patients rely upon in dental care. But the final proof that this is a top-notch practice are the reviews from other dentists.

"Because he uses the best quality products and he has years of experience and great reviews, I chose him and recommend him to everyone looking for a knowledgeable, thorough periodontist," said Micheline Bahri, a local dentist who entrusts the care of her daughter's dental needs to the Berdy Dental Group as well.

Dr. Christian Berdy describes it as a practice without walls, explaining his excellent professional relationships with other dental practitioners. "I want to do what's best for the patient," he said, and that means returning the patient to his own dentist after successful treatment by Dr. Christian Berdy.

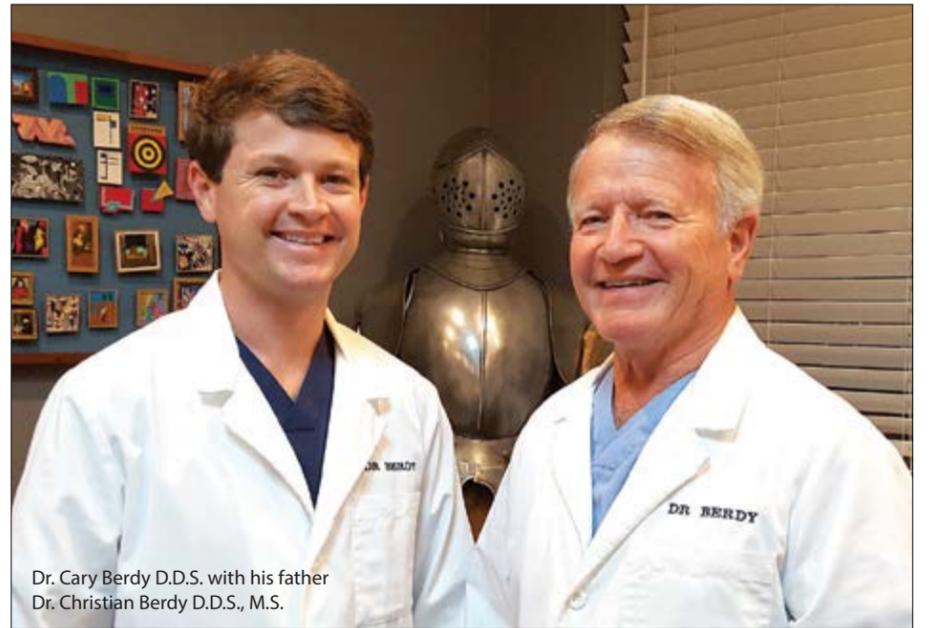
The roots of this Riverside-based practice were established in 1950 by Dr. Frank Scott, then 25 years later Dr. Berdy, D.D.S., M.S. joined Drs. Scott, Walter Watson and Richard Miller. While Dr. Christian Berdy is the only remaining periodontist of the historic practice, in June 2016 he welcomed his youngest son, Cary, as a general dentist to the practice.

The father-son dynamic has been nothing but positive for the group of 12 who specialize in general dentistry and periodontal procedures such as dental implants and laser gum treatments.

"He has improved the efficiency of the work flow in the practice for starters," said Dr. Berdy, attributing it in part to Dr. Cary's undergraduate degree in mechanical engineering from Vanderbilt University before receiving a dental degree from Virginia Commonwealth University School of Dentistry.

Dr. Christian Berdy celebrated his 40th anniversary with the practice in 2015 and noted, with a mixture of honor and pride, "For over 75 years, our practice has served the people of Riverside, helping them keep their smiles." Dr. Cary's addition to the practice guarantees that several more generations of local residents will "keep their smiles."

In addition to good old-fashioned patient care, Berdy Dental Group has always been one step ahead when it comes to dental technology. Dr. Christian Berdy was the first periodontist in Jacksonville to use lasers,



Dr. Cary Berdy D.D.S. with his father Dr. Christian Berdy D.D.S., M.S.

to install dental CAT (computerized axial tomography) scan equipment, and is now using second-generation Cone Beam Computed Tomography (CBCT) technology to diagnose and treat patients.

CBCT technology gives the doctor a unique ability to visualize true three-dimensional anatomy of the teeth, jaws and facial skeleton, as well as other vital structures of the head and neck region in precise and extreme detail. CBCT enhances diagnosis and treatment planning, greatly benefiting patients.

In addition, as a periodontist, Dr. Christian Berdy uses CBCT technology to assess bone loss gum attachment levels in greater detail to make more precise diagnoses. And, as a result, he is better equipped to perform regenerative surgical treatments to prolong the life of teeth.

Berdy Dental Group also has the ability to design and manufacture replacement teeth and crowns on site, cutting down the number of visits and cost to the patient, and increasing the patient's return to good oral health. "Perio-dentistry puts the foundation – the gums – in good shape," said Dr. Christian Berdy. "General dentistry, what Dr. Cary specializes in, is restoration and maintenance."

To begin your journey toward excellent dental and periodontal health, contact the Berdy Dental Group at (904) 389-1376, where courteous staff will welcome you warmly into the practice. The office is located at 1511 Stockton St., at the corner of Stockton and Herschel. Or for more information, visit berdydentalgroup.com.



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Children’s Home Society makes holiday brighter thanks to generous donor



APN Energy employees and Children’s Home Society executives pose with gifts for local kids in need, made possible by APN Energy’s \$5,000 donation in advance of the Christmas holiday. Standing, far left, is Courtney Weatherby-Hunter, of Children’s Home Society, with John Campion, Chairman, APN Energy, and behind them, Shawn Naugle, Regional Director of Operations, Children’s Home Society. APN Energy and The John & Suzanne Campion Foundation also donated a combined \$10,000 to Sulzbacher Center. APN Energy builds and operates power plants in more than 30 countries.

Eleven “Women With Heart” to be honored at luncheon

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.



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.



