

Your Community Voice for 50 Years

PONTE VEDRA



Recorder

January 21, 2021

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75 cents

Not your average newspaper, not your average reader

PonteVedraRecorder.com

COUNTING THE DAYS



Representatives from First Tee, the PGA TOUR, Duval County Public Schools, the City of Jacksonville and THE PLAYERS hit ceremonial tee shots to officially kick off the 50-day countdown to THE PLAYERS during an open house and clinic for First Tee of North Florida on Monday, Jan. 18. For more, go to page 4

Photo provided by the PGA TOUR

What's Available NOW On

Schneider Eye
WILSON CENTER

INSIDE: CHECK IT OUT!

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

Recorder **WHO'S WHO IN Health care**

Local hospitals and distribution of COVID-19 vaccine

Who's Who in Health care

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Get Organized in 2021

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Send us your news

We welcome submissions of photos, stories, columns and letters to the editor. Let us know what's happening. Email submissions to pvrecorder@opcfla.com or bring them by our office at **1102 A1A N., Unit 108, Ponte Vedra Beach**. Submissions may be published in the paper, on our website or on our social media platforms.

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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 pvrecorder@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.

ADOPT A PET



DOG OF THE WEEK

Hello, my name is Watson. and I am a 6-year-old neutered male tree-walking coonhound. I would like to talk to all of you outdoorsy humans. I LOVE to be outside! It would be so fun to go run, walk, play and go on adventures with you. Now hold on, I am not fond of cats, but that's OK, we don't need them anyways (psssst ... they're lazy, but you didn't hear that from me). So come on down and meet me. I am sure we can keep each other motivated and active, and be the best of friends. #56980

CAT OF THE WEEK: There are no cats at this time, but that always changes.

Any new pet being introduced to a new home will need time to adjust to its new environment. Please reinforce house training and behavioral training, and be mindful of interacting with other pets.

St. Johns County Pet Center

Cat adoptions are \$30 for males and \$40 for females. Dog adoptions are \$45 for males and \$60 for females. Adoption fees include microchipping, neutering/spaying, rabies vaccinations and shots. The Pet Center is located at 130 N. Stratton Road in St. Augustine, off U.S. 1 between County Road 210 and International Golf Parkway. Business hours are Tuesday through Friday 9 a.m. to 4:30 p.m. and Saturday 9 a.m. to 4 p.m. The center is closed to the public on Sunday. On Monday, the office is open by appointment only to claim a lost pet. **For more information, please call the St. Johns County Pet Center at (904) 209-6190.**

BRIEFS

St. Johns County COVID-19 vaccination appointments do not require payment

St. Johns County encourages those registering for a COVID-19 vaccination appointment to remain cautious of scams that contain misleading information or links to websites requiring payment.

If you encounter a website requiring payment information to book an appointment, it is not the official St. Johns County COVID-19

vaccination registration page. Florida Attorney General Ashley Moody released the following tips to help avoid COVID-19 vaccine-related scams:

- Know that anyone asking for money in exchange for an appointment is a scam
- Check with county health departments for local vaccine distribution guidelines
- Be wary of any website where pop-up ads solicit a vaccine appointment
- Look for "https" or a padlock icon in the

BRIEFS continues on Page 8

PUZZLE SOLUTIONS

S	W	I	S	H	S	H	A	L	P	S			
C	A	N	T	O	L	E	I	C	R	O	R	E	
A	R	D	O	R	U	R	N	H	I	K	E	R	
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P	L	A	I	T	E	R	A	A	C	T	I	N	
S	E	R	B	W	A	G	S	H	E	E	T		

5	1	3	7	2	4	8	6	9
6	2	4	9	5	8	1	7	3
9	7	8	3	6	1	2	4	5
4	9	1	2	3	6	7	5	8
8	6	5	1	4	7	3	9	2
2	3	7	5	8	9	4	1	6
1	8	9	6	7	3	5	2	4
3	5	6	4	1	2	9	8	7
7	4	2	8	9	5	6	3	1

Solutions correspond to last week's puzzles.



Spark Curiosity

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Water improvement project to begin soon on Ponte Vedra Boulevard

By Shaun Ryan

Work is expected to begin soon on a water improvement project along Ponte Vedra Boulevard and be finished in November. The project area is between Corona Road and Pablo Road. It also includes about 800 feet of Solana Road between the boulevard and Rutile Drive.

Actual work on the project will be carried out between 8 a.m. and 6 p.m. weekdays, during which the boulevard will be reduced to a single lane of traffic in places, according to JEA officials who presented the plan Monday, Jan. 11, before the Ponte Vedra Beach Municipal Service District Board of Trustees.

The duration of the project is 300 days, though a financial incentive has been made to the contractor if it can be completed early.

“The whole objective is to be done with this job in its entirety prior to the 2021 holiday season, which would essentially kick off with Thanksgiving and the other holidays that follow,” said David McDermet, JEA project manager and engineer.

Steel plates will be made available should residents need them to access or exit driveways. The work zone will be entirely cleaned up each day by 6 p.m., at which time both lanes will be open.

There will be no work performed on most JEA holidays or during THE PLAYERS, scheduled for March 5-15.

The project will probably commence at

the south end.

The plan is to install a new 12-inch main beneath the northbound lane along the length of the project area, replacing three other pipes that have reached the end of their useful lives, particularly a six-inch line that supplies water to homes on both sides of the street. There have been issues with low water pressure and

line breaks.

“That six-inch line, I believe, has been there for more than four decades,” said McDermet. “So, it’s definitely needing to be replaced.”

In all, 9,000 feet of pipeline and 167 water services will be installed.

WATER continues on Page 8

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COLLECTION



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Linda Ostoski | 904.422.1098
LindaOstoski@WatsonRealtyCorp.com



OCEAN VILLAGE
\$350,000

Enjoy tranquil, beachside living in this low-maintenance townhouse. This unit offers over \$15,000 in updates, including a new roof, floors, windows, electrical, plumbing, kitchen, & bathroom. Features 2 bedrooms, 1.5 baths, & an east-facing patio. Community includes a pool, oceanfront clubhouse, & private beach entrance. MLS 1041698

Jim Zeller | 904.772.5592
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LAS BRISAS
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Live the dream on the beach! This well-kept condo offers one carport parking spot, a kitchen with great cabinet space, & a private balcony overlooking the community pool, dunes, & ocean. Tile floors make beach living simple, & high windows & ceilings bring the outside in. Make this your beach getaway today! MLS 1075667

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BarbaraMaple@WatsonRealtyCorp.com



ANDALUSIA
\$389,000

Beautiful 5-bed, 4-bath home situated on a fenced preserve lot on a cul-de-sac. Offers 2,906 SqFt, a bonus room, 3-car garage, paver patio, & screened lanai. Loaded with upgrades, including a gourmet kitchen with granite countertops, double ovens, walk-in pantry, wood-look tile floors, updated cabinets, crown molding, & much more. MLS 1089482

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Lunch on the Links brings world of golf to students

THE PLAYERS Championship, in partnership with First Tee — North Florida, hosted an open house and clinic on Monday, Jan. 18, for Duval County middle school students in order to introduce them to First Tee's programming and offerings.

Held on Martin Luther King Jr. Day, the Lunch on the Links answered a question asked by the iconic civil rights hero: "What are you doing for others?"

As a result of THE PLAYERS' charitable giving to First Tee — one of the tournament's longest-served charitable beneficiaries — the youth-development organization has created a plan to introduce golf and its character-building programs to more diverse young people and communities.

New in 2021, First Tee — North Florida is collaborating with Duval County Public Schools to launch "Rising Leaders of Jax."

This program introduces 30 middle school students to the game of golf, using it as a vehicle to empower them to build inner strength and life skills they can carry to everything that they do.

The free, one-year accelerated program will use First Tee's curriculum and will include students selected from schools within close proximity to Brentwood Golf Course, where their instruction and mentorship will take place.

An alumnus of the Duval County school system, Mombo Ngu, has experienced firsthand the critical role First Tee played in her development as a person and a leader, both on and off the golf course.

"Throughout my life, I have faced difficulties that I believed I couldn't overcome," said Ngu. "First Tee has always been a key factor that has helped guide me through it all. The coaches and mentors have taught me that giving back to the community is crucial, and to be a power for good for at least one person makes everything worthwhile."

A graduate of Darnell Cookman Middle and High School, Ngu is now a sophomore at the University of Florida studying sociology with a pre-medical track.

She spent more than 10 years with First Tee — North Florida as a participant and continues to be involved, serving as a coach with the organization when she is home from college. During her time with First Tee, Ngu was selected for multiple First Tee National Opportunities, including the Joe Louis Barrow Jr. Life Skills and Leadership Academy and the John Deere Power for Good Scholarship.

During the open house, the middle school students had the opportunity to chat with First Tee — North Florida alumni like Ngu, as well as staff members and current participants. In addition, stations were set up on the range and putting green, affording the students the opportunity to take a few swings of their own.



FROM LEFT: Greg McLaughlin, CEO of First Tee; Len Mattiace, PGA TOUR winner and First Tee — North Florida ambassador; Diana Greene, superintendent of Duval County Public Schools; Ju'Coby Pittman, City of Jacksonville Council member, District 8; Charles Moreland, City of Jacksonville director of community and international affairs; and Jared Rice, executive director of THE PLAYERS.

PGA TOUR winner and First Tee — North Florida ambassador Len Mattiace, alongside First Tee alumnus and current PGA TOUR employee Drake Mosley, were present to share swing tips and advice with the students.

Lunch was provided courtesy of Firehouse Subs, a longtime food partner of THE PLAYERS.

After Ngu shared her story with the attendees, leaders from First Tee, THE PLAYERS, City of Jacksonville and Duval County Public Schools addressed the group. Among the speakers were First Tee CEO Greg McLaughlin, THE PLAYERS Executive Director Jared Rice, Jacksonville City Councilwoman Ju'Coby Pittman (District 8) and Duval County Public Schools Superintendent Diana Greene.

"Take advantage, young people, of this opportunity of learning the game of golf," said Greene. "Because not only will you learn the game of golf, but you'll learn the game of life."

The open house concluded with ceremonial tee shots to officially kick off the 50-day countdown to THE PLAYERS.

"Today's open house is a testament to the unifying power of golf," said THE PLAYERS Executive Director Jared Rice. "To have representatives from the City of Jacksonville, Duval County Public Schools, First Tee and THE PLAYERS all come together united by a mission to introduce more kids to the game is what drives THE PLAYERS to continue to support First Tee and its programming each year. First Tee is building game changers, in golf and in life, and we are honored to continue supporting its mission."



Duval County middle school students hit putts during an open house and clinic for First Tee.



University of Florida sophomore Mombo Ngu discusses her experiences as a longtime participant in the First Tee of North Florida program during an event Monday, Jan. 18.

Photos provided by the PGA TOUR

Korean War letters reveal another side to Ponte Vedra Beach pioneer Ebbie LeMaster

By Vic DiGenti
Special to the Recorder

Anyone who has lived in Ponte Vedra Beach for any length of time probably knows the LeMaster name. And many of them also knew Ebbie LeMaster.

Edward (Ebbie) LeMaster served as president of the Ponte Vedra Inn & Club from 1960 to 1972, helping to grow a 13-mile strip of undeveloped beachfront into one of the more notable resort communities in the United States. But before he served his community, Ebbie served his country during the Korean War. He documented his wartime experiences with hundreds of letters, mostly addressed to his mother, Jeannette LeMaster.

Like most servicemen and women in combat zones, his correspondence related stories of homesickness, boredom, close calls and survival. His letters provided a perspective into ordinary men caught in extraordinary circumstances during what has been called “The Forgotten War.”

LeMaster saved all of the letters and other mementos collected during that time, but they gathered dust after his death in 2005. Recently, however, his widow, Harriet LeMaster, and daughter, Katie, decided to preserve Ebbie’s war history in a commemorative book for their family. The resulting volume, titled “Love, Ebbie: Edward LeMaster’s Korean War Letters,” mixes the history of the era with a young man’s poignant letters while far from home.

