

AFFLUENT

Jacksonville Golf & Country Club

SEPTEMBER 2019

**Michael's
Tasting Room
Reinvents Itself**

**Best Football
Sweatshirts
on [etsy.com](https://www.etsy.com)**

**Fall Style
Essentials
for Men**





BERKSHIRE HATHAWAY
HomeServices
Florida Network Realty

1983 San Marco Blvd.
Jacksonville, FL

Anita Vining

REALTOR®

904.923.1511 - cell
904.739.1626 - office
anita@anitavining.com



PONTE VEDRA BEACH | \$1,425,000



A Place to Call Home

Incredible opportunity to build new or remodel in Old Ponte Vedra. Step inside this custom-built one owner home that was designed for entertaining and comfortable family living. Flowing floor plan and high ceilings throughout. Lushly landscaped with koi pond & huge backyard offers great privacy and plenty of room to build a pool plus additional outdoor space. Hear ocean sounds and feel the breezes from the Atlantic Ocean or even better walk to the beach and dip your toes in the sand or water's edge. Hop on your bike, take a golf cart or walk to your choice of private clubs nearby.

4 Bedrooms | 2.5 Baths | 3,414 Sq. Ft. | MLS#1013626

FORT GEORGE ISLAND | \$1,295,000



Coastal Island Estate

- Expansive front porch
- Marsh & Ocean Views
- Close to world class recreational activities
- Could be a phenomenal bed & breakfast
- 3 Acres
- 6 Bedrooms, 5.5 Baths, 6,204 Sq. Ft.
- MLS#1012104

SAN JOSE | \$425,000



Move-in Ready!

- Riverfront Condo
- Exceptional renovations in 2019
- 9th floor Unit with river views
- New HVAC
- New Appliances
- New flooring
- 2 Bedrooms, 2 Baths, 1,169 Sq. Ft.
- Gated, mgt. on site, community pool, fitness
- MLS#1012982

EPHING FOREST | \$725,000



Make it Your Own!

- Entertain Family & Friends
- High ceilings and original hardwood floors
- 1st floor Master Suite with luxurious bath
- Spacious rooms
- 4 Bedrooms, 3.5 Baths, 3,680 Sq. Ft.
- MLS#985725

SAN JOSE | \$425,000



Lifestyle, Location, and Low-maintenance

- Gated community
- Upscale finishes
- Kitchen/Living Combo
- Courtyard with Spa
- Summer Kitchen
- 3 Bedrooms, 2.5 Baths, 1,997 Sq. Ft.
- MLS#1012983

AnitaVining.com | Selling the Best of Jacksonville...
RIVERFRONT TO OCEANFRONT |

Proud Supporter of:
**JACKSONVILLE
PUBLIC
EDUCATION
FUND**



© 2018 BHH Affiliates, LLC. An independently operated subsidiary of HomeServices of America, Inc., a Berkshire Hathaway affiliate, and a franchisee of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of HomeServices of America, Inc.® Equal Housing Opportunity. Information not verified or guaranteed. If your home is currently listed with a Broker, this is not intended as a solicitation

Contents

- 4 A Selection of Wine Reviews
- 6 Fall Interior Design Trends
- 7 Best Football Sweaters on etsy.com
- 10 Everything Google, Amazon and the Socials Know
- 11 Awesome Appetizers for the Football Season
- 12 Michael's Tasting Room Reinvents Itself
- 14 4 Things for Better Health This Autumn
- 16 Best Fall Weekend Trips to Take
- 18 Fall Style Essentials Every Man Needs
- 20 Which Artists You Should Be Watching



Media Brands

www.creativedevelopmentworks.com

RJW Media Brands develops and publishes several specialty magazines, periodicals and books.
For advertising information or to receive a complimentary subscription in digital form or by mail kindly contact our local management at 904-404-7857 or visit www.creativedevelopmentworks.com



Jacksonville's Olive Oil Store

IMPORTED OLIVE OILS, BALSAMICS, WINE & MORE

Looking for the **FRESHEST & PUREST** Extra-Virgin Olive Oil and true Barrel Aged Italian Balsamic Vinegar? Look no further. We follow the Northern and Southern hemispheres to bring you 30 of the finest and freshest Ultra-Premium Extra Virgin olive oils, and agrumato/infused olive oils from around the world along with 40 aged balsamic vinegars and flavor-infused balsamic vinegars from Modena, Italy. Peruse our pantry area for our premium choice of red and white wines, tapenades, olives, hand-crafted pastas, sauces, pesto's, seasonings, and much more!

20% OFF YOUR ENTIRE PURCHASE!

MUST PRESENT COUPON AT TIME OF PURCHASE TO REDEEM

Order online or come in and try before you buy

www.savoryolive.net

Find Us



Inside the Avenues Mall

10300 Southside Blvd

Jacksonville FL, 32256

Customer service: 904-651-6159

Proudly Serving You In St. Johns County Since 1984



HEATING & COOLING SERVICES

Residential and Commercial
Over 20 Employees • Servicing All Major Brands
24 Hour Emergency Service, No Overtime Charges Ever

(904) 794-2665

www.powellac.com
State Certified CAC253851



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 or call 904-477-9794

A Selection of Wine Reviews

Courtesy of winereviewsonline.com



FRANCE

Bordeaux:

Red:

Château Vrai Caillou, Bordeaux Supérieur (France) 2015 (\$15, Elenteny Imports): This is a lovely example of the quality one can find in 2015 red Bordeaux. Château Vrai Caillou is located in the commune of Soussac -- in the eastern reaches of the Bordeaux appellation. The rolling hills and vineyards are dotted with forested areas in this charming and pastoral part of France. Château Vrai Caillou rests on a ridge overlooking the vineyards from which they craft fine red and white wines. The 2015 Vrai Caillou is a lovely example of the richness one can find among petit chateau Bordeaux in 2015. Still quite youthful, it opens up with an hour's aeration to reveal lovely blackcurrant, blackberry and plum fruits interwoven with hints of violets, herbs and earth. It is impressive for the purity of its fruit and layering of flavors. Blended from Merlot 60%, Cabernet Franc 20% and Cabernet Sauvignon 20%, the 2015 Vrai Caillou is a fine Bordeaux that can be enjoyed now or cellared for 5 to 8 years.

90 Wayne Belding



Burgundy:

Red:

Louis Jadot, Beaune Vignes Franches Premier Cru (Burgundy, France) Clos des Ursules 2016 (\$92, Kobrand Wine & Spirits): The Burgundy house of Louis Jadot offers a wide range of red and white wines, from regional wines to a number of Grands Crus. Their Beaune Clos des Ursules is always one of their top Côte de Beaune reds. The Clos des Ursules is a Jadot Monopole vineyard that lies within the Premier Cru Vignes Franches. The 2016 bottling is a great success. This is a rich Pinot Noir that shows a combination of power, delicacy and complexity. Ripe black cherry, red cherry and raspberry fruit aromas are enhanced by violet, herb, earth and baking spice tones. The flavors are rich and layered, with the pure black and red fruits followed by floral, earthy, herb, smoke and baking spice elements. Delicious now with a bit of aeration, it will cellar well for another 10 to 15 years.

