



# South Island LIVING

MARCH 2022

a social publication exclusively for the  
residents of Amelia Island Plantation



## **AIP Residents Shelley and Jeff Hirshberg Surrounded by Favored Local Artists**

**Todd Alexander, Aaron Whitehouse, Jeff and Shelley  
Hirshberg, Jarred Bishop, Lisbeth Krawiecki, Susi Sax**

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**AREA DIRECTOR** Angela Wall  
904-553-9737  
[angela.wall@n2pub.com](mailto:angela.wall@n2pub.com)

**EDITOR** Maggie Madden  
904-556-1390  
[maggie.madden@n2pub.com](mailto:maggie.madden@n2pub.com)

**ACCOUNT EXECUTIVE** Tyler Burnette  
904-613-0411  
[tyler.burnette@n2pub.com](mailto:tyler.burnette@n2pub.com)

**PHOTOGRAPHERS** Page Teahan  
Walt Petersen  
Pam Bell

**CREATIVE TEAM** Bill Amos Susan Hitchcock  
Janice Bratches Cindy Jackson  
Jennifer Hawkins Cathy Klein  
Colson Hillier

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# Exciting NEWS!

**publisher's note**

Dear *South Island Living* Readers,

There's something exciting we've been working on behind the scenes of this publication – and we're finally ready to do the grand reveal. Drumroll, please...

Starting with our July issue, the magazine you and your neighbors have known and loved for the last eight years will be renamed *Stroll Amelia Island Plantation*. I'll explain the "why" behind this change, but let me first share this: The look and feel of the magazine will be updated, but our focus will remain on sharing the resident stories, photos, and happenings you've come to expect and enjoy.

This publication has always been exclusively for Amelia Island Plantation, yet it is part of the largest and most established line of luxury

neighborhood newsletters in the country. More than 500 top-tier communities like yours receive a custom monthly publication that's managed by local publishers like me and produced by The N2 Company (N2). Currently, each community's publication has a completely different name and look, but not every magazine has branding as high-quality as the neighborhood it represents.

A national brand refresh is the solution, and one I can't wait for you to be a part of. Starting in July, every N2 neighborhood publication will become a *Stroll* magazine, each with its own name (like *Stroll Amelia Island Plantation*, for example). This means all across the nation, homeowners like you will be connected in the experience of living in a *Stroll*-worthy neighborhood.

Why "Stroll"? We landed on this name for many reasons. A stroll is relaxing, never rushed, and allows for the opportunity to meet neighbors and even hear their stories – all things I hope you find true every time you read through an issue of this publication. You live in a community worth strolling

through, and *Stroll Amelia Island Plantation* will continue helping you celebrate that, just as *South Island Living* always has.

I hope you'll join us as we Stroll into summer.

Best regards, Angela Wall  
Publisher/Area Director




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This magazine will include "Stroll" in the title starting in July 2022



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featured living spaces

By staff writer **Cathy Klein** | Photos by **Page Teahan Photography**

# DESIGN BEYOND Boundaries

with Shelley and Jeff Hirshberg

Shelley and Jeff Hirshberg have fostered a lifelong appreciation of the arts, influencing everything from how they furnish their homes to how they plan their travel around the globe. This couple has honed an eclectic taste for design that eschews classification boundaries. Shelley explained, “We seek out “interesting relationships with the art and its creator; we enjoy learning how culture, gender and a sense of place influence art and sculpture.” They appreciate multiple forms of artistic expression: paint, ink, multimedia, sculpted glass, clay, and metal. Their art collection includes a variety of work created in disparate places and times, yet each

piece complements and enhances the whole. The Hirshbergs know that good design knows no boundaries.

This home was built to entertain and showcase how their collection integrates early works with newer techniques, in a seamless blend of color and texture. The contemporary design and furnishings create a neutral backdrop. At the center of the house is a display wall with spotlights and audiovisual capability, acting as a hub in this home with art displayed throughout. Early acquisitions from their home in New York were relocated to this new home and include favorite pieces created by Shirley



Shelley and Jeff Hirshberg



Aaron Whitehouse in front of his painting *Live Oak Symphony in the Key of Sea* at the entry to the Hirshberg home

Rosenthal, Catherine Parker, Harriet Greif, and Rachel Ostrow.

Shelley Hirshberg has a BA in Art History from Bucknell University, a Masters in Health Services Administration from the University of Wisconsin, and is a graduate of the Center for Entrepreneurial Leadership at the State University of New York in Buffalo. In 2014 Shelley completed a Leadership Coaching program at Georgetown University. She is currently a coach for the University at Buffalo School of Management’s Center for Leadership and Organizational Effectiveness and the Executive MBA program and the Health Foundation of Western and Central New York. Shelley has volunteered her leadership expertise on numerous Boards and Executive Committees for health agencies in New York and recently joined the Board of Directors of Take Stock in Children of Nassau County. Jeff

Hirshberg earned a BA in Economics from Bucknell University, a Ph.D. in Medieval English literature, and an MBA from the University of Wisconsin. They built robust careers and raised three children in Buffalo, NY, where Jeff achieved his CPA and started a successful tax and estate planning practice.