Ebbie enlisted in the Air Force on September 12, 1950. Devoted to his mother, he wrote her almost daily during his basic training and deployment to Kadena Air Base on Okinawa, where he served as a radio operator aboard B-29 bombers. Through his letters home, he supplied the family with an intimate view of his Air Force experienc-

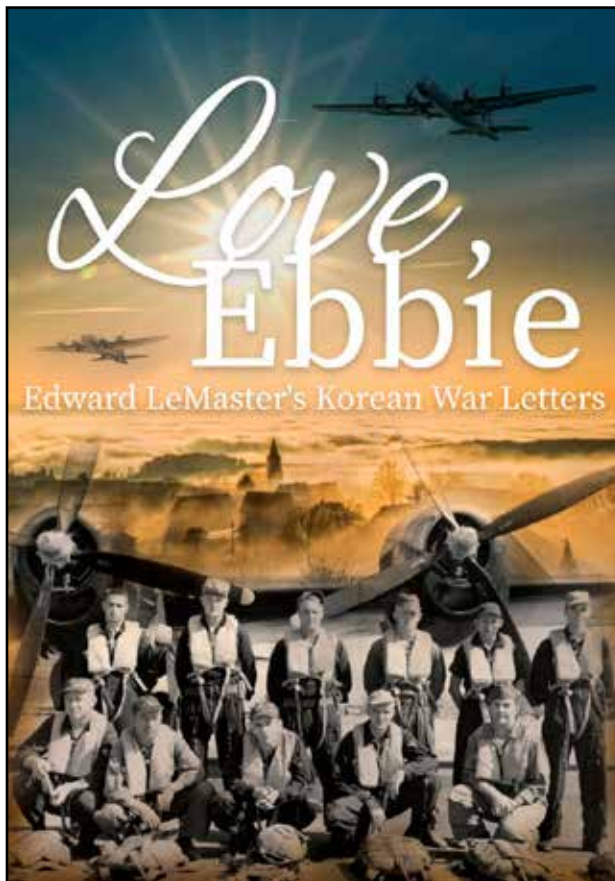


Photo provided by Vic DiGenti

The commemorative book “Love, Ebbie,” written by Vic DiGenti, records letters written by legendary Ponte Vedra Beach resident Edward “Ebbie” LeMaster during the Korean War.

es, including details of how he survived a tragic accident on one of his missions.

Returning from a bombing run over North Korea on

October 31, 1952 — Halloween night — Ebbie’s B-29 lost power and crashed into the East China Sea. Eleven crew members perished, and only Ebbie and two other airmen survived the crash. Shortly after the accident, Ebbie described what happened, telling his mother the plane had lost two engines and dropped from about 8,000 feet down to 500 feet.

“... and then the plane seemed to straighten out and was doing pretty good on the remaining two engines. I was pretty busy for the next few minutes trying to get a distress message out, so I cannot say how long we remained at that altitude before the third engine went out. The old gal seemed to shudder all over at that time, so I stood up and braced myself on one of the gun turrets just before Capt. Harvey rang the alarm bell and said we were going to ditch. The tail seemed to drag for a minute, and then we crashed in the water, nose down with a terrific impact. Air/Sea Rescue saw us going down and said we hit a twenty-foot wave head-on. The next thing I knew, I was sitting on the top of the plane, and one of the gunners was yelling at me to jump.”

Ebbie went on to describe his rescue from the frigid waters and the extent of his injuries. He kept his family informed throughout his hospital stay and beyond, until his discharge in September 1953.

Despite this dramatic experience, Ebbie’s wartime story is not an uncommon one. Examples abound of such correspondence in every war where men fought and died for their country. There are probably tens of thousands, if not millions, of households with boxes of similar letters from veterans who have served in World War II, Korea, and Vietnam. What is uncommon is the decision and effort Harriet and Katie LeMaster made to preserve Ebbie’s

LEMASTER continues on Page 11



Photo provided by Old City PR

St. Johns County school transportation workers receive breakfast sandwiches from Waffle House.

Waffle House thanks school transportation workers with sandwich donation

In a show of appreciation for the St. Johns County School District’s transportation professionals, Waffle House recently donated 500 breakfast sandwiches to the department.

The Transportation Department plays a critical role in students’ education — it ensures that children and youth get to and from school safely.

The pandemic has created extra challenges for these professionals. They must oversee assigned seating, safety protocols such as face coverings and increased sanitation efforts.

“Our team of transportation professionals — bus operators, attendants and mechanics — are exceedingly focused on the safety of children — especially during these challenging times of the COVID-19 pandemic,” said Alfred A. Pantano, director of transportation for the district. “We

are appreciative of Waffle House’s incredibly kind donation during the holiday season to show our staff how much we value their hard work and sacrifices.”

On Dec. 18, Waffle House staff from the restaurant’s 2729 State Road 16 West location, along with Waffle House’s regional vice president, Corey Pollack, and District Manager Steve Berlofsky, delivered the breakfast sandwiches to the school district’s Transportation Department’s Operations Center.

“We actually had some sandwiches left over because Waffle House was so generous with their donation,” said Monica Thurston, bus operator and recruiter for the department. “I ended up bringing what was left to St. Gerard Campus, a nonprofit here in St. Augustine. It was amazing to continue to pay it forward — especially around the holidays.”

Raymond Bova is the managing partner of Carrabba's Italian Grill, Baymeadows, and has been with the restaurant company for 20 years. He lives in Ponte Vedra Beach.

Raymond Bova



Photo by Holly Tishfield

As told to Holly Tishfield

Can you please briefly tell us about your background?

I have been in restaurants since the age of 16 for a combined total of 38 years; you can do the math on my age. Some of my greatest memories of my formative-restaurant years was when I was employed for the Alhambra Dinner Theatre. I started as a pot washer at 16 and finished working backstage as a property master before I left in 1997. I started with Carrabba's in 2000 and just celebrated 20 years with 'em!

What are some of the challenges that your industry/company is facing?

Obviously, the biggest challenge now is the covid crisis and how it has affected how people decide to eat out or use carry out. Restaurant "traffic" was already in decline in our industry with the younger consumers more geared towards delivery by us or third party companies such as Doordash, Grubhub etc.

What are your primary roles/responsibilities?

I am the managing partner and I oversee the entire restaurant at Carrabba's Baymeadows. Our motto at Bloomin' Brands is we are a company of restaurants and not a restaurant company. Johnny Carrabba was the original partner at our first location in Houston, and every Carrabba's has its own managing partner who is the owner in every sense of the word.

What do you enjoy most about living in the North Florida area?

I love the weather, the people, my beloved Jags and, for most part, we don't have the traffic and congestion of other larger cities like Jacksonville.

What do you like to do in your free time?

I like to spend my free time working out at Baileys Jax Beach. I made a health decision back in 2017 to improve my diet and health. I have lost over 60 pounds of body fat and feel great. We only get one body on the ride called life!

MULLIGANS SHOWS SUPPORT FOR MARINE TOYS FOR TOTS



Photo provided by Anna Washington

The Marine Toys for Tots receives a check from Mulligans Pub as part of the Mulligans Charity Tap Takeover. Mulligans donated \$1 for every draft beer sold in the months of October, November and December to the Marine Toys for Tots for the organization to help less fortunate children during the holiday season.

Wish you were
HERE

Almost won the 9-ball tournament in The Hatch Bar, but Miriam defied the laws of billiards physics with a triple bank shot that beat me – again. Hey! 2nd Place in Paradise is still Paradise!

Wish you were here!
Joe

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Oceanfront Beach Escape

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Intracoastal Luxury Condo

Located in the private gated community of Marina San Pablo, this 6th story luxury condo offers a convenient location, resort style amenities, and phenomenal views of the marina and Intracoastal Waterway along with a 20x50 boat slip. **3 bedrooms, 3.5 baths \$699,000**



Atlantic Beach Retreat

Ideally located in Atlantic Beach, this 3-story town-home is only two blocks away from the ocean as well as the Beaches Town Center. Enjoy the home's rooftop deck or the easily maintained backyard oasis complete with a 6-ft privacy fence, covered patio, and relaxing hot tub. **3 bedrooms, 2F/2H bathrooms \$810,000**



Pristine Waterfront

Immaculately maintained home located on a cul de sac on the largest lake in Marsh Landing features a spacious floor plan, first floor master, and expansive 180-degree water views showcased throughout. **4 bedrooms, 4.5 bathrooms \$1,150,000**



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OBITUARIES

Carol F. Dinan

Carol F. Dinan from Ponte Vedra Beach, FL passed away peacefully on January 12th, 2021 at the age of 84 surrounded by her family. Carol was born on November 21, 1936 in Perth Amboy, NJ to Mae and Andrew Fedor. Upon graduation from Perth Amboy High School in 1954, she went on to work for General Motors for a short time. There, she met the love of her life John V. Dinan Jr. whom she spent 59 wonderful years married to. Carol is predeceased by her husband John, her son Mark, her brother Eugene Fedor, her mother Mae and her father Andrew. She is survived by her loving children Laura (Dave), John V. Dinan III, granddaughter Lindsie, as well as many nieces, nephews, extended family and friends who loved her deeply.

A memorial mass will be held in her honor on Friday, January 22, 2021 at 11 a.m. at St. Paul's Catholic Church in Jacksonville Beach, FL. In lieu of flowers, donations can be made in Carol's name to the St. Vincent DePaul Society at 224 5th St., Jacksonville Beach, FL 32250. 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
Phone: 904.249.1100 Fax: 904.241.7554

J. Walter Goetz

J. Walter Goetz, 98, passed away January 15, 2021. He was born October 19, 1922 in Albany, New York. He graduated from Lafayette College and received his bachelor's degree in chemical engineering in 1944. He started his career with Shell Refining in Louisiana, then was drafted into the army where he served for the remainder of WW II. He met his wife,



J. Walter Goetz

Lois M. Moeller, while on duty at Ohio State University marrying her in 1948. Following his discharge, he joined Union Carbide Corp in Manhattan NYC. He worked with UCC for 35 years retiring as Director of Corporate Communications, Worldwide.

Walter and Lois started their life together in Levittown, LI NY and later moved to Ossining, NY where they raised 3 children. They retired to Ponte Vedra Beach, FL in 1987, living first in Saw Grass and then in Vicars Landing.

Walter was a dedicated family man and greatly enjoyed spending time with them. His next love was playing golf with Lois and his long-time golfing partners. Walter was a competitive sportsman. He enjoyed playing and watching any sport with a ball involved. He played basketball weekly at the Westside Y in NYC during many of his working years. He enjoyed playing cards, keeping current with the chemical industry, listening to lively music, and being with people. He greatly appreciated the people who provided care for him in the latter part of his life. He supported the veterans, the Alzheimer's Associations, his college and his church, Palms Presbyterian, Jacksonville Beach. He took pride in his appearance and was known as the best dressed man at Vicars Landing.

Walter is survived by children, Lisa Goetz, Heidi Dukes (Darrell), and Eric Goetz (Cindy); grandchildren, Stephen, Jennifer and Kristin; great grandson Owen, and brother, Paul Goetz. His loving wife of 66 years, Lois, and sister, Dianne Hubbard predeceased him.

A celebration of life will be held at a later time.

In lieu of flowers, donations may be made to the Community Hospice & Palliative Care, 4266 Sunbeam Rd, Jacksonville, FL 32257 or to the Vicar's Landing Scholarship Fund, 1000 Vicar's Landing Way, Ponte Vedra Beach, FL 32082. Please visit the online Tribute at www.quinn-shalz.com. Arrangements by Quinn-Shalz Family Funeral Home.



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Edward J McAndrew

Edward J McAndrew, 95, went to his heavenly home on January 15, 2021.

