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# Jacksonville Boat Club Makes It's Case: Why You Should Join as a Member as an Alternative to Owning Your Own Boat



The folks at Jacksonville Boat Club, now in it's eleventh year in business, have a saying:

*"Golfers don't buy golf courses they join the Country Club and share the facilities."*

Jacksonville Boat Club operates a lot like that. It is a private Boating Club located at the Palm Cove Marina on Beach Boulevard behind Marker 32 restaurant. After all these years in business they find that many people still do not understand what a boat club is and how it works. Here are typical questions people ask about joining their boat club:

## **WHAT ARE THE MAIN BENEFITS OF BEING A MEMBER OF JACKSONVILLE BOAT CLUB VERSUS OWNING YOUR OWN BOAT?**

Members have all the benefits of owning their own boat but none of the hassles and expense of maintenance and repairs that go along with it. In basic terms it allows you to simply reserve your boat of choice, drive to the marina, jump on your boat and you are off to enjoy pleasure boating, fishing or other watersports. No prep time before; no clean-up afterwards; no towing or storing. The member's time is only spent out on their boat.

## **WHAT ARE THE VARIOUS COSTS ASSOCIATED WITH**

## **BEING A MEMBER VERSUS OWNING A BOAT?**

If you own a boat you have loan and insurance payments, maintenance and repair costs as well as payments to store the boat. If you are a member of the boat club, you pay a fraction of these costs for your monthly membership fee.

## **WHAT ARE THE QUALIFICATIONS FOR MEMBERSHIP?**

You must be at least 21 years of age and have a valid driver's license. Membership is open to boaters of all skill levels. Whether you've never boated before, or you've boated for years, the Jacksonville Boat Club will welcome you as a member.

## **WHO CAN I BRING WITH ME?**

The US Coast Guard plaque on each boat establishes how many people can be on board. Members can bring as many guests as they like, as long as it does not exceed that rating. We have some boats that safely hold as many as 14 and a few shallow water fishing boats that hold only 2 or 3.

## **ARE THERE ANY USAGE CHARGES?**

No, you will have no usage charges. Your only additional cost is for the fuel that you use.





### **HOW DO I MAKE RESERVATIONS?**

Members have private online accounts to make reservations. They log on to pick their boat and departure time.

### **HOW DO I KNOW THERE WILL BE BOATS AVAILABLE FOR ME TO USE?**

The Jacksonville Boat Club has a great reputation for always having boats available. While all of our members enjoy unlimited boating, there are two different levels of membership based on the size of the boats they want to use.



### **WHAT TYPE OF BOATS DO YOU HAVE?**

We have the finest fleet in the Southeast US with a wide variety of great boats for our members use... deck and ski boats, fishing boats, express cruisers, twin engine offshore boats, and bow riders...including many that you can take your pets on. The fleet ranges from 16 to 36 feet.

### **WHAT ABOUT TUBES AND SKIS?**

We provide all of the toys as part of your membership - ski's, tubes, wake boards as well as the performance life jackets.

### **WHERE CAN I TAKE MY BOAT?**

Our cruising area with a radius of 35 miles around our marina, covers Cumberland Island to the North, Doctor's Lake to the West, to the San Sebastian River South of St. Augustine and 35 miles offshore just past the Casablanca Reef.

### **WHERE DO I BUY FUEL?**

Fuel is available at our marina. Your boat will always be waiting at the dock for you, ready to go with a full tank of gas.

### **DO YOU OFFER BOAT TRAINING & BOATING SAFETY CLASSES?**

Yes. We offer extensive training on how to operate the boats, how to pull alongside a pier and how to enter a slip at the marina. We also will help familiarize you with our cruising area. This is all included in your membership and there is no additional charge. We will work with you until you are comfortable driving the boats and feel safe on the water.

### **WHAT SAFETY EQUIPMENT IS ON THE BOAT?**

All boats have US Coast Guard required equipment including life jackets, a throwable PFD, a fire extinguisher, emergency sound emitting device, and flares.

### **DO YOU RENT YOUR BOATS?**

We do not rent our boats. They are exclusively available for our members use. This allows us to maintain the highest level of readiness to fulfill our members needs... the boats are always ready to go.

### **HOW DO I GAIN MORE INFORMATION ABOUT MEMBERSHIP IN THE BOAT CLUB?**

Please visit [www.jaxboatclub.com](http://www.jaxboatclub.com)

# Healthy Salad Ideas

By ifoodreal.com



## Healthy Taco Salad

Healthy Taco Salad Recipe with ground turkey and one simple ingredient that replaces unhealthy bottled dressing. This taco salad is so easy and filling, you will keep making it again and again.

- Author: Olena of ifoodreal.com
- Prep Time: 10 minutes
- Cook Time: 12 minutes
- Total Time: 22 minutes
- Yield: 8 large servings 1x
- Category: Salad
- Method: Cook
- Cuisine: Mexican

## Ingredients

- 1/2 large container greens salad mix
- 14 oz can black beans, rinsed & drained
- 4 small tomatoes, chopped
- 2 medium avocados, chopped

- 1/2 cup tortilla chips, crushed
- 1/2 cup any hard cheese, shredded
- 1 lb ground turkey
- 1 tbsp avocado oil
- 1 tbsp taco seasoning
- 1 tbsp onion powder/flakes
- 2 cups corn, cooked or thawed
- 1/2 tbsp taco seasoning
- 1 1/2 cups plain yogurt (not Greek)
- 1/4 tsp salt, or to taste

## Instructions

1. In a large salad bowl, add salad greens, beans, tomato, avocado, tortilla chips and cheese. Set aside.
2. Preheat large ceramic non-stick skillet on medium heat and swirl oil to coat. Add turkey and cook for 5 minutes, constantly breaking into small pieces with spatula. Add 1 tbsp taco seasoning and onion flakes; cook for another 2 minutes, stirring a few times. Transfer to a salad bowl with other ingredients.
3. Return skillet to medium heat and add corn. Cook for a few minutes undisturbed, sprinkle with 1/2 tbsp taco seasoning, stir and cook for another minute. Transfer to a bowl.
4. Drizzle yogurt on top and gently toss. Adjust salt to taste. Serve immediately.