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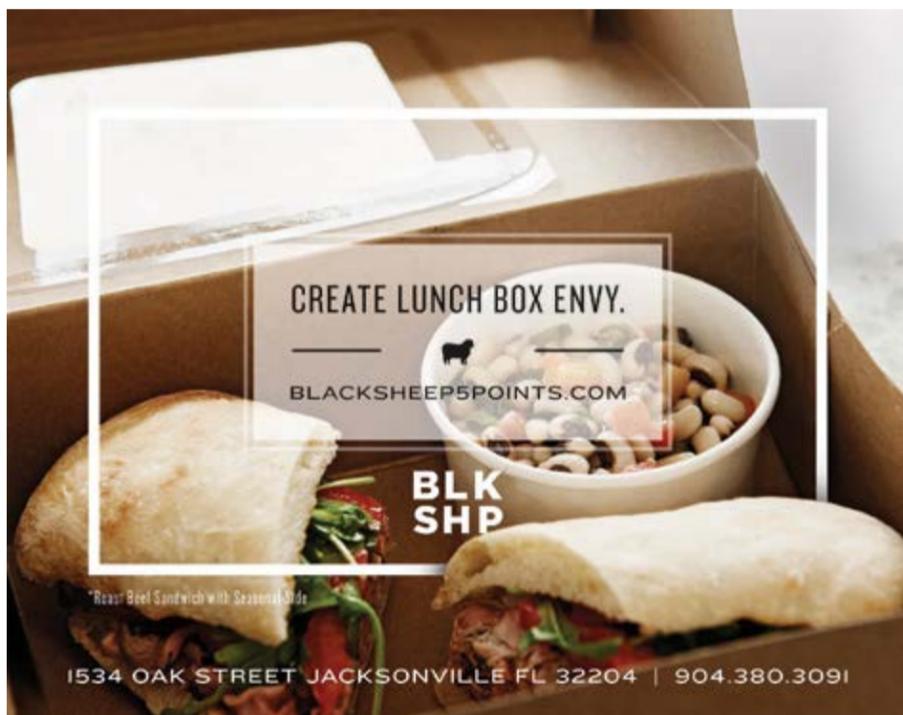
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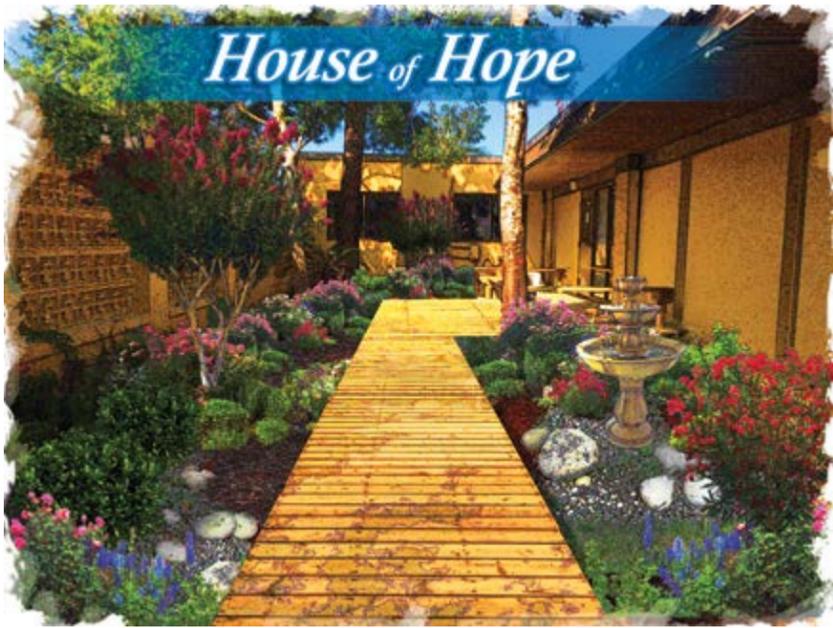
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Rendering of the courtyard proposed for the new House of Hope youth emergency shelter

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.

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

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 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.



Adam Greene, Head of School at The Episcopal School of Jacksonville, with Janet Reagor, Rotary Club of San Marco president.

“It was a pleasure to welcome Adam to our club and hear his perspective on issues facing students today.”

— Howard Dyal

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Goodby's Creek resident appointed to state board for fourth term



Jody Brandenburg

Jody Brandenburg, president of Hardage-Giddens Funeral Homes and Cemeteries, has been re-appointed by Florida Gov. Rick Scott to his fourth four-year term to the Board of Funeral, Cemetery, and Consumer Services.

Brandenburg, 74, has been in the funeral services industry for more than 50 years.

"Serving on the Florida Board of Funeral, Cemetery and Consumer Services provides a unique opportunity to represent the state's consumers and provide licensing and regulatory oversight for the profession. Florida has over 10,000 death care licensees and

over 2,700 related licensed entities in our state," said Brandenburg.

In 2005 the Florida Legislature created the Division of Funeral, Cemetery and Consumer Services which provides administrative support to the Board of Funeral, Cemetery and Consumer Services. Division Director Mary Schwantes serves as the Executive Director of the Board of Funeral, Cemetery and Consumer Services.

"Being the chairman since 2009 and leading a board of 10 dedicated and accomplished board members is an honor and special duty because

Florida citizens and the industry deserve the very best representation," he continued "This board is the epitome of hard work and rendering fair and impartial decisions. I'm certain Governor Rick Scott and CFO Jimmy Patronis are proud of these board appointments."

Brandenburg, a resident in the Goodby's Creek area, is joined by Keenan Knopke, president of Curlew Hills Memory Gardens, Inc. and Lewis Hall, president of Gentry-Morrison Funeral Homes in Serenity Gardens. The appointments are subject to Senate confirmation.

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.



Michael Cavendish with his wife, Dr. Michele L. Cavendish

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).

San Marco resident part of expansion for professional employer organization

San Marco resident Dede Ebelt has joined the Jacksonville office of Progressive Employer Management Company (PEMCO), a Professional Employer Organization (PEO), based in Sarasota.

Ebelt and two others, Chad Blenden and Heidi Segona, both of St. Johns County, are new business consultants who will help support the local business community with human resources, payroll administration, workers' compensation, and risk management services.

"Jacksonville is home to prominent corporations and organizations," said Kim Rutledge, regional sales manager. "We wanted to strengthen our team in the region to stand behind businesses as their full human resources staff. Dede, Chad



Dede Ebelt

and Heidi are experienced and talented individuals that will help serve our growing client base."

Ebelt, a native of the Jacksonville area and a graduate of Florida State College, comes to PEMCO with almost 10 years of experience in the PEO industry. She brings a wealth of human resources outsourcing and business development knowledge to help build and foster strong relationships within the growing local business community.

Blenden brings 16 years of experience in executive sales to the team, and Segona has eight years of experience with human capital management services with specialties in payroll and tax compliance services for small- to medium-sized businesses.

Local woman exhibits art from around the world

Susan Astleford, of Epping Forest, combined her passion for painting with another favorite pastime to produce an exhibit of Art From Around the World, on display at The Vault at 1930 Art Gallery, hosted by Rula Carr.

Astleford has worked in watercolor for 30 years, but recently moved to water-mixable oils to depict some of the images she has captured from travels in Europe, Asia, New Zealand, the Caribbean, Israel, the Middle East, and Africa.

With a degree in art education from Penn State University, Astleford has taught watercolor to adults for five years in Orlando, and water-soluble oils to adults for seven years in Columbus, Ohio, and Bonita Springs, Florida. She also worked as a commercial artist in Washington, D.C., and has been a member of the



Susan Astleford

Palette and Chisel Academy in Chicago, Oil Painters of America, Ohio Plein Air Society, American Artists Professional League, Inc., Allied Artists of America, Inc., American Impressionist Society, St. Augustine Art Association, and Women Painters of the Southeast.

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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



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)

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.

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 than 200 academic and public libraries.



Tim Rogers

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.



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.

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.

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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 deputy



Scott Baity

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 wood-working 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.

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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



Pat Latimer and Teresa Koufonikos with Karyn Morton and Emily Hehn



Patty Dodson, District 2 Councilman Al Ferraro and Shelly Theis



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



Sandy McCorvey with Natalie Broulette and Lucille Coberly

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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.

"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.



Maggie FitzRoy and Caren Burmeister

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

Loved ones honored at annual Service of Remembrance

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,



Beth Tresca with Victoria Dulaney

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."

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.



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.