He was born on March 20, 1925 in New York City. Ed grew up in the Bronx, New York and raised his family with his wife Agnes in Staten Island, New York. He spent his retirement years in Rocky Point, New York, Fort Myers, Florida and resided the last 15 years in Ponte Vedra Beach, Florida.



Edward J McAndrew

Ed proudly served his country in the U.S. Army from 1945 to 1947 as an MP in Times Square, New York City. After marrying Agnes, the love of his life, in 1949, he attended Art School and Pace University and became the Treasurer for D.F. Young in New York City. More than anything else Ed enjoyed family gatherings with good food, good singing and good storytelling. He especially loved to entertain the children in the family with his famous Mary and Jane stories.

Ed is survived by his loving wife of 71 years, Agnes; sons, Kevin (Laura), and Edward (Anita); daughters, Patricia (Thomas) Donahue, Maryann (Anthony) Traina, Karen (Jose) Feliciano; grandchildren, Kristen, Kara, Kaitlin, Alison, Matthew, David, Emma, Meredith, Jaclyn, Edward, Bridget and Joseph; great-grandchildren, Joanna, Erin, Charlie, Miles and Reid. He is also survived by nieces and nephews who lovingly called him "Uncle."

A Celebration of Life will be held at a later date. 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
Phone: 904.249.1100 Fax: 904.241.7554

Carolyn A. Brown

Carolyn A. Brown, 75, of Jacksonville, Florida, died Jan. 12, 2021. Arrangements by Quinn-Shalz Family

Funeral Home & Cremation Centre, (904) 249-1100. www.quinn-shalz.com.

Kenneth J. Brynteson

Kenneth J. Brynteson, 67, of Jacksonville, Florida, died Jan. 10, 2021. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre, (904) 249-1100. www.quinn-shalz.com.

Carol Houghton

Carol Houghton, 74, of Jacksonville, Florida, died Jan. 9, 2021. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

Karen Maly

Karen Maly, 78, of Ponte Vedra, Florida, died Jan. 15, 2021. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

Peter E. Palko

Peter E. Palko, 70, of Jacksonville, passed away January 12, 2021. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre (904) 249-1100. www.quinn-shalz.com.

Bhikhubhai Nathubhai Patel

Bhikhubhai Nathubhai Patel, 74, of Jacksonville, Florida, died Jan. 12, 2021. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre (904) 249-1100. www.quinn-shalz.com.

Eugene Thomas Sharrit

Eugene Thomas Sharrit, 93, of Jacksonville, Florida, died Jan. 18, 2021. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. (904) 249-1100 www.quinn-shalz.com

Russell L. Thrift

Russell L. Thrift, 26, of Jacksonville Beach, Florida, died Jan. 9, 2021. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre, (904) 249-1100. www.quinn-shalz.com.

Edward William

Edward William, 79, of Ponte Vedra Beach, Florida, died Jan. 11, 2021. Ponte Vedra Valley Funeral Home, Cremation Center & Cemetery – (904) 285-1130 – www.pontevedravalley.com

Briefs

Continued from 2

website name to ensure that you are on a secure website.

■ Report suspicious solicitations or COVID-19 vaccine-related advertisements to the Attorney General's Office by calling (866) 9NO-SCAM (966-7226) or going to MyFloridaLegal.com.

The direct link to the St. Johns County COVID-19 vaccination registration page is tinyurl.com/y52tcoaz. For more information, call the St. Johns County COVID-19 Vaccination Hotline at (904)

295-3711 or go to www.sjcfl.us/coronavirusvaccinations.

Hastings Branch Library to close for maintenance Feb. 2-5

The Hastings Branch Library will be temporarily closed for routine maintenance from Tuesday, Feb. 2, through Friday, Feb. 5.

During this closure, no items will be due and patrons will not accrue late fees.

Patrons may take advantage of multiple online resources, including e-books and newspapers, at www.sjcpls.org. For more information regarding this closure, call (904) 827-6925.

Water

Continued from 3

At the completion of the project, the boulevard will be repaved, and landscaping and driveways in the right-of-way will be restored.

Sprinkler heads, mailbox damage and anything that requires immediate repairs will be done quickly, according to Greg Corcoran, JEA manager for Project Outreach. He encouraged residents to contact JEA at 665-7500 or email projectoutreach@jea.com with any concerns.

"With the number of houses that have been remodeled and rebuilt, that's the need for this larger water line," said Board of Trustees treasurer Gary Jurenovich.

There is some concern that parallel roads will see an increase in traffic as motorists seek to avoid the construction. This would include San Juan Drive, Le Master Drive and Rutile Drive. Residents in those areas should receive notifications before work begins.

Residents can see slides from the Jan. 11 presentation and follow the project's progress at jea.com/pvbwip.

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

"Plant dreams, pull weeds, and grow a happy life!"



Kathy Esfahani
Columnist

GARDEN DECOR

A fun way to spruce up your landscaping aside from plants and flowers is with gardening decor! From store-bought, to DIY, there are many ideas and themes to create around your garden's landscap-

ing. Many popular ideas for garden decor can be created from materials you have at home and can be a fun weekend project.

Planters: We touched on planters a few weeks ago and how to create them. You can use all types of vessels for a planter, such as an old pallet for an herb or succulent garden or spare colored tires built up and arranged for display. You can also use planter boxes under windows to create a beautiful look. Planters can be added within your garden or framing a front door, driveway and more.

Decor to attract: Many types of decor and feeders can attract animals to your garden! Bird feeders and houses can attract a variety of birds and hummingbirds into your garden! They will keep coming back as you are a consistent source of food. You can also use a bird bath to bring



flyng friends into your yard. Butterflies will also be attracted to bright colors in the gardens, in addition to planting their favorite smelling flowers.

Ornamental: Garden ornaments can add vast color and uniqueness to your garden. From stepping stones and lawn gnomes, to wind chimes and sundials, let your personality shine through with your ornamental decor!

Structures: Some of the most popular enhancements are paver pathways and firepits, pergolas growing with flower vines, koi fish ponds and waterfall fountain features to add a relaxing vibe to your back patios, creating your own personal oasis.

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

Kathy's Creative Gardens & Nursery is located at 196 N. Roscoe Blvd. in Ponte Vedra Beach. (904) 655-7373



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Nocatee to add new amenities

Park, 14-acre pond and waterpark enhancements planned for 2021

Nocatee continues to add to its amenities, with several planned for 2021. Here's a look.

WEST END PARK

When it opens this spring, West End Park will have features to accommodate all families. It will have large, shaded playgrounds and an open-air pavilion. There will be both small and large dog park spaces.

Access to the park will be easy with plentiful sidewalks, EV parking and bike racks that are ideal for active families looking to walk, run, bike or play in the community park.

West End Park will be nestled between the West End at Town Center neighborhood and the new Baptist Health Place.

SETTLER'S POND

Settler's Pond is slated to open this summer. It will feature a recreational area anchored by a 14-acre pond that will be stocked for fishing.

Outdoor enthusiasts will be able to use non-motorized water vehicles, such as kayaks, paddleboards and canoes to reach the pond's best fishing spots.

There will be a large shaded playground and a lakefront pavilion with restrooms conveniently on site. Also featured are small and large dog park spaces. Settler's Pond will include a walking trail to the new Settler's Landing neighborhood and a walking trail to the new K-8 school. EV parking and bike racks will also be available.

Settler's Pond is nestled between the Settler's Landing neighborhood and the new school, which is set to open this fall.

SPLASH AND SPRAY WATERPARK

Enhancements to the waterparks are also planned. A dueling head-first mat slide, a two-person tube slide, an adults-only serenity pool and a new family pool will all be included.

NOCATEE HAPPENINGS



NOCATEE FARMERS MARKET OPENS 2021 SEASON

Nocatee Farmers Market first event of 2021 was held Saturday, Jan. 16, at Nocatee Station Field. Residents, guests and visitors were able to enjoy shopping from more than 60 local vendors and live music from Dustin Monk and The Hustle.

Photos by Susan Griffin



Photo provided by Vic DiGenti

Ebbie LeMaster served as an airman during the Korean War.

LeMaster

Continued from 5

slice of history with a commemorative volume for their family and friends. Katie worked with local writer/publisher Vic DiGenti (Windrusher Hall Press) to assemble all the correspondence, photographs, and associated materials into a compelling and attractive book worthy of her father's legacy.

And it's a legacy worth remembering. In a February 1982 Ponte Vedra Recorder article on Ponte Vedra Pioneers, LeMaster told reporter Dennie Carter that he joined the staff of the Ponte Vedra Club in 1953 because his father told him, "You have a nice smile the guests should like, and I sure need someone to run those wild cows off the golf course."

They managed to round up around 300

cows, he said, and then fenced in the golf course. From that point on, The Ponte Vedra Club became the center of Ebbie's world. His father, Josiah LeMaster, had been the longtime manager of the fledgling club for Stockton, Whatley, Davin, and Company. But when his father retired after suffering a heart attack, Jim Stockton offered the presidency to Ebbie, who thought he was too young at age 31. After he accepted the position, and Ponte Vedra — all 13 miles of oceanfront and one mile inland — was purchased by the General American Oil Company of Dallas, Ebbie stayed on as president. During his 12 years as president, Ebbie LeMaster helped grow both the Inn & Club and the Ponte Vedra community. In the 1982 Recorder article, he stated that he wanted to start selling waterfront lots on the north end for \$30,000. "Much too high," the General Oil management told him. "Really improper." But

Ebbie persisted, and as soon as he sold the first few, he increased the price to \$50,000, receiving the same "Really improper" comment. But those lots were also quickly purchased.

Even after he left the Inn & Club and became president of the Sea Pines Resort Company of Hilton Head Island, he remained an integral part of the Ponte Vedra community where he is given credit for helping to establish the zoning laws. Ebbie LeMaster lived a life of continued service, full of accomplishment and love for his family. And now, his family is returning the favor with "Love, Ebbie: Edward LeMaster's Korean War Letters." As his daughter, Katie said, "Although 'Love, Ebbie' highlights and preserves an important period in my father's life, the book also commemorates and honors all those who served, particularly the nearly 40,000 Americans who died in action in Korea."

JANUARY 21, 2021

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PONTE VEDRA

Recorder

WHO'S WHO IN Health care



Local hospitals
and distribution of
COVID-19 vaccine

Physical activity guidelines for
children, adolescents and adults

Help save lives during
National Blood Donor Month



Column: Healthy heart resolutions for 2021

Hospital CEO offers update on COVID response

By Shaun Ryan

If a COVID-19 vaccine by Johnson & Johnson performs well in clinical trials and wins FDA approval, there will be a new weapon in the arsenal to battle the pandemic.

“In February, we expect to get emergency use authorization for J&J’s (vaccine) in what I think is going to be a game-changer, because it’s one shot; it doesn’t require a regimen of two,” said Flagler Health+ President and CEO Jason Barrett.

Barrett spoke about the issue during a Jan. 11 virtual meeting of the St. Johns County Civic Roundtable.

Currently available vaccines require patients to return for a follow-up inoculation.

But a greater challenge to getting people vaccinated is the limitations of the supply chain. St. Johns County has received three disbursements since the end of December, a total of 4,300 doses. Appointments to receive the vaccine were filled very quickly; the last round, which opened Jan. 14, was filled within the first hour of availability.



Jason Barrett, Flagler Health+ president/CEO

At this time, vaccines are reserved for healthcare personnel with direct patient contact, long-term care facility residents and staff, people over 65 years of age and those deemed by hospital providers to be

extremely vulnerable to COVID-19.

Ultimately, as vaccines become available, they may be offered to the general populace.

Barrett said Flagler Health+ is in close coordination with the state Department of Health and Florida Surgeon General Scott A. Rivkees. In speaking with the governor’s office, Barrett said the local hospital was willing to serve as a mass-vaccination site.

“We can mobilize, and we can provide the mass vaccinations once we have the distribution,” he said.

He said the hospital is equipped to handle both brands of vaccine currently available. The Pfizer vaccine requires special refrigeration at —70 degrees. The Moderna vaccine requires only standard refrigeration.