Their earliest collected artwork is a pen and ink portrait, “Roman Ruins” by Harriet Greif, left to Shelley by her mother. The oldest piece in their collection is a hand-painted Tibetan Thangka from the early 20th century, given to them by Jeff’s mother. Both Shelley and Jeff easily recall people and places that inspire their desire to have original art in their home. As a young girl growing up in Buffalo, Shelley remembers watching Harriet Greif and her husband, Seymour Drumlevich, painting landscapes in the upper flat of her parent’s house.

...



Susi Sax at the Hirshbergs’ front door featuring her etching

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Jarred Bishop with his *Jessica Lange* sculpture

Jeff’s mother worked as an interior decorator near New York City, and he was often at city museums like the Museum of Modern Art, the Metropolitan Museum of Art, and the Met Cloisters.

In 2008, Shelley attended a professional conference at Amelia Island Plantation and fell in love with the natural beauty of Amelia Island. Soon after, they began taking family vacations to AIP and purchased two condos. Their decision to build a new home here came to fruition in 2021. They now live full-time in the Plantation. Since moving into their new home, they’ve been adding works from local artists in earnest. In northeast Florida the light is more intense and sustained, so even the art they relocated from the North shows somewhat differently. Several local artists, whose work has a contemporary fresh feel, are expanding the breadth of creative expression in the home.

Jarred Bishop’s metal-working craft began decades ago, and his recent focus is sculpture created from aged 55-gallon steel drums. Jarred uses an axe to cut, fold, and shape metal, selecting weathered steel drums with interesting oxidation and aged finishes, and has completed 54 sculptures in this particular series. His sculptures in the Hirshbergs’ home take a variety of shapes (female torsos, geometric shapes) and names (Caroline, Norepinephrine Deficiency, Moon Rock). The

Hirshbergs also acquired a sculpted torso named Jessica Lange, with a ballet-dancer form displayed on a metal stand. Jarred commented, “Jeff and Shelley have a very sophisticated taste in contemporary art, and it is a high compliment to have my work integrated into their beautiful collection.” Jarred is represented by the Atlantic Contemporary Gallery, the Island Art Association, and is available at [polarityartgallery@gmail.com](mailto:polarityartgallery@gmail.com).

Lisbeth Krawiecki started Fired Up Fernandina to sell pottery and ceramics that are functional and feature the organic beauty around us: sea life, frogs, trees, and other objects of nature. She has lived on Amelia Island since 2013 with a studio and kiln in her garage and a firing pit in her yard. Her unique style is eye-catching, using carving, slip, and sgraffito to decorate thrown pieces. Her work is seen at the Atlantic Contemporary Gallery, Island Art Association, and retail centers Coastal Cottage and Color It Green. “My newer work, a monochromatic totem, is now included on the Hirshbergs’ showcase wall in one of multiple niche cut-outs,” said Lis. Two wall installations done by Lis for their condominium were relocated and modified to find a new life in this new home.



Lisbeth Krawiecki with *Barnacles*, one of her wall installations

Susi Sax has a studio at Blue Door Artists on Centre Street and her glass etchings of local birds, plants, and animals are seen at the Fernandina Beach Public Library and the Council on Aging. Susi works on commission for home doors and windows and can be reached at [ssaxarts@gmail.com](mailto:ssaxarts@gmail.com). Her ongoing creative work with paint, stain glass, and mosaics began decades ago, and Susi learned glass etching in a Dale Chihuly class over 16 years ago. The etching is painstakingly done; her original drawings create a pattern, then she brushes the clear glass with strokes of sand, water, and air to reveal the image. Susi commented, “It’s nice that my Great Blue Heron with sea grapes is landing at the Hirshbergs’. It feels so at home with so many artistic friends.”

Aaron Whitehouse and Todd Alexander have over three decades of combined experience as professional artists, and each resides in Fernandina. In November 2021, they opened The Atlantic Contemporary Gallery ([theatlanticcontemporary.com](http://theatlanticcontemporary.com)) to showcase their work with other local and nationally-represented artists. Shelley and Jeff selected Aaron’s large 75-by-60 mixed media painting with three-dimensional texture in neutral tones and a sculpture of blue-water hue resin made of upcycled driftwood. “The Hirshbergs allowed us to recommend locations for our work in their home. Their collection tells a story about who Shelley and Jeff are as individuals,” they explained. The Atlantic Contemporary Gallery offers quarterly shows of new artwork. The next show is planned for April 23, 2022, but Todd and Aaron are always available by appointment.