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

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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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Jacksonville Jaguars President Mark Lamping with his wife Cheryl



Farley Grainger with Megan Menefee, Jacksonville Jaguar Kicker #4 Josh Lambo, Gary Chartrand, Ernie Bono and Jim Lafleur



Randi and Kevin Guthard



Nemours patient Riley Ruppert-Richendollar with Steven Amburn of First Coast Music Therapy



Kristen and Paul Anderson with Ken and Melissa Jordan, Olivia Frick, Sarah and Marshall Hall



Seth and Curt Pajcic



Michelle Rahn with Susan Masucci



Cheryl Munn with Alicia Booth Sprecher

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 Inetta, Waylon Rivers, Michael McKinney, and Kerri Rogers, from Black Sheep Restaurant Group, who teamed up with Gallo Wine Group, Elio 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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Jeannie Blaylock and Bill Lyle



Jacksonville School for Autism Executive Director Michelle Dunham with son, Nick, and husband, Mark Dunham



Mike and Cathy Hartley with Missie Sarra and Sam LePrell



Penny and Dr. Robert Ellison



Amy and Kyle Reese



Eva and Nelson Ritz



Sue Scull and Jim Henry



Vanessa and Redner Salonga

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 'White Party' raises funds for youth with ASD

Guests came dressed in all hues of white to support the Jacksonville School for Autism's 5th Annual "Dinner Under the Stars" White Party Dec. 2 at The Museum.

In 2013, JSA established the "Dinner Under the Stars" fundraiser to support its Musical & Visual Arts Program. These enrichment programs include art, karate, music, piano and yoga, all which have proven to be extremely beneficial in various areas of development for the students. JSA is devoted to enhancing the lives of children and young adults with Autism Spectrum Disorders (ASD) through the gift of music, movement, and visual arts.

In the previous four years, Dinner Under the Stars has raised over \$130,000.



Raney and Ben Thomas





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The Clayman Flounder Pounder team goes all out for Jacksonville School for Autism with generous sponsorships and donations.



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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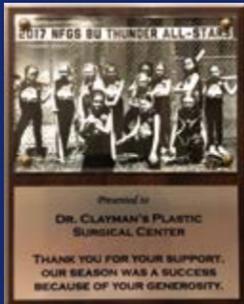
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Run Santa Run makes its holiday debut

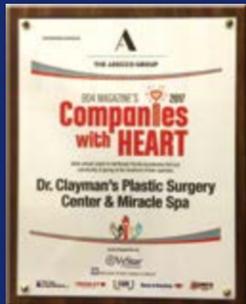


Celebrity starter Sam Kouvaris honored by Drs. Mark and Loren Clayman.

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8U All-Stars had a successful season with the support of Dr Clayman



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See our Video of Run Santa Run



St. Nicholas children meet St. Nick at annual holiday bash

By Karen Rieley
Resident Community News

For the third year in a row, local businesses brought holiday spirit to families living in the St. Nicholas neighborhood. On Dec. 14, excited children and their parents began lining up at St. Nicholas Train Station well before Santa's 5:30 p.m. arrival to enjoy Jolly Christmas at St. Nick's.

In addition to sharing their Christmas wishes, the children chose a toy. Everyone was invited to enjoy hotdogs, drinks, cotton candy and cookies, and the kids worked off their energy in the bounce house.

The fun neighborhood event was sponsored by Sylvia Pulido of Havana-Jax Café and the Cuba Libre Nightclub and her sons, Drs. Rene and Danny Pulido, eMed Multispecialty Group, who provided the bounce houses, food and hundreds of toys. Louis and Joe Joseph, owners of Mudville Grille, made Santa's visit possible.

Other sponsors were Dr. Susan Shelton and Eric Demps, Sr., development director, St. Francis Animal Hospital; Jill Mero, Jill Mero Realty; Susan Gilbert, manager, Kuhn Flowers; Tom Tomaski, owner, and Tim Wilson, manager, Tom's Printing; and Elizabeth Ondrizek, P.A., and the staff at Elizabeth Ondrizek Law Firm.

"Jill Mero is the real project manager of this event," Ondrizek said. Mero also served as Santa's helper and doorkeeper.

Some parents, as well as children, came dressed for the occasion as elves or reindeer. A photographer took free photos to create a Christmas memory for each child's family.

As one child started into the house to talk with Santa, a woman shouted to him to tell Santa that she wanted a big house on the river. Proof that you're never too old to believe in the magic of Christmas, thanks to neighborhood merchants and business-people who care about the families who live in St. Nicholas.



Santa listens to an enthusiastic little boy share his Christmas wish list at the the 3rd Annual Jolly Christmas at St. Nick's.



Jill Mero welcomes neighborhood children to the 3rd Annual Jolly Christmas at St. Nick's.



Jennifer L. Boston, Esq., Elizabeth R. Ondrizek, Esq., Jasmine Ley and Kendall Tobin, from the Elizabeth Ondrizek Law Firm.



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

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



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

of \$1,000 or more. The Curators Society is inspired by the belief that its stakeholders possess the transformative power to curate quality arts learning that empowers students to analyze, innovate and create.

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Teen's legacy continues to help others in need

Inspired by the late Hunter Hodges' desire to help others in need, friends and supporters of the new nonprofit, Hugs from Hunter, gathered at the Fowler Estate in Marsh Landing Dec. 2 to fund Hunter's cause.

Hunter was 15 when he passed away as a result of dyskeratosis, a genetic form of bone marrow failure, despite a bone marrow transplant the year before. An older brother, Michael, succumbed to the same disease in 2014 at age 19, but older brother Matthew continues to battle the rare and devastating disease.

During Hunter's numerous hospital stays he noticed children left alone because their parents could not afford to take time off from work and was also aware of the financial strain on many families. In addition to making donations to food banks and other charities, the nonprofit established in Hunter's honor recently made a donation of \$50,000 to the Nemours Mental Health Support Fund for 250 mental health sessions and \$25,000 to the Nemours Patient and Family Emergency Fund.



Kyle and Erica Harding



Lynn Erhard, Carol Turbow and Kathryn Oliver



Logan Doon with Sarah Miller



Lynn Erhard, Erica Fowler and Michael Erhard

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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Popular holiday 5K returns to San Marco after hiatus

More than 250 runners turned out on an unseasonably warm day to participate in the Children's Way 5K in support of Ronald McDonald House Charities of Jacksonville. The event, which began in 2002, was last held in 2011.

The course took runners south along River Road on the banks of the St. Johns River. Katherine Pickett, Michelle McCauley, and Annie Bryan, all running in the age 30-34 category, were the top three female runners. Top male runners included Jeff Wight, 40, William Lynch, 17, and Haris Jusic, 42.

After the run, participants and families enjoyed a Christmas Village, with activities, such as face painting, crafts, football and ring tosses and corn hole games, and food from V Pizza, Good Dough, Blue Bell Ice Cream and, of course, McDonald's.

The funds raised from this fun, family event will help provide a "home-away-from-home" for over 1,200 families a year for sick children receiving medical treatment in Jacksonville.



Ronald McDonald House Charities Executive Director Diane Boyle, center, with Red Shoe Crew members Rebecca Fontenot and Jen Cortner



Volunteers from Orange Park High School – McKasie Le, Abby Ferry, Alayna Puls and Alexis Gallardo – affixed labels to "Pop It and Drop It" cans.