93 Wayne Belding



Loire Valley:

Rosé:

Domaine des Côtes Blanches, Sancerre (Loire Valley, France) Rosé 2018 (\$22, Elenteny Imports): While Sancerre is most famous for its distinctive Sauvignon Blanc white wines, about a quarter of the region's production is red and rosé wines from Pinot Noir grapes. The Domaine des Côtes Blanches takes its name from the white soils of their vineyards. Their 2018 Sancerre Rosé is a delightful wine! The aromas are for-

ward and enticing, with juicy cherry and strawberry fruits backed by hints of citrus peel and spice. Ripe and round on the palate, its luscious cherry and strawberry flavors are supported by the orange zest and spice tones. It's a marvelous wine to enjoy on its own, but it has enough body to serve with salmon or most anything off the grill.

90 Wayne Belding



White:

Domaine Guiberteau, Saumur Blanc (Loire Valley, France) Clos de Guichaux 2016 (\$41, Becky Wasserman & Co.): Domaine Guiberteau is one of Saumur's top producers. As much as I hate to say it because it diminishes my role as a critic, I will: It's hard to go wrong just picking their wines blindly. Their Clos de Guichaux, located within a stone's throw of the hill of Brézé, the most revered portion of the appellation, has the same tuffeau (sandy limestone) soil that allows Chenin blanc to express itself clearly. And similar to wines from Brézé, it displays a stone-y edginess that complements the subtle fruitiness of Chenin Blanc. A long and penetrating zesty citrus finish amplifies its qualities. I'd give this youthful wine a few more years to open, judging from the way it blossomed the next day.

94 Michael Apstein



Château Yvonne, Saumur Blanc (Loire Valley, France) 2017 (\$52, Oz Wine Company): Most of the wine made from Chenin Blanc, the primary white grape in Saumur, went into sparkling wine or non-distinguished still wine. That has changed over the last couple of decades, with talented and focused producers, such as Château Yvonne, and others. Château Yvonne's tightly-wound 2017 displays enormous energy and a dazzling interplay of Chenin Blanc's subtle citrus fruitiness and minerality. I'd put it in the cellar for a few years, but if you're drinking it this summer with spiced Asian fare or sushi -- combinations I highly recommend -- open it a couple of hours in advance.

92 Michael Apstein



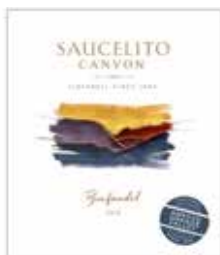
ITALY

Alto Adige:

White:

Elena Walch, Alto Adige (Italy) Pinot Bianco 2017 (\$17): A bright and lively white from Italy's mountainous Alto Adige region, this wine suggests autumnal pear and apple flavors. It is crisp and mineral, and makes a refreshing aperitif or an accompaniment to light dishes ranging from seafood to poultry to grilled cheese sandwiches.

90 Marguerite Thomas



UNITED STATES

California:

Red:

Saucelito Canyon, Arroyo Grande Valley (Central Coast, California) Zinfandel Estate 2016 (\$40): A much earlier vintage of this wine was a revelation for me back in the day, and looking back it's easy to see why.

Sourced from a completely unique micro-climate that, though it falls within the Central Coast AVA, should probably have its own appellation. Dry farmed as always, the 2016 is made up of fruit from each block of the forty year-old planting and a small amount of the original vine fruit planted by Henry Ditmas in 1880. Each successive vintage is an almanac in a bottle, showing the weather conditions for what they were and avoiding overt intervention. The 2016 shows great concentration and intensity, with rich boysenberry pie aromas leading to a lively palate, where acidity carries the day, translating the nose into palate flavors that have energy and a nice tension against gentle oak spice. A lot of my Euro-centric wine snob friends have a hard time with California Zinfandel -- this is the kind of wine that I'm sure would change some minds.

95 Rich Cook

Duckhorn, Napa Valley (California) "The Discussion" 2015(\$135): As you might imagine given the price and the Duckhorn reputation this is a serious wine indeed. A blend of 66% Cabernet Sauvignon, 29% Merlot, 2.5% Cabernet Franc, and 2.5% Petit Verdot, it offers rich, mixed berry flavors with a subtle trace of chocolate and hints of savory oak. The tannins are richly textured, and the long finish will make you want to take another sip of this fine wine.

95 Marguerite Thomas

Cambria Estate Winery, Santa Maria Valley (California) Pinot Noir Julia's Vineyard 2015 (\$25): Smooth and silky, Julia's Vineyard 2015 Pinot Noir offers hints of blueberry and cranberry with a subtle tug of earthiness underlying the basic flavor profile. Soft tannins and a finish that lingers are among this pretty wine's attributes.

90 Marguerite Thomas



Rosé:

Bogle Vineyards, California (United States) Rosé 2018 (\$13): Bogle's 2018 rosé has a lot of good things going for it. It is crisp and refreshing. Fermented in stainless steel tanks, it has nice fruit flavors and a snappy, dry finish. A blend of Cabernet Sauvignon, Merlot

and Zinfandel grapes, it is boldly pink. At around \$13 a bottle it's relatively inexpensive. And with 96% of all grapes crushed at Bogle in 2018 being Certified Green, the estate continues to implement its sustainability standards.

90 Marguerite Thomas

Smart Laser

Laser & Skin Clinic

LIMITED TIME OFFER

GET SKIN ANALYSIS WORTH \$59 VALUE
ABSOLUTELY FREE

Laser Hair Removal
Laser Resurfacing
Laser Photo-Facial
Microneedling
Microdermabrasion
Aesthetic Services

Phone 904-834-0666
visit: www.smartlaserclinic.com | email: info@smartlaserclinic.com
Address: 2624 Atlantic Blvd Suite 2, Jacksonville FL 32207

Fall Interior Design Trends to Keep an Eye On

By *luxxu.net*

Fall interior design trends are in and are everything you've been expecting! Cozy fabrics, soft textures, rich colors, and dark details. Discover more about what's trendy this coming Fall season!

When it comes to interior design trends they tend to be a lot like the trends in fashion! While in Spring and Summer everything is brighter and lighter, during the colder months classic black and rich jewel tones take over.

However, there are some trends that only got to the spotlight this year during the Spring/Summer season and will live on to the next season. That is the case for Wood and Soft Materials. But let's take a look at this list of Fall trends you'll need to keep an eye on!

A Touch of Darkness

This Autumn, black will be very on-trend! Black accents are great to create a modern space that looks sleek and very elegant. The ideal background colors to avoid the space from getting too dark are cream and beige, however black kitchens are very trendy and if you don't mind the darkness it's a great idea!

Softness and Woods

Inspired by tranquility and the Scandinavian way of living this trend takes soft textures, organic shapes, and natural materials and turns homes into soothing atmospheres where comfort is the rule. Soft blankets, wood tables, pastel cushions – all is thought to build a relaxing ambiance.