In the meantime, health officials are learning how better to meet the challenges posed by the coronavirus.

“We are very much more knowledgeable of how to treat these patients in a way we didn’t before,” Barrett said.

Fewer are ending up on ventilators, with

other strategies replacing them.

Florida has had the third highest number of cases among the states. At the beginning of the outbreak, the Sunshine State fell far behind states like New York and California in the number of cases. But beginning with a spike in July, that was no longer the case.

“At the beginning of March, we had an average of probably three patients with COVID,” Barrett said. “Today, we’re averaging somewhere between 30 and 40.”

Soon after the outbreak, Flagler Hospital served as the county’s community testing site. To date, it has performed more than 23,000 tests.

As of Monday, Jan. 18, 16,673 total cases — 140 fatal — had been reported in St. Johns County. In the St. Johns County portion of the 32081 ZIP code, 1,239 cases had been reported. In the 32082 ZIP code, 2,068 cases had been reported.

For further information, go to sjcfl.us/coronavirusvaccinations. Residents may also call the St. Johns County COVID-19 Vaccination Hotline at (904) 295-3711 — all 10 digits must be dialed.

Baptist Health updates patients on vaccine plans

As news of the distribution of the COVID-19 vaccine spreads, Baptist Health wants to keep patients informed.

Here’s what Baptist Health is doing:

- Following Gov. Ron DeSantis’ Executive Order 20-315 and CDC recommendations for COVID-19 vaccine allocation.

- Patients who are age 65-plus or who have a CDC-qualifying condition are a priority group for the vaccine at Baptist Health. (However, patient demand for the vaccine far exceeds current supply.)

- Baptist expects its vaccine supply to increase in the future and will provide patients with appointment opportunities at Baptist Health as soon as possible. In the meantime, Baptist is encouraging eligible patients to receive the vaccine through state and city resources; details are located on the hospital’s COVID-19 vaccination page at www.baptistjax.com/services/covid19/covid-19-vaccine

- Patients will be contacted by email when COVID-19 vaccine appointments are available at Baptist Health. This is expected to occur in late January or early February, but there are no confirmed dates at this time.

- Baptist Health is committed to keeping patients updated. The hospital plans to provide patients with a weekly vaccine update for the next few weeks to inform the public of current status and what to expect next.

To find more information about the importance of the vaccine, safety and distribution plan, go to the COVID-19 FAQ page at www.baptistjax.com/services/covid19/about-covid-19.



Team members at Baptist Health receive COVID-19 vaccines last month. The hospital is currently working on the distribution of the vaccine to its patients.

COVID testing continues at Regency site

Free rapid, PCR tests offered

In the last week, Nomi Health has conducted 21,721 tests at the west end of the Regency Square Mall — a total of 181,780 tests since last October.

Jacksonville continues battling this debilitating and deadly virus with more than 75,000 COVID-19 cases to date.

The Nomi Health-run testing site offers free testing at the Regency Mall to serve the Jacksonville community, ensuring a seamless testing experience and fast result turnaround times. People can choose either a free antigen test (which typically results in 30 minutes) or the PCR test (which often results in less than 48 hours).

Appointments can be made in advance at testing.nomihealth.com/signup/fl.

Testing conducted in the last week:

1. Tuesday, Jan. 12 – 3,349 tests completed
2. Wednesday, Jan. 13 – 3,286 tests completed
3. Thursday, Jan. 14 – 3,591 tests completed
4. Friday, Jan. 15 – 3,448 tests completed
5. Saturday, Jan. 16 – 2,760 tests completed
6. Sunday, Jan. 17 – 2,421 tests completed
7. Monday, Jan. 18 – 2,866 tests completed

Photo provided by Baptist Health



Investing in our community with a new hospital in 2022

Growing to give you more access to care

Ascension St. Vincent's has been honored to care for Northeast Florida for more than 145 years, and we're committed to making sure you'll always have access to the care you need.

We are pleased to announce our new hospital in St. Johns County, coming to I-95 and County Road 210, is expected to open in 2022. From emergency care, laboratory and imaging to surgery, heart and orthopedic care, Ascension St. Vincent's St. Johns County will make it even easier to get the care you need close to home or where you work.

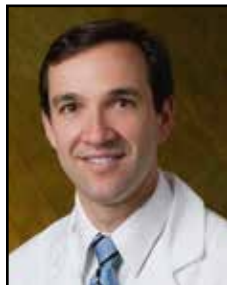
Your care has long been our calling, and will be for years to come.



**Ascension
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GetJaxHealthCare.com

Here's to a healthy 2021, with resolutions from a heart doctor



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

We're all looking forward to a fresh start in 2021. With approved vaccines in distribution, we can see a light on the horizon. However, the COVID-19 pandemic did not disappear with the new year. That's why taking care of our health — especially our hearts — is more important than ever.

Heart disease is the number one killer of both men and women, but at least 80 percent of cardiac events are preventable. Make your

New Year's resolution to take care of your heart, and be sure to keep it. With a renewed focus on self-care, now is the perfect time to take control by implementing heart-healthy practices in your life.

SEE YOUR DOCTOR REGULARLY

Some patients may think it is safer to skip appointments or avoid the hospital during COVID-19, but this can be a mistake. Even during a pandemic, it is crucial to keep scheduled appointments and see your physician for regular checkups or when symptoms arise. If you experience potentially cardiac symptoms such as shortness of breath, chest pain or dizziness, call your doctor. If these symptoms seem acute or you are significantly distressed, it may even be appropriate to come to the emergency department for evaluation.

Patients who come to the hospital earlier can catch problems sooner, which can potentially save their lives. Know that our offices and hospitals are taking all the necessary precautions to keep patients safe: Separate intake and care areas, waiting room distancing, staff



Photo provided by metrocreativeconnection.com

screening, ongoing use of personal protective equipment, and extensive safety and sanitation protocols, are in place to ensure all patients are cared for in a protected environment. Many patients are screened upon arrival to the hospital so that COVID-19 positive patients are appropriately isolated in special units, with a goal of providing those patients the care they need to get better, while also preventing spread to other patients.

COMMIT TO A HEALTHY DIET

The way you eat and drink can have a big impact on your heart. For example, a new study published in the European Heart Journal found that people who drink even a modest amount of alcohol also have increased risk of a common heart rhythm condition known as atrial fibrillation, or AFib. Just one glass of wine or small beer a day led to a 16-percent higher risk of developing the heart condition. This risk increases sharply with higher

amounts of alcohol. That's not to say you can't enjoy a glass of wine at the end of a long day, but remember, everything in moderation. I always counsel patients that some alcohol can be okay, but the less the better. Keeping intake to one drink per day is recommended and try to never exceed two drinks.

LEARN HOW TO RELAX AND RELIEVE STRESS

The past year may have caused more stress than most of us have experienced in our lives. Unfortunately, this also spells trouble for our hearts. Stress is linked to heart disease, so finding ways to cope is a must.

The key is to find what makes you feel good and make it a practice. Stress-reducing hobbies like gardening, reading a book, playing with pets or listening to music can have significant positive impacts on your heart. Yoga, meditation and deep breathing exercises are great stress-busting activities too. Research shows that people who exercise report fewer days of bad mental health. Even a simple walk can work wonders for your stress levels and your heart.

BE SAFE AND TAKE CONTROL OF YOUR HEART HEALTH

The new year brings a great opportunity to reprioritize your health, but remember, there are no quick fixes. Continue following good public safety practices, including mask-wearing, frequent hand-washing, and appropriate social distancing. When it comes to improving heart health, work with your doctor to create a plan you can stick to. Your heart will thank you for it.

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](https://www.healthcare.ascension.org).



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-Tom & Jettie J.

“We find our home a very safe, secure, and comfortable place to be with great neighbors and outstanding support from the staff. Our daughter commented that knowing we are part of the Cypress Village family gave her much comfort.

-Ed & Dicki F.

“The staff has done an amazing, almost unbelievable job! I'm pleased and reassured as I feel protected from this national threat. It's not easy, but we're doing the right thing!

-John O.



Ascension ad campaign song getting national attention

By Shaun Ryan

Ascension Hospitals' new ad campaign is getting a lot of attention nationwide, due in part to the song used in its television commercials.

"I'm Not Going Anywhere" is resonating with the public, many wanting to know more about the performer who is singing it.

And, perhaps, no one is more surprised by the reaction than singer/songwriter Kelly Lang, who wrote the song 16 years ago after seeing a friend struggling while caring for her ailing husband.

"He was being well taken care of, but she was not," Lang recalled.

Through it all, the friend kept telling her spouse, "Honey, I'm not going anywhere. I'm not leaving you."

A few months later, Lang was diagnosed with breast cancer. Fighting for her life, she told the man she was dating — today, her husband — country singer T.G. Sheppard, "You need to leave. I'm not going to make this."

His response has stayed with her: "Honey, I'm not going anywhere."

And she saw firsthand the power of the words she'd used in her song.

The song was recorded by Sheppard and country legend Crystal Gayle and used in the 2008 Burt Reynolds movie,



A screen grab from Ascension Hospitals' ad featuring the song, "I'm Not Going Anywhere."

"The Deal."

After that, it remained dormant until someone from Ascension discovered a video on YouTube showing Lang singing the song at the Bluebird Café in Nashville.

"I got a phone call from my music administrator last January who said they were planning on using it," Lang recalled. "I was like: Wow!"

During her battle with breast cancer, Lang had undergone treatments at an Ascension hospital.

After the ad campaign went national, the song took on a life of its own via Shazam.com and other online venues. Lang's phone began to ring with calls coming from around the country.

"I'm getting emails from so many people, just really kind, supportive emails from people that are hearing it for the first time and maybe going through a health crisis themselves and needing to hear the reassurance," she said. "Especially with COVID right now, people feel like they

need somebody to tell them, 'Hey, you're not alone. I'm not leaving you here.'"

In fact, interest has been so high that Lang plans to release it as a single with a full music video on Jan. 29. After that, fans will be able to find it on her YouTube channel and her website, www.kellylang.net. It will be available for purchase in the version heard on the Ascension commercial as well as a fully orchestrated version and also narration of the story behind the song.

Lang released her most recent, 14-song album, "Old Soul," on Sept. 18. She and Sheppard will perform in concert on Jan. 30 at the Orange Blossom Opry in Weirs-ville, Florida.

The Ascension network includes more than 2,600 sites of care, among them 145 hospitals. Locally, there is Ascension St. Vincent's Health Center — St. Johns, 2001 County Road 210; Ascension St. Vincent's Southside Hospital and Ascension St. Vincent's Riverside in Jacksonville; and Ascension St. Vincent's Clay County in Middleburg.

Ground was broken Dec. 4 at the site of a new Ascension St. Vincent's hospital in an area known as Fountains North in northeastern St. Johns County. That hospital is expected to be complete in 2022.

Readers can see the Ascension featuring Lang's song at www.youtube.com/watch?v=ZAtvjyjhTrk

Join us for this Virtual Luncheon with Networking | Wednesday, February 3, 2021 | 11 a.m. - 1 p.m.



LAKESHA BURTON

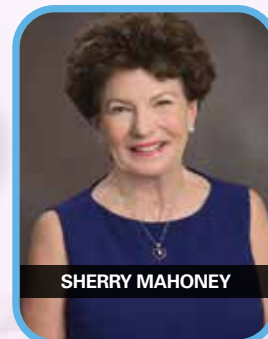


CATHERINE CHRISTIE

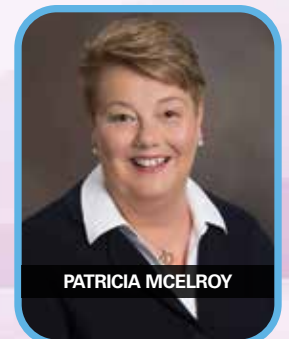
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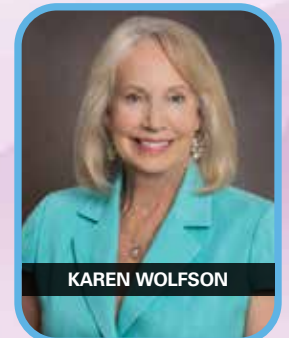
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- Single Ticket \$175

LifeSouth celebrates National Blood Donor Month

January is National Blood Donor Month, an annual observation that honors the selfless blood donors of Northeast Florida and encourages first-time donors to give the gift of life in the new year.

