PONTE VEDRA Community Voice for 50 Years PONTE VEDRA Community Voice for 50 Years PONTE VEDRA Community Voice for 50 Years Community Voice for 50 Year

June 18, 2020Volume 51, No. 33
75 cents

PonteVedraRecorder.com

Not your average newspaper, not your average reader





INSIDE: CHECK IT OUT!

The Recorder's Entertainment EXTRA featuring TV listings, streaming information, puzzles and more!



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Father's Day Gift Guide
Pages 16-17



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Also, check out the **Ponte Vedra Recorder** channel on YouTube.

EDITOR'S NOTES

What's This?: Because of the COVID-19 crisis, The Recorder is suspending the "Do you know what this is?" contest until further notice.

Pets of the Week: Because the St. Johns County Pet Center is closed to walk-in traffic, The Recorder's Pets of the Week feature has been temporarily suspended. The feature will return once the Pet Center reopens.

NOTES TO READERS

Don't miss an issue: In case social distancing requirements get more strict, we will email you your paper. Send your email address to don@opcfla.com.

Weekly newsletter: The Recorder offers a weekly newsletter every Monday that outlines some of the top stories of the week, as well as providing access to our E-Edition and Entertainment EXTRA! To get the newsletter emailed for free, email don@opcfla.com. We'll add you to the list.

LETTERS TO THE EDITOR

THE PLAYERS' Jared Rice: 'Extra golf claps for our educators'

As the PGA TOUR returns to official competition for the first time since THE PLAY-ERS Championship, the 2019-20 academic year has come to an end. While our world has been forced to adapt to many new routines and practices, few have been more challenged than members of our educational community.

No lesson plan could have prepared us for the circumstances we've faced over these last few months. However, school administrators, teachers, students, and families have done an outstanding job meeting virtual instruction needs. Congratulations!

Education is one of THE PLAYERS' key charitable pillars, and through our charitable partnerships with schools and nonprofit organizations, I am fortunate to witness the incredible work of Northeast Florida's educators.

Since my wife and I joined the thousands of parents assuming the roles of classroom teachers for our boys, I have gained a greater appreciation for the work educators lead each day. They are essential and valuable to our community and deserve an extra round of applause.

Jared Rice

Executive Director, THE PLAYERS Championship

Chamber members urged to take the PLEDGE to follow CDC guidelines

Dear members,

We encourage you to take the PLEDGE. This new initiative developed by the St. Johns County Recovery Task Force urges businesses to commit to following CDC guidelines so that residents, visitors and employees feel safe.

Named the healthiest county in Florida for the 9th year in a row, St. Johns County took CO-VID-19 seriously from day one, never became a "hotspot," and will continue its efforts to remain a safe and healthy community. By taking the Pledge local businesses not only highlight their establishment and our community as safe for residents but also for visitors travelling to our destination and for new businesses and residents considering relocating here.

The guidelines include cleaning and disinfecting protocols, group size limitations, social distancing recommendations, enhanced employee protocols and training, and to encourage the use of face coverings by staff and customers.

Businesses can visit www.pledgesjc.com now to take the Pledge and receive a toolkit of display materials to signify that they took the Pledge. Pledging businesses will be recognized on the Pledge St. Johns County website directory.

The Pledge is a collaborative initiative from the St. Johns County Chamber of Commerce, St.

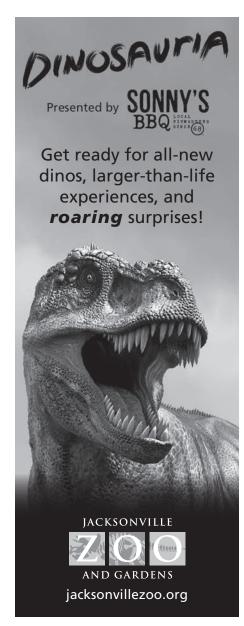
LETTERS continues on Page 3

PUZZLE SOLUTIONS LOP GMT HA ASE LAH ROD

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Solutions correspond to last week's puzzles.



'Pledge St. Johns County' program encourages business commitment to CDC health guidelines

A new "Pledge St. Johns County" program offers businesses the opportunity to commit to CDC guidelines and ensure St. Johns County residents, visitors and employees are safe and comfortable in their establishments.

Created in partnership with the City of

St. Augustine, the City of St. Augustine Beach, the St. Johns County Chamber of Commerce, and the St. Augustine, Ponte Vedra and the Beaches Visitors and Convention Bureau, "Pledge St. Johns County" features a pledge in which businesses vow to adhere to guidelines regarding cleaning and disinfecting protocols, group size limitations, social distancing recommendations and enhanced employee protocols and training. In addition, businesses pledge to encourage the use of face coverings by staff and customers. Organizations that take the pledge will receive a toolkit of printable display materials to let employees and customers know they are a "Pledge St. Johns County" business. Pledged businesses will also be recognized on the "Pledge St. Johns County" website directory.

Letters

Continued from

Johns County Government, the City of St. Augustine, the City of St. Augustine Beach, and the St. Augustine, Ponte Vedra & the Beaches Visitors and Convention Bureau, all members of the the St. Johns County Recovery Task Force.

For more information about recovery efforts and resources, visit the Chamber's website at www.sjcchamber.com and the St. Johns County Government website at www.sjcfl.us. Stay informed.

Isabelle Renault

President/CEO St. Johns County Chamber of Commerce







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4 COMMUNITY NEWS Ponte Vedra Recorder · June 18, 2020



Photos by Amber Lake

The Black Lives Matter protest march started at the Ponte Vedra Beach Branch Library and ended and the Ponte Vedra Inn and Club on June 13.

Hundreds join Black Lives Matter protest in Ponte Vedra Beach

By Amber Lake

Hundreds joined in a Black Lives Matter peaceful protest march from the Ponte Vedra Beach Branch library to the Ponte Vedra Inn and Club on Saturday, June 15.

The march, which was authorized by the county's Sheriff's office, was organized via Twitter.

Commander Scott Beaver of the St. Johns County Sheriff's Office spoke briefly at the event, assuring the protesters they were authorized to march and would be protected.

"I think the folks that live here in St.
Johns County are unique," Beaver said. "I
don't think we have some of the same problems here that are throughout the country.
I've been doing this a long time, coming up
27 years and I want to say that I love what's
happening and I support ya'll. I think every
cop here will support you. We don't agree
with some of the things that have been happening as well."

Noah Wells, who organized the event, said he decided to hold a protest in Ponte



Vedra because how much backlash he received about it.

"When I had the idea, I got so much negative push back," Wells said. "This is one of the most beautiful areas of our city and I have a lot of friends here. We are going to take a stand now for systematic racism."





Ponte Vedra Recorder · June 18, 2020 COMMUNITY NEWS 5

Financial relief from RNC convention can't come quick enough for area hotels, attractions



Area hotels and resorts like the Ponte Vedra Inn & Club (above) and the Sawgrass Marriott (right) are expected to see a big boom during the Republican National Committee convention in late August.

Photos provided by Ponte Vedra Inn & Club and the Sawgrass Marriott



By Don Coble

Although the Republican National Committee is expected to pump millions into local coffers, it can't come quick enough for hundreds of employees at the Sawgrass Marriott Golf Resort and Spa.

According to a letter filed with the State Trade and Rapid Response Coordinator, the hotel has "instituted temporary furloughs, temporary layoffs and/or temporary reduction of hours for all but 13 of its employees as it tries to rebound from losses incurred during the mandatory COVID-19 pandemic shutdown.

The national convention, scheduled at the VyStar Memorial Arena in Jacksonville for Aug. 24-27, is expected to attract as many as 50,000 people, according to Visit Jacksonville.