Face-painter Britnee Luke with Nathan Brown, sporting a Batman mask



Engine 4's Scott Karpus, Lt. James Baity, Matt Hoff and Eric Willetts



Hanna Thompson, Patty Gomez and Kamaria Evans volunteer at the Children's Way 5K to benefit the Ronald McDonald House



Isabel, Alex, Romina and Michael Hermanson



The Children's Way 5K Run Committee included Michael Kendall, Megan Logan, Kirsten Clement, Amy Meyer, Oceane Baines and Cynthia Baines



Beauty queens Lexi Lassen (Miss Jacksonville Beach), Keyanna McMillian (Florida's Universal Beauty 2017), Lauryn Hendricks (Miss Orange Sweethearts 2017), Anna Brulte (Miss Jacksonville Teen USA), Kayla Putzke (Miss St. Augustine Junior Teen), Brooke Toy (Miss Florida Collegiate America 2018), and Fallon Farr (International Junior Miss Pre-teen 2017)

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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; Ranaldo 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 with Betsy Lovett and Peter Rummell



Ashford and Tyler Mathews



Tyler Mathews and Chris Warren



Jimmy Peluso and Haleigh Hutchinson

Congressman takes interest in seniors' issues

John Rutherford, U.S. Representative for Florida's 4th Congressional District, visited the River Garden campus Nov. 27 to learn more about the challenges and concerns facing nursing homes and other agencies as they confront the issues of caring for seniors in Florida. The River Garden community has a long history in support of good and thoughtful public policy, and looks forward to working with Congressman Rutherford as he continues to engage issues that impact Florida's frailest, at-risk residents. River Garden was recently named as the top nursing home in the state of Florida by U.S. News & World Report.

River Garden Home Board members and co-chairs of River Garden's Public Policy Committee Jerry Rothstein and Randy Kammer; Congressman John Rutherford; Gloria Einstein, president of River Garden Senior Services; Dick Kravitz, board member of River Garden Foundation; Susan Cohen, president of River Garden Hebrew Home, and Marty Goetz, River Garden CEO.



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San Marco holiday double-header draws huge crowds

“Snow” swirled around San Marco Square as celebrants from near and far turned out Dec. 9 for the annual Holiday Magic event, sponsored by the San Marco Merchants Association, and the Festival of Lights Road Races in Balis Park.

Prior to the celebration was the Festival of Lights 5K, where more than 2,000 runners from age 5 to 78 turned out to participate in the mile-long fun run and 5K race, which benefited Children’s Miracle Network to support the pediatric programs at UF Health Jacksonville and Wolfson Children’s Hospital.

The top three overall female runners were Laura Ragland, 28, Amela Drakulj, 33, and Michelle Krueger, 42; top male runners were Dylan Nelson, 15, Terrance Sessoms, 18, and Nicholas Gonino, 28.

While Santa Claus listened to Christmas wishes by the shimmering Christmas tree under the Balis Park gazebo, families enjoyed horse-drawn sleigh rides and train rides, jugglers and toy soldier stilt walkers, a petting zoo, bounce house games and a lot of food and music.



Seth Carpenter on stilts at 9’ 1” was the tallest elf anyone has ever seen.



Julie Lechner with Joe Tomek, Paige Gadsby, Dave Clemens and Andrew Gall



Wyatt and Meg Cheek with Andi Mahoney



Jen, Hadley, Hudson and Kenzie Conway



Santa and Mrs. Claus in San Marco Square



Bryan Ross with Anthony Curtis and Heather Lee



Charlie, Catherine, Sam and Matt Rabil



Amyla, Armela, Amyba, Ilmedin and Shayla Husnic enjoyed the festivities as a family.

Local road race remains strong, impacts community

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



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

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.

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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 33



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



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Holland,**
Ortega Orthodontists



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geriatric podiatrist



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Dr. Rene Pulido,
Emed Multispecialty
Group



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



Dr. James L. Schumacher,
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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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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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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

HAPPY NEW YEAR

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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THE WAY WE WERE: BILL AND DOTTIE McLEAR

By Susan D. Brandenburg
Resident Community News

Retired now, and living quietly in the Lakewood high-rise where they have resided for 27 years, Bill and Dottie McLear have many memories of shared adventures over their 41 years of marriage.

"I was working as the office manager for Bill's private practice of orthopedic surgery on the Southside when we fell in love," recalled Dottie, sharing their wedding photo taken at her home in Avondale. After a small wedding ceremony, the couple departed for a honeymoon cruise aboard the Queen Elizabeth II...the first of many cruises they were destined to take together.

A pretty needlepoint on the wall of Dottie's art studio commemorates their 1976 wedding cruise on the QE2. The needlepoint is

surrounded by Dottie's beautiful, colorful paintings depicting many of the exotic places they've traveled. "I take photos and then paint the scenes," she said, pointing to a tropical scene she painted from a photo she took in Puerto Rico.

An artist all her life, Dottie was born and raised in Jacksonville, the daughter of Queenie and Carl Johnson, whose home was just two blocks away from the legendary Treaty Oak on Prudential Drive.

Dottie recalls climbing the Treaty Oak with her siblings regularly as a child. She also recalls sitting on the front porch railing in 1941 with her late brothers, Roger and Carl, and watching the construction of the Main Street Bridge.

Prior to the bridge, her father, Carl (nicknamed "Pete") Johnson, had become First Engineer on the ferry boat, "Jackson," that

traveled back and forth across the St. Johns River. Later, "Pete" Johnson operated various tug boats in the area and, during WWII, worked in the Gibbs Shipyard repairing and overhauling engines on Naval vessels.

Bridges have played an important role in Dr. William Z. McLear's history as well. As an active Boy Scout in Wayne, Pennsylvania, Bill earned his Eagle Scout with Bronze Palm by building a bridge. Much later in his life, he became a major "bridge builder" as Director of Medical Affairs, Baptist Medical Center (BMC), BMC-Beaches and BMC-Nassau...successfully and consistently bridging the frequent gaps of understanding between medical and administrative staff for more than 18 years.

"Bill's responsibilities were to be the interface between several hundred physicians on the Baptist medical staff and our hospital administration and Board of Trustees," said Bill Mason, former CEO of Baptist Medical Center. "He did a great job of coordinating medical staff policies and procedures and handling physician personnel decisions in a wise and consistent way. Bill McLear is one of the reasons that Baptist has been so well recognized for its culture of compassion and high-quality patient care."

McLear recalls that taking on the new administrative position and leaving his successful practice as an orthopedic surgeon was a tough decision.

In an article entitled "Reorientation of goals in Orthopedic Surgery," McLear wrote: "...I have not forsaken medicine, I have only changed hats to a position where I feel I can do more for private practicing physicians and their relationships with our institution than in any other way."