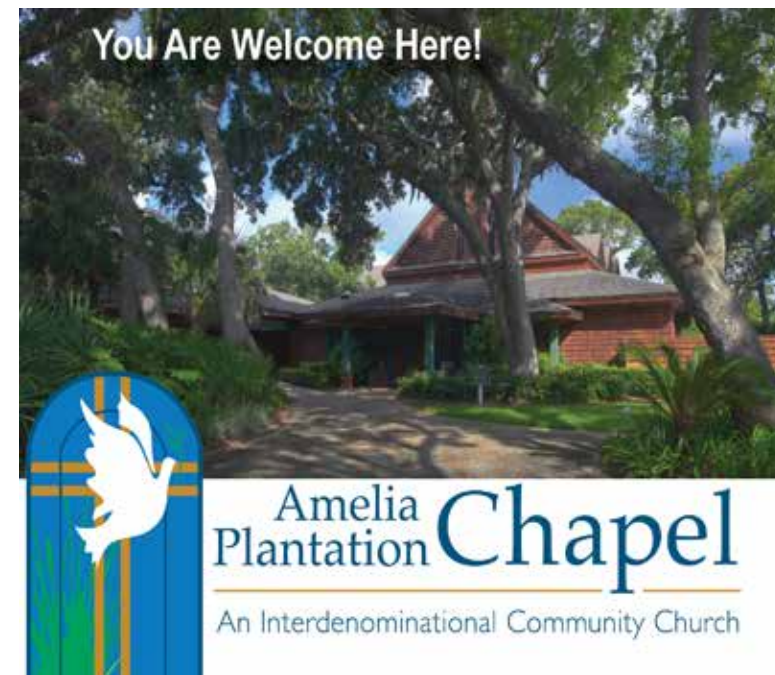


Detail of Susi Sax *Great Blue Heron* etching on the Hirshbergs’ front doors

This couple projects a positive, lively spirit and their home exudes creativity and cultural expression. Shelley and Jeff have achieved much in their professional and personal lives and retirement gives them more time to explore new interests. The natural beauty of this island and the amenities of Amelia Island Plantation brought them here for a new chapter in their busy lives.



Aaron Whitehouse’s *Growth*



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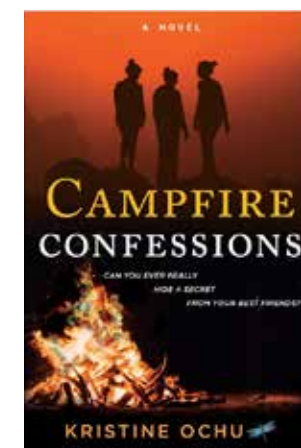
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# AIP NEIGHBOR KRISTINE OCHU

RELEASES DEBUT NOVEL

**A LAUGH-OUT-LOUD TRIBUTE TO SISTERHOOD**



**What does it take to confess your deepest secrets?**

Annie, Sondra, and Jo were the best of childhood friends, but they haven't seen each other in far too long. In *Campfire Confessions* (BooksFluent, March 8, 2022), the women reunite to embark on an adventure that is equal parts hilarious, dangerous, and enlightening.

Married to a minister in a small town, Annie's devoted her life to

raising four sons and volunteering wherever she's needed. Most people consider her a saint, but they don't know she's hiding a big secret. Sondra's married to one of the richest men in L.A. and she appears to have it all – a glitzy lifestyle, beauty, brains, and a successful career. But when a real estate deal blooms into an affair, she quickly realizes she's in over her head. Jo is four years sober and struggling through a divorce. After a one-night stand, she's forced to reckon with a lifetime of bad choices.

When Annie's secret finally catches up with her, Jo and Sondra rush to her side. Determined to find answers, they pry Annie away from her daily grind, escaping on a canoeing trip that turns into a soul-searching, death-defying adventure. Lost in the woods as one thing goes wrong after another, they find themselves sharing their deepest secrets around the campfire. But as each new revelation unfolds, one thing becomes clear: It will take more than a night of true confessions for the three of them to find their way back home.

*"Ochu captivates from the first page of this sharply written, highly engaging tale of three childhood friends and their troubled – and ultimately triumphant – adult lives" – BookLife, by Publishers Weekly*

Asked what inspired her to write this first novel, Kristine says, "I was hungry for a book that was upbeat, full of humor and witty banter, while capturing more serious, real-life issues. I felt having three relatable characters who were best friends and putting them in situations where they each had to face their fears through a soul-searching, death-defying adventure would make it unique and engaging for women. I also wanted to bring women together in laughter and camaraderie as they share their own adventures and to create dialogue around topics that they tend to struggle with alone – their own secrets. My hope was that by bringing light to these inner struggles, we can empower ourselves and each other to overcome our obstacles and live the lives we desire."

**KRISTINE OCHU** is the founder of "The Night of a Woman's Soul – Creating Your Amazing Life" workshops and is a former Human Resource Executive with a Master of Arts in Industrial Relations from the University of Minnesota. She is a member of the Global Women's Club, Women in Film and Video New England, Harvard Square Script Writers, and community groups. Having previously written screenplays and a children's book, Kristine incorporates her love of nature and adventure into all her stories. A former log-rolling champion, she still log-rolls along with being an avid hiker, kayaker, and explorer.

Join Kristine for an author event at **Story & Song Art Gallery** (1430 Park Avenue, Fernandina Beach) on Thursday, March 10th at 5 PM. The event is free and open to all. Wine and appetizers will be served.