Jewel Tones

Deep jewel shades have been popular for a few seasons now and they aren't going anywhere in the upcoming cold season. Emerald, sapphire, and amethyst are the trendiest shades of all but you can't go wrong with any rich pink or red. Incorporating these colors in the home décor makes the room instantly more elegant, especially if we're talking about velvet upholstery.

Sky Blue

Since we're talking about colors might as well get on with all the color trends! Blue will be a very strong trend for the Autumn/Winter season ahead. It's the ideal color to bring into bedrooms, offices, living rooms, and even kitchens as it inspires tranquility and creative thinking. The main trends will be Pantone's Galaxy Blue and Evening Blue, muted tones, perfect for cold days!

Country Chic

Traditional farmhouse interiors are a big trend for Fall! Brown leather, wood, wools, and nature-related décor are some of the ways you can incorporate this style into your home! It's all about warm neutral colors and rustic details.



Best Football Sweaters on Etsy.com



\$ 23.95



\$ 24.99



\$ 22.39



\$ 20.79



\$ 25.85




\$ 39.99




\$ 39.98



\$ 24.90


Learn About Your Eyes and Vision




- A comfortable convenient neighborly environment
- Cutting-edge technology to learn about your eyes
- Quality time with Independent Doctor of Optometry directly
- Designer brands and fast turn-around on glasses
- Quality and professional eye exams
- Optomap for life to first time patients
- Free screening for children 4 years old and under

Clearview Eye Care provides concierge personalized neighborhood eye care customized to your eyes

info@clearvieweyjax.com • 9044774379 • clearvieweyjax.com



Happiness • Wellness • Goodness



How Would You Like to Age...Without the Side Effects?

Acupuncture and Chinese Medicine can help you be free from pain, body weakness and many of the debilitating factors that come in the later years. Start your anti-aging process now!

Our treatments give you relief from pain, boost your overall well-being and assist with continued health into the later years of your life



It is my goal to help you achieve your best possible self. In fact, I take it personally! I want to help you, help yourself.

I offer a first rate wellness experience in a very relaxed and comfortable setting. Acupuncture is my favorite thing to help someone reach their maximum potential in life. I also prescribe Chinese Herbs, supplements, nutritional counseling and advice on longevity and piece of mind.

Acupuncture has been around for centuries and is one of the most tried and true modalities out there for health and longevity. The needles are very thin and painless. The entire aspect is in fact, extremely relaxing! This medicine can be used for many, many serious maladies as well as common things like allergies and anxiety.

20% OFF
YOUR FIRST VISIT
CAN NOT COMBINE OFFERS.
MUST SELECT ONE

20% OFF
A PACKAGE OF 5 VISITS
CAN NOT COMBINE OFFERS.
MUST SELECT ONE

\$75⁰⁰
SAVINGS
CAN NOT COMBINE OFFERS.
MUST SELECT ONE

acupuncturejacksonville@gmail.com | 904.234.3964 | acupuncturebyandrea.net



Your Hardwood Floor, Tile, Vinyl Specialists

- We're licensed, bonded and insured
- Complimentary cleaning services after each installation
- We employ dustless systems with each sanding job
- Easy financing and all types of payments accepted

Just Floored
Your Trusted Flooring Store
Sales and Services

Downloadable extra savings coupons for extra savings at
www.justfloored.com

SERVING ALL OF NORTHEAST FLORIDA
904-432-6464 | www.justfloored.com

facebook.com/justfloored
YouTube channel
youtube.com/channel/UCQr9MhD5OE93YLqyPs_cOog

Jacksonville's Party & Event Venue



Kaluby's Banquet Ballroom
Two locations at Southside & Baymeadows
904-508-3045
See what we can do for your event at
www.kalubysbanquetballroom.com
Weddings, Birthdays, Reunions, Graduations, Banquets and more



All Spec
Sun Control-Security-Decorative
Since 1983

3M
Authorized Window Film Dealer

QUALITY WINDOW FILM FOR YOUR HOME

SPRING SPECIAL! SAVE \$50
With Ad Minimum 200sqft Expires 9/1/19

AUTHORIZED CERTIFIED 3M DEALER

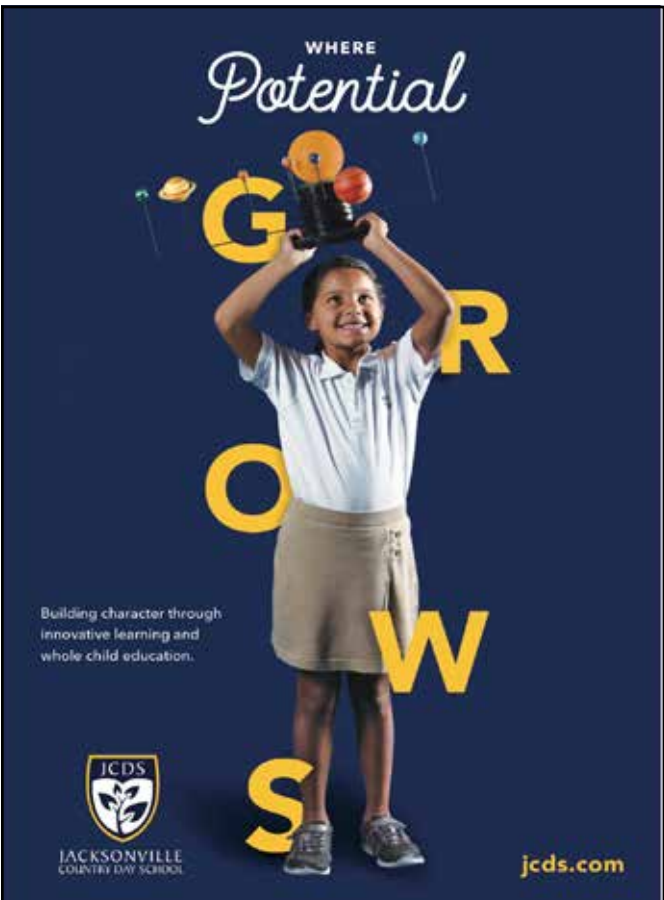
- ENERGY SAVINGS
- INCREASED COMFORT
- IMPROVED SAFETY WITH SAFETY/SECURITY FILMS.

**QUALITY PROFESSIONAL INSTALLATION
LIMITED LIFETIME WARRANTY
ON MOST ALL 3M FILMS**

904 745 5930
WWW.ALLSPECSUNCONTROL.COM
INFO@ALLSPECSUNCONTROL.COM

WHERE
Potential

GROW YOUR SOW



Building character through innovative learning and whole child education.

JCDS
JACKSONVILLE COUNTRY DAY SCHOOL
jcds.com

Here's Everything Google, Apple and Social Sites Know About You

By Vince Pontorno, KomanAo.com



For anyone who has ever questioned, “What does Google know about me?” this may be the answer you’ve been looking for. It’s no secret that the tech giant has been collecting info on users since day one, but what kind of info and how much? The scary part is, it’s not just Google that we have to be worried about.