**Store:** Refrigerate leftovers for up to 2 days. Surprisingly, this healthy taco salad doesn't become too soggy.

**Make Ahead:** Refrigerate all ingredients except chips, avocado and yogurt for up to 24 hours. Assemble right before serving.

## Notes

Greek yogurt is too thick to mix well with other ingredients. I used 2% plain yogurt.

You can use Romaine lettuce, spinach or any greens in place of a salad mix.



# Healthy Salad Ideas

By ifoodreal.com



## Asparagus Salad

Delicious Asparagus Salad Recipe with tomato, avocado, eggs, toasted almonds and super easy dressing. Healthy and quick way to eat more cheap asparagus in season.

- Author: Olena of ifoodreal.com
- Prep Time: 15 minutes
- Cook Time: 15 minutes
- Total Time: 30 minutes
- Yield: 8 servings (side dish) 1x
- Category: Salad
- Method: Cook + Chop
- Cuisine: North American

## Ingredients

### Asparagus Salad

- 4 large eggs, hard boiled and sliced
- 2 lbs asparagus
- 4 medium tomatoes, sliced

- 2 large avocados, diced
- 1 cup slivered or chopped almonds
- 1/4 cup green onion, finely chopped

### Asparagus Salad Dressing

- 3 tbsp extra virgin olive oil
- Zest of a lemon
- 1/2 lemon (2 tbsp), juice of
- 1 tbsp soy sauce
- 1 tbsp Dijon mustard
- 1/4 tsp salt
- Ground black pepper to taste

## Instructions

1. Bring large pot full of water to a boil (I used the same I boiled eggs in previously). In the meanwhile, to trim asparagus snap the end of one spear and cut remaining asparagus same length. Then cut into 2 inch pieces, add to boiling water and cook for 3 minutes. Drain and fill pot with ice + cold water to stop the cooking process. Set aside.
2. Preheat ceramic non-stick skillet on medium heat and add almonds. Cook until fragrant and toasted, stirring occasionally. About 3-5 minutes. Set aside.
3. In a small bowl, add olive oil, lemon zest and juice, soy sauce, mustard, salt, pepper and whisk with a fork.
4. In a large salad bowl, add drained cooked asparagus, eggs, tomato, avocado, almonds, green onion and pour dressing on top. Gently mix to combine and serve immediately.

**Store:** Refrigerate leftovers for up to 24 hours.

**Make Ahead:** Refrigerate salad and dressing covered separately for up to 24 hours. Combine before serving.

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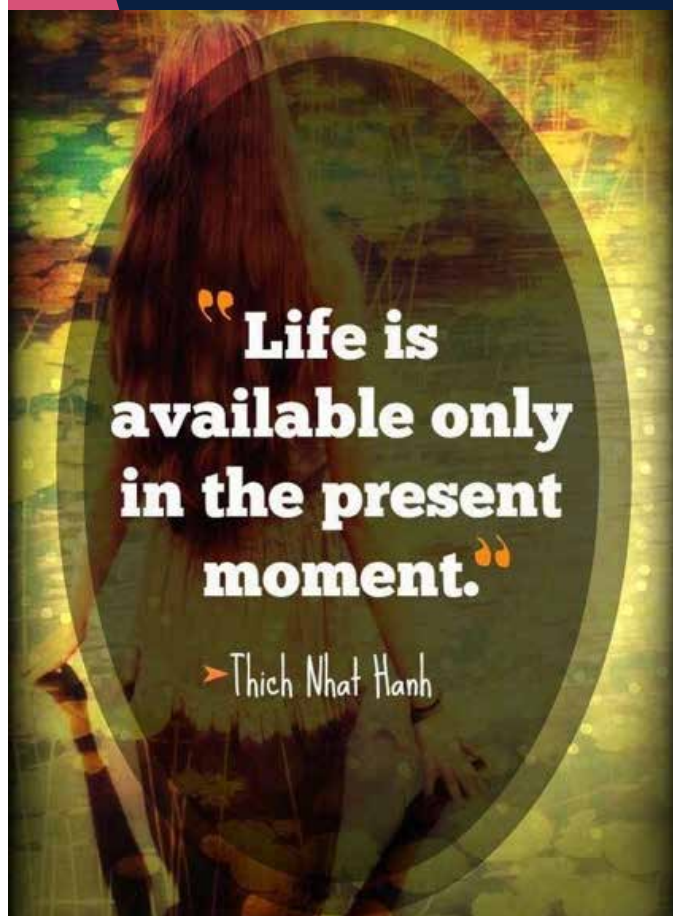
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# Doctors Warn Daily Aspirin Use Can Be Dangerous

www.healthline.com



- Many people take daily aspirin under the mistaken impression it will help their heart.
- But taking the drug every day can also increase the risk of bleeding and other cardiovascular issues.
- Experts say you should consult with a doctor about whether or not daily aspirin use is safe and recommended for you.

For many years, healthcare providers recommended daily use of aspirin to help prevent heart attacks and stroke in people who have a higher risk for developing cardiovascular disease.

Then, in 2018, three studies shed light on the fact that aspirin isn't always beneficial for our health and can be associated with a higher risk of severe bleeding.

However, despite these findings, the idea that aspirin can help our heart health, especially for seniors, has lingered.

And now new research from the Beth Israel Deaconess Medical Center has found that millions of American adults still take aspirin every day, regardless of whether their physician recommends it or not.

These findings contradict the current American Heart Association and American College of Cardiology guidelines, which explicitly state that adults older than 70 who haven't had a heart attack and people who have a higher bleeding risk shouldn't take aspirin.