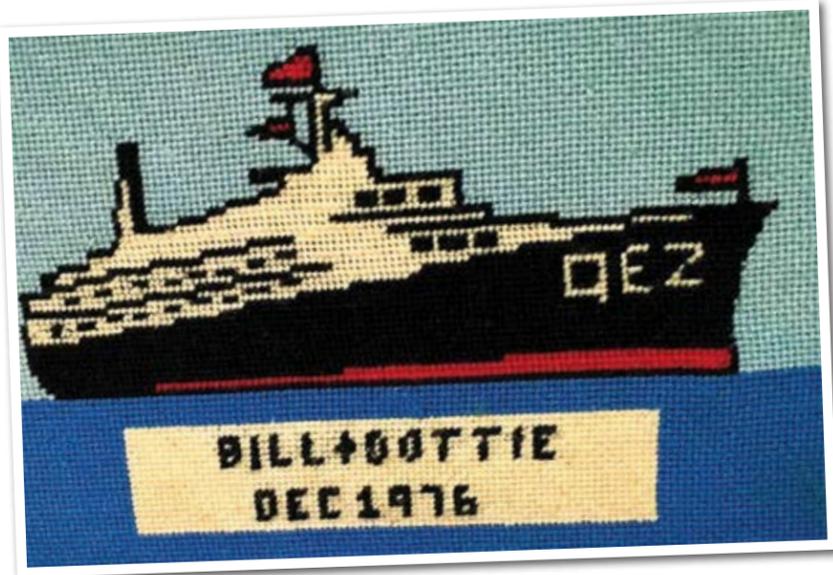
Dottie and Bill McLear

Changing hats was a gutsy and adventurous move for the well-established surgeon, but one that fit his personality well.

For instance, after graduating from Medical School at the University of Pennsylvania, McLear joined the Navy and became the Navy's Chief Flight Surgeon to Marine Aircraft Group 26 in Jacksonville, North Carolina back in the late 1950s. There he was deployed aboard a converted aircraft carrier with Marine helicopter squadrons on training missions in the Caribbean and in support of the early Mercury Space Program.

He later was assigned to the Orthopedic Surgery Department at the U.S. Naval Hospital in Jacksonville, Florida and, during the Vietnam War, was named Officer-In-Charge,

Continued on page 37



Needlepoint of the QE2 created by Dottie McLear



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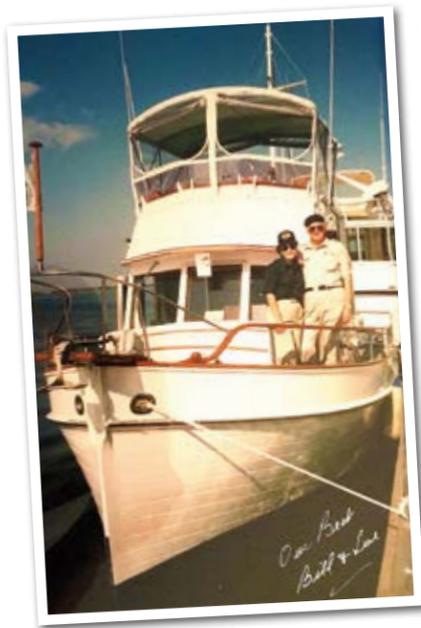
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Surgical Team Bravo, for Marines involved in the amphibious fleet making assaults along the coast of Vietnam. In that capacity, he served aboard the USS Tripoli and the USS Valley Forge, providing medical care to hundreds of wounded Marines and eventually being recognized with the Legion of Merit for his service to his country.

Back in Jacksonville following his time in Vietnam, McLear resigned his commission in the Navy to enter private practice with Southside Orthopedics, P.A. During his leisure moments, he captained his 44-foot DeFever Trawler, "Respite," spending many weekends sailing the East Coast of the U.S. with his wife, Dottie, acting as "first mate."

He also continued to soar in the air, flying his single-engine Piper Comanche, having earned private and commercial pilot's licenses with instrument and multi-engine ratings. And, speaking of soaring, McLear's lifelong love of music enhances the choir at Hendricks Avenue Baptist Church, and his deep, clear singing voice was also heard regularly when he sang with the River City Men's Chorus.



Aboard the Respite

Looking back at his eventful life, McLear admits that he is an adventurer who has always loved a challenge.

"I was 16 years old when four of us Boy Scouts attempted to climb Mt. Marci, the highest mountain in the Adirondacks," he said. "We were in sub-zero temperatures, the mountain had a bald top and was covered with ice, but we attempted the climb anyway and nearly made it."

When he was 70, McLear earned his scuba diving license "because I hadn't done that yet."

Julie Mason, former head of Baptist Health Systems Foundation and, with her husband Bill, a close friend of the McLears, laughs when she remembers a bet she made with Bill McLear.

"I told him he was so smart, I thought he could pass the Mensa exam, and he took the challenge. He is now a Mensa!" she said.



McLear wedding, 1976

Dr. McLear Named BMC Director of Medical Affairs



"My career in medicine has been a series of challenges. The position of Director of Medical Affairs promises to be the biggest and most exciting," Dr. McLear told Newsline.

Dr. McLear joined the BMC Medical Staff in 1970, and currently is President-Elect of the Medical Staff. He is a board certified orthopaedic surgeon, and a graduate of Wesleyan University and the University of Pennsylvania School of Medicine. While at BMC, Dr. McLear has served as Secretary of the Medical Staff (1983), Chairman of the Quality Assurance Committee, and as Chairman of the Department of Orthopaedic Surgery since its establishment in 1981.

Dr. McLear holds memberships in the American Medical Association, the American Academy of Orthopaedic Surgeons, the American College of Surgeons, the Florida Medical Association, the Florida Orthopaedic Society, the Northeast Florida Orthopaedic Society, the Duval County Medical Society and the American Academy of Medical Directors. He also has served as President of the North Florida Medical Review (1981 and 1982), as a member of the Executive Committee of the Florida Orthopaedic Society, as President of the Northeast Florida Orthopaedic Society (1981-1982) and as a Delegate with the Florida Medical Association (1983-1984), just to name a few.

Baptist Medical Center President William C. Mason, FACHA, and Jack L. Sapolsky, M.D., President of the BMC Medical Staff, are pleased to announce the appointment of William Z. McLear III, M.D., to the position of Director of Medical Affairs at Baptist Medical Center.

"We feel the Search Committee, together with the Medical Board and the Board of Directors, made a wise selection in Dr. McLear," said Mr. Mason and Dr. Sapolsky.

Dr. McLear will assume his duties as Director of Medical Affairs on October 1, 1984.

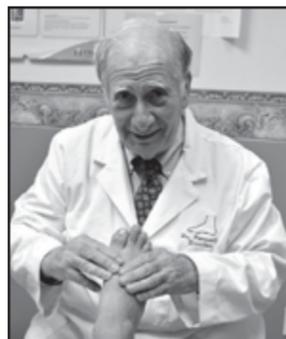
Please join us in welcoming Dr. McLear to the BMC Administrative Team!

Article announcing Bill McLear's 1984 appointment to Baptist Medical Center

Mensa is the largest and most prestigious high IQ society in the world.

And, while her husband continues to be the consummate professional and the go-to guy for sound medical advice to friends and family, Dottie McLear's passion for art keeps her busy painting and sharing those paintings with others.

"Dottie is a loving and kind woman, a wonderful wife, mother, grandmother and great-grandmother, and her painting is a reflection of those qualities," said her devoted husband, adding that because art is healing, too, both he and Dottie have been lifelong healers.