Apple, Facebook, Amazon, Twitter, and others, have eyes on you as well and their vision comes with superior zoom and auto-focus. Every bit of personal data you can possibly think of has been collected and sold at one point and there’s no end in sight.

Thankfully F-Secure has introduced a free online portal, F-Secure Data Discovery Portal. Here’s everything those big tech companies have on you and how they’ve obtained it.

What does the big six have on you?

For starters, each service has your phone number and email address. It would be nice to tell you that’s all they have, but unfortunately, that’s not the case. The truth is they know that and a lot more. Personal data collection varies, with some companies memorizing your voice and facial features as well. Unlike the rest, Twitter doesn’t keep names, genders, or birth dates, but they do know which device you use, the messages you send from those devices and the time zone you’re in.

Google and Microsoft are heavy hitters when it comes to data collection. With Gmail acting as the eyes and Cortana as the ears, you can imagine the uncomfortable amount of access they have been given to your various forms of data.

Facebook operates by collecting more focused and detailed demographic data. Even though they’ve been called out for selling info and endangering their users, they continue to mine your race, religion, income, location, education and politics. This is the data that can be exploited by numerous advertisers and others.

Surprisingly enough, Apple is actually not as concerned with collecting user’s info as you may think. They’ll track certain metadata connected to messaging and more, but for the most part, Apple is pretty chill.

The same can’t be said for Amazon on the other hand. Since they act similar to a search engine, Amazon knows quite a bit based on what you purchase and what you click on.

F-Secure’s Data Discovery Portal

Recently, F-Secure released a free new online tool in order to help reveal how the world’s most popular web services have taken hold of users’ private personal information and sold it to the highest bidder.

The F-Secure Data Discovery Portal shines a light on the big six and works by directing users to the hidden resources provided by each giant, in order for them to securely review their data. F-Secure was compelled to create the portal to make it easier for users to keep an eye on their own personal data and privacy.

The portal is a one-stop-shop for reviewing the data that’s been shared with various online platforms. F-secure has stated that they are offering the tool as part of their increased focus on identity protection protocols that shields users before, during and after a breach. Erika Koivunen, F-Secure’s Chief Information Security Officer, stated:

“While consumers effectively volunteer this information, they should know the privacy and security implications of building accounts that hold more potential insight into our identities than we could possibly share with our family. All of that information could be available to a hacker through a breach or account takeover.”



Awesome Appetizers for the Return of Football Season

thekitchn.com



Smoky Corn and Jalapeño Dip

By KELLI FOSTER

MAKES 2 cups (about 8 servings)

INGREDIENTS

- 2 large ears of corn, husks left on
- 2 medium jalapeño peppers
- 1/2 cup mayonnaise (I prefer Duke's Light)
- 1/2 cup sour cream (I prefer light)
- 1/2 cup grated cheddar cheese
- 1/2 cup grated pepper Jack cheese
- 1/4 teaspoon pimentón de la vera (smoked paprika)
- 1/4 teaspoon kosher salt, or to taste

INSTRUCTIONS

1. Set grill to medium-high heat. Grill the corn with the husks on for 20 minutes, rotating every 5 minutes, until outsides are lightly charred. In the last 5 minutes, add the jalapeño peppers and cook until lightly blackened.
2. Remove the husks and silks from the corn and cut the kernels off the cob. Seed and mince the jalapeño peppers, reserving seeds if more heat is desired.
3. In a large bowl, mix corn, jalapeño, mayonnaise, sour cream, cheddar, and pepper Jack cheese until well combined. Add smoked paprika and kosher salt. Taste for seasoning and adjust if desired.
4. Chill until ready to use. Serve with classic potato chips (my preference) or tortilla chips.



BLT Bites with Avocado Cream

by MEGAN GORDON

MAKES 12 to 16 toasts

INGREDIENTS

For the bites:

- 2 tablespoons extra-virgin olive oil
- 1 baguette, sliced into 1-inch thick pieces
- 4 ounces bacon (about 5 strips)
- 3 medium ripe tomatoes, cut into round slices
- 1/2 cup tightly packed spinach (or other hearty green)

For the avocado cream:

- 1/2 ripe avocado
- 2 tablespoons plain yogurt
- 2 teaspoons fresh lemon juice
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon red wine vinegar
- 1/4 teaspoon kosher salt

Few grinds freshly-ground black pepper

INSTRUCTIONS

1. Warm the olive oil in a large skillet over medium heat. Lay slices of bread in skillet in a single layer and toast until golden brown, about 2 minutes each side. Repeat as needed to toast all the slices.
2. Meanwhile, cook the bacon in a large nonstick skillet over medium-low heat until browned and crisp. Using tongs or a slotted spoon, transfer the bacon onto a paper towel to drain and cool slightly. Once cool, coarsely chop.
3. To make the avocado cream, blend all ingredients until creamy in a blender or food processor. Taste and season with additional salt and pepper if desired.
4. To assemble toasts: Spread a teaspoon or so of the avocado cream onto a slice of toasted bread and top with a tomato slice. Then add an additional spread of avocado cream, a few spinach leaves, another dollop of avocado cream, and top with a scattering of bacon pieces. Enjoy immediately.

RECIPE NOTES

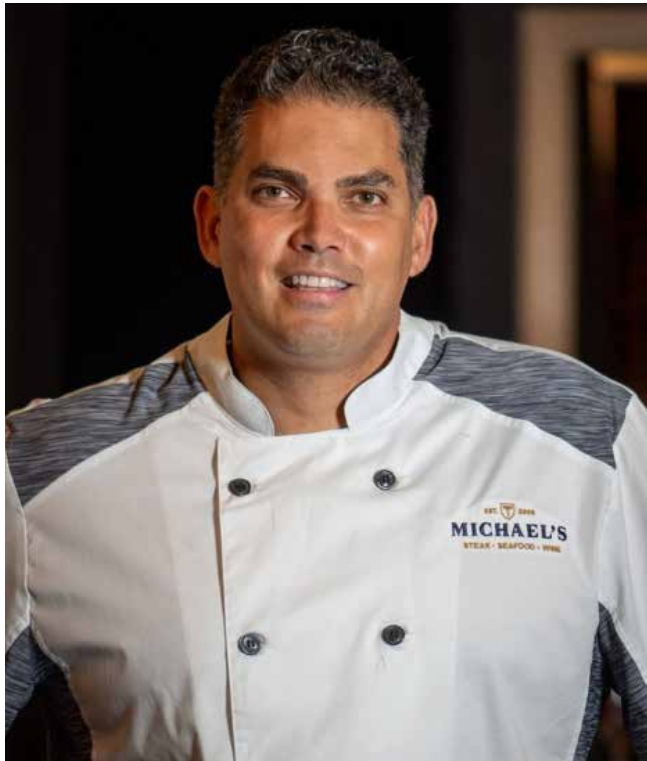
- This recipe will likely yield extra avocado cream. It's wonderful spread on toast or bagels, used as a thick salad dressing or a sauce on whole grains or pasta.
- I use a runny European-style full-fat yogurt for the avocado cream as I prefer that it's loose and spreadable; you can certainly use a Greek yogurt but just know that the cream will be much firmer.