The study<sup>Trusted Source</sup> was published this week in the *Annals of Internal Medicine*.

While aspirin can benefit people who have had a heart attack or stroke, it's crucial for everyone to consult their doctor regarding whether or not they should be taking aspirin.

"Medical decision regarding aspirin therapy has to take into account several factors, such as patients' age, their prior history of heart disease, risk of bleeding, and concomitant use of other blood thinners. The bottom line is, have a discussion with your physician whether you would benefit from aspirin therapy," Dr. Aditya Bharadwaj, an interventional cardiologist

with Loma Linda University International Heart Institute, told Healthline.

## Millions of people take aspirin without their doctor's knowledge

To understand just how widespread aspirin use is, the researchers looked at the health data of 14,328 adults from the 2017 National Health Interview Survey.

The team assessed the participants' responses for three questions:

- if a doctor or health professional ever recommended they take low-dose aspirin each day to manage heart disease
- if they're now following this advice
- if they're taking low-dose aspirin on their own to prevent or control heart disease

The study found that about 23 percent, or 29 million people, reported taking daily aspirin to prevent heart disease. Of them, nearly 23 percent, or 6.6 million, take the pills each day without a physician's recommendation.

On top of that, about half of U.S. adults 70 and older who don't have heart disease reported they take aspirin daily.

## Aspirin use is widespread and risky

Seeing as so many people across the United States are taking aspirin without their doctor's input, healthcare practitioners need to ask their patients if they use aspirin, the researchers suggest.

In addition, they should educate their patients about the benefits and risks of aspirin use, especially with older adults and those who've had peptic ulcer disease.



"As simple and innocuous as an aspirin tablet seems, its actions in the human body are complex, and its effects can bring both significant benefit and harm," said Dr. David Cutler, a family medicine physician at Providence Saint John's Health Center.

Although aspirin can prevent clotting and, therefore, prevent strokes and heart attacks, it can also result in dangerous bleeding and other side effects, Cutler adds.

In addition to bleeding in the gastrointestinal tract, daily aspirin therapy can increase the risk of a bleeding stroke. It can also cause a severe allergic reaction in some people. This is especially worrisome for people who are 70 and older, health experts say.

"Elderly patients are at a higher risk of bleeding and peptic ulcers. The risk of these side effects increases significantly if patients are concomitantly taking other blood thinners (such as warfarin, clopidogrel), NSAID painkillers (like ibuprofen or naproxen), or steroids," Bharadwaj said.



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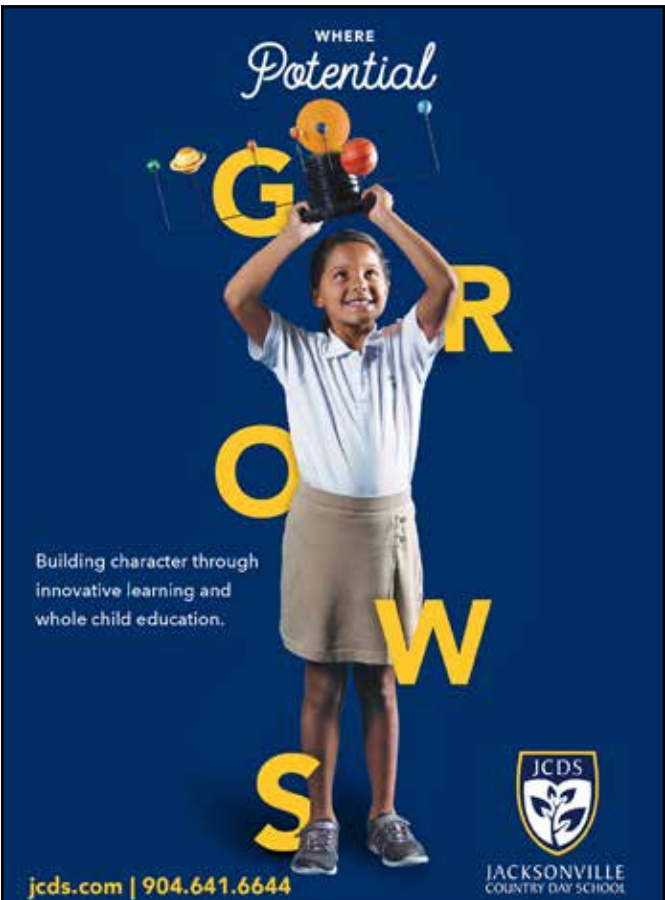
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# 33 Little Known Facts About Leonardo DiCaprio

www.factinate.com



Here are a few things you may not have known about every supermodel's favorite actor and man bun enthusiast: Leonardo DiCaprio.



## 33. Almost Didn't Play Jack

The studios wanted Matthew McConaughey to play Jack in *Titanic*, but James Cameron insisted on Leonardo DiCaprio.



## 32. It's Bananas!

In 2014, the internet exploded when photographs surfaced of Leonardo DiCaprio posing with bananas, and in a variety of other strange shots. The shots, taken back in 1995 when Leo wasn't the

superstar he is today, were taken by David LaChapelle, the well-known celebrity photographer who sued Rihanna once upon a time. LaChapelle commented on the photos. A simple and probably accurate comment: "I think Leo DiCaprio is still pissed off about posing with those bananas."

## 31. Rough Start

DiCaprio's first onscreen appearance was in the children's TV show "Romper Room," but he was fired for being too disruptive.



## 30. Vitruvian Man

He was named after the artist Leonardo da Vinci because his pregnant mother happened to be standing in front of one of da Vinci's

paintings the first time she felt him kick. Good thing she wasn't standing in front of a Warhol. Andy DiCaprio doesn't quite have the same ring to it.



## 29. The One

An only child, DiCaprio was raised by a single mother, a German national who worked as a legal secretary.