Visit [www.KristineOchu.com](http://www.KristineOchu.com) and follow on social media  
Facebook: @KristineOchu | Twitter: @KristineOchu  
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**Watch these pages for a future feature about Kristine and her husband, Herb Rush, AIP residents since December 2020.**



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sports and fitness

# 2022 JEWELS OF AMELIA INVITATIONAL



Dot Peck and Denise Bench  
2022 Jewels of Amelia Invitational Champions

It was a “jewel” of a day as The Amelia Island Club hosted its 2022 “Jewels of Amelia” Invitational women’s golf tournament on January 31 at the Long Point golf course. The day was sunny, the temperature was moderate, but the golf was sizzling as 88 players participated in a better ball of the twosome format. Ladies representing 24 different golf clubs from the area, including Fernandina Beach Golf Club, Amelia River Golf Club, North Hampton, Golf Club of Amelia Island, and Amelia National, joined other clubs from the Jacksonville area for a 9 am shotgun start.

Participants were divided into six flights according to handicap index. Following a luncheon in the Long Point Clubhouse, Director of Member Golf Dean Grunewald and golf professional Jenna Rothermel announced tournament results.

In the Diamond flight, Claudeen Lindberg and Ann Rogers won the low net honors in that flight, while Ann Hilton and Tian Jones placed second in the low net category. The Emerald flight featured Hee Kim and Mi Wa Cho Lee as the low net winners of their division, and Jane Rollinson and Jill

Ouellette finished as the runners-up. Winners of the low net category in the Ruby flight were Deb Eady and Lola Vavrica; the second place winners were Younghee Lee and Sora Stephens. The first-place net winners of the Sapphire flight were Carol Holmes and Michelle Cantrell, while Jan Bailey and Teri Meyer finished in second place. The Turquoise flight winners were Pat Aylor and Nancy Meadows; second place winners were teammates Tara Lindhart and Emily Gordon. Finally, the Opal flight winners included players Sheila Hartman and Ana Leaird, and teammates Debra Sanders and Rita Lais finished their round in second place. Proximity prizes were awarded to Teri Hoyle, Linda Lago, Teri Meyer, and Michelle Cantrell.

The overall gross title for the 2022 Jewels of Amelia golf tournament was won by Chris Hunt and Shirley Budden from Sawgrass Country Club. The overall net prize, which featured two crystal vases, was won by Denise Bench and Dot Peck, both from TPC Sawgrass.

By resident **Debi Sutton**



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resident  
spotlight

By staff writer **Jennifer Hawkins** | Photos by **Walter Petersen**

# Joe & Dee SULLIVAN

## Take Golf Seriously

Surrounded as we are by world-class golf facilities, we forget there are thousands of other courses around the country. Most South Island residents took up the game in other places, be it their local muni long forgotten or a classic track such as Muirfield Village, Jack Nicklaus's famed course in Ohio. Such is the case of Amelia Island Plantation residents Dee and Joe Sullivan, former Muirfield Village residents. Each brings a unique history and experience to this golf corner of the world.

Joe Sullivan is a Korean War veteran as a member of the Army's 187th Regimental Combat Team, paratroopers, nicknamed the "Rakkasans," and participated in a combat jump near Suncheon, North Korea. On his return from Korea, he enrolled at The Ohio State University, where he met Dee. A ride in the jumpseat of a Triumph TR3 sealed the deal for Dee and they were married soon after.

As Joe worked his way up through the lumber industry, they built a home in Muirfield Village, the newest development in Dublin, OH, and home to a Jack Nicklaus golf course that would later play

host to U.S. Amateurs, U.S. Junior Amateurs, Ryder Cups, and Solheim Cups. Muirfield hosts the Memorial each year, a regular event on the PGA schedule. While golf was a regular event with the Sullivans, Dee took a

step further and lent her talents to the LPGA Borden Classic in Dublin, an LPGA tour event during the '60s and '70s. In addition to her hospital-ity committee duties, she served as a scorer for many years. Some readers may recall the days of the Bausch and Lomb tennis tournament held at Racquet Park, being close to tennis



Joe working on a club shaft

greats such as Martina Navratilova, Chris Evert, and Stefi Graf. It was similar for Dee being around the LPGA greats like Joann Carner, Jan Stephenson, Nancy Lopez, and Amy Alcott.

Joe's lumber business had him traveling and doing business with timber companies throughout the southeast. One such trip brought him and Dee close to Amelia Island, where they spent a dark and stormy weekend in the late '80s. From a first-floor Sea Dunes condominium, looking out over a boiling, nor'easter-fed ocean, Dee Sullivan declared, "I love it! This is where we should retire."

But retirement just means you move from what you *have* to do to have a life to doing what you *want* to do to live a life. The Sullivans, being avid golfers, enjoyed their rounds at area courses, but a friendship with Lloyd Hackman and new golf technology would change all that. Joe and Lloyd, along with up-and-coming club engineer and designer Tom Stites, would create a device to accurately measure club shaft frequency, thereby providing touring professionals with increased distance and accuracy.

Golf club technology was on the brink of an explosive shift in equipment in the late '80s and '90s. During that time, professional players began experimenting with metal woods, Lee Trevino winning the 1984 PGA Championship with a metal head driver. Experiments with graphite and fiberglass shafts were also taking place but with limited use as the price of graphite/fiberglass compared to steel at the time made it cost-prohibitive. Engineering advancements with composite materials during the late '80s into the '90s reduced the cost of composite shafts providing avid golfers with a lighter weight club (increased clubhead speed) and increased distance. But those gains were not uniform across the board. This is how Joe Sullivan became one of the most knowledgeable club fitters in the area.

