

Your Community Voice for 50 Years

PONTE VEDRA



Recorder

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Not your average newspaper, not your average reader

PonteVedraRecorder.com

EATING OUT AT HOME



Photo by Don Coble

Ponte Vedra Beach's Alex Gilinsky wasn't going to let the governor's closure of sit-down dining stop him from enjoying a meal from Aqua Grill. Like others, he called ahead and picked up his order at the front door. All restaurants are required to only serve take home orders or deliveries until the threat of the coronavirus is gone. *Read more about what area restaurants are doing in Business Weekly, page 29*

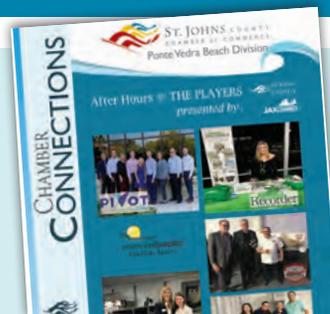
MORE INSIDE: Latest updates from St. Johns County amid COVID-19 crisis, *pages 4-5*

Local company offers free banners to businesses, *page 8*

Family entertainment options when stuck at home, *page 12*



The Recorder's Entertainment EXTRA
Featuring TV listings, streaming info, sports schedules, puzzles and more!
INSIDE



Connections
Pages 21-28
Fit & Healthy
Pages 18-20



CAR OF THE WEEK

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Hugh Osteen
Florida Market Manager
hugh@opcfla.com
(904) 285-8831

Susan Griffin
Publisher
susan@opcfla.com
(904) 686-3938

Don Coble
Interim Editor
don@opcfla.com
(904) 686-3939

Paris Moulden
Page Designer/Reporter
paris@opcfla.com
(904) 285-8831, ext. 3943

Amber Lake
Reporter
amber@opcfla.com
(904) 285-8831, ext. 3945

Daniela Toporek
Reporter
daniela@opcfla.com
(904) 285-8831, ext. 3941

Jennifer Logue
Senior writer

Ed Johnson
Senior Account Executive
ed@opcfla.com
(904) 285-8831, ext. 3940

Kristin Flanagan
Account Executive
kristin@opcfla.com
(904) 285-8831, ext. 3950

April Snyder
Sales Assistant
aprils@opcfla.com
(904) 285-8831, ext. 3937

Jonathan Bueno
Circulation Manager
jonathan@opcfla.com
904-264-3200, ext. 2148

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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.

Visit our website at www.pontevedrarecorder.com



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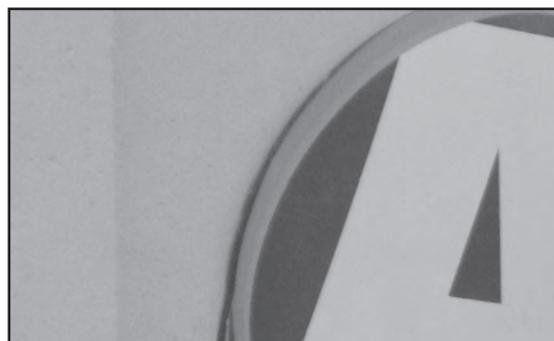


Find us on Twitter @[PonteVedraNews](https://twitter.com/PonteVedraNews) and on Instagram @[pvrecorder](https://www.instagram.com/pvrecorder)



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

WHAT'S THIS?



Two readers correctly identified last week's photo as the entrance sign for Del Webb Ponte Vedra in Nocatee. The winner of the random draw was **Bob Doering**. Congratulations, Bob — you may pick up your prize at the Recorder office during normal business hours.

Do you know what this is?

Email your answer to pvrecorder@opcfla.com by Monday at 5 p.m.

All correct entries will be entered into a random drawing to win tickets for two adults and two children to the Jacksonville Zoo. In order to allow as many families as possible to win, participants are only eligible to win a ticket prize pack once every four months.