Michael's Tasting Room Reinvents Itself to Reflect it's Roots

By Jerry Watterson, jaxrestaurantreviews.com

One of our favorite St. Augustine restaurants has been Michael's Tasting Room. They've always offered a level of polish, class, and passion for food that will rival anything Northeast Florida has to offer. Michael's Tasting Room recently rebranded to simply be called Michael's and reworked the menu in order to further become a restaurant that fulfills Chef Michael Lugo's vision for his culinary journey.

"I'm excited for this new leg of my culinary journey," explained Lugo, the restaurant's owner and head chef. "After managing Opus 39 and then having different investors with hands in my projects, I was never fully able to tell my story. Michael's gives me the chance to explore my Puerto Rican roots and get back to where I began as a chef – the steakhouse."



Chef Michael Lugo

Aside from fresh seafood dishes, cheese and charcuterie plates, and Latin-inspired starters, Michael's is focusing on nearly a dozen prime steakhouse cuts. We got a chance to sample a handful of the new dishes and can attest that Michael's has taken a step forward without losing that special flair that has always made them a favorite. The polished Spanish and Puerto Rican influenced appetizers they've added have taken the restaurant up another notch, which based on our dining experiences wasn't even needed, but it is definitely welcomed.

"I feel like I've finally found my voice," said Lugo as he sits in the newly revamped dining room of his restaurant. "I'm a Puerto Rican chef living in the Nation's Oldest City, paying homage to Spanish and European influences, and offering a fine dining steakhouse component, which is quintessential Americana. Pair that with our one-of-a-kind dessert program in partnership with local chocolatier, Nils Rowland of Crème de la Cocoa, and our extensive 400-label wine selection and you have Michael's."



Lobster Gnocchi- Butter poached lobster with pan seared dumplings over corn saffron puree with peas and heirloom tomatoes.

Michael's has also followed the nationwide trend of partnering with an outside pastry chef to provide incredible desserts which allows the chefs in house to give their complete focus to the rest of the menu. Chef Nils of Crème de la Cocoa ranks among the best pastry chefs in Northeast Florida if not the entire southeast region.

Next time you have a special occasion or just want to indulge in incredible food maybe venture down to St. Augustine to dive in to excellence at Michael's.

Michael's
25 Cuna St
St. Augustine, FL 32084



Each steak is served with a signature sauce ranging from Herb Chimichurri to Red Pepper Romesco



Established in 2006 by Chef Michael Lugo, what was once known as Michael's Tasting Room has officially become just Michael's

**Sometimes it's
good to be picky.**

We hand-select the most
tender cuts of beef so you
get the absolute finest
steak every time.



Ponte Vedra Beach
814 A1A North | (904) 285.0014
Catering | Private Dining | Monthly Wine Dinner



Trust Is About Perspective

"I have been serving affluent retirees and to-be retirees in North Florida for over 20 years. I love working with 3 and 4 generations of our clients' families, while providing guidance about investments, tax-efficient strategies, estate strategies, social security and other custom planning needs. My father-in-law began our practice over 33 years ago and I am honored to carry on our tradition of serving some of the same families he began helping in 1984. We were both professional accountants before beginning in Wealth Management; so we bring a technical, professional and most importantly a personal approach to our advice and fiduciary responsibilities."

Tom Forbes,
Senior Vice President - Investment Officer,
Senior Fundamental Choice Portfolio Manager



**FORBES, THOMPSON
& GILHAM**
WEALTH MANAGEMENT GROUP
of Wells Fargo Advisors

904-351-7643 • www.ftgwealth.com
One Independent Drive, Suite 2400
Jacksonville FL, 32202

Wells Fargo Advisors is a trade name used by Wells
Fargo Clearing Services, LLC, Member FINRA/SIPC

4 Things for Better Health This Autumn

by Erin Stokes, N.D., Medical Director at Innate Response



Summer is behind us – autumn is here! It's the season of harvest, as well as a time of transition. We see evidence of change everywhere we look, as days grow shorter and leaves turn from bright summer green to shades of yellow, orange and red. The change of the seasons also offers us an opportunity to change – for the better. Fall is an excellent time to introduce new healthy habits into our everyday lives.

Even small steps can lead to big improvements when you follow through and stick with positive changes. Here are four things you can start doing immediately to improve your health and wellness during the upcoming fall and winter months.

1. Make sleep a priority

Autumn is the perfect time to start going to bed earlier and improving your nightly rest. According to the Centers for Disease Control and Prevention, more than a third of American adults are not getting enough sleep (defined as 7 or more hours per day).[1]

To prioritize sleep, try practicing good “sleep hygiene.” What is sleep hygiene? Get to bed at the same time every evening, ideally by 10 p.m. Turn off all electronic devices at least one

hour before bedtime. And follow the same general routine each evening to wind down.

Still can't unwind? Botanicals such as valerian, California poppy and shwagandha can support a healthy stress response and promote restorative sleep.† Restful sleep contributes to a positive mood, improves memory and even helps support a healthy inflammatory response in the body.† It allows you to recover physically, mentally and emotionally, so you're ready to take on the next day.

2. Add warming foods and root vegetables to your diet

As the seasons shift, it's natural for our diets to shift. Many people crave comfort foods this time of year, and they find themselves slowly moving away from the fresh salads and lighter, healthier dishes of the summer months.

You can still satisfy cravings for warming comfort foods without going overboard. Choose hearty, in-season options, such as root vegetables (like carrots and beets) in soups, chilis or stews. This is also a good time to incorporate warming herbs, such as ginger and turmeric, into foods and beverages. Try this golden milk in place of coffee for a delightfully healthy autumn treat!

3. Exercise early in the day

One of the best parts of summer is long, bright days that allow you to exercise outdoors until well into the evening, even after work. That freedom changes dramatically during the autumn months. When the days get shorter, our energy naturally wanes at the end of the day, making it harder get motivated to go the gym or outside for a run. Exercising first thing in the morning activates your metabolism and brightens your mood for the rest of the day.

4. Take a multivitamin to fill in nutrient gaps

Nobody is perfect. Even with our best efforts to eat well, there will be inevitable gaps in our diets. Even if we did eat “perfectly,” there is evidence that shows declining nutrient composition of food over time. A study published in the Journal of the American College of Nutrition looked at changes in food composition for 43 garden crops from 1950 to 1999. As a group, the 43 foods that were studied showed declines in six areas: protein, calcium, potassium, iron, riboflavin and ascorbic acid.

Despite changes in the food composition, food is still always our first and best choice for vitamin and mineral intake; however, a multivitamin helps fill in the gaps. During the fall months, we also may not have the same access to fresh fruits and vegetables as we did during summer when the farmers markets were open.