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Dr. Earl Horowitz, Podiatry



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– In Memoriam –
Emily Abood Helow
 September 3, 1924 to December 1, 2017



The life of Emily A. Helow, who passed away at age 93, was celebrated Dec. 6 by friends and family, including her three children, Pete Helow, Carol Carter (Mike), and Philip Helow, Jr. (Danielle); her sister, Mary Shaia, Cleveland, Ohio; sisters-in-law, Alice Abood, Evelyn Leinaar and Margaret Helow; grandchildren, Bryan Carter, Katie Helow, Audrey Helow, Meredith Helow, Ethan Helow and Andrew Helow; and many nieces and nephews.

A founding member of Assumption Catholic Church, along with her husband, Philip, Helow served on the Altar Guild there and was a member of the Brentwood Ladies Golf Association and the Lebanese American social club, Sae Benet. She graduated from St. Paul's Catholic High School in 1942, met and married Philip Helow January 4, 1951.

Helow was honored for putting her family's interests above her own. A few years ago, her children asked her to write down what was important to her and she said, "My children are my life and their happiness is my goal."

She was known for supporting family and friends in time of need with food, comfort, humor, and words of wisdom. "I suppose, that's what life is all about ... its ups and downs, deep sorrow, deep love, the ability to survive it all, learning to appreciate what God has given us, and not dwelling on what you don't have," she told her sons and daughter.

Considered a good cook who never measured ingredients, Helow also enjoyed playing the piano and organ, crocheting, sketching, writing poetry and working crossword puzzles.



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– In Memoriam –

Ann Whitehurst McGehee

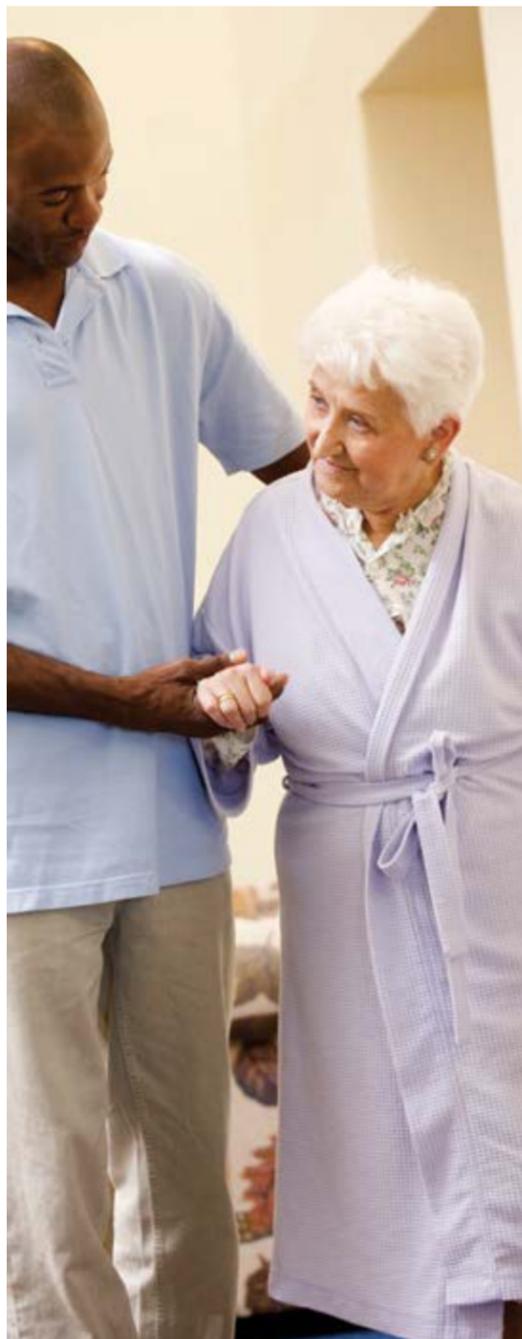
December 26, 1928 to December 4, 2017

Ann Whitehurst McGehee, of San Jose, passed away at the age of 88, leaving behind a sister, three children, seven grandchildren and 15 great-grandchildren.

Born in Montgomery, Alabama, she moved to Birmingham with her parents, Willis Quay and Annie Lynn Whitehurst. A magna cum laude graduate of the University of Alabama, Ann was a member of Kappa Kappa Gamma sorority and majored in Home Economics.

During her sophomore year in college Ann met Jacksonville native Frank McGehee and the couple was married in 1948. After college, where Frank received his degree in economics, they moved back to Jacksonville to start their family and life-long career in the paper business.

After working in their father's company, the Jacksonville Paper Company, Frank and his brother Tom sold it, then founded Mac Paper Company in 1965. Ann and Frank were charter members of the San Jose Church of Christ where they worshipped for over 60 years, and supported missionaries and ministries throughout the world. Ann and Frank were longtime members of San Jose Country Club. The McGehee Auditorium at the Bolles School was dedicated in 1976, a gift from Ann and Frank McGehee.



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Bolles students tour cadaver lab for medical research

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.



Bolles School anatomy students toured a cadaver lab at Zimmer Biomet.

Students’ theme chosen for 2019 Florida Eucharistic Congress

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.



Bridget Monahan



Mang Len

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Bishop Kenny students participate in global computer movement

The Hour of Code is a global movement reaching tens of millions of students in more than 180 countries. Simply put, it is a one-hour introduction to Computer Science, designed to demystify “code,” to show that anybody can learn the basics, and to broaden participation in the field of computer science.

The Hour of Code is a worldwide effort to celebrate computer science, starting with one-hour coding activities, but expanding to all sorts of community efforts. The grassroots campaign is supported by over 400 partners and 200,000 educators worldwide. Typically held during Computer Science Education Week Dec. 4-10, due to scheduling conflicts Bishop Kenny High School held its first-ever event Nov. 29.

Bishop Kenny’s Hour of Code took place during “Flex mod,” a weekly study and activity period that is part of its new bell schedule. Spearheaded by Scott Thomas, AP Computer Science Principles teacher, along with members of the Academic and Technology departments, students first installed the Swift Playgrounds app, an introductory coding app developed by Apple, to their school issued iPads.

Using the app, students participated in an Hour of Code “playground,” where they learned fundamental coding skills while playing a game. The goal of this activity was to spark student interest in coding and to show that anyone can learn to code.

Research indicates that the ability to write code could very well be the next big divide for getting jobs in the near future. Here are some interesting statistics compiled by Code.org:



Michael Broach, Academic Dean with students Hannah Prudencio and Victoria Reep during The Hour of Code.

- 90 percent of parents want their child to study computer science, but only 40 percent of schools teach it
- 71 percent of all new jobs in STEM are in computing, but only 8 percent of STEM graduates are in Computer Science
- Women who try AP Computer Science in high school are 10 times more likely to major in it in college, and Black and Hispanic students are seven times more likely
- A computer science major has the potential to earn 40 percent more in their lifetime than the average college major
- Computing jobs are the #1 source of new wages in the U.S. There are approximately 500,000 current openings for computer science jobs across every industry and in every state
- Computer jobs openings are projected to grow at twice the rate of all other jobs

Source: www.hourofcode.com, the official Hour of Code website from Code.org

Childhood friends wear crowns at rival colleges

Emily Galant, of San Marco, and her lifelong friend, Devon Leasure, met in Sue Rosner’s kindergarten class at Assumption Catholic School in 2001. After graduating from the St. Nicholas-based grade school, Galant headed to Episcopal School of Jacksonville and Leasure to Stanton College Preparatory School, both graduating in 2014.