ADOPT A PET



CAT OF THE WEEK

Gemini was brought to the Pet Center as a stray. She is a 3-year-old female domestic short-hair. She is very sweet and lovable and has a pink heart-shaped nose. Come see Gemini at the Pet Center today. #53791



DOG OF THE WEEK

Ranger was brought to the Pet Center as a stray. He is a 3-year-old neutered male, treeing walker coonhound/pointer mix. He loves to be petted, going for walks and sniffing everything, and he is looking for a new fur-ever home. Come see Ranger at the Pet Center today. #53757

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.**

PUZZLE SOLUTIONS

RECUR	ADS	VOLE
OZONE	RUN	AERIE
TRIAL	III	CRANK
CARPOOL	DOUBLE	
TAM	SEEM	
ULT	DAHL	REBURY
TARE	HAIL	NISEI
UNIX	ANTIC	TUBE
RATES	DHAL	SAUL
NIECES	ERAS	LSD
WEIR	RAP	
MEDIAN	PASSING	
TIGON	FBI	HANOI
WRING	RAN	ELDER
OAST	ACT	SMOLT

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

Solutions correspond to last week's puzzles.

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Note to readers: Send us your emails to stay current on local news. In case social distancing requirements get more strict, we will email you your paper.

Editor Maggie FitzRoy leaving the Recorder

Dear readers,

I have enjoyed working for the Ponte Vedra Recorder but have resigned as editor of the Recorder and the First Coast Register. My last day was Friday, March 20.

Returning to community news has been a pleasure, and I am proud of the stories that I and my reporters have done. As a journalist, it has always been my goal to serve as a community-connector, bringing people together through the power of story, and I'm glad I got to do that at the Recorder and Register.

I feel it is time, however, to return to writing fiction on a serious basis and that is what I plan to do from my home in Ponte



Vedra Beach. When the current pandemic is over, and it is safe to travel again, I also look forward to getting back to doing some travel writing.

In the meantime, due to the fluid and uncertain nature of the coronavirus-crisis, Don Coble, editor of Clay Today, will also become acting editor of the Recorder and Register. He is an extremely experienced and highly accomplished journalist and I am confident of his ability to manage both newspapers during this time.

Thank you for being loyal readers, and I hope to see many of you around town.

Maggie FitzRoy

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Beaches remain open after St. Johns County reports first COVID-19 death

By Don Coble

A 52-year-old man diagnosed with COVID-19 last Monday in St. Johns County died a day later to become the first in the county — and the youngest in the state — since the pandemic was recognized in the United States on Jan. 20, the Florida Department of Health reported.

The first-known case of the coronavirus was confirmed two months ago in a 35-year-old man who had just returned from Wuhan, China, less than a week earlier.

Two days later, a national public health emergency was announced.

Worldwide there are at least 433,000 confirmed cases as of Wednesday afternoon, according to John Hopkins University. Doctors warn those numbers will continue to increase at an alarming rate each day.

Now, all 50 states are reporting patients with the virus. As of Tuesday night, Florida had the eighth-highest reports (1,141) in the United States, with 22 coming from St. Johns County.

The first reported case in Florida was on March 1. As of Tuesday night, there now are 1,412.

The man who died Tuesday was the state's 18th reported death. County Administrator Hunter Conrad said the man's

virus appeared to be travel-related since he had been in both Florida and Minnesota.

The other people with the coronavirus includes 17 men and four women, according to the St. Johns County Health Department. Of those, 20 were residents and two were visitors. Five remain in area hospitals, while the other 16 are self-quarantined. The ages of the infected range from 21 to 76.

And while county officials continue to urge residents and visitors to follow Center for Disease Control and Prevention guidelines, as well as Gov. Ron DeSantis' order a week ago that closed all bars and nightclubs and restricted restaurants to only offering takeout menus, county administrator Hunter Conrad said 42 miles of St. Johns Beaches will remain open.

"It's good for our mental health to be outside," he said during last Tuesday's update from the St. Johns County Department of Emergency Management. "We're drawing a line in the sand."

The county, however, closed all beach parking lots. With beaches being closed to the north in Duval County and to the south in Flagler County, that forced thousands of beachgoers to a handful of accesses — none with any parking.