A massive infusion of revenue will be a relief to most area businesses, county manager Hunter Conrad said.

"It won't solve everything, but it will help," he said. "Look back at THE PLAYERS. That was a big loss and it only got worse with everything that had to shut down with COVID-19. To what extent it will help, we don't know."

Conrad said the county will have a two-fold approach to the convention. First is the immediate financial impact for hotels, restaurants, golf courses and attractions. Second is the long-term effect that will help convince visitors to make St. Johns County their vacation destination.

"This is an opportunity to showcase St. Johns County — our beaches, golf courses and the history," Conrad said. "We know if they come here, people from all over the country will want to return."

The RNC has a contract for 1,736 rooms from county hotels, including the Sawgrass Marriott, Hilton Garden Inn at TPC Sawgrass and Ponte Vedra Inn and Club, according to St. Augustine, Ponte Vedra and the Beaches CEO Richard Goldman. He said county hotels should expect a minimum \$1.83 million windfall during the four-day event. The average room rate is \$265 a night, he said.

Boaters celebrate Trump's birthday on St. Johns River

By Amber Lake

Trump supporters with boats cruised the Swimming Pen Creek, Doctors Lake and St. Johns River on Sunday, June 14, in honor of the president's birthday. The president turned 74 years old.

The event, dubbed, "Trump's Birthday Boat Rally," featured more than 1,000 boats waving Trump flags from Metropolitan Park to Fleming Island, according to the Republican Party of Duval County.

Bonnie Hayflick, who happened to be at Whitey's Fish Camp during the parade, said the boats were "side by side on every dock space and waiting on the creek to get in."





Photos by Bonnie Hayflick

Boaters celebrate President Donald Trump's 74th birthday with a parade down the St. Johns River on Sunday, June 14.

Hayflick also said that some of the boaters had said they had come from Alabama to participate in the rally.

The rally was one of several planned

throughout Florida, including Miami, Pensacola and Tampa. The event was organized by the wife of State Rep. Cord Byrd, Ester Byrd. The parade came just days after it was announced that Jacksonville will host part of the Republican National Convention in late August.

6 ONE OF US Ponte Vedra Recorder - June 18, 2020

Bob Wiltfong is an author, comedian, actor, teacher, consultant and stay-at-home dad who found time to write "The BS Dictionary: Uncovering the Origins and True Meanings of Business Speak," which explores the backgrounds of including stints as a correspondent on "The Daily Show with Jon Stewart."

unique words and phrases from the business world. The Nocatee resident also had an accomplished career as a comic, Bob Wiltfong

As told to Don Coble

What inspired you to write "The BS Dictionary?"

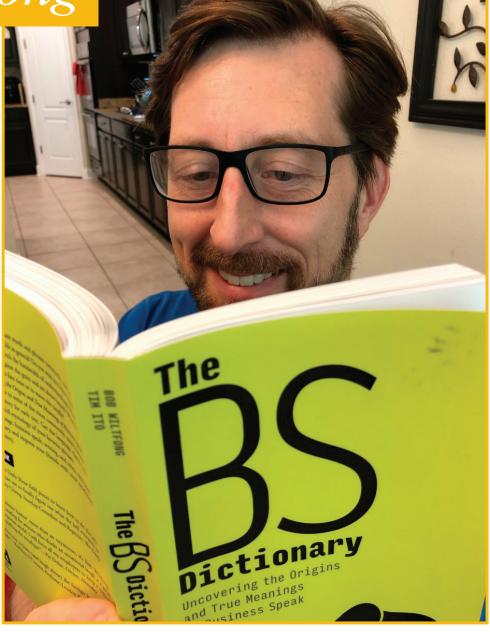
I'm married to the chief marketing officer of Korn Ferry. She's a very successful business woman. As a result, she holds regular conference calls for work from home, pre-COVID days. About six years ago, this is how far it goes back, the kernel of this book, one day she took her conference call from home and she started to say words to her colleagues and her colleagues said words back to her that I've never heard before. What the heck does this mean? I recall in that conversation she mentioned "strawman," "SCO" before I ever knew what SCO stood for and other phrases like that. When she got off the phone, I asked her what did that all mean. That kind of heightened my curiosity. The real switch that turned that curiosity into a book was I'm a business consultant. I teach presentations skills for corporate executives. I was in Seattle at T-Mobile teaching a class and during one of the breaks was talking to one of the participants about this very topic. That participant mentioned a phrase, very politically incorrect phrase, called "The tallest midget." That threw me for a loop. What does that mean? He explained it to me. He said it's common at T-Mobile to use that phrase. It's part of our business speak. From that moment forward, I started doing more research on phrases and collect the definitions and researched the origins over time. Fast forward six years, I get a literary agent; I find a publisher; and here is the book.

Where can you buy your book?

At Amazon, Barnes & Noble and anywhere fine books are sold.

Is it true you also worked as an improv comedian during your career?

As background, I graduated college with a journalism degree. I was a TV news reporter for 10 years. I did investigative reporting and worked at 24-hour news channel in New York called News 12 Long Island. That was my last job. While I was in New York. as a hobby, in my off hours I went into Manhattan and started taking improv comedy classes at the Upright Citizens Brigade, otherwise known as UCB, and I loved it. I was doing more and more comedy during my off hours. One thing led to another, and 9/11 happens. Six





Stephen Colbert (from left), Ed Helms, Samantha Bee, Rob Corddry and Bob Wiltfong perform a skit Comedy Central's "The Daily Show with Jon Stewart."

months after 9/11, I decided I was going to quit TV news and pursue this dream that I really enjoy doing, improv comedy and acting. I started on my second career as an actor and comedian and was very fortunate to book some jobs that made me in that world, including "The Daily Show with

Jon Stewart" and "Chappelle's Show." That led me down that path for a while.

What do you consider your job to be

I recently settled into the idea I'm a retired actor and comedian. I teach improv comedy to largely middle school children. I really enjoy that. I'm content with that. My wife is doing so well corporately, we've settled into I'm a stay at home parent for our kids. We've got a 14-, 13- and 11-year-old. We moved here to Nocatee in August of last year from L.A. Part of the reason we moved here is to support her company's work with the PGA TOUR since taking over their tour that used to be called the web.com tour. Now it's the Korn Ferry Tour. My primary job — and I have to remind myself of this at times while I'm here at home with the kids – is to be a great parent and to take care of the house. That's my first, and foremost, responsibility. I'm trying to write books and I still do some consulting work. A buddy of mine has got a start-up in the marketing world and we're working on that together.

What was it like being a comedian?

There were several people I came up with who are household names now. It's an amazing energy and creativity that happens. Lo and behold, some people get paid a lot of money for it.

Who have you worked with?

One of my teachers was Amy Poehler before she was on "Saturday Night Live." She was a great influence for me, just to see her journey. She's a rare person who's really good at comedy and a really good teacher of comedy at the same time. Among the household names I played with was Ed Helms. He's one of the guys I did shows with. I remember I did one show with him and there were seven people in the audience in New York. We almost out-numbered our audience. Other big names are Ellie Kemper, who was in the "Unbreakable Kimmy Schmidt" series; Kristen Schaal, whose voice you hear all over the place like in "Bob's Burgers"; and a lot of character actors from shows. They have familiar faces. You just don't know their names. An alternative comic who's a good friend of mine is Kurt Braunohler, who's had a Comedy Central special. He's good friend of mine. We did improv for years.

How do you react when an audience doesn't laugh?

I do improv work. I did stand-up a little bit, but I do improv, which always changes. I recall several nights coming off stage and everybody internalizes a bad night differently. A lot of times, I just blame the energy in the room or the audience just wasn't smart enough. The reality is my jokes probably weren't that good. You always know the next night will be different and they'll be a smarter crowd.