Convenience is a major factor in being able to consistently take a multivitamin, and that’s why one-a-day multis remain a popular choice. People who choose multis crafted with whole foods are more likely to take their multis consistently, because of the convenience they offer (you can take them any time of day, even on an empty stomach!).†

“The truth is like a lion. You don’t have to defend it. Let it loose. It will defend itself.”

— St. Augustine

www.awakening-intuition.com



ST AUGUSTINE | PONTE VEDRA
Historic Coast Culture
HistoricCoastCulture.com

The Cultural Center
AT PONTE VEDRA BEACH

The Best Fall Weekend Trips to Take with a Significant Other

Courtesy of jetsetter.com

All relationships could benefit from a break in routine, and a weekend trip is the perfect way to do that this fall. Whether you and your partner are brand new to the let's-travel-together stage or have been together for years and want to reconnect in an unfamiliar setting, these small towns, outdoor escapes, and fascinating cities will provide the perfect opportunity. From the Midwest to Europe, read on to discover our favorite fall weekend trips to spark some romance.

Mid-Atlantic: Sullivan Catskills, NY



A 90 minute trip from New York City to the Sullivan Catskills, where you can reconnect with your significant other amidst pretty foliage, farm-to-table eats, and fun fall activities. The region is jam-packed with autumn festivals for couples who like to stay busy—there's the end-of-September Oktoberfest at Roscoe Beer Co. (voted the best craft brewery in New York); the Wine Festival and Craft Beer Festival at Bethel Woods Center for the Arts; and the highly-anticipated first annual Catskills Wine and Food Festival (complete with celebrity chefs, live music, private tastings, and over 25 live cooking demonstrations). The area is also chock-full of outdoor activities, with plenty of places to hike and optimal leaf-peeping. For foodie couples, the local, family-owned Northern Farmhouse Pasta is a must-try, as is the Pickled Owl, an upscale gastropub that sources ingredients locally. Top off the meal with drinks at Abandoned Hard Cider, a historic barn cidery that reclaims apples from wild and abandoned orchards.

New England: Stowe, VT



the map, make sure Stowe Cider is at the top of your list—with its rotation of several seasonals, barrel-aged, and limited-edition picks, there's a drink for everybody, plus live music every Saturday. Want a day filled with adventure? Sign up for the Arbortrek Zip Line Canopy Tour to ride along 4,500 feet of zip lines across the Green Mountains—thrilling and super scenic with that bird's-eye view of the trees. After you've surrounded yourself with all the nature you can handle, settle in to the Stowe Mountain Lodge, which offers spacious rooms and suites with incredible views.

West Coast: Eastern Sierra, CA



Nature-loving couples will love all the outdoor wonders in the eastern Sierra, which stretches from Lone Pine in the south to the Nevada line in the north, including Mount Whitney and the eastern entrance of Yosemite National Park. Canoe or kayak around the salty Mono Lake to best see the tufa towers—the spot's unique limestone formations that add an otherworldliness to the lake. To continue on the nature path, drive half an hour to Mammoth Lakes and hike to the breathtaking Rainbow Falls, named for the spectacular rainbows reflected off the water in the sun. Since the hiking trail isn't too shaded, early fall is the perfect time to make the trek without feeling overheated. And don't leave the area without seeing the Ancient Bristlecone Pine Forest in the White Mountains, about a two-hour drive from Mono Lake. It's home to the oldest trees in the world, and open through mid-November. You'll lose cell reception along the way, but that just makes it easier to simply enjoy one another's company. After long days spent with Mother Earth, retreat to The Village Lodge in Mammoth Lakes, where you can cozy up by the fireplace or take an evening dip in one of the five hot tubs on the property.

Midwest: Hocking Hills, OH

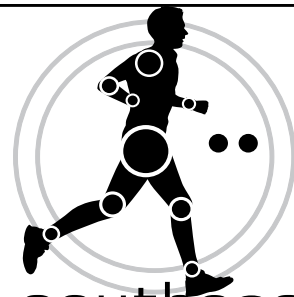


Need a break from the Midwest's cities and suburbs? Take your partner to Hocking Hills, home of the state park recognized as the best campsite in the country. If you're not eager to pitch a tent, reserve a romantic cabin instead—there are plenty of cozy options equipped with fireplaces, hot tubs, AC, and more. Spend your days hiking the numerous trails, admiring Cedar Falls, and walking through the impressive Ash Cave, before stargazing the night away at John Glenn Astronomy Park, where you can experience the sky by telescope and see a nearly pristine view of it by eye. As for food, pack a picnic, or head to the nearby Historic Downtown Nelsonville for yummy dining options like Rhapsody, which prides itself on locally-sourced ingredients.

South: Asheville, NC



Asheville has one of the longest and most vibrant fall seasons in the nation, making it perfect for a leaf-peeping autumn adventure. Still, there's a lot more than just pretty foliage in this cool city. Take an informative trolley tour downtown to learn about its history, or explore on your own by checking out the array of shops (especially the numerous craft galleries), breweries (New Belgium Brewing Company is top-rated), and good eats (like the renowned Plant Vegan Restaurant). Make your way to a farmer's market like the North Asheville Tailgate Market, open Saturday mornings through November with over 40 vendors, to pick up some local bites for a picnic under the trees or some mid-hike munchies as you trek to the impressive Linnville Falls.



southeastern
FITNESS
EQUIPMENT



Ellipticals
Rowers
Treadmills
Accessories
Home Gyms
Bikes



15% OFF MSRP

THROUGH 00-00-18

Exclusive Dealer for: *LifeFitness*



**HAMMER
STRENGTH®**

– Locally Owned and Operated –

9041 Southside Blvd. #137

Jacksonville, FL 32256

904-519-8211

info@southeastfit

www.southeastfit.com

Fall Style Essentials Every Man Needs

By: *Stitch Fix*

Fall, that sneaky little devil. It seems to creep up slowly, and before you know it, the trees are bare, the temperature drops, and it's time to switch up your wardrobe. Fear not. Unless you're into wearing sandals with socks or shorts with a puffer, we have a list of fall style essentials to help you sport this season like a pro.

Check out our must-haves and how to style them for fall.



1. THE STRUCTURED BLAZER

A blazer is a must for every man's wardrobe. Think of it as your secret style weapon. You can keep the vibe laid-back and low-key with a knit hoodie, colored denim and sneakers or dress it up with a crisp white dress shirt, tailored trousers and leather Oxfords. A blazer allows you to create an arsenal of stylish looks perfect for just about any smart, casual occasion.

2. THE TIMELESS TIE

Whether you wear a tie to work every day or bring it out for special occasions, a tie is an easy way to add a dash of class to your ensemble—even if it's a casual one. Pick a color that complements your skin tone and a pattern that brings out your personality.



3. THE FULLY FASHIONABLE HALF ZIP

A step up from your regular sweatshirt and just as comfortable, the half-zip is an easy-going addition to your weekend wear. Layer it over a plaid flannel, add colored chinos and a pair of leather slip-on Chelsea boots for a look that works whether you're kicking it around the house or sitting down to beers with your bros.