Even the non-engineering and non-golf folks out there may be interested in how it works. If you imagine a golf swing, the club-head goes back behind the shoulders, and then transitions as the golfer starts to move the clubhead downward. As the clubhead



In the workshop



Joe's Trophy Wall

begins to move downward, this starting motion causes flex in the shaft. With steel shafts, though this flex occurred with a fair bit of uniformity, it was limited. The newer composite shafts flex in all manners and ways. The kick point of the shaft (the location where the clubhead snaps around) can occur at different points along the shaft, either at the very end where the clubhead is, in the middle, or up high near the grip. Each shaft manufacturer measures these locations and shaft flexes differently. The shaft also oscillates as it moves through the golf swing arch. These oscillations of the golf shaft through the swing are measured as cycles per minute (CPM). As we all know, each golfer's swing is unique to the individual.

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Enter Joe Sullivan, Lloyd Hackman of Lotus Golf and Tom Stites of Nike Golf. They brought the technology of measuring shaft frequency (CPM) to the golf club fitting process back in the late '80s into the '90s, with Lloyd Hackman and Lotus Golf holding the patents for the fitting technology today. Using the "Iron Byron," a first-generation swing/ball measuring device, the group determined that there was a wide frequency variation within a golf shaft's classification. Within a shaft class (stiff, regular, or ladies), there could be up to a 40 CPM variation due to manufacturing oversight or lack thereof. The higher a shaft's frequency (270, 290, 310 CPM), the stiffer the shaft; conversely, the lower the number, the more flex a shaft provides. By pairing shaft frequency to the swing speed and tempo of the golfer, plus pinpoint graphing of swing speed, Joe can dial in a shaft and club head combination to maximize the swing of advanced golfers looking for that slight edge.

A former PGA professional recently set a new course record at Long Point with reshafted clubs specific to his swing tempo courtesy of Joe Sullivan. That kind of score also requires great putting, but it starts with putting the ball in the fairway.



Joe's golf shoe collection

With age taking its toll and supply chain difficulties, Joe rarely takes on new shaft replacement projects. Because of golf's seemingly unending obsession with distance and how to squeeze those extra five yards into a tee shot, Joe Sullivan seems content with ending on a high note, having fit area professionals and advanced amateurs. If you find a club fitter willing to use dynamic frequency in the club fitting process, consider it a leg up on the competition, and you can thank Joe Sullivan.



Fit Chip instrument attaches to golf club shaft to measure frequency



Fit Grip program typical swing record



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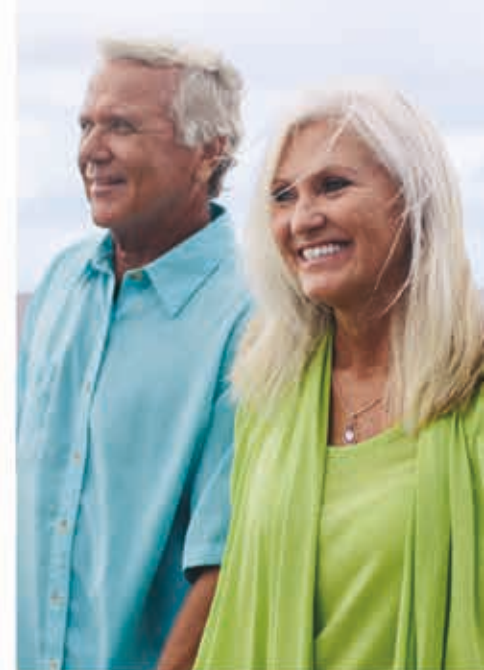


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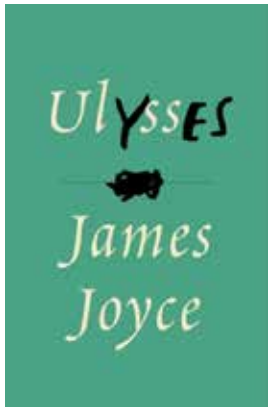
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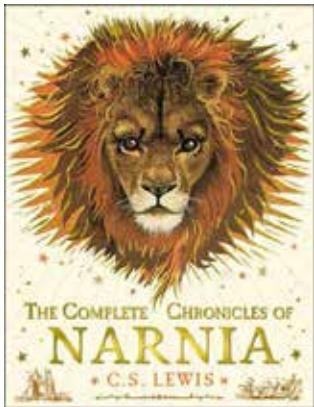
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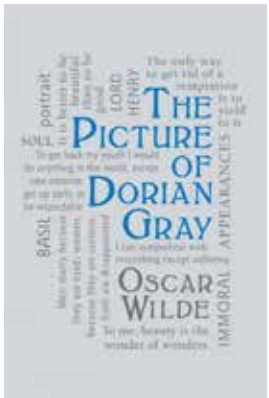
**James Joyce**  
Probably the most revered Irish writer, James Joyce was a novelist, short story writer, and poet. He is widely considered to be the most influential Irish writer of the 20th-century. His most famous work, *Ulysses*, took him seven years to write and is commonly praised for its unique writing style that completely revolutionized fiction writing. Joyce also wrote the novels *Portrait of the Artist as a Young Man*, *Finnegan's Wake*, and the collection of short stories *Dubliners*.