Photo by Susan Griffin

Shaun Lourie, McKenna O'Neill and Steve Lourie of Coastal Wine Market hold up a check for the Red Cross. Coastal Wine Market recently presented the Red Cross with a \$10,000 donation.

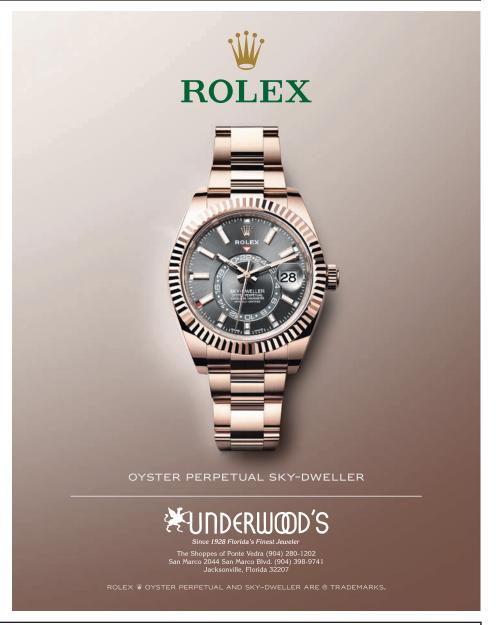
Coastal Wine Market donates \$10K to Red Cross

By Shaun Ryan

Steve and Shaun Lourie, owners of Coastal Wine Market & Tasting Room, presented a \$10,000 check to the American Red Cross on Friday, June 12. The donation will support the Northeast Florida Red Cross Chapter's continued lifesaving mission amidst the coronavirus outbreak.

The Louries donated the funds from sales of gift cards, pick-ups and deliveries made during the recent COVID-19 quarantine period.

DONATION continues on **Page 9**





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OBITUARIES

Dr. Joan Louise Farrell

Dr. Joan Louise Farrell, 88, passed away peacefully on June 14, 2020. She was born August 17, 1931 in Buffalo, New York. She moved to Ponte Vedra Beach, Florida in 1989, and ultimately elected to retire there.

Joan had a long and rewarding career in health sciences. She obtained her Bachelor's Degree in Nursing at SUNY Buffalo, and first worked as a school nurse at the Eggertsville Elementary School. She studied to obtain her Master's Degree in Nursing at the SUNY Buffalo School of Nursing, and worked to develop nursing education programs in respiratory therapy for nurse practitioners. She then completed her studies and achieved a PhD in Health Policy and Economics from SUNY Buffalo, accepting a position as Dean of the School of Nursing at Virginia Commonwealth University.

In 1988, she accepted a position as Dean of Health Sciences at the University of North Florida, and during her tenure was instrumental in developing, establishing and fundraising for programs in the Brooks College of Health. She remained

in this leadership position until 1998 and remained on faculty afterwards as emeritus at Brooks College of Health, where she instructed PhD students in grant writing and research design.

In a collaborative effort with the Christ Episcopal Church of Ponte Vedra, Florida and the Wolfson's Children's Hospital. Joan worked to establish a program named Godly Play: An Intervention for Improving Physical, Emotional and Spiritual Responses of Chronically Ill Hospitalized Children.

Outside of work, Joan enjoyed traveling both for pleasure and work. She traveled extensively through Europe, China, the United States, Central America, South America and Mexico. Joan was an avid reader, artist and bridge player.

Joan is survived by daughters Tracey and Candace, sons-in-law Verne and Michael, and grandchildren Leah, Elizabeth, Annie, Farrell and Vince. She welcomed her first great-grandchild, Amelia Gayle, on March 8, 2020, International Women's Day.

A memorial service will be held on Friday, June 19 at 10:00 AM at Christ Church, Ponte Vedra Beach. In lieu of flowers, donations may be made to Godly Play, Christ Episcopal Church, 400 San Juan Drive, Ponte Vedra Beach, Florida 32082.

Please visit the online Tribute at www.quinn-shalz.com. Arrangements by Quinn-Shalz Family Funeral Home.



Family Funeral Home & Cremation Centre 3600 Third Street South, Jacksonville Beach, FL 32250

Albert William Johnson

Albert William Johnson, 81, passed away on June 11, 2020, in Ponte Vedra, Florida surrounded by his family. He was born on January 15, 1939, in Cleveland, Ohio where he grew up. Al was the son of Albert W. Johnson Sr. and Ida Schumer. He was brother to Kenneth Johnson and Gary Johnson.

At the age of 17, Al entered the U.S.



Albert William Johnson

Navy, where he served our country honorably. After his Naval service, he started working for UPS, where he went on to have a successful career in the shipping and courier service. Upon retirement, he and his wife Donna opened

"Al's Sandwich and Ice Cream Shoppe."
Al Johnson wore many hats: husband,
father, grandfather, true friend, a man of
God, car enthusiast, fisherman, craftsman,
artist, and painter. No matter how you
came to know him, Al was always one
of the nicest and most positive men you
would ever meet. He was a member of St.
Johns Paul II Catholic Church and lived
his faith with great enthusiasm. Al enjoyed

OBITUARIES continues on **Page 9**



We made a mistake

in this week's ad flyer.

Please accept our sincere apologies for this error.

The date was advertised incorrectly in this week's ad flyer. It should have read:

P Father's Day is Sunday, June 21

We are sorry for any inconvenience or confusion.



Donation

Continued from 7

"We had amazing support from the community," said Steve Lourie. "They helped carry us through this time, and they were happy that we were doing this."

McKenna O'Neill, Red Cross regional donor development officer, expressed gratitude for the generosity of the business staff and its customers.

"This donation does mean a lot and will make a big difference in the region,"

she said.

The Red Cross provides blood and disaster relief services to the community.

"On behalf of those we serve, thank you to Coastal Wine Market and their patrons for standing with us," said Jennifer Johnson, Red Cross regional philanthropy officer

"We were thrilled that we could make this happen," said Steve Lourie. "It was a huge honor."

Coastal Wine Market & Tasting Room is located at 641 Crosswater Parkway, Suite B, Ponte Vedra.

Obituaries

Continued from 8

spending his time with family and friends and was always there to give a helping hand to anyone in need.

Al is survived by his loving wife Donna, daughter Jill (Dean) Gardiner, sons Corey (Kate) Johnson and Kyle Johnson, as well as grandchildren Lia, Lexi, Julia, Declan, Justen, Stephen, Christian, Madison, Alec, and Morgan.

A memorial service will be held at 8:30 am on Friday, June 19 at St John Paul II Catholic Church, 127 Stone Mason Way Ponte Vedra Beach, FL 32081. All are welcome. Mass will be followed by an 11 am private burial at the Jackson-ville National Cemetery. There will be a celebration of life at 1 pm at the Nocatee Welcome Center 245 Nocatee Center Way Ponte Vedra, FL 32081.

In lieu of flowers, please make a donation in Al Johnson's name to the Baptist MD Anderson Cancer Center (baptistm-danderson.com).

Perry Moore Lewis

Perry Moore Lewis, 85, of Neptune Beach Florida, passed away June 6, 2020 after an extended illness. She was born May 2, 1935 to B.P. and Treva Moore in Salisbury, North Carolina.

She graduated from Spencer High School in 1953. After living in many southern states, the family moved to Neptune Beach, FL in 1984. She enjoyed working and volunteering at Baptist Medical Center Beaches. Perry loved cooking, gardening, spending time with family, and was



Perry Moore

a disciple and longtime member at Palms Presbyterian Church in Jacksonville Beach.