This year's celebration is especially important, as all blood types are needed to offset a national blood supply shortage that continues to impact the local community. LifeSouth Community Blood Centers provides blood for many Northeast Florida hospitals, including Baptist Medical Center Beaches, Baptist Medical Center Jacksonville, Baptist Medical Center Nassau, Baptist Medical Center South, Memorial Hospital, Orange Park Medical Center and Wolfson Children's Hospital.

National Blood Donor Month was first celebrated in January 1970, after President Richard Nixon issued a proclamation establishing the observance. Now in its 52nd year, the observance brings attention to the role that blood donors play in public health at a time when many blood centers around the nation experience a supply shortage.

"LifeSouth is grateful for every person who has ever donated, hosted a blood drive or encouraged a neighbor to give blood — especially through the coronavirus pandemic," said Angie Byrd, district director of LifeSouth Community Blood Centers. "We encourage first-time donors



Photo provided by metrocreativeconnection.com

to make a life-changing decision and visit us this month to learn how you can help save lives, right here in Northeast Florida."

All donors who give in January will receive a donor gift and \$10 e-gift card. Additionally, donors will be entered into the Winter Wonderdonor raffle for up to a \$500 e-gift card. Platelet, plasma and double red cell donors will be entered to win a \$500 e-gift card; whole blood donors will be entered to win a \$100 e-gift card.

Raffle winners were drawn Jan. 4 and Jan. 18, and the next drawing is Feb. 1.

LifeSouth encourages Northeast Florida residents to participate in National Blood Donor Month in one of the following ways:

■ **Make a donation:** Approximately 37 percent of the U.S. population is eligible to donate, yet only 5 percent are active donors. LifeSouth welcomes regular and first-time donors to visit one of its donor centers in Northeast Florida, or find one of

its signature red, white and blue buses to donate at a mobile blood drive.

■ **Encourage a first-time donor:** With a low percentage of the population annually participating in the blood donation process, the best way to make a difference is to encourage someone to donate with you at one of LifeSouth's donor centers or blood drives.

■ **Host a blood drive:** LifeSouth welcomes the support of businesses, organizations, churches, professional groups and neighborhoods looking for a meaningful way to give back to the community.

■ **Share your story:** Personal stories often inspire others to save lives by donating with LifeSouth. Tag @LifeSouth in posts on Facebook, Twitter or Instagram, and use the hashtag #NationalBloodDonorMonth.

LifeSouth has implemented several COVID-19 safety protocols, including social distancing between donors, masks required for entry and the option for donors to wait in their vehicles until their appointment time. All blood donors receive a wellness screening prior to donation, and each donation will be tested for COVID-19 antibodies.

To learn more about the donation process, call LifeSouth's toll-free number, (888) 795-2707 or make an appointment at www.lifesouth.org.

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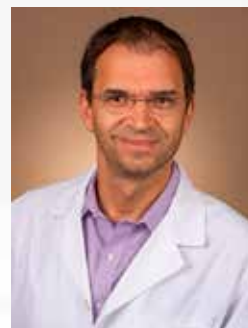
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Lakeview Health offers individualized recovery options

Submitted by Lakeview Health

Lakeview Health is a leader in residential treatment, with some of the most highly credentialed medical and clinical staff in the addiction industry — right here in North Florida.

“We are so honored to have a true Difference Maker leading our team in Jacksonville,” said Jim Evanger, chief executive officer and president of Lakeview Health. “Dr. Jorandby is one of only a few triple board-certified addiction medicine doctors in the country. Her training and experience at UF, Yale School of Medicine and Harvard Medical School has prepared her for the complex medical and psychological issues that stem from substance use disorder. We have seen some of the highest rates of anxiety and depression caused by the pandemic that directly affect the excessive use of alcohol and prescription drugs.”

Lakeview focuses on finding an individualized treatment plan, led by expert medical and clinical teams to create support that leads to real change.

“Alcohol or drug use disorders can have a serious, destructive impact on people’s lives, relationships, careers, choices — and very importantly, their families,” said Dr. Lantie Jorandby, chief medical officer of Lakeview Health. “Our goal is to give people who are struggling a healing and supportive environment and a strategic plan for recovery using the most advanced programs available. I made the decision to go into addiction psychiatry and addiction medicine because of my own father’s struggles while I was in med school, after a life-changing open heart surgery. My mom and I were shut out of his treatment. It was a transformative experience for me, and I was determined to do for other families, what had not been for him,”



Jim Evanger, Lakeview Health president/CEO

THE IMPORTANCE OF DUAL DIAGNOSIS EXPERTISE

Often, substance misuse occurs alongside a mental health disorder. The most common include anxiety and depression.

Through dual diagnosis treatment, you can receive care for both issues, and this type of care can make a difference in your overall recovery journey and help prevent relapse. Unfortunately, many individuals fail to receive the right diagnosis they need for their underlying mental health issues, which leads to returning to alcohol and prescription drugs to manage their symptoms. By learning healthy coping mechanisms, the staff at Lakeview Health helps you to

manage both your addiction and your mental health in the right way.

Dr. Jorandby added, “When people are struggling with any of these mental health or past trauma issues, they’re going to make different choices than they would have before substances took over their lives. It’s not uncommon for people with SUD to isolate themselves from others in order to hide their problem. It can cause people to get angry and then more despondent over time. We can and want to help.”

Because of how alcohol and drugs affect the body, and the serious medical issues with long term use, it’s crucial to begin with a solid medical detox program. Because Lakeview has a 24/7 detox hospital center onsite, it can monitor your health and progress and keep you medically safe from potentially harmful withdrawal symptoms. Once detox is complete, patients move on with the rest of their comprehensive plan, in the same place they began, as Lakeview Health can provide clients with a full continuum of care.

A 10,000-square-foot wellness center and separate gender-responsive facilities focus on the unique needs of men and women to maximize success. A professionals program utilized by the NFL Players Trust and the Pilot/Flight Attendant union are testimonies to the best-in-class services and facility Lakeview provides.

The passionate difference makers at Lakeview Health empower profound recovery with exceptional, dynamic and evidence-based care for individuals and their families every day. Lakeview Health is in-network with Cigna and Aetna and other commercial insurances. Call Lakeview at (866) 622-6561 for more information or go to lakeviewhealth.com

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Lantie Jorandby, M.D.
Chief Medical Officer



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Physical activity guidelines for children, adolescents and adults

Staying healthy is a full-time job for people of all ages. While it might not always prove so easy to exercise or eat right, the benefits of healthy living are undeniable.

According to the Partnership to Fight Chronic Disease, "prevention" refers to helping people avoid getting sick or identifying diseases early so treatment can begin. Immunizations and disease screenings are two vital components of preventive care,

but children, adolescents and adults can take more active roles in preventive care by embracing physical activity.

The Department of Health and Human Services notes physical activity fosters normal growth and development and can help people feel better, function better, sleep better and reduce their risk for a large number of chronic diseases. Reducing risk for chronic disease keeps people out of the

doctor's office, or even the hospital, and it also can help save considerable amounts of money. One report from the The Milken Institute estimated that high chronic disease and obesity rates are responsible for more than \$1 trillion in lost productivity in the workplace every year. In addition, the National Commission on Prevention Priorities notes that increasing the use of five preventive services to 90% can save more than 100,000 lives in the United States each year. Such services include advising smokers to quit and offering medication or other assistance to help them and providing flu shots for people age 65 and older.

In recognition of the role exercise plays

in preventive care, the DHHS recommends children, adolescents and adults follow these physical activity guidelines.

CHILDREN AND ADOLESCENTS

The DHHS recommends children and adolescents between the ages of six and 17 should get 60 minutes or more of moderate-to-vigorous physical activity every day.

■ **Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous intensity aerobic physical activity and should include vigorous-intensity physical activity at least three days a week.

GUIDELINES continues on Page 20

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Source: Real Value of Joining a Local Chamber of Commerce
Shapiro Group, 2012.

Flagler Health+ presents Dirty Dozen Brass Band on Feb. 13

Free event at Flagler Health+ Village Pavilion at Nocatee open to all ages

Flagler Health+, in partnership with St. Johns County and the St. Johns County Cultural Events Division which operates the St. Augustine Amphitheatre, announced that the New Orleans-based Dirty Dozen Brass Band will perform Saturday, Feb. 13 at the Flagler Health+ Village Pavilion at Nocatee.

This outdoor concert event is free and open to the public, with physical distancing and face-mask safety measures in place.

Celebrating over 40 years since their founding in 1977, New Orleans-based Dirty Dozen Brass Band has taken the traditional foundation of brass band music and incorporated it into a blend of genres including bebop jazz, funk and R&B/soul. This unique sound, described by the band as a “musical gumbo” has allowed the Dirty Dozen to tour across five continents and more than 30 countries, record 12 studio albums and collaborate with a range of artists from Modest Mouse to Widespread Panic to Norah Jones. Forty-plus years later, the Dirty Dozen Brass Band is a world famous music machine whose name is synonymous with genre-bending romps and high-octane performances.

The Dirty Dozen Brass Band members consist of Roger Lewis (baritone sax/vocals) Kevin Harris (tenor sax/vocals) Gregory Davis (trumpet/vocals) Kirk Joseph (sousaphone) TJ Norris (trombone/vocals) Julian Addison (drums) and Takeshi Shimmura (guitar).

The Feb. 13 concert is the inaugural event co-presented by Flagler Health+, St. Johns County and the St. Augustine Amphitheatre as part of the their cultural col-



Photo provided by Flagler Health+

The Dirty Dozen Brass Band will perform a free concert Feb. 13 at Flagler Health+ Village Pavilion at Nocatee.

laboration, announced in late 2019.

“Building healthier communities takes more than episodic, clinical care. That’s why our new health village at Nocatee was designed to create a sense of connectedness through digital innovation, wellness support and arts programming,” said Flagler Health+ President and CEO Jason Barrett. “We are pleased to partner with the St. Johns County Cultural Division and the team at the St.

Augustine Amphitheatre to bring family-friendly, nationally recognized talent to Nocatee.”

The Dirty Dozen Brass Band outdoor concert event will be held from 6 p.m. to 8 p.m. on Saturday, Feb. 13, at the Flagler Health+ Village Pavilion at Nocatee, located at 351 Town Plaza Avenue, Ponte Vedra, Florida. All ages are welcome, and chairs and blankets will be permitted.

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PruittHealth to open skilled nursing and rehabilitation center in Nocatee

Residents of Nocatee soon will have increased access to high-quality, long-term health-care services, thanks to PruittHealth, which is opening a new skilled nursing and rehabilitation center next year in the award-winning Nocatee community.

The new center will be located directly adjacent (East) of the Gate station at Valley Ridge Boulevard and U.S. 1/Phillips Highway.

“For more than 50 years, my family has taken pride in elevating the level of care provided in communities we serve, and we’re excited to do that for those who call Nocatee home,” said Neil L. Pruitt Jr., chairman and CEO of PruittHealth. “We recognize the importance of creating a truly homelike environment that promotes well-being, and have spared no expense to achieve that with the

design of the new center.”

Construction of the PruittHealth center is slated to begin this fall. The new center, which will house 120 beds, largely will consist of spacious, private suites and upscale amenities including a spa. The center also will boast a cafe and open courtyards with outdoor fireplaces, waterfalls, a serenity garden and more.

“At PruittHealth, our mission centers on our Commitment to Caring, and that commitment includes providing our patients with the most homelike, holistic surroundings available,” Pruitt said. “We believe a welcoming, healing environment works in tandem with the high-quality clinical care the families who have entrusted us with looking after their loved ones’ health have come to know and expect from PruittHealth.”