## 28. Incepted

The casting decisions for the movie *Inception* completely revolved around DiCaprio. Nolan knew that he wanted Leonardo DiCaprio for the role of Cobb, so according to him, "We were just trying to cast the best people I could find for those parts, who felt right around Leo."



## 27. The King of the World!

The line "I'm the king of the world!" in *Titanic* was ad-libbed by Leonardo DiCaprio. It was voted as the #4 of "The 100 Greatest Movie Lines" by *Premiere* in 2007.



## 26. Bork!

DiCaprio's mother's name was Irmelin Indenbirken, which also sounds exactly like something the Muppet's Swedish Chef would say. His father's name was George. Which isn't nearly as funny.



## 25. Duh, I Did a Bad Thing, George

When he first started out as an actor, his agent suggested he change his name to Lenny Williams to sound “more American.” He wisely declined since John Steinbeck had already ruined the name Lenny for everyone.



## 24. Not-So-Good Vibrations

Although he's now one of his best friends, when they first met on the set of 1995's *The Basketball Diaries*, Mark Wahlberg and DiCaprio did not like each other.



## 23. Indigestion

At the age of 19, he was the 7th youngest actor to ever be nominated for an Academy Award for his role in 1994's *What's Eating Gilbert Grape*.

Apparently, what ate Gilbert Grape was not winning that Oscar until 2016.



## 22. Fantasy Man

Being the heartthrob that he is, there is quite a bit of fan fiction about DiCaprio on the Internet, the best of which is a story about him finally winning an Oscar but

only have until the end of the day to live.

## 21. Book It!

In 1998, he donated a roomful of computers and equipment to the Los Feliz Library, which was built on the site of his childhood home, presumably, after he and his mother moved out.

## 20. Not So Great

DiCaprio was set to play Alexander the Great in an epic directed by Baz Luhrmann. However, Oliver Stone released a film on the same subject first and derailed that project by proving that nobody wants to watch a three hour movie about Alexander the Great.



## 19. The Posse

When he partied hard in his early 20s, he rolled with an entourage that included magician David Blaine, actor Tobey Maguire, and writer/director Harmony Korine.

## 18. Regret

Quentin Tarantino wanted DiCaprio to play the role of the Nazi Colonel Landa in *Inglorious Basterds*, but DiCaprio

said no and the role went to Christoph Waltz, who won his first Oscar for his performance.



## 17. Worth It

Sharon Stone wanted DiCaprio so badly that she footed the entire bill for his salary in the 1995 film *The Quick and the Dead*. The movie flopped.



## 16. A Valuable Skill

He was trained how to shoot a gun by Thell Reed, a fast-draw expert who also trained Brad Pitt, Edward Norton, Val Kilmer, and Russell Crowe.



## 15. A Complicated Web

DiCaprio was also considered for the titular superhero role in *Spider-Man*. The role went to his childhood friend Tobey Maguire.

## 14. Orphan Adoption

While filming *Blood Diamond* in South Africa, DiCaprio “adopted” a South African baby girl that he met at an orphanage. He sends her a cheque once a month and talks on the phone with her regularly.



## 13. Tip of the Iceberg

He dated supermodel Gisele Bündchen for three years from 2002 to 2005, forcing Tom Brady to win five Super Bowl rings to compensate.

## 12. Quintessential Modelizer

In addition to Bündchen, DiCaprio has also dated Naomi Campbell, Helena Christensen, Bijou Phillips, Amber Valetta, Eva Herzigova, Bar Refaeli, Anne Vyalitsyna, Madalina Ghenea, and Erin Heatherton.



## 11. Heartthrob woes

DiCaprio was chased through the Louvre by a gaggle of teen girls in 1998.

## 10. Leo the Prankster

In 2016, Leo spotted his *Wolf of Wall Street* co-star Jonah Hill on the streets of New York. Leo decided to prank him by running up and pretending to be a crazed fan snapping photographs of Jonah. Jonah looked terrified before he recognized Leo and the two hugged it out.



### 9. Space Oddity

Leonardo DiCaprio is amongst one of the many celebrities who have signed up with Virgin Galactic for a trip to space and, in 2013, a Russian millionaire paid \$1.5 million for the chance to go with him. Hopefully, this maiden voyage turns out better than the last one he took.



### 8. Muse

DiCaprio has worked with Martin Scorsese on five of his movies; Gangs of New York, The Aviator, The Departed, Shutter Island, and The Wolf of Wall Street, which earned

him exactly zero Oscars.



### 7. Because He's Grrrrreat!

In 2010, DiCaprio donated \$1,000,000 to the Wildlife Conservation Society at Russia's tiger summit. Despite multiple plane delays, DiCaprio persisted on making it

to the event which prompted Vladimir Putin to describe him as a "real man." This may have earned him a lifetime's worth of jealousy from Donald Trump.



### 6. The Martian

During an environmental panel discussion with President Barack Obama and climate scientist Katharine Hayhoe, DiCaprio casually mentioned that he signed up

to go to Mars. Because when you're Leonardo DiCaprio, having conversations with Barack Obama about your upcoming trip to Mars is just a standard Tuesday.



### 5. Chilling with the Pope.

Check out Leonardo and the Pope kicking it. Can you guess what the focus of their meeting was?



### 4. Tricoastal

DiCaprio owns two homes in NYC and one in Los Angeles. He also purchased a significantly-sized island just off the coast of Belize which he plans to transform into an eco-friendly vacation resort.



3. DiCaprio broke his vow of vegetarianism on the set of **The Revenant** after taking a bite of raw bison's liver because, if you're gonna stop being a vegetarian, raw bison liver is the best way to do it.



### 2. Just Say No

Because he has never done drugs, to prepare for his role in Wolf of Wall Street, he had to speak to a drug expert. The expert's name may or may not rhyme with Schmindey Schmoan.