She is survived by her husband of 66 years, Arlin Lewis; four children, Rick (Terri) Lewis, Jenny (Jon) Mopper, Suzie Blue, and Marty (Bob)

Bisplinghoff; five grandchildren, Rebecca, Amanda, Ashley, Nick, and Alicia; and two great grandchildren, Darby and Luke.

A Memorial Service will be held at a later date at Palms Presbyterian Church. In lieu of flowers, the family request donations be made to Junior Diabetes Research Foundation or Juvenile Arthritis Association. Please visit the online Tribute at www.quinn-shalz.com. Arrangements by Quinn-Shalz Family Funeral Home.



Family Funeral Home & Cremation Centre 1600 Third Street South, Jacksonville Beach, FL 32250 Phone: 904.249.1100 Fax: 904.241.7554

Gwendolyn "Dawn" Aills

Gwendolyn "Dawn" Aills, 54, of Ponte Vedra Beach, FL, died June 10, 2020. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

Chanteil L. Clark

Chanteil L. Clark, 51, of Ponte Vedra Beach, FL, died June 7, 2020. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com



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The Recorder's garden columnist Kathy Esfahani, of Kathy's Creative Gardens & Nursery, shares her tips for growing gorgeous gardens in Northeast Florida.

KATHY'S GARDENING GUIDE

"Love is the flower you've got to let grow." – **John Lennon**



Kathy Esfahani Columnist

HEAT LOVING PLANTS

As the weather is surely heating up, what can we plant? Summer can be a great time to plant heat-loving plants that will usually last into the fall. With June, July and August being the

hottest and humid months in our area, our choices are more limited in tough plants that can tolerate this heat.

ANNUALS

Plants to consider that give you immediate impact and vibrant color are: vinca, malapodium, angelonia, New Guinea impatiens, ornamental peppers, zinnia and more. Once established, all will do well with a little extra water during any dry stretches of summer.

PERENNIALS

In addition to annuals, there are many perennials who provide color from spring to fall. These below can be planted in the summer and last through the intense heat:



Photo provided by Kathy Esfahan

lantana, blue daze, milkweed, pentas, variegated sun rose, sedum, mandevillia, gailardia, gazania, guara, Mexican petunia, gold dust and more.

As always, please pay attention to the sun/shade requirements for each plant for optimal growth. Especially in summer, some plants may need partial shade but can handle the heat. With this in mind, you will be successful in your summer landscaping.

Happy Planting!

Email Kathy at kathys.creative.gardens@ gmail.com for any questions or gardening tips you would like to see in the future.

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10 HEALTHCARE PROFILES Ponte Vedra Recorder · June 18, 2020

HEALTHCARE PROFILES.

Technology helping businesses to safely reopen

Flagler Health+ president and CEO offers COVID-19 update at EDC webinar

By Shaun Ryan

In the wake of the COVID-19 pandemic and implementation of social distancing guidelines, St. Johns County businesses are looking for ways to protect employees, customers and work environments as they seek to reopen.



Jason Barrett

Thursday, June 11, local business leaders had an opportunity to learn how new technology is making that possible. Representatives of Healthfully, creators of a digital health platform, joined Flagler Health+ Presi-

dent and CEO Jason Barrett for a webinar on the local response to the coronavirus.

The webinar was presented by the St. Johns County Chamber of Commerce and the county's Economic Development

The Healthfully app can be used by businesses, colleges, schools and other institutions, according to company CEO Paul Viskovich. It helps employees and students monitor symptoms and seek guidance. It also provides employers and administrators



Photo by Susan G

The Flagler Health+ health village in Nocatee is on track to open in November. Its construction has not been seriously impacted by the COVID-19 outbreak.

with a dashboard that displays data related to areas of concern.

The goal is to offer a comprehensive back-to-work solution.

"We cover everything from daily selfscreening to having to consult with a physician virtually, getting the lab order results and then communicating that back to the employer, the employee, the provider and then providing the tools for employers to manage exposure in their work environments," said Chief Operating Officer Mark Boudreau.

The dashboard ensures that employees are getting tested, pursuing care where

necessary and complying with workplace safety policies. In terms of managing exposure, employers can see whether employees may have come in contact with coworkers who have tested positive.

Boudreau said the company maintains "the highest privacy and security standards" and that the only health results shared with employers are those related to COVID-19.

Employers subscribe to the service, which can be billed to insurance. To learn more, go to healthfully.io.

"This is the continued innovation of medicine," said Barrett. Flagler Health+, as the county's largest private employer, has partnered with Healthfully.

Barrett offered an overview of the hospital's response to the pandemic. The hospital, which began planning for an outbreak in January, saw its first case March 10.

Though the hospital had 98 dedicated COVID-19 beds, only about 20 coronavirus patients have required hospitalization.

"We were not overrun," Barrett said.

In March and April, the hospital staffed a testing site at no cost to the community and saw more than 2,000 residents. It worked with St. Johns Care Connect to help more than 500 families get access to food and rental assistance and partnered with EPIC Behavioral Health to address a spike in mental health episodes.

Activity has bounced back in some areas. Inpatient treatment is at 92% of the pre-COVID-19 level. Outpatient heart procedures are at 96%, outpatient surgery is at 70%. Emergency care is at 61%, which is consistent with numbers nationally.

The hospital saw a financial impact of about \$15 million and has received federal funding to contend with that; much of it is a loan. Grant funding covered about 40% of lost revenue.

COVID-19 has not disrupted the hospital's growth strategy. It is on track to open a health village in Nocatee in November, and groundbreaking on a Durbin Park health and wellness campus in partnership with UF Health is expected to be held in September.

Low-carb diets tied to common heart rhythm disorder, research finds



Anthony Magnano, M.D. Ascension St. Vincent's Riverside

Low-carb diets are all the rage, but can cutting carbs spell trouble for your heart? A study presented at the American College of Cardiology's Scientific Session revealed a link between low-carb diets, like the keto diet, and an increased risk for a seri-

ous heart rhythm disorder: atrial fibrillation, or AFib. It found that participants reporting low carbohydrate intake were 18% more likely to develop AFib than those with high carbohydrate intake. Now is always the perfect time to evaluate your diet and how what you eat affects your heart health.

LINK BETWEEN LOW-CARB DIETS AND HEART HEALTH

This research has serious implications, because it shows a link between diet and AFib. While studies like this are certainly concerning, it's important to note that they are only observational and do not directly prove causation. After looking a little deeper, this study classified "low-carb"

diets as those in which carbohydrates comprised less than 44.8 percent of daily calories. That's almost half of a person's daily calories coming from carbs. To put that in perspective, with the keto diet, only about 5-to-10% of calories come from carbohydrates. The study didn't necessarily show the effects of low-carb diets as we think of them. But, it brings our attention to the importance of choosing heart-healthy diets to prevent the risk of AFib.

HOW ATRIAL FIBRILLATION AFFECTS THE

AFib affects millions of Americans, but many don't experience symptoms and the condition goes undiagnosed. With AFib, the heart doesn't always beat or keep pace the way it should. There is a rapid and chaotic heartbeat that can result in reduced heart function. Even though many people don't notice this happening, it increases the chances of dangerous blood clots forming and causing a stroke. In fact, those with AFib are five times more likely to have a stroke. AFib can also lead to heart failure, and if untreated, doubles the risk of heart-related deaths.

Those patients who do notice symptoms

of AFib can experience heart palpitations, shortness of breath, weakness or fatigue. AFib may occur in brief episodes, or it may be a persistent condition. There are many risk factors that contribute to AFib, including age, family history, underlying heart disease and other chronic conditions like diabetes. Some of the major risk factors like high blood pressure and obesity can be reduced through a healthy diet.