The short access at Mickler's Landing was packed with cars on the side of the roads. Others parked across A1A and walked the short distance to the beaches.



Photo by Don Coble

Beach parking in St. Johns County closed

Ponte Vedra Recorder

In order to maximize compliance with State of Florida Executive Order 20-68, all public beach parking lots in St. Johns County were closed under the local state of emergency last Monday and will remain closed until further notice.

The beaches, however, will remain open.

Most affected are lots between Mickler's Landing and Vilano Beach. Cars were crammed into spaces and along roadways last weekend in what many considered to be record crowds.

"After evaluating near-record beach attendance over the weekend and consulting with local law enforcement officials, it is clear that the county needs to take additional steps to further reduce

the size of the crowds on our beaches," said Hunter S. Conrad, St. Johns County Administrator. "Our goal is to allow the beaches to remain as accessible as possible to our residents, while still observing CDC guidelines and protecting the health, safety, and welfare of our community."

The closure includes lots at St. Augustine Beach.

The closures were intended to prevent overcrowding at one of the few beaches in Northeast Florida that remains open. Duval County beaches to the north and Flagler Beaches to the south are closed. St. John County's beaches stretch for 42 miles.

St. Augustine Beach Mayor Margaret England said, "Continuous personal effort is the key to defeating the spread of

COVID-19. The Health and welfare of our residents is our highest priority."

The determination to close all public beach parking lots is based upon a recommendation to reduce health risks associated with COVID-19 and beach overcrowding by the St. Johns County Sheriff's Office, the St. Augustine Beach Police Department, St. Johns County Emergency Management and local health officials.

While pedestrian access to St. Johns County beaches remains accessible, please limit gatherings to no more than 10 persons and maintain a minimum distance of six feet between other parties in compliance with CDC guidelines. Vehicular access to all St. Johns County beaches remains prohibited until further notice.

LETTERS TO THE EDITOR

St. Johns residents,

We are in uncharted waters. Nobody could have predicted COVID-19. All of our lives have been compromised, some more than others.

We all need to feel safe, comforted and



Seth Movsovit

somewhat in control of our own lives and COVID-19 has temporarily taken this from us. It's crucial that we try our best to follow the guidelines set forth by our government — that we do our best to prohibit the spread of the virus

as our country works diligently to learn more about the details and ultimate cure for the novel coronavirus.

Our children, our parents, our neighbors, our co-workers — currently, everyone is affected, but we will survive and overcome. It's what makes us unique as a people and as a great nation. We always pull together to help each other out.

With our business and the services that we offer, our administrative staff voted to help out.

I live in Ponte Vedra, our office manager lives here, our nurse lives here. We want to offer some assistance to the community. It is not possible to meet the needs of everyone, but if we all help out a little, it will go a long way to making our community healthier and safer.

Beginning Ponte Vedra Home Care has been offering free homemaker/companion services to those in need in the Ponte Vedra Beach area, for up to a three-hour visit. We can help with transportation services, very light housekeeping, grocery or medication shopping, companionship and even with friendly phone calls.

All of our caregivers are abiding by the OSHA COVID-19 Safety Guidelines.

So, if you need a little extra help during these difficult times, please call (904) 325-9086.

We don't know if five people will call us or 50, so please be patient with us as we will do our best to help out wherever we can.

Thank you.

Please stay safe, everything in moderation.

Seth Movsovit,
Owner, Ponte Vedra Home Care

Charitable giving is alive and well throughout the Beaches. Thank you for a night of local support on March 9 and donations from more than 250 area businesses, restaurants and service providers, which resulted in a recent record-breaking MS National Awareness Week silent auction in Ponte Vedra Beach.

The \$25,000 raised will be used by the NMSS to ensure that the close to one million people living with MS can live their best possible lives.

Special thanks to Bogey Grille, our generous host for the eighth consecutive year. Hope to see everyone at our ninth annual silent auction on March 8, 2021.