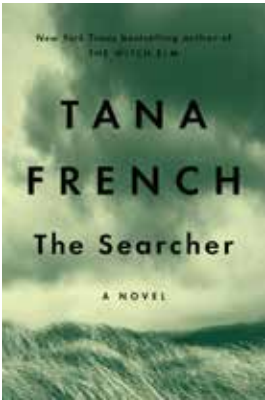
**C.S. Lewis**  
Clive Staples Lewis was said to have always been a very imaginative child. So, it should come as no surprise that he put this imagination to use by writing the children's classic *The Chronicles of Narnia*. The series was a huge success as the series sold over 100 million copies in 41 different languages. It has been adapted into a successful film series. He is equally famous as an amateur theologian and Christian apologist.



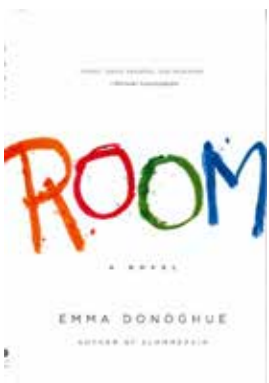
**Bram Stoker**  
Bram Stoker, born Abraham Stoker, was a short story writer and novelist best known for his novel *Dracula*. Not only did it become one of the best-selling books of all time; it also helped to single-handedly inspire the entire vampire genre that continues to prove so popular today. It was published in 1897 and has not been out of print ever since.



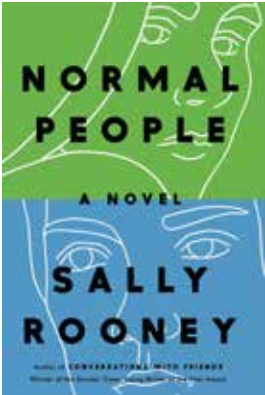
**Oscar Wilde**  
Oscar Wilde was one of Ireland's most famous and recognizable writers throughout the 19th century. He remains so today thanks to his many literary works, his colorful fashion style, and his legendary sense of wit. Oscar Wilde published many famous literary works such as *A Woman of No Importance*, *An Ideal Husband*, and *The Importance of Being Earnest*. He is also remembered for his novel *The Picture of Dorian Gray* and his many children's stories.



**Tana French**  
Tana French was born in the U.S. but has been living in Ireland since the 1990s so her knowledge of the country and its people, language, and economic and social situation is very intimate and it shows in her novels. The six books of the *Dublin Murder Squad* series are filled with captivating characters and plots that are described in such detail that it's hard not to be pulled into French's dark, dreary stories of murders.



**Emma Donoghue**  
In 2015, everyone was talking about Emma Donoghue. Her 2010 international bestseller *Room*, a finalist for the Man Booker Prize, had been adapted into a film starring soon to be superstar Brie Larson, sweeping up both Golden Globe and Oscar nominations.



**Sally Rooney**  
Sally Rooney, born in 1991, is an Irish author and screenwriter. She has published three novels: *Conversations with Friends*, *Normal People*, and *Beautiful World, Where Are You*. *Normal People* was adapted into a 2020 television series by Hulu and the BBC. Rooney's work has garnered critical acclaim and commercial success. She is regarded as one of the foremost millennial writers.

Ireland was commonly referred to in the past as a land of saints and scholars. This still rings true as Ireland continues to produce literary greats right into the modern-day. Books by these Irish authors can be found on our shelves at The Book Loft in Fernandina Beach.

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# HONEY DONE

## HOME SERVICES AND LOFTON CREEK PAINTING

LOCALS WORKING FOR LOCALS

Honey Done/Lofton Creek Painting Staff

Like many of us, Tom & Lisa visited family on Amelia Island and fell in love with the area. Over the past seven years, Amelia Island has become home. The couple took the telling step of investing in the community by ultimately establishing two small businesses--Lofton Creek Painting and Honey Done Home Services.

We've all seen the Lofton Creek Painting and Honey Done vans around the island. They've become synonymous with high-quality service, outstanding communication, and fair pricing. As a lot of us know, if Lofton Creek Painting or Honey Done puts you on the schedule, they will arrive on time with can-do

attitudes while being considerate of customer time and living spaces. What more could we ask for?

Originating as Lofton Creek Painting, Tom was often asked for assistance with other home repair needs. What started as a simple idea of helping homeowners get honey-dos done grew into Honey Done Home Services. "Our dual business model definitely works, and we continue to adjust it as our client base grows," Tom says. After several nomadic moves, the two companies have finally settled into their combined office/workshop area on 8th Street, and in doing so, took their efficiency to a higher level, translating into better service for all clients.



Tom and Lisa



Lisa points out, rightfully so, "There's a lot of competition for both handyman and painting services in the area, but there's also a growing understanding that Honey Done and Lofton Creek Painting are island owned and operated, and very much here to stay." As each of us fortunate enough to work with either company knows, our needs are responded to promptly by team members. The pride in their work shines through the services the businesses provide.