The childhood friends were each crowned Homecoming Queen of their rival colleges last fall. Galant, a member of Kappa Alpha Theta sorority, attends Florida State University, where she is majoring in advertising. Leasure earned a Bachelor of Arts in political science in two years at the University of Florida and is preparing for a Master of Science in business management. She is a member of the Tri Delta sorority.



Michael Cizek and Devon Leasure were named University of Florida’s Homecoming King and Queen Oct. 6.



Dionte Boddie and Emily Galant were Florida State University’s 2017 Homecoming Chief and Princess Nov. 18.



Devon Leasure and Emily Galant



Devon Leasure and Emily Galant met in kindergarten at Assumption Catholic School.



Bishop Kenny High School Spanish Club and Spanish Honor Society members with some of the toys collected for underprivileged Hispanic children.

Spanish Club delivers Christmas to underprivileged children

Members of the Bishop Kenny High School Spanish Club and Spanish Honor Society coordinated a toy drive during the month of December, then delivered toys to the multicultural ministry coordinator at Catholic Charities for the benefit of underprivileged Hispanic children in the Jacksonville area.

According to Janalene Phillips, moderator of the clubs and the project, “The response of our students to this appeal was wonderful. Not only did they bring in toys, they donated several gift cards as well.”

Each year Catholic Charities counts on Bishop Kenny to help provide toys for children who may not otherwise have a visit from Santa.

“The continued generosity of the BK community is remarkable,” commented Principal Todd Orlando. “From the outstanding response to the hurricane drives, a record-breaking Thanksgiving food basket appeal and now the toy drive, I couldn’t be more proud of our students, faculty and staff. They are certainly models of Catholic service and generosity.”

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Hands-on lessons prove 'attractive' in science class



Emily Cumiskey, Rhett Clarke, Elias Lightner, Lydia Van Rooy

The attraction to learning in a San Jose Episcopal Day School second-grade classroom was, literally, magnetic. Students in Wendy Monger's second-grade class recently explored and learned about magnetic forces.

After a lesson on making hypotheses, then testing the magnetic properties of a variety of items, the science investigation continued when students were asked to take their magnetic explorations outside to the playground. In small groups, students worked together to find three things outside they predicted would be magnetic and three things they predicted were not magnetic. Back together as a whole class, each group reported its findings with their classmates.

Hands-on learning is the norm at SJEDS. Understanding that children learn in many different ways, teachers strive to inspire children to be lifelong learners by tailoring the curriculum to meet student needs.

Former Bolles baseball player heading for NFL

Hayden Hurst, 24, is going pro and his father, Jerry Hurst, hopes his son gets drafted by the Pittsburgh Steelers next April.

Although that's considered heresy in a town that flaunts teal and gold, Hurst the father was born in Pittsburgh and lived there until his father was transferred to Jacksonville. "I bleed black and gold!" the San Jose resident exclaimed.

His son, Hayden, graduated in 2012 from The Bolles School, where he played baseball. After turning down a baseball scholarship at Florida State, he was drafted out of high school and signed to play baseball for the Pittsburgh Pirates in their minor league system.

"He wasn't having much success, so he retired from baseball and went to the University of South Carolina to play football in 2015," said Hurst, who is also a Bolles alum and a former Jacksonville University baseball player.

The 6-foot-5-inch, 250-pound Hayden is a junior at USC, where he is a tight end for



Hayden Hurst (Photo courtesy of gridironnow.com)

the Gamecocks football team. Hayden decided to skip his final year of eligibility with his college team to enter the 2018 NFL Draft. Prior to making his decision in early December, Hayden was named First-Team All-Southeastern Conference, just one of three tight ends in USC history with more than 1,000 career yards receiving.

A semi-finalist for the John Mackey Award, which goes to the nation's top tight end, Hayden could be as high as a second-round draft pick in the upcoming NFL draft.

Eighth-grader wins school spelling bee

The Assumption Catholic School 2017 Spelling Bee winner was eighth-grader Ava Carrillo, who correctly spelled the word "fractal" in the final round. First runner-up was Julia Fannin, also in eighth grade, and second runner-up was sixth-grader Sophia Alfonso. The next event is the Duval County Spelling Bee Tuesday, Jan. 30 at Julia Landon College Preparatory School.



Sophia Alfonso, Ava Carrillo and Julia Fannin

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Girls just gotta have fun

Clad in pastel "tails" and headdresses, the Assumption Catholic School team of 19 girls in the third to fifth grades participated in the Girls on the Run 5K run Dec. 2, held at UNF's Hodges Stadium. They will enjoy a cupcake party for being in first place for raising \$1,800 for the Girls on the Run program.

January

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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



Living nativity reminds viewers of reason for the season

For the sixth year, Christina Lopez portrays Mary, the mother of Jesus, in the annual San Marco Living Nativity Dec. 16. With her is Curtis Leggett, appearing again as Joseph, and Phoebe Berzsenyi as an angel. The three-hour event includes live animals, from goats and lambs to sheep, a cow and a pony, and takes place each year at the Arbor Lane home of Dr. Mary and Walter Soha.



Elizabeth Ruzanka

Classmate honored through cancer awareness fundraising

For Spirit Shirt Day, Dec. 1, students at Assumption Catholic School raised \$431 for Childhood Cancer Awareness. Originally scheduled in September, Hurricane Irma forced a reschedule of the event to help to raise awareness for childhood cancer and to honor one of the school's own survivors, Kindergartner Elizabeth Ruzanka.

On February 4, 2012, the day she turned 8 weeks old, Ruzanka was diagnosed with Infant Acute Lymphoblastic Leukemia. Her family was given very grim statistics about her chances of survival (20 to 40

percent, but they said it was really closer to 20 percent). Her treatment plan would last two years.

Ruzanka spent most of the first year of her life in the hospital between visits for chemotherapy and sick visits. The second year of treatment was done mostly outpatient with a handful of hospitalizations thrown in. The Ruzankas are beyond blessed and thankful to say their daughter has been in remission for 5-1/2 years and is now a "regular kid" in Kindergarten at Assumption.

Wolfson seniors participate in Instant Decision Day

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.

This is the first year that Samuel W. Wolfson High School has had the opportunity to participate in Instant Decision Day. On Dec. 5, students at Wolfson High School interviewed with college representatives and received an admissions decision as well as scholarship offers on the spot.

The result was 49 students made a total of 102 acceptances from 18 Florida, Georgia, and South Carolina colleges and universities, with total scholarships in the amount of \$2,034,000.



Christian Baez, left, and Almitra Taharqa speak with admissions representatives from Jacksonville University. Both Baez and Taharqa were accepted to JU on the spot and offered more than \$20,000 in scholarships to the local university.

"I want to give a well-deserved and celebratory shout out to our amazing guidance office," said Chris Begley, Wolfson High School principal.



Elena Pellumbi, Christian Baez and Mary Williams are college-bound to Jacksonville University.