HEART-HEALTHY DIET OPTIONS

Our goal is to prevent AFib, and one way to help is by maintaining a healthy weight. That's why low-carb diets can be beneficial. Evidence shows that they promote healthy weight loss, which reduces the risk of coronary heart disease. However, given this research, low-carb diets may have unforeseen issues.

When it comes to a heart-healthy diet, the important thing is to maintain balance. A Mediterranean-style diet high in vegetables, fruits, lean proteins and whole grains has been shown to promote weight loss and reduce the risk of heart disease. Salmon, chicken, asparagus, spinach, brown rice and almonds are all great examples of heart-healthy foods. They help lower cholesterol

and keep your blood pressure in check. At the same time, you want to limit highsodium foods, such as canned or processed foods. Also limit high-fat foods, such as red meat, cheese and baked goods.

TALK WITH YOUR DOCTOR ABOUT YOUR HEART HEALTH

At least 80% of cardiac events are preventable, so it's important to talk to your doctor about your diet and how it may affect your heart health. Everyone is different — just because a diet worked for one person doesn't mean it will work for you. For example, some people have had success losing weight with high-protein diets, but a recent study from Washington University School of Medicine suggests that they may increase risk of heart attack. On the other hand, eating a high-quality, plant-based diet may reduce risk. Work with your doctor to establish a heart-healthy diet that is tailored to your lifestyle.

Dr. Anthony Magnano is a Ponte Vedra resident and cardiologist at Ascension St. Vincent's Riverside. For more information on Dr. Magnano and his specialty treating Atrial fibrillation, visit Healthcare. ascension.org.

Cataract Awareness Month: Can exercise reduce risk of cataracts?



S. Akbar Hasan, M.D. Florida Eye Specialists

We exercise to maintain a healthy weight, prevent cardiovascular disease and lower our cholesterol, but how many of us exercise for our eye health? A recent study published in the International Journal of Ophthalmology

showed that taking part in regular physical exercise, such as walking or cycling, significantly reduced the risk of age-related cataracts by 10%.

Lack of exercise may be one of those risk factors you can change to decrease your risk of developing cataracts. Cataracts are a clouding of the normally clear lens of the eye, and they can begin to develop in your 40s and 50s. With June serving as Cataract Awareness Month, now is the perfect time to review the signs of cataracts and ways to reduce your risk of cataracts.

PHYSICAL EXERCISE LINKED TO CATARACTS

Carried out by researchers from Xi'an Jiaotong University, China, and the University of South Australia (UniSA), Australia, the new study included data from six previous studies which had investigated how exercise reduces oxidative damage in the eye. The studies included a total of 171,620 participants, who were followed for between six and 12 years, and 19,173 cases of age-related cataracts. The researchers found that for every hour of cycling or walking per day, the risk of developing cataracts could potentially be reduced by 2%.

Exactly how does exercise achieve these benefits in your eyes? Physical exercise increases the activity of our antioxidant enzymes resulting in less breakdown and clouding of our natural lens. Increased physical activity also increases our HDL, our good cholesterol, which assists in transporting antioxidants throughout the body including our natural lens. In addition to exercise, diet plays a key role as well. Increasing our intake of vitamin A, E and C will help maintain eye health.

THE SIGNS OF CATARACTS

Cataracts, despite being one of the most common eye diseases in the world, often go unnoticed at first due to the lack of pain and subtle loss of sight. The seven signs of cataracts show the importance of cataract awareness and monitoring eye health: cloudy or blurry vision, decreased color perception, sensitivity to light and glare, difficulty driving at night, trouble reading the fine print, double vision and frequent changes in eyeglass or contact lens perception.

Worsening cataracts have been shown to increase fall risk and contribute to increase risk of car accidents. We recommend that patients age 60 and older have a comprehensive dilated eye exam at least once every two years. In addition to cataract, your eye care professional can check for signs of agerelated macular degeneration, glaucoma, and other vision disorders.

NEW TECHNOLOGY AND CATARACT SURGERY OPTIONS

The technology for cataract surgery has improved tremendously in recent years, so it's important to discuss your options with your eye surgeon. The femtosecond laser, for example, provides a highly effective laser assisted cataract surgery reducing energy, fluid, and time during cataract surgery and resulting in a gentler procedure. The laser also contributes to a more precise and accurate outcome. Advances in lens technology also allows the surgeon to correct a wide range of vision problems, including astigmatism, far and near sightedness at the time of cataract surgery. Newer trifocal implants can restore full range vision.

If cataracts are impacting your daily life, you don't need to live with impaired vision or wait for surgery. Make an appointment with a cataract consultant today.

S. Akbar Hasan, M.D., is a Ponte Vedra Beach resident and ophthalmologist at Florida Eye Specialists, the first practice in Northeast Florida to introduce laser cataract surgery. For more information on Dr. Hasan and his specialty treating cataracts, visit FloridaEye-Specialists.com.





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Ponte Vedra Recorder · June 18, 2020 HEALTHCARE PROFILES 13

Wolfson Children's Hospital ranks among U.S. News'Top 50 Best Children's Hospitals

Year after year, Wolfson Children's Hospital is ranked among U.S. News & World Report's top children's hospitals in the country. U.S. News released its 2020-2021 Best Children's Hospitals rankings Tuesday, and Wolfson Children's Hospital was ranked among the 50 Best Children's Hospitals for Diabetes & Endocrinology, Orthopedics and Urology.

Services at Wolfson Children's Hospital are provided by pediatric specialists with Nemours Children's Specialty Care, Jacksonville and the University of Florida College of Medicine – Jacksonville.

"This recognition is an honor, and it speaks to the innovation and dedication our medical staff and clinical team apply every day," said Michael D. Aubin, FACHE, president of Wolfson Children's Hospital. "We hope our U.S. News rankings reassure parents that their children are our No. 1 priority and that they're getting outstanding medical and surgical care when they come to Wolfson Children's.

Gary Josephson, MD, chief medical officer of Nemours Children's Specialty Care, Jacksonville, said, "Through the partnership with Wolfson Children's Hospital, Nemours is proud to support excellence in patient care services, research, and educational endeavors to provide world-class care to children and their families."

U.S. News introduced the Best Children's Hospitals rankings in 2007 to help families of children with rare or lifethreatening illnesses find the best medical care available. Their rankings are the most comprehensive source of quality-related information on U.S. pediatric hospitals. This is the fifth time Wolfson Children's has ranked among the Top 50 Children's Hospitals for Diabetes & Endocrinology, the fourth time ranking for Urology, and the second time ranking for Orthopedics.

"Even in the midst of a pandemic, children have healthcare needs ranging from routine vaccinations to life-saving surgery and chemotherapy," said Ben Harder, managing editor and chief of Health Analysis at U.S. News. "The Best Children's Hospitals rankings are designed to help parents find quality medical care for a sick child and inform families' conversations with pediatricians."

The U.S. News Best Children's Hospitals rankings rely on clinical data and on an annual survey of pediatric specialists. The rankings methodology factors in patient outcomes, such as mortality and infection rates, as well as available clinical resources and compliance with best practices.

For more information on the rankings, visit Best Children's Hospitals and use #BestHospitals on Facebook and Twitter.

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*Alinsod, Red "Temperature Controlled Radiofrequency for Vulvovaginal Laxity." PRIME, International Journal of Aestheic and Anti-Ageing Medicine (July 2015) 16-21, Print

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BUSIA THURSDAY, JUNE 18, 2020

Father's Day Gift Guide: Car museum; the gift of giving; and last-minute gift ideas

Pages 16-17

www.PonteVedraRecorder.com

Beach bars open, reclose after COVID-19 concerns

By Amber Lake

As Gov. Ron DeSantis recently announced that Phase II of reopening was in effect, bars, movie theaters and entertainment venues started accepting

That very same day, a handful visitors of the restaurant and bar, Lynch's Irish Pub, reported via Facebook that they had contracted COVID-19, believing it came from the pub.