Heidi Katz, Chapter President, NMSS

Sawgrass Country Club member tests positive for COVID-19

Members and guest who were at Sawgrass Country Club on March 14-15 have been alerted they may have come into contact with a member who now has been diagnosed with COVID-19.

Club manager Fritz Skeen sent members a message on Friday. In part, it stated:

“The continuous spread of the novel coronavirus has put us all in situations that we certainly did not expect to be in a few short weeks ago.

“Today, we have been informed by a member that they have tested positive for COVID 19 and had visited the Club this past weekend playing golf and

spending time in the lounge prior to our recent club operation modification. The people with that member and their guest have been notified. However, if you were in the Golf Club Lounge in the afternoon of Saturday or Sunday, you may have been exposed. That member has not been at the Club since Sunday.

“If you have questions regarding such exposure or concerns, you should call your healthcare provider for medical advice. We’ve consulted with medical professionals and CDC guidelines and feel that the current restraints on your operation are sufficient to main it in the current use pattern. However, this pro-

cess is very fluid and will continue to be evaluated on a daily basis!

“As you have seen earlier in the week, drastic changes have been made to our operations to promote people keeping distance from each other.”

The member wasn’t identified.

Sawgrass Country Club is a beachside resort located at 10034 Golf Club Drive in Ponte Vedra Beach. It’s located about two miles from TPC Sawgrass, where THE PLAYERS was canceled out of concern for COVID-19 on March 12 after the first round.

This is a developing story. Go to ponteverdarecorder.com for updates.

CLOSURES, UPDATES AND CANCELLATIONS

Due to the health and safety of the community, the following closures and cancellations have been made in St. Johns County and surrounding areas.

County closures

In the interest of public safety and in an effort to minimize the impact of COVID-19, the following St. Johns County facilities and programs are closed to the public, or have been canceled through May 8:

- All St. Johns County libraries and the library bookmobile.
- All recreational facilities, recreational programming, recreational events, and all permitted events, including organized youth and adult sports, on St. Johns County property.
- The St. Johns County Ocean and Fishing Pier Gift Shop and all permitted events on associated County property, including the parking lot, volleyball courts and the pier pavilion.
- All events scheduled to occur at the St. Johns County Fairgrounds.
- All events scheduled to occur at the St. Johns County Agriculture Center.
- All events scheduled to occur at the St. Johns Golf Club.
- The St. Johns County Pet Center.
- All St. Johns County recycling and community collection events.
- All St. Johns County Fire Rescue community programming.

St Johns County EOC COVID-19 Citizens Information Hotline

The St. Johns County Board of County Commissioners declared a Local State of Emergency in response to COVID-19 on March 17. In response, the St Johns County Emergency Operations Center has been elevated to a level two partial activation and the COVID-19 Citizens Information Hotline is now active between 8 a.m. to 6 p.m., seven days a week. St Johns County residents can call the hotline at (904) 824-5550 for information regarding facility closures, program cancellations, and current St Johns County COVID-19 guidelines.

Updated St. Augustine policies

The following decisions go into effect immediately:

- The City Commission agenda will be limited to only those items essential to city business. Items that are not time-sensitive may be postponed.

UPDATES continues on Page 10

Governor closes all state parks until the coronavirus subsides

TALLAHASSEE | The Department of Environmental Protection announced that at the direction of Gov. Ron DeSantis and to successfully uphold CDC guidance to maximize social distancing and avoid gatherings larger than 10 people, DEP will close all Florida State Parks to the public effective immediately.

DEP has taken many measures to continue providing resource recreation at our State Parks during this time, such as limiting operating hours and reducing visitor capacity at parks with high visitation. Unfortunately, this has not resulted in the reductions needed to best protect public health and safety as Florida continues to mitigate the spread of COVID-19.

Locally, the closures include Anastasia State Park, Faver-Dykes State Park and Fort Mose Historic State Park in St. Augustine.



Photo provided by Florida State Parks

Anastasia State Park, one of the most-popular tourism destinations in St. Augustine, is closed as a precaution for COVID-19.