1 The crew who worked on "Once Upon a Time in America" was told not to make eye contact with Leonardo DiCaprio, its star.





# 3 Map Apps That are Better Than Google if You Have Multiple Stops

By Komando Staff, Komando.com



If you own a small business, drive for a living, or even if you're a busy mom, when you get in the car for a work trip, meeting, or to run an errand, the trip is never as simple as traveling from Point A to Point B. There's usually points C, D, E, F, and G too. To make matters more complicated, the route you take on the road could mean a huge difference in terms of time -- and money -- saved.

Google Maps does this, but it isn't easy to set up and, as we've reported, there are issues with Google Maps like fake listings and the fact that they track your every move and collect data on you.

There are great apps for both Apple and Android to give commuters, travelers and everyday drivers a choice other than Google Maps. Check out these three that we've picked out just for you.

## Optimized routing for business and delivery drivers

To find the best route for multiple destinations, check out the Route4Me Route Planner app. All you need to do is enter an address or ZIP code and it finds the optimum route to all of your stops. You'll save your sanity, valuable time and better yet, gas. The free app includes 10 routes per month, and you

can purchase a monthly or annual plan for unlimited routes. Check your app store for the latest plan fees.

## Find traffic-free routes

The Road Warrior Route Planner helps you find the best traffic-free routes by prioritizing your route on time, traffic and schedule. Using the app is fairly easy. This isn't a stand-alone navigation app. It works with Google Maps, Apple Maps, Waze and others.

It's a three-step process:

1. Tap the address in the search bar and select "Add Stop." Repeat as necessary.
2. Once all the addresses are entered, click "Optimize." Here, you will a route summary that will tell you the fastest route based on distance, total travel time, and more.
3. When you're ready to hit the road, click "Navigate" to go to your first destination. Here, either Google Maps or Apple Maps will launch and provide you with turn-by-turn GPS directions.

The app is free and offers in-app upgrades that include unlimited stops, spreadsheet uploading (which is great for delivery drivers), data reports and account management.

## Map app that works offline

The CoPilot GPS navigation and traffic app is the most expensive of our list, but it does offer a free two-week trial before the annual fee kicks in. It's ideal for car, RV and truck drivers, and it offers pricing tiers for each -- \$14.99 for car navigation, \$29.99 for RV navigation and \$99.99 for truck drivers.

Why the difference? RV drivers get routes and turn-by-turn directions especially for recreational vehicles, as well as campgrounds and RV-friendly places.

Truck drivers get navigation especially for tractor-trailers, such as avoiding routes with low bridges and truck-restricted routes. You can plan routes based on your vehicle and load. The app works offline (store routes on your device), offers trip planning and multi-stop optimization, voice guidance and turn-by-turn instructions.

## William Fevre 2018 Chardonnay and 2017 Pinot Noir

By JP Donnelly, [www.timswine.com](http://www.timswine.com)



ing to buy vineyard land. Carefully negotiating the purchase of the land from Victor Pino Torche, a mining administrator by trade, the two men decided to go into business together, focusing on small-scale production of Chardonnay. Now twenty years after the first vintages were bottled the wines are better than ever.

The 2018 “La Mision” Chardonnay (\$15) is a strikingly similar wine to Chablis and has more than a little in common with those examples, at roughly half the price. In the 18th century, missionaries from France began arriving in Chile, bringing with them not only their faith but their knowledge of Burgundian winemaking. Both of this week’s wines are named after that original expedition. This is a crisp, mineral-driven Chardonnay that holds true to Fevre’s original vision, and drinks quite similarly to a Chablis. Grown 2,000 feet above sea level, this wine immediately displays notes of sweet, fresh gala apple, quince, white peach, and pear drop. This is an excellent summer seafood wine, pairing very well with stone crab or salmon. Drink now through 2021.

Their 2017 “La Mision” Pinot Noir (\$15) is a high-altitude Pinot Noir that shows quite a bit of Burgundian influence. Subtle forest floor aromatics give way to notes of fresh strawberry, tart red cherry, and wild raspberry, with light tannins and a medium finish. Its natural high acidity makes it an incredibly versatile food-pairing wine, excellent with game birds such as quail and pheasant, salads with goat cheese, and of course anything with braised beef. Drink now through 2023.

Tim’s Wine Market has a locally owned location in Ponte Vedra Beach

This week we are exploring in depth one of Chile’s most beautiful and interesting wine regions- the Maipo Valley. This area lies in the shadow of the Andes and is considered the “heartland” of Chilean winemaking. The Maipo Valley is cooled by its altitude and receives plenty of sunshine- thus making it the ideal growing region for elegant Cabernet Sauvignon and, more recently, Chardonnay and Pinot Noir. This week we will be focusing on the latter two grapes, examining two wines produced by William Fevre, one of the biggest names in white Burgundy.

While it is not unusual for Burgundy producers to have projects abroad (another example being Joseph Drouhin’s vineyard holdings in Oregon), it is rare for these producers to find exactly what they are looking for on their first expedition. In the mid-nineties, Fevre was exploring the Maipo Valley and found that the highest altitudes, cold and snow-capped, were very similar to his homeland in Chablis. He recognized the incredible and untapped potential of the region and began work-





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# Thank U, Next: 8 Interior Design Trends That Are So Over in 2019

By Heather Donahoe from [realor.com](http://realor.com)



Your home's got style—and boy, did you work to achieve it. You followed design blogs, pored over Pinterest boards, and chose accent pieces and colors to add just the right note. That is, you did five years ago. Or 10.

But guess what? Style isn't static, and your home decor shouldn't be, either. Even the most beloved design elements can start to feel unbearably stale after a while.

"Some design trends come and go with dizzying speed," says New York City designer Ellen O'Neill. "Others seem to just hang around long past their sell-by date."

We won't tell you to ditch the stuff that speaks to your soul, changing trends be damned. But if you're itching for a design upgrade and aren't sure where to start, ask yourself if your home is sporting any of these looks that have worn out their welcome.