Map provided by the PARC Group

For more information about PruittHealth at Nocatee, go to www.nocatee.com/contact-pruitthealth.

Guidelines

Continued from 18

■ **Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity at least three days a week.

■ **Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity at

least three days a week.

Parents can consult with their children’s physicians to determine age-appropriate muscle- and bone-strengthening activities for their youngsters.

ADULTS

The DHHS advises adults to make a concerted effort to move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.

For substantial health benefits, adults should get at least 150 minutes to 300 minutes of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity each week. An equivalent combination of moderate- and vigorous-intensity aerobic activity can serve as a substitute. Ideally, aerobic activity should be spread throughout the week.

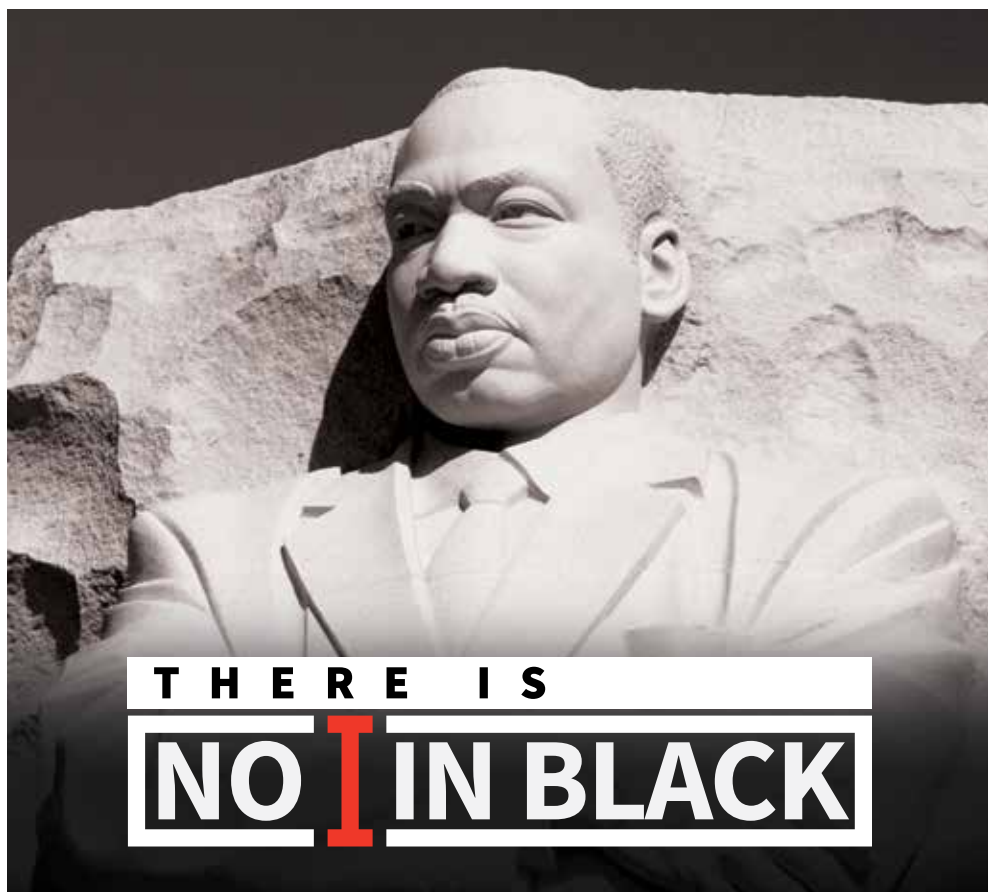
Adults should do muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups two or more days a week, as the DHHS notes

these activities provide additional health benefits.

These guidelines also apply to older adults, but older adults also should incorporate balance training into their exercise routines. In addition, the DHHS urges older adults to consult with their physicians about the appropriate level of effort for physical activity relative to their level of fitness.

People of all ages should include physical activity in their preventive health care routines. More information about exercise is available at www.health.gov.

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Florida



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aarp.org/blackcommunity

Baptist Jacksonville's intensive care unit honored for patient care environment

Baptist Medical Center Jacksonville's Medical-Surgical Intensive Care Unit has been recognized by the American Association of Critical Care Nurses (AACN) with a silver-level Beacon Award for Excellence.

The AACN is the largest specialty nursing organization in the world.

This achievement distinguishes the Medical-Surgical ICU as a model patient care center, joining a select group of just 53 hospital units to receive some degree of Beacon Award recognition in Florida. This marks the second time Baptist Health has received a Beacon Award honor in five years.

A COVID-19 unit, the Medical-Surgical ICU team displayed an enhanced commitment to providing comprehensive care since the onset of the pandemic. The team spearheaded several initiatives to improve both critically ill patient outcomes and team member collaboration throughout 2020.

To fully engage team members on the unit, Medical-Surgical ICU instituted leadership rounding once a month to solicit feedback, which helped to transform standard operating procedures.

Additionally, the team designated an emergency nurse to ensure the safety of patients being transferred from the Emergency Department and from the Critical Care Unit, improving the center's continuity of care.

The three-year Beacon Award honors North American hospital units that set the standard for patient care environments and is offered at the bronze, silver or gold level.

Medical-Surgical ICU earned its silver-level award for adhering to an effective approach to policies, procedures and processes outlined by the AACN, including aligning its practices with the AACN's Healthy Work Environment Standards.

A panel of experts evaluates units for exceptional achievement in leadership structures and systems; appropriate staffing and staff engagement; effective communication, knowledge management and learning and development; evidence-based practice and processes; and patient outcomes.

"This accomplishment demonstrates the hard work and dedication of all Medical-Surgical ICU team members who set and maintain the standard for patient care," said Michael A. Mayo, hospital president of Baptist Jacksonville. "This unit's collaborative spirit has allowed them to combine their skills and experience in the critical care setting and work together to devise new, innovative ways to better serve our community. We are proud to have this team receive this achievement. They continue to work to ensure a healthy and supportive work environment for all team members and help our patients experience the most positive outcomes possible."

ST. JOHNS COUNTY VACCINATION UPDATE

ST. JOHNS COUNTY COVID-19 VACCINATION REGISTRATION OPENS 9 A.M. ON JAN. 21

St. Johns County received an allotment of 1,950 Pfizer vaccines from the State of Florida this week. Registration will open at 9 a.m. on Thursday, Jan. 21, for vaccination appointments on Jan. 22, 25 and 27. You may schedule an appointment by going to tinyurl.com/y52tcoaz or by calling the St. Johns County COVID-19 Vaccination Hotline at (904) 295-3711 (dial all 10 digits) after 9 a.m. on Thursday.

You will not be able to register for an appointment through the website or hotline prior to 9 a.m. The Pfizer vaccine requires the recipient to receive a second dose in 21 days. Those who receive their first dose of the Pfizer vaccine through St. Johns County will leave with an appointment scheduled for the second dose.

The limited number of COVID-19 vaccines St. Johns County receives from the State of Florida determines appointment availability. More appointments will be opened when St. Johns County receives additional vaccines.

For updates regarding St. Johns County's COVID-19 vaccination program, go to www.sjcf.us/coronavirus-vaccinations or text SJC VACCINE to 888777.



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Learn more at FlaglerHealth.org/Nocatee.

Business Weekly

PAGE 23 THURSDAY, JANUARY 21, 2021

Get Organized in 2021:
Improve your home office;
create more storage space

Pages 24-25

www.PonteVedraRecorder.com



Photo by Alex Shelver

New at The Brumos Collection is this 1925 Bugatti Type 35.

Brumos Collection reopens to public



Brandon Starks,
Executive director
for The Brumos
Collection

Occasion to be signified with additions of 1925 Bugatti, 1923 Locomobile

The Brumos Collection has reopened to the public. Following its January 2020 grand opening, the internationally acclaimed collector car destination closed to the public in March 2020 as a safety measure in response to the COVID-19 pandemic.

The collection will be open from Thursdays through Saturdays each week, with first admissions at 10 a.m. and last at 4 p.m. each day. The collection is located at 5159 San Pablo Road S., Jacksonville.

Tickets can be purchased via a dedicated page on the Brumos Collection website. For groups of eight or more, enthusiasts can email the collection's management at info@brumos.com.

In line with the reopening, The Brumos Collection plans to implement extensive health and safety measures for both guests and staff. According to the collection's management, every reasonable safety precaution will be used, including face coverings, sanitizing stations located throughout the facility, strict social distancing

BRUMOS continues on **Page 26**

Earth Fare returning to St. Johns County

Earth Fare and commercial real estate owner and developer Sleiman Enterprises recently announced the opening of Earth Fare's newest location at the Shoppes of St. Johns Parkway in St. Johns in the second quarter of 2021.

Earth Fare and its current 17 stores along the Eastern and Southeastern United States are known for making healthy food available in its communities. The 24,144-square-foot space will anchor the Shoppes of St. Johns Parkway in St. Johns County, one of the fastest growing counties in the United States.

"By welcoming Earth Fare back to St. Johns, we are providing the community with a healthy choice in the market for groceries, which we believe is desperately needed in more communities across the country," said Toney Sleiman, principal at Sleiman.



Photo provided by Sleiman Enterprises

Health food store Earth Fare is expected to open this year at the Shoppes of St. Johns Parkway.

EARTH FARE continues on **Page 26**

Who has time to be humble and kind?



Harry Pappas
Columnist

They say if you want to master something, teach it, so that is what I have done for The Ponte Vedra Recorder for many years. Therefore, my messages are as much for me as they are for you.

I write my columns from my heart with passion and conviction that I hope will help make you a better investor and person. Since I argue that people crave authenticity, warts and all, I believe author and psychologist Robert Glover underscored this notion when he said, "Humans are attracted to each other's rough edges."

With this in mind, I work under the premise of being authentic and real, which is why I have no problem sharing my flaws and weaknesses. Enough of the chit chat, let's move on to this week's subject, which is something that is remarkably easy to see in others but is strangely difficult to see in ourselves. It's called pride. I don't know how to adequately define a prideful person, but I know it when I see it, perhaps like you.

For example, how about those people who interrupt us constantly and redirect every conversation back to themselves? They come across as if they are scarcely aware that other people exist. When I meet these folks, it makes me want to paint myself with honey and jump into a nest of fire ants. Ah! I feel better now that I got that off my chest.

Now I can take a more academic view of the issue in question. However, before I get into the gist of my narrative, please allow the author to share his 10 characteristics of a prideful person:

1. They don't ask questions, as they prefer to do the talking.
2. They have a difficult time saying, "I am sorry."
3. They are always comparing themselves to others.

PAPPAS continues on **Page 26**

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Photo provided by metrocreativeconnection.com

6 steps to organize a home office

Remote working has become popular in recent years, but the “working-from-home” economy bloomed exponentially as the world was forced to confront the COVID-19 pandemic. According to Stanford economist Nicholas Bloom, as of summer 2020, 42% of the United States labor force was working from home full-time.

The need for home office spaces has increased as more people work from home. Many people have retrofitted various spaces around their homes into areas to get work done. More organized home work spaces can increase productivity. Individuals can follow these guidelines to create effective, organized home offices.

BEGIN WITH THE DESK

The desk is the primary spot where work will take place. The right desk accessories can provide visual appeal and also serve practical purposes. Have cups for holding pens and pencils, baskets and

bins for larger items, and store whatever you can elsewhere so it does not lead to clutter on the desk. Store wireless printers in a cabinet or even on a bookshelf so it doesn't take up real estate on the desk.

CREATE A PRINTING STATION

While you're moving that wireless printer elsewhere, designate a space to serve as the central printing hub. This way children who need to print assignments for school will know where to go as well. Printer supplies like extra ink cartridges and printer paper can be kept in decorative storage boxes nearby.