Mayo nurse, Erika Crisp, posted on June 10 that she had contracted the virus.

"Welp, Florida opened back up and my a** should've stayed home this past weekend 'cause I just tested positive for the d*** COVID," Crisp said on Facebook.

Crisp reported she believes she contracted the virus at Lynch's after a few of her friends from the same night reported symptoms, along with a couple strangers who messaged her after reading her post, telling her they were also at the bar that night and started having symptoms.

Hit Highest Level in a Decade, Hinting

Next 'Investor Massacre' May be Near."

Investor money ensnared in alleged Ponzi schemes has hit its highest level in a

decade, leading to concern that a booming

stock market and de-regulatory agenda are

pushing more fraudsters to bilk unsuspect-

ing investors. State and federal authorities

uncovered 60 alleged Ponzi schemes last

year with a total of \$3.25 billion in inves-

tor funds — the largest amount of money

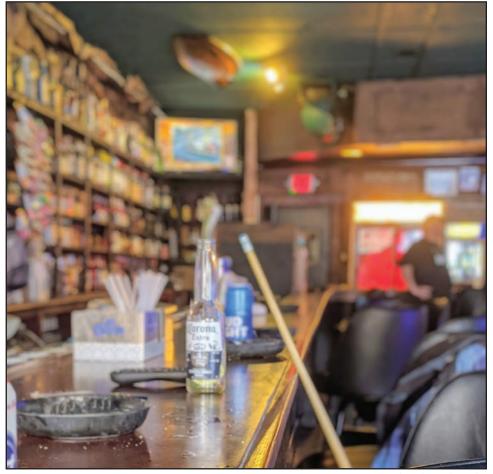
unearthed in these scams since 2010 and

"This thing clearly spread rapidly amongst us on Saturday from an unknown source," Crisp posted. "I've even received messages from other people who happened to be in the same place in different groups that they are also very sick. Clearly this thing is alarmingly highly contagious. Be safe out there y'all."

Lynch's Irish Pub announced it was closing for cleaning on June 13, due to numerous reports of customers testing positive.

Keith Doherty, owner of Lynch's, told News4Jax after 49 employees were tested, seven came back positive for CO-VOD-19 and are self-isolating. Doherty said sanitation procedures cost for the temporary closing cost about \$7,000.

Following suit, Jacksonville Beach's the Tavern and the Wreck Tiki Lounge closed their doors the following day, with Mellow Mushroom and Taco Lu soon after. In a statement released by the owner of the Tavern, the bar will be sanitizing and having staff get tested during the interim.



Pete's Bar, which has been a fixture in Neptune Beach for 87 years, reopened Friday, June 6.

The zeal is contagious and the message, convincing ... but!



Why is it that more than double the amount from 2018, people always reach according to data from the website Ponzifor the flame, but are tracker. There is ample evidence that clearly surprised when they get burned? Stated demonstrates that people are overly optimore simply, if it mistic when the economy and stock market seems too good to be is doing well (greed) and the same folks are

true, it probably is! incredibly pessimistic and skeptical (fear) So why do folks keep when the environment is bad. Therefore, falling prey to Ponzi it is not surprising to see the current rise Schemes? Accordof Ponzi schemes and subsequent victims, ing to a February 11, as the vibrant economy and stock market 2020 CNBC article titled, "Ponzi Schemes prosper. Yep ... rinse and repeat. The

> For the uninformed, a Ponzi scheme is a type of fraud where crooks take money from investors and disguise the theft by offering returns to clients from money they get from newer investors. Essentially these fraudsters rob Peter to pay Paul and pocket the rest. However, every Ponzi scheme has a fatal flaw; it will eventually implode when the stream of new money dries up, which makes me wonder why on earth the Ponzi scheme is created in the

never-ending loop of Ponzi amnesia!

first place. Nevertheless, if convicted of a Ponzi scheme one will receive a free pair of striped pajamas and a cellmate; that is for certain!

Many believe that peeps that fall for Ponzi schemes are stupid, greedy or perhaps both. However, I argue that most of the credit goes to the skill of the con man, a performer with incredible charisma and remarkable selling skills. Like most effective con men, they are not just selling dreams of making easy money, but they paint a picture, as if one will belong to an exclusive club. Moreover, the lawbreakers sell themselves as a trusted advisor that knows where to find lucrative deals. The fraudsters often target members of identifiable groups, such as religious or ethnic communities, the elderly, or professional groups. This is known as "affinity fraud." David Maurer, author of The Big Con, says that a good con man "must be able to make anyone like him, confide in him, trust him." All that's needed is a receptive audience. Of course, we all say that we are too

smart to fall for the shenanigans of a scam, but evidence reveals that many victims are highly educated and professionally successful, but they still succumb to the power of the crook. For example, a recent Bitcoin Ponzi scheme promised investors up to 7% interest per week! That is correct; not per year or per month, but 7% per week! This might have been a comforting fantasy, but it ain't reality! If 7% a week does not raise a red flag, I don't know what will. Everyone is entitled to be stupid, but some abuse the privilege.

In the end, I strongly urge you to be a die-hard skeptic akin to the author. Furthermore, let's keep our nonsense filters on high alert and keep our phony baloney glasses handy. Lastly, never forget that if it sounds too good to be true, it is indeed not true! By not participating in the "I got a great deal for you," we will not be able thrill our friends at cocktail parties, but we probably will be a lot richer in the long run.

PAPPAS continues on Page 18

Ponte Vedra Recorder · June 18, 2020





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ABOVE: In one corner of the museum dedicated to the memory of Elvis, visitors will find a pink 1957 Cadillac Eldorado Biarritz convertible.

RIGHT: This 1939 Ford **Coast To Coast attracts** a lot of interest from museum visitors.

BELOW: This 1895 **Rochet-Schneider** Roadster is the oldest car in the Classic Car Museum of St. Augustine.

Photos by Shaun Ryan







This quirky 1956 BMW Isetta microcar is one of the smallest automobiles ever built.

Classic memories on display at new car museum in St. Augustine

By Shaun Ryan

Over the years, the classic car show has become for many a Father's Day tradition. Young and old alike gather to marvel at the automotive wonders of bygone eras with a shared appreciation that transcends generation.

This year, families living along the First Coast have a chance to mark this tradition in a new way. The Classic Car Museum of St. Augustine, which opened earlier this month, will be welcoming local residents to what is essentially a permanent car show.

The museum is the brainchild of Sidney and Brenda Hobbs, who for years have sponsored car shows to benefit charitable causes.

The 30,000-square-foot building houses about 80 classic vehicles from every decade between the 1890s to 1980. The oldest of these is an 1895 Rochet-Schneider Roadster, one of only 200

Inside the museum, auto enthusiasts encounter a large, pink 1957 Cadillac Eldorado Biarritz convertible in one Elvis-themed corner, a 1952 Pontiac Chieftain with the amber hood ornament. a 1914 Dodge Brothers touring car and a tiny 1956 BMW Isetta microcar, to name a few.

The museum grew out of Sidney Hobbs' lifelong love of classic vehicles, something he shared with his father while growing up in South Georgia.

"As I got older, my dream was to have a classic car," Hobbs said. "In 1984, I bought my brother's best friend's 1961 Corvette. I still have it."

In fact, that car — which took him a decade to restore — is among those on display at the museum.

"I wouldn't sell it for any amount of money in the world," Hobbs said.