The DEP appreciates the public’s cooperation and understanding as we work to prioritize the welfare of our communities and staff. We look forward to welcoming you again to our award-winning state parks as soon as possible.

The DEP is committed to providing updates to the public. For continuous updates, follow Florida State Parks on Twitter, Facebook and Instagram. For additional information on Florida State Parks, call (850) 245-2157.

Jaguars owner commits \$1M to support local COVID-19 response

Jacksonville Jaguars owner Shad Khan personally committed \$1 million last Tuesday in support of Northeast Florida’s response to the COVID-19 crisis. The donation is designed to provide essential support to local organizations focused on the immediate health and well-being of First Coast residents.

The \$1 million commitment from Khan includes allocations to the following organizations:

- Florida’s First Coast Relief Fund will receive \$400,000, which will in turn lift up a range of nonprofits to ensure immediate support for children, families, seniors

and veterans struggling during this time. Originally established in 2016 in response to Hurricane Irma, Florida’s First Coast Relief Fund is a partnership between The Community Foundation for Northeast Florida, Jessie Ball duPont Fund, Jewish Federation and Foundation of Northeast Florida, United Way of Northeast Florida and United Way of St. Johns County.

- Feeding Northeast Florida will receive \$75,000 to support their work in bringing meals to local citizens experiencing food insecurity during the crisis.
- The Clara White Mission will receive \$75,000 to provide food and care for the

homeless population of downtown Jacksonville.

- The Jacksonville Public Education Fund will receive \$50,000 to provide needed supplies and technology to students and teachers as they make the transition to digital home learning.
- The local chapter of the American Red Cross will receive \$50,000 in support of Anheuser-Busch’s initiative to support the continuation of blood drives throughout the country.

“I want to say thank you to every group or individual who is personally stepping up for the people of Jacksonville during

these uncertain times,” Khan said. “It’s my privilege to help.

“However, the most important gift is the one everyone in Jacksonville can share with one another, and that’s to heed the direction of our health authorities here and nationally so we can get past this safely and successfully. Let’s get through this together but let’s do it by staying home. We’ll catch up in Jax soon, in good health and spirit, and I look forward to that day.”

Additional allocations will be made as the COVID-19 crisis evolves and its effects on Jacksonville and northeast Florida residents continue to be realized.

Jen Schlechte is the owner of Pinspiration, a new Pinterest-inspired crafts studio in Ponte Vedra Beach at 880 A1A N., Suite 7.



Photo by Maggie FitzRoy

As told to Maggie FitzRoy

When did you open?

We had a soft opening on Feb. 29. We had planned to have our grand opening Saturday, March 21 but with recent CDC recommendations about not having gatherings of 10 people or more, we had to postpone it. We had been planning the grand opening for months and we had over 500 people “going or interested” on our Facebook Events. Now, in order to continue our business in a safe manner, we are offering take-home craft kits that people can pick up curbside at the studio.

What else are you doing to deal with the coronavirus crisis?

We are also promoting our Jackson Pollock-inspired Splatter Room, where people dress in protective suits, with hairnets, booties, goggles and gloves and throw paint to create their own splatter masterpiece. We are taking reservations hourly to be sure we stay under the CDC limit of 10 people.

What is your business all about?

Our motto is: community meets creativity. Our goal is to provide a fun, engaging environment for people to find their inner creativity. We have projects for age 3 through 103 and feel that everybody is an artist.

How does that relate to Pinterest?

Pinterest is an online pin-board, where people can share ideas. There is also the idea of the “Pinterest fail,” a trend on social media where people are sharing all their attempts to make the beautiful crafts they found on Pinterest and failed.

How do you help people succeed, instead?

We facilitate the making of unique and popular crafts and take away a lot of the anxiety from not knowing how. We have all the materials and tutorials with step-by-step instructions for each of our crafts. We have over 40 at any given time and they change seasonally. The business is a franchise and we have a dedicated marketing team that scours Pinterest for the most frequently pinned projects and then figures out how we can offer them at the studio, where we have creative assistants who can help with any of our crafts.