INCREASE YOUR SHELVING

Shelving can help keep items organized and off the desk in home offices without closets or drawers. Look for shelves that blend in with decor but are sturdy enough to be functional.

OFFICE continues on Page 25



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Tips to maximize storage space at home

Homes are getting bigger, but it seems like people are still lamenting a lack of storage space.

National Public Radio says the average American home has nearly tripled in size during the last 50 years. Despite that, 10% of Americans still need to rent offsite storage, according to a report in the New York Times Magazine. Self-storage facilities are one of the fastest-growing commercial real estate segments, and the Self Storage Association says there are more than 50,000 storage facilities in the U.S. alone.

With these easy tips, homeowners can maximize space immediately.

UTILIZE TRACK STORAGE SYSTEMS

Closets may be plentiful, but if not efficiently utilized, space may still seem lacking. Track closet storage systems often make greater use of closet space than traditional shelf and hanging rod systems. Customizing closets using track systems or other modifications can improve utility of all closets in the house.

THINK VERTICALLY

Maximize spaces by looking up and down for storage possibilities. Items that are not used frequently, such as seasonal decorations or travel suitcases, can be stored in high spaces. Shelving on walls can go as high as necessary and be put to use in awkward wall areas, such as in corners or under eaves.

INVEST IN STORAGE BENCHES/OTTOMANS

A stopping area inside the front door replete with a storage bench can house shoes, umbrellas, hats, backpacks, and other items, keeping them tidy and out of sight. In living rooms, look for chests or ottomans that are decorative and functional. Store throw blankets or board games inside.



Photo provided by metrocreativeconnection.com

RECESS DRAWERS OR SHELVES

Gain more storage by recessing a chest of drawers into what is called the “knee wall” of homes that have sloped ceilings in attics and upstairs bedrooms. Utilize these short walls in an efficient manner by sinking drawers or shelves into them, without taking up floor space.

RAFTER SHELVING

While in the attic (or a garage), add hanging shelves to rafters or exposed beams to create off-the-floor storage as well.

These are just a few of the handy ways to improve the interior storage space in a home.

Office

Continued from 24

ORGANIZE PAPERWORK

Figure out a system that works for you to help tidy up papers you choose to save. While some papers can be scanned and stored as digital files, color-coded file folders can organize statements and other important documents. This makes it easy to find the folder you need when looking for certain documents.

ESTABLISH A CHARGING STATION

Repurpose certain items, such as a desk organizer, into an easily accessible electronics charging station where phones and tablets can charge at one time.

MAKE ESSENTIAL BINDERS

HGTV suggests making binders that can store the most important papers for easy access — even in an emergency. Set up a binder for automotive paperwork, including repair receipts, a medical binder where key medical records are kept, a binder for manuals for devices in the home, and one to store financial planning documents.

These organizational tips can help remedy common problems around a home office.

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PV3-LV45955

Brumos

Continued from 23

guidelines and the issuance of a Brumos Collection-branded stylus for guest use at all touch-screen vehicle information kiosks.

“Given the resounding excitement and attention generated from our grand opening a year ago, we’ve been eagerly looking forward to the day when we could reopen our doors to those who are truly passionate about automotive technology, innovation and historical significance,” said Brumos Collection Executive Director Brandon Starks. “With this reopening, we want to emphasize to our guests that we are taking all reasonable precautions to assure their safety and ensure that their visits will be endlessly enjoyable.”

NOTABLE ADDITIONS

The reopening will be highlighted by two new additions to the collection’s display floor, which features more than three dozen historically acclaimed race and collector cars.

Having recently been profiled in the Brumos Collection video series “Inside The 59,” the 1925 Bugatti Type 35 was owned by Manhattan socialite and Standard Oil heir Wallis Bird. The Type 35 was raced only once — 12 years after it was built — against competitors like Miller, Duesenberg, Alfa Romeo and other Bugattis in the 1937 Automobile

Racing Club of American Grand Prix. Excluding that race, the Bugatti sat alongside historic motorcars in the 27-car garage at Bird’s mansion.

Known during the Roaring ’20s as “The Best Built Car in America,” Locomobile developed a name for itself during the fabled “Nickel & Chrome Era.” The 1923 Locomobile Model 48 Series 8 Sportif had the patina of tradition even when new. Storied automaker Locomobile believed in handcrafted, overbuilt automobiles even as others adopted moving assembly, lightweight parts and yearly model changes. Its original stockbroker owner drove this fine automobile for three decades.

A UNIQUE SETTING

In 1924, 16 years after the first Ford Model-T was produced, Henry Ford expanded production to a newly commissioned 165,000-square-foot plant in Jacksonville. The Brumos Collection is housed in a purpose-built facility whose meticulous design pays distinct homage to this part of Jacksonville’s automotive history.

ABOUT THE COLLECTION

From the moment guests enter the grounds, carefully crafted design details honor auto racing history. The guard rails along the roadways are reminiscent of the guard rails you would have found racing along the tracks of a bygone era; a board track walkway leads to the building entrance, and the surrounding brickwork pays tribute to the legendary Indianapolis Motor Speedway “Brickyard.” For more comprehensive information, go to www.thebrumoscollection.com.

More information can be found on The Brumos Collection’s social channels:

- Facebook: @thebrumoscollection
- Instagram: @thebrumoscollection
- YouTube: The Brumos Collection

Earth Fare

Continued from 23

“Earth Fare promises to provide communities, sometimes underserved, with healthy foods and locally sourced items. It’s so important now to provide groceries and goods to sustain our communities and, ultimately, strengthen them.”

Earth Fare is the newest soon-to-be-open retailer joining this entertainment and retail destination in St. Johns, including Xtreme Wings, RaceTrac, Canopy Road Café, Ember & Iron and Hot Spot Power Yoga.

“This is a growing area and desirable location with great demographics, so we are excited to call St. Johns home again,”

said Randy Tally, co-founder, chief sustainability officer, and director of leasing at Earth Fare. “This area wants a specialty healthy grocery store and we are happy to deliver the community an organic and natural foods grocery store.”

Earth Fare’s mission is to improve lives by making healthy food available to everyone. Earth Fare’s headquarters are located in Asheville, North Carolina.

“You will find many of the same trusted brands and house made specialties back in our store, and we are adding some new ones,” said David Isinghood, chief operations officer at Earth Fare. “Keeping our Food Philosophy and product standards at the forefront, we are expanding our craftsmanship and increasing our selection of Organic produce and local offerings.”

Pappas

Continued from 23

4. They have difficulty admitting a mistake.
5. They cannot be taught. They disregard advice because they have the answers.
6. They are a name dropper.
7. They are not happy with other’s success.
8. They have difficulty asking for help.
9. They always seem to have a strong opinion regardless of the topic.
10. They have a tough time being kind to others.

To be fair to Mr. or Ms. Pride, it is hard to blame his or her egotistical persona given our hyper competitive society and our culture of self-absorption, which is obsessed with being the best, better than all the rest! The enemy bombards us with the argument that we must be smarter, faster, richer, sexier, more popular, more productive and more admired than others. This prideful person’s mantra says, “I am what I have. I am what I do. I am what others think of me.” I don’t believe anyone wants to be prideful but the prideful are blinded of their pride! Nevertheless, I argue that the way to destroy this deceitful bugger is for all of us to repeatedly practice humility and kindness, which is the opposite of pride.

Folks, if there is one thing that I know for certain, I am more humble than most people! Joking! Bragging about my humility makes me prideful akin to what Muhammad Ali once said, “It’s hard to be humble when you’re as great as I am”.

What is humility? I like how the famed British writer and theologian, C.S. Lewis described it; “True humility is not thinking less of yourself; it is thinking of yourself less.” In other words, a humble person puts others’ needs before his or her own. A humble person encourages kindness, love, simplicity and generosity. Nevertheless, if one agrees that pride is bad and humility is good then why would anyone choose the former? I put forth the reason is simple and straightforward; we want to matter. In other words we want wealth, recognition and a reputation as a success story, but we don’t believe that humility and kindness can get us there.

Naturally, we don’t say, “I am going to be prideful, so I have a better chance of climbing the ladder of success.” Regrettably pride just happens. Proudful people justify their behavior arguing that he or she lives in a dog-eat-dog world, and being humble and kind just won’t cut it. Therefore, far too many of these folks journey down the road most traveled, one of unhappiness and eventual destruction.

Perhaps if we become less impressed with how much money someone has or the degrees and titles next to his or her name and instead be more influenced by one’s humility and kindness, we could have an impact on eradicating the sin of pride in others and us. The next time we feel pride entering our soul, like when we compare ourselves to others who appear to have it better than we do, let’s remember that the only person we should try to be better than is the person we were yesterday.

So, who has the time to be humble and kind? We all do, especially if we believe in Proverbs 11:2; “When pride comes, then comes disgrace, but with the humble is wisdom.”

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Jorge Peña receives Ann McDonald Baker Art Ventures Award

Noted violist, co-founder of St. Augustine Music Festival honored by The Community Foundation

Jorge Peña, veteran member of the Jacksonville Symphony Orchestra, and artistic director and co-founder of the St. Augustine Music Festival was presented with the Ann McDonald Baker Art Ventures Award.

The presentation was made in front of his colleagues in the Jacoby Symphony Hall as they prepared for the Florida Blue Masterworks Series performance on Friday, Jan. 8. Peña has performed with the symphony for 23 seasons.

Peña and his wife, Jin Kim-Peña, co-founded the St. Augustine Music Festival 15 years ago. They envisioned a free classical music concert series designed to celebrate the rich artistic and cultural traditions of St. Augustine. He was determined to make the event accessible and enjoyable for all. Its mission is to “Entertain, Educate and Elevate,” and since inception, the St. Augustine Music Festival has been free of charge. Over the years, the festival has presented an array of world-renowned soloists and ensembles, while also providing a stage for talented local musicians and has been featured on NPR’s Performance Today.



Photo by laird/blac palm, inc.

FROM LEFT: Tom Baker, advisor to the Baker Family Advised Fund; Martha Frye Baker, chair of the Board of Trustees for The Community Foundation for Northeast Florida; Jorge Peña, 2021 Ann McDonald Baker Art Ventures Award recipient; and Nina Waters, president of The Community Foundation for Northeast Florida.

“Jorge’s mastery of the viola and contributions to the Jacksonville Symphony Orchestra are notable in themselves, but he has gone on to share his passion for classical music well beyond traditional audiences,” said Martha Frye Baker, Ann McDonald Baker’s daughter-in-law and chair of the board of trustees of The Community Foundation for Northeast Florida. “His generosity of spirit is exactly what we

had in mind five years ago when we established this award to honor Ann’s devotion to making our community a better place through the arts, and Jorge is a significant contributor to that model.”

The Ann McDonald Baker Art Ventures Award recognizes an artist whose work brings distinction to Northeast Florida, and is named for the late Ann McDonald Baker, whose leadership helped create and

nurture such vital cultural gems such as The Community Foundation’s Art Ventures Fund, the Arts Assembly (now the Cultural Council), Douglas Anderson School of the Arts and Greenscape, among others. As this year’s Ann McDonald Baker Art Ventures award recipient, Peña received a \$15,000 unrestricted grant.

Peña serves as conductor and music director of the Golden Isles Youth Orchestra and general manager of the Coastal Symphony of Georgia in Brunswick. He has conducted master classes and coached at LaVilla School of the Arts, Douglas Anderson School of the Arts and the University of North Florida. He is an instructor for the Jacksonville Symphony Youth Orchestra and was on the faculty of Prelude Chamber Music Camp.

The selection process for the Ann McDonald Baker Art Ventures Award includes a knowledgeable, anonymous panel of advisors who put forward a short list of finalists after considering a wide range of artists in all disciplines throughout the year. A selection committee (a member of the Baker family, a trustee of The Community Foundation for Northeast Florida, a representative from the advisory panel and The Community Foundation president) reviews the finalists and names the winner. Past recipients include Terrance Patterson, David Engdahl, Jim Draper, Louise Freshman Brown and John Bunker.