4. THE COLORED DENIM PANT

Why not give your classic blue jeans a break, and go for denim in a muted jewel tone (think mustard, forest green, navy, deep purple and burgundy). No matter what color calls to you, be sure to top your bottoms with a shirt in a neutral shade; anything too bright and the look becomes loud.

5. THE VERSATILE VEST

Whether you go with a fleece, puffer, or cotton knit, a vest is an easy way to add an extra layer of warmth without bulking up. Wear it in place of a jacket to keep your body temp running just right indoors and out. To avoid looking like you're heading out on a fishing expedition, team the sportier styles with a button-down shirt, dark-wash jeans and casual kicks.

6. THE LEATHER BELT

Designed to be both functional and stylish, a belt can be the accessory that really pulls together your look. If your shirt is tucked in, a belt is essential. With a more casual look, especially if you'll be wearing your shirt untucked, you can skip the belt (provided your pants stay put on their own). For more formal occasions, match the color of your belt to the color of your shoes.



7. THE CLASSIC STRETCH BLUE JEAN

If you're like most guys, you already own a pair of jeans (or several). Light washes, distressed denim—they're fine for casual outings, but if you want to elevate your look, opt for a dark-wash stretch jean. Add a neutral blazer, muted plaid shirt and lace-up leather sneakers to strike the right balance between dressed up and dressed down.

8. THE EVER-POPULAR PLAID BUTTON DOWN

The Scottish Highlanders put plaid on the planet and since then, we've seen it cropping up in various incarnations—from 60s Pendleton to 90s grunge to present-day hipster. It's a versatile staple that plays well with denim. Simply vary the color to change up your look. For a casual, laid-back vibe, try a classic red plaid paired with a light denim straight-leg jean and boots. If you want a more subdued style, team a deep blue or black plaid with dark-wash jeans.



9. THE PERFECTLY PREPPY POLO

A long-time favorite of East Coast yachties and West Coast skateboarders, the polo is a true staple. If you think about it, the polo falls somewhere between a comfortable tee and a dress shirt, making it the ideal clothing choice for events that are neither overly formal nor entirely casual. Team it with a waterproof jacket, colored denim and Chukka boots in down-to-earth tones.

10. THE MULTI-TALENTED CHUKKA BOOT

Versatile and very on-trend, chukka boots are the ideal finishing touch for a casual look (we suggest pairing a light brown suede chukka with jeans, a white button-down and a denim jacket) yet also work with smart and biz casual ensembles. Try black leather chukkas with black jeans or take them to the office in a dark hue, tailored trousers and a bomb blazer.



8 Art Advisors Tell Us Which Artists You Should Be Watching (and Buying)

Courtesy of artnet.com

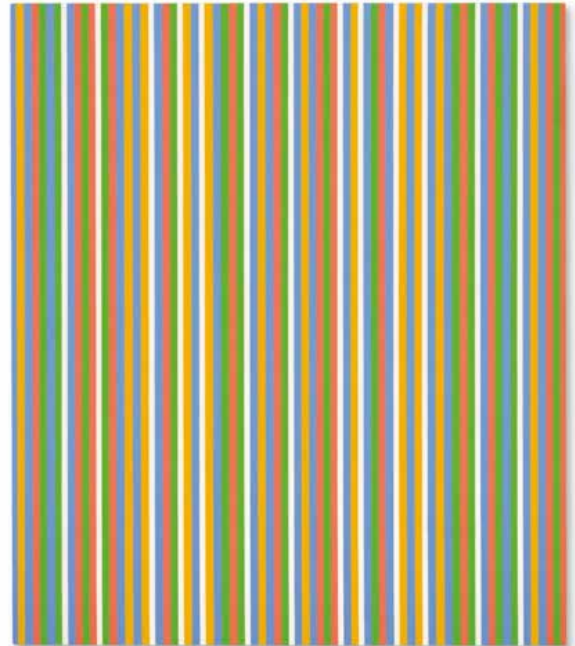


Derek Fordjour, *Figure with Horn* (2017). Courtesy of the artist. In the competitive contemporary art world, everyone is always on the lookout for the next big thing. Sometimes, that “big thing” has been around for decades, but is only now getting her due; other times, it’s talent fresh out of art school. We invited a selection of leading art advisors to name an artist (or two) who they anticipate will have a breakout year in 2019. Here are the works the experts are advising their clients to buy—and why.

Bridget Riley

Bridget Riley, *Greensleeves* (1983). Courtesy Christie’s.

I think 2019 will be the year of Bridget Riley. Initially grouped into the “Op-art” movement as an abstract illusionist, Riley is anything but. Rather, she is heavily influenced by the effects and impressions of nature, light, and movement on the human eye, such as the reflection of sunlight on rippling water, or of light passing through leaves. Riley’s connection with na-



ture is central to her work, and has most in common with the West Coast Light and Space movement, with its antecedents in the California Impressionists. Recent one-person exhibitions at Tate Britain, the Chinati Foundation in Marfa, and the Kawamura Memorial DIC Museum of Art in Japan will be followed by a massive upcoming career retrospective planned by the Hayward Gallery and the National Galleries of Scotland that will span all 70 years of Riley’s practice. In addition, as a true master at 87 years old, her market is still a bit underappreciated and undervalued—but I expect that to change quickly. —Todd Levin



Ivy Haldeman and Katie Stout

Left: Ivy Haldeman, *Full Figure, Shoulder to Bun, Fingers Near Cheek, Lone Book* (2018); Right: Katie Stout, *Unique Double Girl Floor Lamp* (2018). Photo: courtesy of SFA Advisory.

Both Haldeman and Stout, in unrelated ways, depict women who are either sultry or active—but above all, in charge. Both remind me a bit of [contemporary Latvian figurative painter] Ella Kruglyanskaya, whose works I also love. With all of them, the female figure is often activated with agency while seemingly being fetishized and disempowered. It’s very poignant for what is happening in the world today. And on that note, I am going to continue reading Ruth Bader Ginsburg’s biography. —Lisa Schiff



José Davila

Jose Dávila. Courtesy of OMR Gallery.

There are so many amazing artists working right now, but one who is on my very tightly curated “dream collection” shortlist is Jose Dávila. My attraction to the work is one of an appreciation for its contrasts: in his sculpture, he uses his training as an architect to flawlessly marry natural and industrial materials; in his photographs, he honors historically important artists by starting with images of their artwork, and then throws them off their revered rockers by enlarging, cutting into, and removing key elements of their work. This ability to both appreciate and simultaneously assess the canon of art history is one that I find quite compelling for the times in which we live. —Liz Parks



Jadé Fadojutimi

Jadé Fadojutimi, Clumsy (2017). Photo: courtesy of the artist.
In 2017, [London gallerist] Pippy Houldsworth discovered Jadé Fadojutimi during her master’s thesis show at the Royal

College of Art and gave her a solo exhibition shortly thereafter. At the young age of 25, Fadojutimi has already developed a distinct language of her own. She has a remarkable command over color and brushstroke, which allows her to produce poetic, emotionally charged paintings that the artist describes as an investigation of her own identity. Fadojutimi’s large-scale canvases create immersive environments that provoke the viewer to uncover imagery that might be hidden beneath the artist’s abstract gestures.