What inspired you to want to open this type of business?

My husband, Brandon, and I have always been crafty, creative people. I learned about the franchise through social media and was immediately intrigued by the idea of having a place in the community where people can be socially creative.

What is your background?

I taught elementary music and directed a show choir at Ocean Palms Elementary for three years. I’m currently still involved in the musical world by singing with the Jacksonville Symphony and at Christ Episcopal Church in Ponte Vedra Beach and I also direct the First Coast Youth Show Choir.

What are your thoughts and hopes about the coronavirus?

We see a definite impact on our business. We’ve been working on this space for over a year. We’ve been planning the grand opening for months. Our hope is that all the small local businesses like ours will have the support of our community as we try to figure out creative ways to navigate the fluid situation.

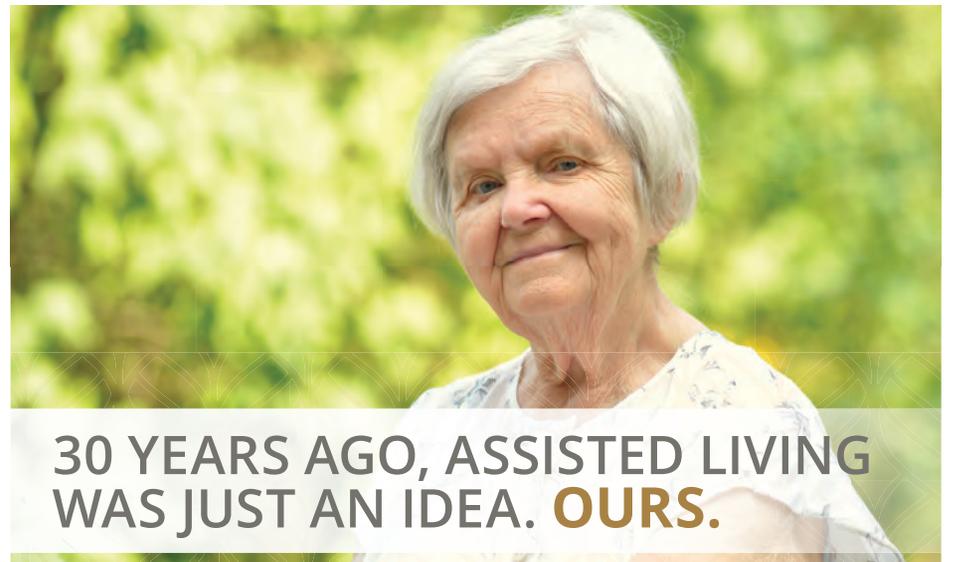
How can people contact you?

By phone at (904) 395-3056. Our email is jacksonville@pinspiration.com and our website is Pinspiration.com/Jacksonville. Reservations for making crafts are recommended but not necessary. We are open Tuesday through Sunday and hours vary. We also have a private space that can be rented for groups and corporate events. We also have a group package rate for parties, including birthday parties, when the virus crisis passes.

CAPT. SEARS HIGHLIGHTS WOMEN'S ROLES IN U.S. NAVY



Photo provided by U.S. Navy photo by Mass Communication Specialist Seaman Sarah Eaton
U.S. 7th Fleet, Fleet Surgeon, Capt. Christine Sears, from Ponte Vedra Beach, gives a speech during a Women's History Month observance on the mess decks aboard U.S. 7th Fleet flagship, USS Blue Ridge (LCC 19). Blue Ridge is the oldest operational ship in the Navy and, as 7th Fleet command ship, actively works to foster relationships with allies and partners in the Indo-Pacific region.



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Oceanfront Retreat

Built to take advantage of the captivating water views and north of Mickler's Landing, this 4,878 property includes a pool and new roof (2017). With 150 ft. of ocean frontage this 1.45-acre lot is the ideal place to make your private beach retreat.