These are the design hangers-on the experts can't wait (please, oh, please) to ditch in 2019. Full disclosure: We've called out a few of these particularly persistent trends in previous years. Onward and upward!

## 1. Gallery walls



It's time to cool it with nailing 20-piece photo collages onto our walls. Instead, make a bigger splash with one large piece that leaves an impression.

"I love family photos, but the stark black or blond wood frames—thank you, Ikea!—that we've put up on the wall are a little, well, not trending," says Los Angeles home designer Kim Gordon.

A wall full of little frames, Gordon says, fails to make a statement and ends up being overlooked and ignored. Plus, those frames will just accumulate dust and fingerprints.

In the new year, Gordon says the tedious clutter will give way to "big, potentially colorful, and absolutely impactful" art that wows—think charcoal sketches or watercolors—"anything to relieve some of the monotony."

## 2. Industrial kitchens



Three years later, and we're still ringing the closing bell on this exhausted look. It seems old habits (and Edison bulbs) die hard.

So, we'll say it again for the people in the back: Industrial chic is played out. It's time to flip the switch on cage lighting and aggressively exposed pipes and beams.

"More often than not, [this look] fails and lacks the authenticity the designer is ardently trying to create," says David Shove-Brown of Washington, DC-based architecture and design firm //3877.

Industrial kitchens are "not the most inviting place to be the heart of your home—more like living in a Costco," O'Neill adds. "So, unless you are a professional chef, let's retire this trend."

Make the swap for lush, opulent hues in the kitchen—deep (almost black) greens and blues, and dark woodwork—and lean on matte metallics for contrast, recommends Debbie Schamberger of Elite Kitchen & Bath.

"Gold is strong for hardware, faucets, and lighting fixtures—a soft gold, like Champagne," she says.

## 3. Boho accessories



We can already hear the boos and hisses on this one, but Portland, OR, designer Justin Riordan isn't having it. "Boho has to die," he says. "It's totally flippin' over."

You know what we're talking about: The macrame wall hangings, the waxy-fake succulents ("You're not fooling anybody," Riordan says), and your Moroccan lanterns all had a good run, but it's time to rein it in.

"You can, of course, continue to buy \$19 batik pillows at Target, but stuff like that is just fodder for your next garage sale," Riordan says. "It comes on really fast and goes away really fast."

If you just can't tear yourself away from that gypsy-soul-



world-citizen vibe, Riordan suggests channeling those feelings into an authentic piece that reflects a real ethnic tradition—say, a kilim rug—and building the room around that.

#### 4. Word art



We know—we can't believe it either, but the word art trend is still happening. In 2019, however, the pros are determined to make it finally stop. Even if you can live, laugh, and love with the best of them, those words don't belong on your walls.

"Any text art hung in the home meant to be positive just comes across as cheesy and predictable," says Jessica Boudreaux, an interior designer in Miami and New York City. "Stuart Smalley called, and he wants his signage back."

Ana Cummings of Ana Interiors agrees: "It's about as hokey as you can get."

#### 5. Kitchen islands



But isn't the island sort of ultimate #kitchengoals? Diana Blaszkiwicz, an associate with TTR Sotheby's International Realty in Washington, DC, doesn't think so. Her clients increasingly want to ditch the kitchen island, and she's happy to oblige.

"They're bulky and often don't provide adequate storage space; plus, they're very easy to bump into in the middle of the night," she says.

In lieu of an island, situate the dining table closer to the kitchen, Blaszkiwicz recommends, or use modular, moveable storage instead.

#### 6. Gray everything



Will 2019 be the year we do away with gray?

"From walls to napkins, from Florida to Maine, it has been all about gray for so long now, I can hardly remember when it snuck in," O'Neill laments.

ments.

"Because we've concentrated on cool grays for so long, it just feels dated at this point," Riordan adds. "Everything I see in that palette just feels really cold to me."

Plus, gray has become the go-to neutral for home staging—and that means this hue often "screams 'newly flipped,'" Blaszkiwicz notes.

That doesn't mean neutrals are out, but designers are ready for a shift to warmer tones, like sandy taupes.

#### 7. Over-the-stove microwaves



Certain residential features are the brainchildren of home builders—not interior designers. Such is the story of microwaves situated above cooktops.

"It was never a good design choice," Cummings says. "Microwaves are so ugly, to put it bluntly."

The microwave-over-the-range setup is not even functional, says Doug Lewis, a kitchen and bath remodeler in Richmond, VA. The combo's popularity is driven entirely by the need to economize space—and it sacrifices the ventilation capabilities of a full-size hood vent (as opposed to the scrawny item built into the bottom of over-range microwaves).

"With those, you're maybe getting 25% venting function," Lewis says. "Plus, it's just an awkward height for younger or shorter people to use. Ever tried to reach over your head to get hot soup out of the microwave? Not good."

So what's a space-starved homeowner to do? Undercounter microwaves are gaining popularity, Lewis says, and a growing number of cabinet manufacturers offer designs that accommodate them. You can also mount your microwave under upper cabinets while still preserving that precious counter space.

#### 8. Microfiber upholstery



For years now, microfiber has been the hero of home furniture—an affordable and practical choice for its durability. So durable, in fact, that this vaguely suede-like fabric is ready for a rest.