Fadojutimi has a solo exhibition at Gisela Capitan in Cologne this January and another solo exhibition in February at a non-profit space in London, PEER Gallery. She does not have representation or upcoming shows in the United States yet, but it is only a matter of time. —Anne Bruder



Louis Fratino

Louis Fratino, Couple at Dusk (2018). Photo: courtesy of Jeff Bailey Gallery. An artist I’m excited about for 2019 is Louis Fratino. He’s a young, Brooklyn-based figurative painter whose work focuses on intimate relationships between men. What I like about the work is that he expands the range of images we usually see of homosexual love, presenting a fuller and more nuanced view of everyday life, in which sexuality is just one part of people’s relationships. That feels really important right now, a reminder of our common humanity. Plus, his style is informed by the great figurative painters of history: Picasso, Matisse, Léger, even back to Michelangelo. His figures feel monumental, even when the works are modest in scale. He’ll be having a solo show with Sikkema Jenkins in April in New York. —Kristy Bryce

Martine Gutierrez

Left: Martine Gutierrez, Masking, Green Grape Mask (2018). Right: Martine Gutierrez, Masking, 24k Gold Mask, (2018). Photo: courtesy of the artist and RYAN LEE Gallery, New York.



Martine Gutierrez is an artist whose work explores her identity as a trans, Latinx woman of Mayan heritage. Her exhibition *Indigenous Woman* was a breakout show at Ryan Lee Gallery in Chelsea in September. Her work is fresh, inventive, smart, and funny—and her full-on recreation of a 146-page fashion magazine in the style of *Interview* was jaw-dropping in detail and style. Expect to see much of her in the public eye in 2019. —Lisa Austin



Frieda Toranzo Jaeger

Frieda Toranzo Jaeger, Tesla (2018). Photo: courtesy of the artist and Lulu, Mexico City. I am drawn to Frieda Toranzo Jaeger's ability to twist conventional assignations and signifiers of masculinity and femininity. The artist is currently completing her MFA degree at the University of Fine Arts in Hamburg, Germany. I have no doubt that in 2019 she will continue to develop her critical and unapologetic mix of formal and conceptual painting. —Heather Flow



Derek Fordjour

Derek Fordjour at Josh Lilley gallery's booth at Art Basel Miami Beach 2018. Photo: courtesy of the artist and Josh Lilley gallery, London. Derek Fordjour is a Brooklyn-based artist in his 40s making work that addresses various issues in current American culture, specifically exploring depictions of race and identity. He is a multi-disciplinary artist, but his primary medium is a form of vibrant painting on layered cardboard and paper, which gives the work a unique, three-dimensional quality.

His brilliant solo booth earlier this month at Art Basel Miami Beach [at Josh Lilley gallery] introduced the work to a larger audience, and with a recently completed project for the Whitney Museum and big gallery shows on the horizon in Los Angeles and London, he is poised for a breakout year. —Candace Worth

TELL YOUR STORY

Let us Help You Write and Publish Your Personal Biography

WE OFFER:

- ▲ Assistance with writing and editing your information
- ▲ Creation of book design including cover and images
- ▲ Printing of hardcover edition of your biography in small or large quantities
- ▲ Registration of your book with the Library of Congress
- ▲ Assistance with placing your book for sale on Amazon and other outlets

Great for gifts to friends and family or to document your history to last forever.

OR:

Package your expertise - Let us help you create professional books for education, promotion or resale.

Contact us for further information at 904-404-7857

GATSBY PUBLISHING HOUSE
 FROM
 RJW MEDIA



Art Beauty Bar & Spa

**Enjoy the Area's
Only Private Beauty Spa**
Receive your services in a private
environment by highly trained
professionals



Meet Paris, the Owner

Our Services Include:

**Brow & Facial Threading • Full Body Waxing • Facials • Massages
Reflexology with Paraffin Treatments • Waterless Pedicure and SNS Nails
Eyelash Extensions • Eyebrows & Eyelash Tinting & Lifting • Ear Candling**

**We use Organic products
Individualized one-on-one skin care education**

\$8 Introductory Offer
Present this ad and receive
eyebrows threading w/ purchase
of another service

OR

**Receive 15% off
any other service**

12187 Beach Blvd Suite 9
[Just west of Kernan Boulevard]

Check us out on Social Media
Facebook: Art Beauty Bar & Spa
Instagram: Artbeautybar.spa

904-800-2342

artbeautybarspa.wixsite.com/artbeauty



NOW IS THE TIME TO GET YOUR YARD HURRICANE READY!

**Tree Trimming • Tree Removal/Topping • Stump Grinding/Removal
Light Land Clearing • Bush Hogging • Debris Hauling • Palm Trimming
• View Enhancement • 24 Hour Storm Service And More!**

FREE ESTIMATES * 24 Hour Emergency Service Available

Local Family Owned and Operated for Over 20 Years

We are fully licensed & Insured, Workers Compensation

Major credit cards accepted

CALL NOW! (904) 291-8733



BigBranchTreeService.com



MAKE BOATING A PART OF YOUR LIFE... THE EASY WAY.

Jacksonville Boat Club can provide you with an exclusive fleet of boats to enjoy the boating lifestyle without the high cost and hassle of owning your own boat.

BEING A MEMBER OF OUR CLUB GIVES YOU MANY ADVANTAGES OVER OWNING YOUR OWN BOAT:

- ⚓ It's much more cost-effective
- ⚓ You can choose from our several different types of boats to suit your needs - from deck boats to twin cabin express yachts
- ⚓ You don't have to clean the boats after you use them or keep them maintained - so you have no drain on your time or your cash
- ⚓ No loan payments
- ⚓ No storage fees
- ⚓ No towing or waiting in line at the ramp
- ⚓ Our exclusive valet service (including water toys & ski vests) removes all the frustration so you and your guests can fully enjoy your day on the water
- ⚓ Membership includes using the express yachts for overnight stays for romantic getaways and family outings

VISIT US AT JAXBOATCLUB.COM

MAKE BOATING A PART OF YOUR LIFE THE EASY WAY.
CONTACT OUR DIRECTOR OF BUSINESS DEVELOPMENT
AT **904.477.9794** FOR INFORMATION ON OUR
INDIVIDUAL, FAMILY OR CORPORATE MEMBERSHIPS.

© 2015 JaxBC, LLC. All boats in the Fleet are owned by
JaxBC, LLC and reserved for the exclusive use of our members.



RJW MEDIA
Post Office Box 50625
Jacksonville Beach, FL
32240



THE PLANTATION
AT PONTE VEDRA BEACH

Ponte Vedra Beach's premier all inclusive neighborhood is an intimate community where home ownership includes membership to a championship golf course, a private beach club, tennis facility, amenities park and a clubhouse complete with a fitness center.

www.theplantationpvb.com · 904-543-2999 · 101 Plantation Drive · Ponte Vedra Beach, FL · 32082