6 bedrooms, 6.5 baths \$3,450,000



Design Dream Ocean Oasis

Take advantage of this unique opportunity to own over 2 acres of oceanfront property situated on one of the highest dunes in Ponte Vedra Beach. North of Mickler's Landing, this 6,047 sqft home with 248ft ocean frontage is the ideal place to design your dream oasis.

5 bedrooms, 4F/3H baths \$3,425,000



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 \$1,250,000



Design Oceanfront Oasis

Design your dream home on this oceanfront estate. With over 230 ft. of ocean frontage, this lush property will inspire your inner visionary and designer. Whether you are looking to build your dream home or renovate, this 1.6-acre estate makes for the ideal place to call home.

4 bedrooms, 4.5 baths \$3,650,000



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Spectacular Views in Sawgrass Island

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4 bedrooms, 5.5 bathrooms \$1,575,000



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 www.SarahAlexander.net

Elizabeth Hudgins, REALTOR®
 904.553.2032 cell
 Elizabeth@ElizabethHudgins.com
 www.ElizabethHudgins.com



Sign of the times: Local company offering free banners to businesses

Keeping customers informed a good way to reduce frustration

By Don Coble

When Jamie Thole went to lunch earlier this week, he was frustrated when his favorite café was closed. His frustration turned to agitation when he had to walk to the door and read the fine print on an 8½-by-11 piece of paper where the owners tried to explain their regrettable situation.

That's when he got the idea to provide free banners to all business during the crisis created by COVID-19.

"I was tired of getting out of my car to walk up to a door to see what was going on," Thole said from his Custom Graphics and Sign Designs.

"I figured if everyone had a banner, it was a nice way to give back."

Here's the catch: there's no catch.

"There are no strings attached," he said. "Tell us what you need, and we'll make it."

For free.

The offer applies to 4 feet-by- 2 feet banners. Business owners who want to keep their customers informed only need to visit signs@cgsigns.net and clicking on the "Restaurant Relief" tab, or call the company at (904) 264-7667, extension 2.

Custom Graphics and Sign Designs was

started by Tholes' parents, Marvin and Patti Thole, in 1987. "I've been in here since I was old enough to walk," Jamie said. All three are part of the project to support their community.

The company decided to reach out to the area it serves – Clay, St. Johns and Duval counties – during a desperate time. Some businesses are closed. Others are operating with limited services. And a select few have been able to maintain customary hours.

"We won't turn anybody away," Thole said.

"When you have a sign visible from the road it makes it easier," Thole said. "Even if it's closed, it's good to know. These are tough times. People are struggling. I'm here to help the small businesses in my community. We're just trying to make it a little easier. Whatever you want on the sign, we'll do it. And we'll do it for free."

Hours at the shop have been reduced by an hour in the morning and an hour at closing so the family can disinfect the counters and machinery. Even with fewer posted hours, the family is prepared to work past closing time to make sure their neighbors are better served in a time of need.

"Nobody wants to drive up, get out and have to read a paper notice," Thole said. "I'm sure the business hates doing it. Customers don't like it either. This can help. The best way to get through this is by working together."

"A business with no sign is a sign of no business."



Cutline goes here.

Photo by Don Coble

Sawgrass Pet Resort collects food to keep animals safe during crisis

Special to the Recorder

At Sawgrass Pet Resort we are committed to provide you and your pet with a safe environment.

Our community, our people and our pets are what is most important to us.

Both your safety and your pets' well-being remain our number one priority as we deal with the risks around the coronavirus.

What we are doing:

Our resort is thoroughly sterilized daily, and we will continue to ensure that we take proper measures to minimize any potential risk.

How we are helping:

We are accepting donations of dry and wet dog and cat food. These will be distributed to our local residents that are unable to purchase food for their pets due to loss



of income from temporary workplace closures.

We know there has been a lot of misinformation regarding pets & COVID-19 transference.

According to the CDC and World Health Organization, there is no reason to believe pets can contract or transmit COVID-19.

Here is a link with more information: www.cdc.gov/coronavi.../2019-ncov/pre-

pare/animals.html

However, they do recommend: "If you are sick with COVID-19, avoid contact with your pet including petting, snuggling, being kissed or licked and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before & after you interact with pets and wear a facemask."