Over the years, he bought more cars and eventually his collection outgrew the available space. He rented a storage facility but outgrew that, as well.

Six years ago, he rented a 9,000-square-foot building to offer storage for other classic car owners. Within a month, it was full. The storage facility attracted members of the public who wanted to see what was parked there. At the same time, people said they wanted to have car shows and cruise-ins and charity events there.

The experience prompted Sidney and Brenda Hobbs to create the nonprofit Classic Car Museum of St. Augustine, located at 4730 U.S. 1 South. An open house was held June 6 and the turnout was large, despite the rainfall that day.

"We stopped counting at 1,000," he said. He called the public's response "humbling and overwhelming."

MUSEUM continues on Page 18

Father-daughter mission trip: Training in low-cost cataract surgery



Amit Chokshi, M.D. Florida Eye Specialists

Raising a busy teenager, sometimes you have to fly out of the country to hang with her. When my daughter Sofia and I took a mission trip last year to Querétaro, Mexico, we knew I'd be learning an important technique to help underserved

patients. We didn't realize how much it would bring us closer together as father and daughter, and how it would help shape the way she sees the world.

FOSTERING LIFELONG LEARNING

Sofia and I set out for the Institute of Mexican Ophthalmology as an opportunity for me to learn a surgical technique called Manual Small Incision Cataract Surgery, or MSICS. This technique is used to provide safe, effective, low-cost cataract surgery to



Dr. Amit Chokshi and his daughter Sofia during a mission trip to Queretaro, Mexico.

patients in low-income and underserved areas. I don't anticipate using this for my current practice, because in the United States we don't typically see cataracts so dense as

to need it. But by learning this technique, I can now deliver care to patients in need on future cataract mission trips.

At age 14, Sofia had been showing an

interest in medicine for years, but wasn't sure where it would take her. This trip was a great chance to show her that despite me being done with medical school and my residency, I'm still always trying to learn new techniques and procedures. She saw that learning is a life-long effort, and school is not the end of it. We talked about how when there are opportunities to learn, you should always be a life-long learner and better yourself with new skills. In this case, the skills were to help other people in other communities.

WATCHING SURGERY IN ACTION

By the time we arrived in Mexico, I had already received my first level of training in MSICS at a conference in San Diego. Now it was time for me to put my training in action with a mentor while Sofia learned as well. For our first two days, we would get gowned up

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Scot A Regner Achieves Milestone

Matthew R. Foxhall, CFP®, Executive Vice President, Southeast Region of Equitable Advisors, LLC, Branch Manager would like to thank and recognize the efforts of Scot A. Regner, Financial Consultant and Retirement Planning Specialist*, who has recently received Equitable Advisor's prestigous Hallmark 6 distinction.

Foxhall noted, "Only a few Financial Professionals have obtained this milestone and during his 40 years with Equitable Advisors, LLC, Scot has displayed a model of integrity with his clients, helping them toward achieving their investment and risk management goals. He is a pillar in his community and embodies all of the core values of our firm."



In order to better serve his clients, Scot has recently moved his practice to: 422 Jacksonville Drive, Jacksonville Beach, FL 32250 O: 904-899-5533

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Mission

for surgery and watch my mentor as I explained the steps of cataract surgery to us. Then she would join us as we met with patients and help as we went from room to room. The last two days of our trip, I performed the surgery while Sofia watched. It was important for me that Sofia have that chance to shadow a doctor and see surgery live for the first time. It was also the first time she saw what I did and watched me perform surgery.

Sofia was a big help during our time at the hospital as well. There was one day where my mentor—and main translator—had to leave to do another surgery. She left me in the capable hands of other teachers, but they didn't know much English, and my Spanish was at a similar level. Sofia was quick on her feet and, in the middle of surgery, used her Spanish skills and Google translate to help me get all my questions answered. The surgery went great and it was a wonderful experience for Sofia to get to use her Spanish and help in an important way.

SEEING A NEW PERSPECTIVE ON THE WORLD

The hospital we worked at is run by private funding, for people of all socioeconomic status. Everyone gets care and pays only based on what they can afford. They treat hundreds of patients everyday, so some of the waiting rooms are outside. Naturally, Sofia was shocked to see so many people needing care and to learn about how sometimes people don't get the care they need. Seeing a hospital in a different light than what we have here in Jacksonville was important for her development. The weather was hot, and we were up in the altitude. But despite the waiting rooms being packed, the hospital got through everyone by the end of the day.

I'm glad Sofia had a chance to see a little of what I do and get a feeling of how medicine is practiced, especially in other parts of the world. When we weren't at the hospital, we had a great time exploring the city and eating at different restaurants. Sofia enjoyed seeing surgery in action, learning what cataract surgery is and the basics of it. I'm not sure if she'll go into ophthalmologyshe's going into 10th grade now and is still interested in medicine, but she likes cardiology. No matter what, I'll always be grateful for the time to bond with her and show her more about medicine and the world around us.

Amit Chokshi, M.D., is a partner and ophthalmologist at Florida Eye Specialists. He is fellowship-trained in both cornea and cataracts and is a LASIK specialist. For more information on Dr. Chokshi, visit FloridaEyeSpecialists.com or call (904) 564-2020.



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Museum

Continued from 16

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er storage, the facility has a private banquet room that can seat up to 400 people if necessary. The museum is available to rent for weddings, celebrations and meetings. A 2-acre field behind the building is available for outdoor events.

Saturday morning, the museum will hold its first Classic Cars and Coffee event for local enthusiasts. Further information on upcoming events can be found on the calendar portion of the museum's website, ccmstaug.com.

Pappas

Continued from 14

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Luke List wins Korn Ferry Challenge at TPC Sawgrass



Photo provided by the PGA TOUR

Luke List wins the Korn Ferry Challenge by one shot on Sunday at TPC Sawgrass.

Luke List closed with a 3-under-par 67 to earn a one-stroke victory against Joseph Bramlett and Shad Tuten at the Korn Ferry Challenge at TPC Sawgrass. With the win, List broke a streak of 208 winless starts (62 Korn Ferry Tour, 146 PGA TOUR) since he won the 2012 South Georgia Classic on the Korn Ferry Tour.

"It's been a while since I've won, and it's been a couple months since we've played competitive golf, so it feels great — first of all, to get back playing competitively, and then to win the first week, I'm really excited," List said.

Playing in Sunday's final threesome with Bramlett and 54-hole leader Will Zalatoris, List birdied three of his first four holes to turn a one-shot deficit

into a two-shot lead. He was even-par the rest of the day, making bogey on No. 11 and birdie on No. 12, but he didn't relinquish the lead. He parred the final six holes, and a two-putt from 40 feet on No. 18 secured the win with a 12-under total.

"When the wind's up, I think the back nine is more challenging, and fortunately I was able to get off to a good start, pretty much every day," said List. "It was challenging out there today. The wind was swirling, it was gusting pretty hard, we had a lot of into-cross winds, so I'm happy with 3-under, for sure."

List has qualified for the FedExCup Playoffs each of the last four seasons.