"We live on the island, and many of our employees are longtime locals as well, truly proud of being part of this team," Tom explains. Both Tom and Lisa say their businesses center

around this great group of employees, all with clearly defined roles translating into high-quality work delivered to clients. Tom and Lisa are proud of their employees and feel it important to publicly say "thank you" to each of them. The employees of both companies include: Dave, Kristy, Ashley, Jack, Dana, Dino, Jonathon, Josh, Bryant, David, Tyler, Joey, Ryan, and of course Bella (the company mascot) who greets customers at the office and, in lieu of a paycheck, happily accepts treats.

Communication is at the heart of their businesses, making it easy to talk to them. I know you'll agree that's important to all of us. Tom and Lisa

believe in community and count themselves lucky to have such wonderful people on the island as their neighbors. Clients realize Lofton Creek Painting and Honey Done will take care of them and get that pesky list of "honey-dos" completed in short order.

"When you call us, we treat your house like it's our own," Tom says. "There's a time and a place for home projects, and if they're worth doing, they're worth doing right. We're mindful of our clients' hard-earned money, and if there's a less expensive way to accomplish a project without sacrificing quality, we'll give you our honest opinion. We're here for the long haul. Lisa and I love our jobs and enjoy working with our neighbors."

So for that pesky painting or "honey-do" list, give them a call. You'll be glad you did.



Tom and Lisa with Kristy

## Let us get your honey do list, Honey Done!



Painter/Handyman  
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Coco is the 9-and-a-half-year-old Newfoundland “dog daughter” of AIP residents Jenny and Doug Nelson, the third “Newfie” they have had. Adopted from a breeder in Wisconsin, she was chocolate brown as a puppy, thus the name Coco. The Nelsons call her a rescue because the breeder had irresponsible practices leading to parasites and long-term health issues for the puppy. The Nelsons love, kindness, knowledge, nurturing, and sheer tenacity helped Coco to become a happy, gentle, and loving “Newfie.”

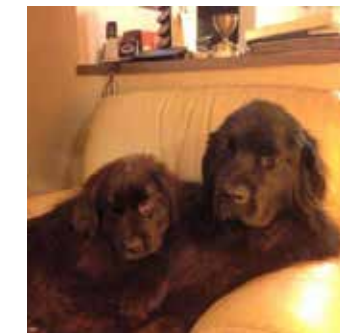


Newfoundlands are known as the world’s most powerful water dogs – genuine canine swimming champs. The breed was originally developed in Newfoundland, Canada, to aid fishers by pulling boats, hauling nets, and performing water rescue. They use a breaststroke style, rather than a “doggie paddle,” which enables them to swim underwater, so vital to water rescue. Their web feet facilitate swimming, and the flat, water-resistant, double coat protects them in cold water.



Newfies are excellent family dogs as well. In addition to their giant size and tremendous strength, they are known for their intelligence, calm disposition, loyalty, and empathy. A fun fact is that possibly the most famous

Newfoundland in English literature is Nana in *Peter Pan*, based on author J.M. Barrie’s Luath, a natural caregiver Newfie (though Disney chose to use a Saint Bernard). Coco is a great example of her breed. She goes everywhere with her parents, on walks or happily taking up most of the space in the back of the car. Always up for an adventure, she is ready to chase waves on the beach or hold court on a restaurant patio, as long as she is part of the action. She loves people (especially children) and is very popular wherever she goes! She is well-behaved, though she does have a mind of her own and likes to make her own decisions. For example, she will certainly come when called – she just may do it in her own time.



If you see her, stop and say hi. Don’t let her 100-pound-plus size fool you. There is a huge and gentle heart under all that fur. How can you not love that beautiful face?



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# local events **AICMF** *Features Two Performances in March*

T a n g o   A r g e n t i n a   a n d   T h e   D a n i s h   S t r i n g   Q u a r t e t

The Amelia Island Chamber Music Festival presents ***Tango Argentina*** on **Tuesday, March 8th, 7:30 PM at The Ritz-Carlton, Amelia Island.** *Tango Argentina* is a stunning new production with musical direction and original compositions by Fabrizio Mocata, co-directed and choreographed by GD Tango--Guillermo De Fazio and Giovanna Dan. *Tango Argentina* explores tango through the combination of unique choreography and improvised elements performed by acclaimed dancers and musicians from Argentina. The show explores the different decades of Argentine Tango from its origins to the present, combining tango music and dance with humor, parodies, and heart-felt performances with a multidisciplinary cast. Audiences will be thrilled at the sensuality and charisma of its movements and the intensity of its music. Eight dancers and a quartet of musicians welcome you to *Tango Argentina*.



The Danish String Quartet

On **Thursday, March 31st**, AICMF will present the **Danish String Quartet at the Amelia Plantation Chapel.** Among today's many exceptional chamber music groups, the Grammy-nominated Danish String Quartet continuously asserts its preeminence. The Quartet's playing reflects impeccable musicianship, sophisticated artistry, exquisite clarity of ensemble, and, above all, an expressivity inextricably bound to the music, from Haydn to Shostakovich to contemporary scores. Performances bring a rare musical spontaneity, giving audiences the sense of hearing even treasured canon repertoire as if for the first time. The Quartet is the recipient of many awards and prestigious appointments, including Musical America's 2020 Ensemble of the Year and the Borletti-Buitoni Trust.