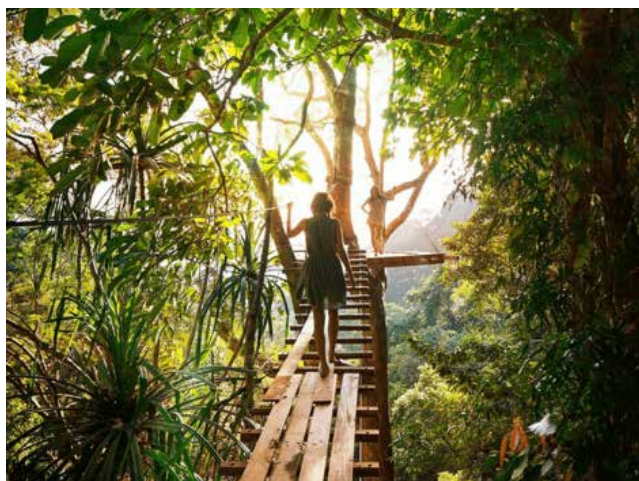
Why? Most microfiber furniture can make the overall design of a room appear dated and cheap, says Beverly Hills, CA-based designer Kita Williams. And while it's not impossible to find a microfiber piece in a modern shape, aren't you ready to try something new?

"Err on the side of caution, and stay away from microfiber," Williams says. "Stick with linen, leather, pleather, tweed, and canvas-type fabrics."

*Heather Donahoe is a reporter, editor, and cookbook author in Nashville, TN.*

# Circular Fashion is the Future of Fashion

By [www.threadstories.co](http://www.threadstories.co)



With the development of Sustainable and Conscious Fashion, much is heard recently about the concept of Circular Fashion. But where does this idea come from and what does it mean? And why it is the future of the Fashion Industry?

## The Fashion Industry Today: The Linear Model

Before delving into the meaning of Circular Fashion and why we need a shift towards it, let's start from scratch and see which is its counterpart: The Linear Fashion Model. It seems almost impossible to imagine living in a world without textiles or more specifically, without garments, since we are all in contact with them almost all the time. Clothes provide us not only with protection, but they also represent an expression of individuality, playing an important role in how we perceive ourselves and how we are perceived by others. Not to say the textiles' industry is a key sector in the global economy, providing employment and a mean of living for hundreds of millions of people around the world.

But the way the Industry has developed so far represents real sustainability challenges for the future. At the end of November 2018, the Ellen MacArthur Foundation launched a report entitled "A new textiles economy; redesigning fashion's future" which highlights how the current clothing supply chain system operates in an almost completely linear way. Large amounts of non-renewable resources are extracted to produce garments that are often used for only a short time and disposed of right after, according to the Fast Fashion trend.

The report quantifies the impacts, stating that "more than \$500 billion of value is lost every year due to clothing underutilization and the lack of recycling" and that "total greenhouse gas emissions from textiles production, at 1.2 billion

tons annually, are more than those of all international flights and maritime shipping combined".

To sum up, we could say that the Linear Model is a take-make-dispose model that has proved to have numerous negative environmental and societal impacts. But once we realize about this, what can we do? Is it the only path for Fashion or is there another?

## The Alternative towards a better Future: The Circular Model

The Fashion Industry, including some of the largest global brands and their suppliers, are already looking to implement new business models based on the principles of a circular economy where clothes, textiles, and fibers never end up as waste. This is how ideas like Recycling and Upcycling gain new prominence.

A circular economy stands for supply chains where materials and resources reach their highest utilization and value, making their life cycles longer. This way, it takes into account the business needs, but also the environmental and social costs of goods production and services. The best part is that it supports the use of renewable resources, uses energy in a more efficient way and preserves nature. And products and materials themselves are conceived and designed from the very beginning to be upgraded or re-circulated again as many cycles as possible.

Zara, Asos, H&M and other 61 companies have committed to sustainable fashion. By 2020, a total of 64 firms promise to produce more sustainably and increase the use of recycled textiles. The commitment for the next two years address 4 areas: design for circularity, increasing the volume of used garments collected, increasing the volume of used garments resold, and increasing the garments made from recycled post-consumer textile fibers.

Nike launched the Nike Circular innovation Challenge calling out to makers, designers, and engineers to help them create solutions that will take us one big step closer to a sustainable future. The contestant can either develop a new tech innovation proposal to help improve current footwear recycling, or they can design new products with materials from Nike's Grind program. The overall goal is to make real progress toward a circular future, "where every molecule of waste—from recycled shoes to manufacturing scrap—is utilized in new products".





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# Topgolf's New Brunch Hits A Hole-In-One

*Written and Photography by Rich Herrera, [jaxrestaurantreviews.com](http://jaxrestaurantreviews.com)*

Golf is a great napping sport. Sometimes, I'll turn it on and let the soothing dulcet tones of Jim Nantz's description of courses lull me into a sweet Sunday afternoon nap. Mark Twain said this of golf: "Golf is a good walk spoiled." I'm not a fan of walking around the oppressive Jacksonville heat up and down an 18-hole golf course looking for a ball I'd probably shank into the woods.

But give me an open driving range bay, cooled with fans, playing golf games requiring only a modicum of actual golf skill, frequently refilled soft drinks, great music, surrounded by great food and friends? Now that's a good time.



## Topgolf Course

I've never been to a Topgolf location before, so when they invited us out to try out their new brunch menu and play a round of Topgolf's games, I jumped at the chance to live out my Happy Gilmore fantasies. They let us bring up to 6 people for this outing, so fellow JRR writers, Melissa Nolan and Cassie Marie brought their +1's and joined me and my partner for some food and fun.

The Topgolf facility is impressive. There are three floors of driving range bays. There's also a full restaurant seating area with pool tables and shuffleboard, merchandise area, and plenty of meeting spaces for your next office or birthday party. We were led to bay #321, located up on the third floor and offering the most impressive view of the whole range. The range is filled with targets. The closer you land your golf ball to the center of those targets, the more points you get.



## Topgolf – Brunch Spread

Carrot Cake Waffles, Everything Bagel Flatbread, Ahi Tuna Avocado Toast

Before we got our swing on, we all looked at the menu first. We are food writers after all. We decided to try many of the items featured on the new weekend brunch menu: the Everything Bagel Flatbread, Acai Superfood Bowl, Carrot Cake Waffles, Carnitas Benedict, and Ahi Tuna Avocado Toast. After we ordered, we started hitting some golf balls while we waited. After a few minutes of laughing at each other's pitiful swings (except for Cody's. His swing was on point and the ball sounded like it was launched out of a cannon), the food arrived.