Hannah Henderson and Anaya Hardmon made a decision to apply at Florida State College Jacksonville.

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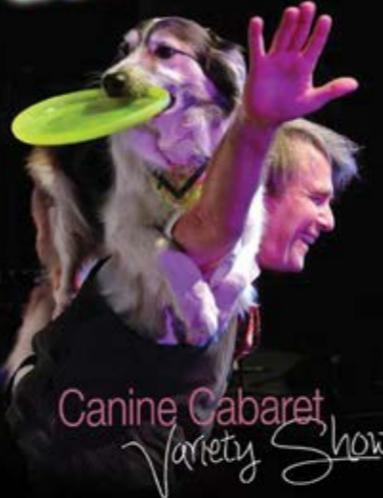


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Bolles robotics teams shine at tournament

Students from the Bolles Middle School Bartram Campus and the Lower School Ponte Vedra Beach and Whitehurst Campuses participated in a FIRST LEGO League qualifying tournament Dec. 9 at Edward Waters College. All three robotics teams won awards, the first time in program history. The Ponte Vedra Beach Campus Bolles Bots won the Rookie Rising Star Award; the Lower School Whitehurst Campus Bolles Bots won the Core Values Award, and the Middle School Bartram Bolles Bots team won the Robot Design Award, as well as a bid for the regional tournament Feb. 3.

Glee Club sings to crowd at Disney

After raising funds by selling Yankee Candles, 30 Assumption Catholic School Glee Club students in Grades 6 to 8 wowed guests at Disney Springs Dec. 4, performing "Just be Happy," "Scales and Arpeggios," "Waving Through a Window," and "Songs of a Disney Princess." The club was accompanied by Erin Barnes, choir director, and Kelly Gelwicks, art teacher.



Scouts place wreaths on military graves



Cub Scout Pack 106, based at Assumption Catholic Church, participated in the Dec. 16 Wreaths Across America wreath-laying ceremony at the Jacksonville National Cemetery. Contributions from Assumption Catholic School allowed the Scouts to purchase 24 wreaths. Nicholas Hardman and Sean Trull were among dozens of volunteers who decorated gravesites.

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.

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Carpenter's Shop Center offers life-changing programs for children

By Susan D. Brandenburg
Resident Community News

After nearly two decades of ministering to the children of Arlington, first as a church and then as an after-school and summer camp program, The Carpenter's Shop Center has developed a series of learning programs that are life-changers for many of their students.

Pastor Clint Wilder (known affectionately by the children as "PC") created a youth program called Survival Kids uniquely designed to teach children that life is to be enjoyed and not feared, and that decisions in life always have consequences. Children who have never camped out before have the opportunity to go on weekend camping trips with Wilder and other adult volunteers who teach them hands-on survival techniques that last a lifetime.



Attending the Christmas Open House at The Carpenter's Shop Center on Dec. 12, 10-year old Alanna Smith hugged Cheryl Wilder. "I love coming here!" declared Smith.

In addition to empowering children to survive in the wild, the Survival Kid Code is emphasized at all times. Survival Kids are Trustworthy, Faithful, Obedient, Friendly, Courageous, Clean, Spiritual and Good Stewards. "A Survival Kid is obedient first to God, second to parents and third to those in authority," states the code. "We will not intentionally disobey any order unless it conflicts with the Word of God, parental authority, or the laws of our land."

Building leaders of tomorrow as well as enhancing the social, spiritual and academic skills of Arlington youth (many of them at-risk), the Carpenter's Shop Center is a nonprofit, faith-based organization that has been a trusted, reliable landmark for children and their families since 2001.

The After School Academic and Enrichment Program provides students with healthy snacks and 50 minutes of homework help, diving into S.T.E.M. (Science, Technology, Engineering and Mathematics) Academics. During this time, they can give or receive peer mentoring or benefit from the attention of a community volunteer. Children avail themselves of the reading and computer labs, and their families are always kept apprised of their progress.

Enrichment time follows, and is for hands-on learning. The Carpenter's Shop Center is a "SAY Yes Center" (through Campus Crusade for Christ) providing a monthly character building theme that involves conflict resolution skills and interactive activities such as Sports Club, Robotics Lab, Cooking Club and Girls Club. Students participate in service projects such as food drives, collecting eyeglasses for Arlington Lions Club, old phones for Hubbard House and reaching out to their community when the need arises.



Friends got together to raise funds for The Carpenter's Shop Center. Seated, Joan Bonnette and Marjorie Broward; standing, Linda Hemphill, Susan D. Brandenburg, Vicki Lunsford, Lauren Spiller, Ceil Pillsbury, Kim Scott and Cheryl Wilder

The Carpenter's Shop Center is a bright light for the approximately 120 elementary and middle school students who attend after-school and summer camp programs. The 2017 theme for summer camp was "Summer Adventures: Mission Possible!" emphasizing experiences such as gardening, nutrition, drama, music, fishing, bike riding, hiking, and structured physical activities. Wilder, also known as "The Science Guy," dazzles students with experiments such as making flubber and creating volcanoes, with high school students acting as junior counselors and earning community service volunteer hours.

"Our students have the opportunity to grow and learn in a healthy, safe place," said

Executive Director Cheryl Doro Wilder, adding that after-school and summer camp programs are proven to lower juvenile crime rates and enhance the neighborhood around them.

At a recent "Friend Raiser" to benefit the Carpenter's Shop Center's extensive renovations and current expansion plans, Dr. Wilder (a graduate of Jacksonville University) talked of growing up in Arlington and attending the schools that many of their students now attend. "We love the children and families of Arlington," she said. "We are part of them."

To learn more about The Carpenter's Shop Center, 1601 University Blvd. N., call (904) 226-2056, visit www.thecarpentersshopcenter.org, or come by for a visit any day after school.

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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 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:

- Mandarin Donor Center, 10501 San Jose Blvd.
- South Jacksonville Donor Center, 8013 Beach 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.

Donna Perry *Did Something*

As a retired registered nurse who taught nursing for 20 years, it did not take much convincing for Donna Perry to become a blood donor. During her career she saw firsthand how blood donations save patients' lives. Perry, who has donated over 30 gallons of blood, has been a regular donor for nearly 50 years and five years ago she began donating platelets and plasma.

"As a nurse, I knew early the importance of donating blood," Perry said. "A reminder of that occurred when a coworker had surgery and needed transfusions. She has a rare blood type and I found that I also had that type," she explained. "I gave and have given ever since."

Platelets, which help blood to clot and keeps the body from bleeding, can be donated through a process called apheresis. Many cancer patients are the primary recipients of platelet transfusions due to the effects of their chemotherapy.

"It feels good to know that I can do something to save a life," says Perry. "It is rare that we can so directly come to the aid of a person and help them move on with their life."

"It feels good to know that I can do something to save a life."

— Donna Perry



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.
- Over 15 million pints of blood are transfused in the U.S. each year.
- One in seven people entering a hospital will need blood.
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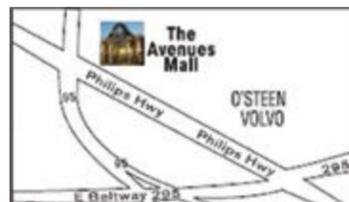
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