## **The Festival's 21st Season Lineup also Includes:**

- University of North Florida Big Band Ensemble I, April 2
- Dover Quartet Master Class, April 9
- Dover Quartet with Roberto Díaz, Elissa Lee Koljonen, and Christopher Rex, April 1
- The Gibson Brothers, April 16
- Zukerman Trio, April 22
- "The Legend of Peer Gynt" – A Concert for All Ages, May 7
- Beer & G-Strings – Musical Fireworks, May 22
- Spring Institute, May 30 – June 4

For tickets and more information visit [www.aicmf.org](http://www.aicmf.org) or call 904.261.1779.



Pedro and Ivana of Tango Argentina



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By Susan Hitchcock

# ARTIST SHOWCASE



Drummond Point Boardwalk North

## Stan Cottle

*Stan's reflections:* "Inspired over the years by my father-in-law, nature photographer Len Messineo, I have recently embarked on the journey of art photography. My focus is on landscape and architectural photography, but I occasionally explore other genres. As an evolution from a career in commercial film, video, and photography, I am learning to better trust my instincts visually. As an artist, my purpose is to capture unique visual perspectives of our environment – natural and built – in order to enhance the human experience. Currently, I specialize in photographing local landscapes."



Colorado SR82 Acrylic on cradled wooden panel

## Trish Jones

*Trish's reflections:* "One of my goals when painting is to create something that will bring a sense of joy to the viewer. Painting is a pleasure for me, and I am hopeful that my pieces make others feel the happiness I have when creating them."

Showcased artists' work is available at the Plantation Artists' Guild & Gallery (PAGG). PAGG is a not-for-profit artist cooperative located at 94 Amelia Village Circle in the Omni Amelia Island Plantation shops. Gallery hours are Monday 11-5, Tuesday 9-1, Wednesday through Saturday 11-5, & Sunday 1-5. For more information call (904) 432-1750, visit [paggart.com](http://paggart.com), or Facebook at Plantation Artists' Guild & Gallery.



Beach Sanctuary Aerial



Pelicans on Parade



Oysters Acrylic on cradled wooden panel



Beach Access 29 Acrylic on cradled wooden panel





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healthy living  
By Shauna Osborne

# Outsmart Anemia:



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## Surprising Foods that Boost Iron Levels

For many, it manifests as persistent exhaustion and fatigue, headaches, and / or never *quite* shaking off that winter cold. For others, it can mean hair loss, dizziness upon standing, ringing ears, and even swollen tongue, and depression and anxiety. No, it's not the newest variant of Covid we're concerned with here...

**Anemia** is a condition that occurs when our bodies don't get enough iron, a crucial component of red blood cells responsible for transporting oxygen from the lungs and throughout the body. A lack of hemoglobin due to inadequate iron levels can wreak havoc on our bodies and minds.

Anemia is actually the most common blood disorder in the U.S., impacting up to 3 million Americans each year. According to the CDC, childbearing women (up to age 50), in particular, should be mindful of iron consumption, as they require 18 mg daily, and up to 27 mg when pregnant. Men, on the other hand, require around 8 mg daily.

Looking to boost your iron intake but not thrilled about the conventional recommendation of red meat, red meat, and more red meat? Try these foods, instead!

**Dark, leafy greens:** Think spinach, kale, collards ... these delicious leafy greens pack a punch, with just one cup – prepared any way you like – delivering up to 30% of our daily recommended iron intake (with bonuses of protein, fiber, calcium, and vitamins A and E!).

**Legumes / beans (all kinds):** They're not just good for your heart (haha)! The legume family is comprised of a variety of versatile, tasty, and iron-packed options, including soybeans (tofu and tempeh included), white beans, lentils, chickpeas, black beans, and pintos.

**Eggs:** This breakfast staple, particularly the yolk, is a great source of iron, protein, and vitamins A and D, offering around 1 mg of iron per medium egg. For maximum absorption, try consuming food or drink high vitamin C in the same meal (e.g., orange juice, fresh fruits).

**Oysters / mussels:** Just 3 ounces of these superstar sea creatures contain 8 mg of iron, a significant percentage of our daily required iron. Pro tip: Squeeze a lemon over your seafood for a pop of Vitamin C, which aids in iron absorption.

**Dark chocolate:** What a sweet surprise! Three ounces of real (45% or higher cacao) dark chocolate (about one small bar) provide around 7-8 mg of iron, along with an ever-helpful boost of fiber, magnesium, copper, and manganese.

# resident business guide

This is a current list of business owners and professionals from our neighborhood. It is an opportunity to network, qualify, and potentially build a business relationship with other successful individuals who also live here. To be included in the Resident Business Guide, email your name, business name, phone number, and email address to [maggie.madden@n2pub.com](mailto:maggie.madden@n2pub.com).

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