It was great looking spread. One thing I like about these new brunch items is their shareability, a great trait to have if you're golfing with a group. The Everything Bagel Flatbread was essentially a classic bagel and lox if the bagel was flattened. It had all the classic lox toppings; salmon, herbed cream cheese, capers, dill, radish, and tomatoes. It was delicious. The bagel flatbread had a nice chew to it, like a bagel as opposed to a crispy flatbread. The salmon and cream cheese paired well together and the capers and radishes gave it all a nice salty/spicy bite.



I've never had an Acai bowl before. I've heard of their health benefits, but I've always been more of an "eggs & bacon" type of brunch guy. This acai bowl was delicious and topped with slices of banana, kiwi, blackberries, blueberries, toasted coconut, and other healthy superfoods. After a few bites I was feeling fit and ready to go swing the club for the rest of the afternoon.

The Ahi Tuna Avocado Toast is a glammed up take on smearing guacamole on bread. Topgolf's version had avocado mixed with miso dressing, ahi tuna, quinoa, and diced oranges piled high on multigrain bread and topped with micro cilantro and sesame seeds. It was fresh, light, and tasty. There was a bit of heat coming from the ginger in the miso dressing, but it was a great balance to the tuna and oranges.

The Carnitas Benedict was the "stick to your ribs" entry in our brunch spread. Two buttermilk biscuits topped with a pulled pork carnitas, a fried egg, queso fresco cheese, pico de gallo, tomatillo salsa, and micro cilantro. The carnitas had great flavor and was seasoned well. The fried egg had a perfectly runny yolk and made everything taste richer and more unctuous. The pico de gallo and tomatillo salsa added freshness and spiciness. This was one of my personal favorites of the brunch bunch.



### Topgolf Brunch – Carnitas Benedict

Finally, for dessert, we all shared the Carrot Cake Waffles. They were four mini carrot cake waffles topped with cream cheese icing, caramel sauce, candied pecans, freshly sliced strawberries, and powdered sugar. These little divine discs of decadence will satisfy any sweet tooth. The strawberries were a nice touch. It added a light juicy freshness to what could've been a heavy dessert item.

Overall, I was impressed with the whole operation. The wait staff was attentive. My drink was never empty and they checked on us often. The food was wonderful. At a place like this, the golf is the main draw. I was encouraged that the staff put as much attention to the food as they do the golf. It's easy for a place like Topgolf to go the easy route and serve "bowl-ing alley" food like pre-packaged nachos or horrible roller grilled hot dogs. But they didn't. They understand that if

people want to spend time at Topgolf, the food has to be as good as the games. And Topgolf hits a hole-in-one. Come for the games, stick around for the food.

Topgolf Jacksonville  
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Jacksonville, FL 32246



Topgolf Brunch  
Carrot Cake Waffles



Topgolf Brunch  
Ahi Tuna Avocado Toast



Topgolf Brunch- Acai Bowl



Topgolf Brunch – Everything Bagel Flatbread

# The 5 Best Fall Festivals in the US

*Courtesy of iexplore.com*

While we hate to say goodbye to summer, there's something about the crisp fall air and changing of the leaves that starts the school year out right. Fall festivals are ripe with outdoor concerts, down home food and carnival-like atmospheres. Celebrate the coming of autumn at some of these elaborate harvest events and join us as we bid summer a due.



## **Albuquerque International Balloon Fiesta**

From its modest beginnings in 1972 with 13 balloons launching from a shopping mall parking lot, the Albuquerque Balloon Fiesta has grown to multiple events launching year-round at the custom-designed, 365-acre Balloon Fiesta Park. Now with 700 balloons, it is the largest ballooning event on earth, the most photographed event on earth, and the largest annual international event held in the United States. For nine days in October, the New Mexico skies are dotted with colors as hundreds of balloons take lift off. Enjoy whimsical floating shapes filled with equal parts of hot air and wonder.

## **West Side Nut Club Fall Festival - Evansville, IN**

One of the oldest, biggest and most popular festivals in the USA, the West Side Nut Club Fall Festival attracts over 100,000 people each year to sample food fare from over 120 non-profit booths offering everything from corn dogs to puppy chow, elephant ears to homemade cobblers. Carnival rides, arcade games, parades, live entertainment and people watching are just some of the draw.

## **Maryland Renaissance Festival**

For a little over two months, the Annapolis area is transformed into a 25 acre fair grounds based on a fictitious 16th century English village named Revel Grove. With more than 130 craft shops and 42 food outlets, it is the second largest Renaissance Festival in the US. Come rent a wench or maiden costume and join the old-fashioned fun!



## **The Pumpkin Show - Circleville, Ohio**

Ohio's oldest and largest festival, around since 1905 Circleville is put on the map every October with the Pumpkin Show, a pie eating, egg tossing, big wheel race, hog calling good time. Pegged "the greatest free show on earth," other events include a parade of over 9,000 and the Miss Pumpkin Show and Little Miss Pumpkin beauty pageants. Feast on pumpkin flavored chili, ice cream, donuts, pizza and even burgers at this global celebration of the gourd.



## **National Apple Harvest Festival - Gettysburg, Pennsylvania**

Another celebration of fall flavors, the National Apple Harvest festival near historic Gettysburg celebrates the favorite fruit of the season. Featured attractions include an antique car display, the apple cider press (still used today), an apple butter boil, pony rides, orchard bus tours, candy apples, Native American dancing, Andes Mountain Music, Tractor Square Dancing, Chainsaw Carving, and a display of live birds of prey by Rehabitat. The festival has literally something for everyone with hundreds of arts and crafts dealers, demonstrations, contests, food stands, and entertainment.





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