SUDOKU

LIST continues on Page 21

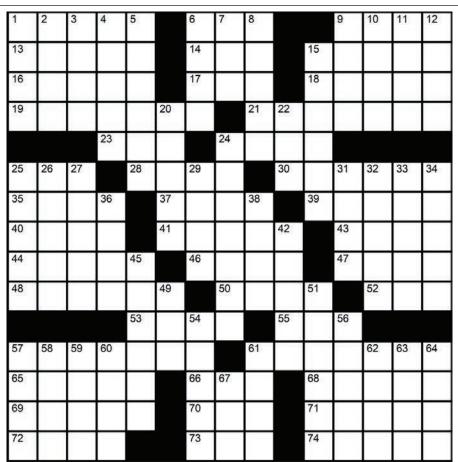
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48. *She famously **ACROSS** disliked the epony-1. Angelou and mous drink Rudolph

6. Mason's load

"Monster

or food

speaking

Ontario

favorite

proval

sour

Clay

9. Bobby Pickett's

13. Infection from

contaminated water

14. Formerly Cassius

15. Slow, musically

16. ____ Ste. Marie,

17. Bonding words

18. Like draft beer

19. *Cognac, orange

liaueur. lemon juice

21. *Tropical cocktail

23. Motion of ap-

24. *Home of pisco

25. Smoker's residue

30. *It has both white

35. Popular BBQ side

39. *Hold your drink

40. "Downton Abbey"

41. Subject of 17th

century Dutch mania

43. Cote d'Azur locale

44. Teatro alla Scala

46. Sushi selection

28. Big butte

and dark rum

37. Pea houses

aloft in honor

countess

offering

THEME: COCKTAILS

AND MOCKTAILS

- 50. Chesterfield or ulster
- 52. Bro's sib
- 53. Long and lean
- 55. Petting spot 57. *Negroni and
- boulevardier ingredi-
- 61. Time for the big bowl games
- 65. Unethical loaner's practice
- 66. Designed to guarantee equal rights 68. Cooler manufac-
- 69. #38 Down, pl.
- 70. Atlantic catch
- 71. Musical ensemble
- 72. Rodeo Drive tree
- 73. It's of the beholder 74. Rosetta Stone, e.g.

DOWN

- 1. Difficult situation 2. Antioxidant-rich
- 3. Common contraction
- 4. Kind of wrench 5. TV's popular portmanteau
- 6. Let it down to relax?
- fashioned 8. D in LED
- 9. Take-out handout 10. Nay sayer
- 47. Kind of jeans fit 11. Sun, e.g.

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box inclu les all digits 1 through 9

45. Quiets

56. Should

continent

49. Otitis organ

57. Turning point

58. World's largest

59. *To warm wine or

cider and add spices

61. Green gemstone

51. *Popular mixer, pl.

54. Brother's daughter

- people of northeast Arizona 15. *Nespolino fruit
- 20. Highly skilled
- 22. Elbow rest

12. Indiaenous

- 24. Portable lock
- 25. Fancy tie
- 26. Ski run
- 27. Sheik's bevy
- 29. *Whiskey _
- 31. Charged particles
- 32. Flip side, pl.
- 33. Binary digits code

- 34. Things on a list
- 36. "Star Trek" speed
- 38. Fodder holder 42. Eloise's residence
- 62. Burn-soothing plant

60. Junior ball

- 63. Agitate
- 64. Yesteryear 67. *First name in cola
- and grenadine

From left: JAGA **First Coast** Women's Amateur 2020 champions Tama Caldabaugh (Senior), Madison **Hewlett (Champi**onship) and Helen Short (Super Senior). Not pictured: Kim Bruce (Senior Middle).





FSU signee Madison Hewlett wins JAGA First Coast Women's Amateur

Florida State signee Madison Hewlett of Oldsmar held off the charge of Bailey Shoemaker of Dade City to capture the First Coast Women's Amateur by one shot yesterday at Jacksonville Golf and Country Club.

Hewlett posted rounds of 68-71-139 (5-under), while Shoemaker shot 72-68-140 (4-under-par).

Also, in the Senior division, Tama Caldabaugh (75-81-156) of The Plantation at Ponte Vedra successfully defended her 2019 First Coast Women's Amateur title, outlasting Therese Quinn of Sawgrass Country Club (83-73-156) in a one-hole

Helen Short (79-82 – 161) of Sawgrass Country Club claimed the Super Senior division by two shots over Sheila Brocki (78-85 – 163) of Windy Harbor Golf Club at Naval Station Mayport. Brocki was also runner-up last year.

Four back of Hewlett starting the day, Shoemaker applied plenty of pressure early in the second round, reeling off birdies on Nos. 2, 5, 7 and 8. Her hot play continued on the back nine with birdies on 12, 13 and 14. A Hewlett bogey on 13 followed by Shoemaker's birdie on 14 jumped Shoemaker into the lead by one with five to play.

The tables then turned with Hewlett recording four pars and a bogey on the home hole and her friend Shoemaker playing the last four in three over, including a doublebogey on No. 18.

Mindy Herrick, a University of North Florida senior, and Elizabeth Kondal, a Bartram Trail High School senior from St. Augustine, were the top area finishers. Herrick placed third, while Kondal tied for

The Senior Middle title went to Kim Bruce (86-88 – 174) of Eagle Harbor Golf Club. Shari Zeimetz (84-92-176) of Queen's Harbour Yacht and Country Club finished second.

Complete results for the Championship are available at www.jaxareagolf.org (click on "First Coast Women's Amateur" under the 2020 JAGA Schedule).

The First Coast Women's Amateur committee announced \$500 donations would be made to three local organizations, the Moore-Myers Children's Fund, the North Florida Junior Golf Foundation and the JAGA Scholarship Trust.

For the fourth year in a row, the First Coast Women's Amateur was an official event on the Jacksonville Area Golf Association tournament schedule, with JAGA playing a supporting role in the operation of the championship. Susie Fonde of the host Jacksonville G&CC served as this year's tournament chairwoman.

List

Continued from 20

Prior to that, his 2015 season on the Korn Ferry Tour featured three top-10s, and he earned his PGA TOUR card through the 2015 Korn Ferry Tour Finals. In 13 starts on the PGA TOUR in 2019-2020, List's best finish was T13 at the Shriners Hospitals for Children Open and he is 160th in the FedExCup standings.

Before this week, his last competitive round in a PGA TOUR-sanctioned was the first round of THE PLAYERS Championship, where he shot a 2-under 70 and was T37 before the tournament was canceled.

"The last time I was here was for THE PLAYERS and I was playing pretty well. I tried to just carry that [momentum] into the restart," said List, who will travel to Hilton Head and play in the RBC Heritage on the PGA TOUR next week. "Obviously, I would have loved to have been at Colonial. but I'm glad I was here this week. It was really a perfect storm to be here and I'm just excited for the rest of the year."

Bramlett was one of two players that made late charges, only to fall one shot short. In his bid to become the just the second African American to win on the Korn Ferry Tour, Bramlett birdied No. 16 to pull within two, and then he

rolled in a 12-foot birdie putt on No. 17, the toughest hole of the week, to cut the deficit to one. However, he was unable to force a playoff, as he missed a 30-foot birdie putt on No. 18 to finish with a final-round 68 and an 11-under

"I gave myself a chance to win, I was right there on a pretty big stage here on the Korn Ferry Tour," said Bramlett, who will stay in Northeast Florida and compete in this week's King & Bear Classic at World Golf Village in St. Augustine. "It gives me added confidence and experience being in the last group and feeling those nerves again, knowing I can come through when I need to. Hopefully I can keep building on it this summer."

In addition to Bramlett, Tuten made a late comeback and finished tied for second at 11-under. The 27-year-old from Naples was 4-under on Nos. 14-18, a five-hole stretch that included three of the eight hardest holes on the week. He closed with a 3-under 67 and finished runner-up in just his seventh start on Tour.

Nicholas Lindheim carded the day's best score, a 4-under 66, and he finished at 10-under and tied for fourth with Kristoffer Ventura. Zalatoris started Sunday as the leader for the first time on Korn Ferry Tour, and his final round included 17 pars and a bogey on the par-5 16th. He finished at 9-under and tied for sixth with Lee Hodges.



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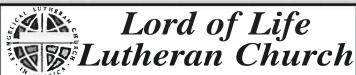
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