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Sports

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Trevor Hulbert earns JAGA First Coast Amateur title

Son of former PGA TOUR winner rallies, defeats Logan Sowell in playoff

East Tennessee State senior Trevor Hulbert birdied the 15th and 18th holes Monday to force a playoff with College of Charleston senior Logan Sowell, then birdied the first hole of sudden death to claim the fifth edition of the Jacksonville Area Golf Association (JAGA) First Coast Amateur at The Conservatory course at Hammock Beach Resort.

Hulbert overcame a first-round 76 in Saturday's cool and very blustery conditions at the 7,081-yard Tom Watson layout with a tournament-record 65 on Sunday in calmer, warmer weather. The Orlando native closed with a 71 on Monday in similar conditions to post a three-day total of 212 (4 under).

The trophy was Hulbert's after he chipped to two feet for par from off the green on the first extra hole and Sowell missed a five-foot putt for par.

Sowell, of Kershaw, South Carolina, shot rounds of 68-71-73. He played in the four previous First Coast Amateurs, recording top-10 finishes in all four. His nearest brush with victory came in 2019 at Hidden Hills Golf Club when champion Stephen Shepard drained a long birdie putt on the 54th hole to beat Sowell by one.

Finishing tied for third were Brett Schell (St. Augustine/Barttram Trail High School/University of Mississippi sophomore) and Sam Anderson (Stoughton, Wisconsin/University of Wisconsin senior) at 3-under 213.

Schell equaled the second-best round of the week when he shot 67 on the final day.

Anderson, who now resides in Ponte Vedra Beach and plays at TPC Sawgrass,



Photo provided by JAGA

Trevor Hulbert poses with the trophy after winning the JAGA First Coast Amateur tournament in a sudden-death playoff Monday on The Conservatory course at Hammock Beach Resort.

won the St. Augustine Amateur in October. He suffered a quadruple-bogey 8 on the 12th hole on Saturday.

Three more players tied for 5th at 214, Jerry Ji (Netherlands/University of Illinois), Ty Gingerich (Russiaville, Indiana/University of Cincinnati) and Juan Iturra (Argentina), who is the assistant golf coach at Flagler College.

Moses Compaan of Jacksonville, who earned a tournament exemption by winning the recent First Coast Junior Amateur, represented the North Florida Junior Golf Tour in strong fashion with his T-17 finish (72-74-73-219).

Two-time First Coast Amateur champion (2018, 2020) Cole Bradley finished T-31 (223).

Hulbert inherited his golf genes from his father Mike, who also played golf for the Buccaneers (1980 graduate) and went on to become a mainstay on the PGA TOUR from 1985 into the early 2000s, claiming three TOUR titles along the way.

Sowell was the first- and second-round leader, by two shots both days. Despite a shaky start to his final round (bogey, birdie, bogey, bogey), the 21-year-old righted the ship making 10 pars and three birdies through 16, before bogeying the

par-3 17th.

Top finishers in the JAGA First Coast Amateur receive World Amateur Golf Ranking points for the fourth year.

The average index for the 96 contestants was +2.3.

Players from 21 states and 30 colleges participated and 14 countries were represented. The College of Charleston topped the field with 12 current or committed players in Palm Coast, followed by Purdue with eight, East Tennessee State with seven and Miami of Ohio with four.

With The Conservatory hosting the First Coast Amateur for the second year, interest among players grew again this year in spite of the coronavirus situation. The waiting list grew to 65 names vs. 36 last year.

In addition to Hammock Beach Resort, the tournament was supported by the Palm Coast and Flagler Beaches tourism group. They hosted Monday's Awards Luncheon in addition to supporting the accommodation needs of players and family members in the run up to the event.

"We thank the many players who came from near and far to compete in the 2021 JAGA First Coast Amateur," said co-chairmen John Milton and Jeff Adams. "Our goal is to provide an opportunity for elite amateur players to compete at a venue that will provide a strong test of their skills. We feel we have found exactly that in The Conservatory at Hammock Beach. Player response has been phenomenal the last two years. We look forward to growing the event's reputation and stature in the years ahead with our partners Hammock Beach Resort and Palm Coast and the Flagler Beaches tourism development group."

JAGA continues on Page 29

St. Johns Golf Club receives 5 North Florida Chapter PGA awards

The Northern Chapter of the North Florida Section PGA (NFPGA) recently recognized the St. Johns Golf Club with several prominent awards during its annual awards meeting in January.

St. Johns County received five of the organization's 17 regional awards, including:

- **Professional of the Year** – Wes Tucker
 - **Patriot Award** – Wes Tucker
 - **Public Merchandiser of the Year** – Wes Tucker
 - **Bill Strausbaugh Award** – Tommy Aycock
 - **Superintendent of the Year** – Anthony Baur
- Tucker, director of golf, has been with the St. Johns Golf

Club since December 1988, and won three of the awards, including the esteemed PGA Professional of the Year recognition. Aycock, head professional, has worked for the St. Johns Golf Club since March 2014 and was recognized with the Bill Strausbaugh Award for his professionalism and mentorship through golf instruction, and community involvement. Superintendent of the Year, Anthony Baur, joined the Golf Club in November 2014, and is credited with maintaining superior greens that draw players from across the region, state and nation.

The Patriot Award was given in recognition of the St. Johns Golf Club's support of Folds of Honor, a nonprofit

organization that provides educational scholarships to spouses and children of America's fallen and disabled service members.

The St. Johns Golf Club is a St. Johns County recreational facility located at 4900 Cypress Links Blvd. in Elkton. The course hosted 56,970 rounds of golf in 2020, and is home to several tournaments, including the annual St. Augustine Amateur. The NFPGA is comprised of 328 members throughout numerous counties in North Florida, including the metropolitan areas of Jacksonville, Tallahassee, Gainesville and Fernandina Beach. For more information about the St. Johns Golf Club, call (904) 209-0350.

Urban renewal? Jaguars name Meyer 7th head coach

By Mike Bonts
Special to the Recorder

The Jacksonville Jaguars announced that Urban Meyer will become the NFL team's seventh head coach in franchise history.

The club seemed to be seriously considering Meyer a viable candidate even before the firing of Doug Marrone at the end of a miserable 1-15 season. Despite some baggage, and apparently side stepping the spirit of the league's Rooney Rule, the Jaguars pronounced the hiring last week as a landmark day.

"This is a great day for Jacksonville and Jaguars fans everywhere," said Jaguars Owner Shad Khan. "Urban Meyer is who we want and need, a leader, winner and champion who demands excellence and produces results. While Urban already enjoys a legacy in the game of football that few will ever match, his passion for the opportunity in front of him here in Jacksonville is powerful and unmistakable. I am proud to name Urban Meyer the new head coach of the Jacksonville Jaguars."

According to Albert Breer of Sports Illustrated on Jan. 6 the Jaguars had been in contact with Meyer for "close to a month, if not longer" and that the job was Meyer's if he wanted it.

If that's the case, the Jaguars did fulfill the letter of the Rooney Rule. Adopted in 2003, the Rooney Rule is an NFL policy requiring every team with a head coaching vacancy to interview at least one or more diverse candidates.

Don't expect to hear a peep from the NFL. It is easier to run TV commercials on diversity.

Having retired twice in his 20-year coaching career, in his last job Meyer served as a studio analyst for college football at FOX Sports. He was usually enthusiastic, confident and spot on with any broadcast assessment of Ohio State and Florida.

Probably due to his relationships with head coaches Ryan Day and Dan Mullen. Otherwise, he didn't provide much insight. Often seemingly disinterested or unprepared.

Meyer has accumulated an impressive 187-32 record and a .854 winning percentage, the third highest in college football history, during head coaching stints at Ohio State (2012-18), Florida (2005-10), Utah (2003-04) and Bowling Green (2001-02).

At Utah, Meyer mentored QB Alex



Urban Meyer

Smith, who threw for 2,952 yards and 32 TDs and ran for 631 yards and 10 TDs in 2004 before being the first overall pick in the 2005 NFL Draft.

His career next took him to Gainesville, where his six-year stint saw two national titles and a 65-15 record with the Gators. He led Florida to national championships in 2006 and 2008 and tutored local hero Tim Tebow, who won the Heisman Trophy in 2007.

Yahoo Sports columnist Shalise Manza Young cited his half dozen seasons at Florida. During which over 30 Gators players were arrested, some for misdemeanors like underage drinking and disorderly conduct, but there were also charges that included aggravated assault, repeatedly using the credit card of a woman who died in a motorcycle accident, and the multiple, violent transgressions of Aaron Hernandez.

Meyer retired for the first time, in 2010, citing health reasons. He returned to coaching in 2012 with Ohio State.

The Buckeyes won the inaugural College Football Playoff national championship in 2014. Meyer had also known for years that assistant coach Zach Smith repeatedly abused his wife. He kept silent. Ohio State suspended Meyer for the first three games of the 2018 season.

He would later retire. Again.

Meyer does have a track record of success with future professional talent. He has had 76 players drafted, including 21 first-round selections.

"I'm ready to coach the Jacksonville Jaguars," said Meyer. "Jacksonville has an enthusiastic fan base, and the fans deserve a winning team. With upcoming opportunities in the NFL Draft, and strong support from ownership, the Jaguars are well-positioned to become competitive. I've analyzed this decision from every angle—the time is right in Jacksonville, and the time is right for me to return to coaching. I'm excited about the future of this organization and our long-term prospect for success."

Jaguars' fans and the idol-worshipping local media are excited about the hire. And they may be right. Meyer's past won't matter to most if he brings a championship to Jacksonville.

competitions and has since 1954. It is the only JAGA-run event that is promoted nationally and features multi-state and multi-national participants.

Complete tournament results and other information can be found at www.jaxare-golf.org.

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 - Mexican money
 - Gulf V.I.P.
 - Biblical pronoun
 - Competitive musher, e.g.
 - Saintly glow
 - From the sky and often damaging
 - Early anesthetic
 - *Team with most consecutive Super Bowl appearances
 - Swindles
 - Even, to a poet
 - Slanting characters
 - Cough syrup
 - Travels by air
 - "What's up ____?", asked by Bugs Bunny
 - Southeast Asia org.
 - German currency
 - Wb, pl.
 - 9 to 5, e.g.
 - Substitute, two words
 - Express a thought
 - Hitherto
 - Winter "fever"?
 - Brown on "Doctor Who"
 - *He has most Super Bowl appearances as a coach
 - Plural of #38 Across
 - Norse deity
 - Joie de vivre
 - *3-time Super Bowl champ, Russ ____
 - Pasturelands
 - Ready for picking
 - Black and white treat
 - *Another form of Super Bowl entertainment
 - Command, with "at"
 - *Team with most Super Bowl appearances
 - Reverberating sound
 - Slowly leak
 - NHL great
 - Opposite of atheist
 - Short version
 - ____ Island off Manhattan
 - Nervous twitch
 - Knockout
 - Below, prefix
 - *Player with most Super Bowl points scored
 - Warm down-slope wind
 - Distress signal
 - Phoenix team
 - Flock members
 - Port of Yemen
 - Tennis shot
 - *Jim Nantz's partner
 - Savory jelly
 - A must for a comedian
 - Williams and Wright
 - Natural theology
 - Answer to "Where are you?"; two words
 - Surrendered land
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JAGA

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Janet Johnson is committed to aggressively defending people accused in all criminal matters in state and federal court. In practice since 1994, she is a member of the Florida Bar, The Federal Bar, Colorado Bar, as well as the Florida Association of Criminal Defense Lawyers. She has been on the faculty of FACDL "Blood, Breath & Tears" annual DUI seminar. Ms. Johnson has been awarded the AV preeminent rating™ from Martindale-Hubbell® and was named a fellow to the prestigious Litigation Counsel of America™, as well as one of the ten best criminal defense attorneys nationally for client satisfaction by the American Institute of Criminal Law Attorneys. She also appears as a legal commentator on CNN and HLN.

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