We are open and we are here to help. If you need dog or cat food assistance, please come by and see us.

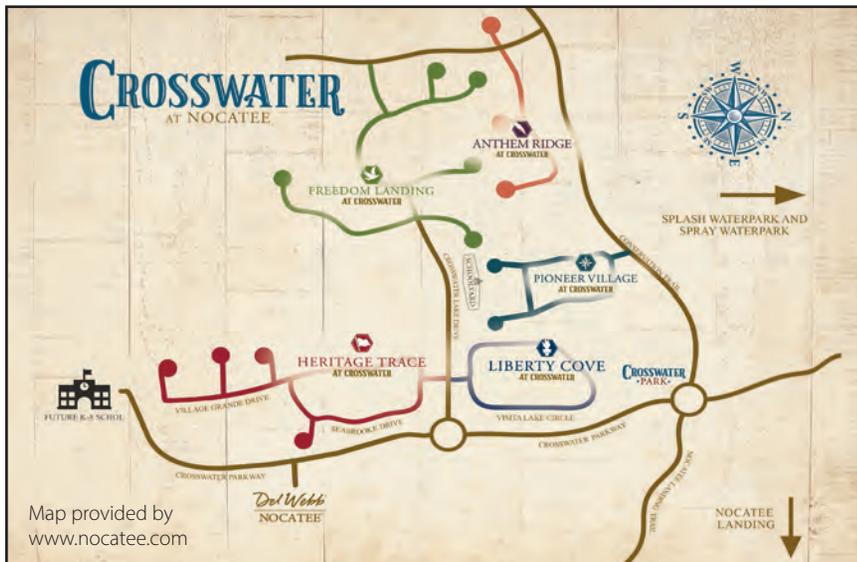
Please remember that our local small business owners rely on you to keep their doors open.

If you will need them again in a month, please continue to support them now.

Help each other and be well.

Sincerely,
Sawgrass Pet Resort, LLC

NOCATEE HAPPENINGS



New neighborhood joining Crosswater at Nocatee collection

Anthem Ridge at Crosswater is the newest neighborhood coming to the Crosswater collection of neighborhoods in Nocatee.

The neighborhood of 67 homesites is surrounded by preservation and lakes. ICI Homes and Toll Brothers each offer unique floorplans, incorporating the Americana and nostalgic “old town” theme.

Homes in Anthem Ridge range in size from 2,600 square feet to more

than 3,800 square feet and start in the high \$400,000s.

The Schoolyard is a Crosswater resident-only park and includes a small and large dog park, playground, open-air pavilion and a play field. All homes in Anthem Ridge are located in St. Johns County, south of Nocatee Splash Waterpark and the Nocatee Spray Park.

Model homes will be opening in late summer.



Photo provided by Maria Woodford

Members Rosanne Lotocki (from left), Amy Pizzarello, Debbie Corsano, Clara Wittmann, Dede LeClaire, Barbara Tanner, Judy Adams, Paula Kennedy and Joann Pasquale.

Newcomers Alumnae hold fashion show

Newcomers Alumnae held their annual meeting/fashion show at Marsh Landing Country Club in Ponte Vedra Beach earlier this month. This year’s fashions were provided by J. Jill Store, the models’ make-up was done by Mary Kay Cosmetics and Zimmiz Hair Designers created the models’ hairstyles.

Newcomers Alumnae was formed in March 1998 to give graduates of newcomer groups an opportunity to continue networking in the community. For more information, email brookemeister@msn.com.



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A LOCAL LOOK AT THE PANDEMIC THROUGH PHOTOS

If a picture is worth 1,000 words, there aren't enough words to express how St. Johns County is reacting to the threat, restrictions and closures caused by COVID-19. So here's a look at the pandemic through our camera lenses.



Photos by Don Coble

Amid the crisis, gas prices continue to drop.



The gates at Ponte Vedra High are locked and nobody is sure when they will be re-opened. For now, all schools are schedule to be closed until at least April 15.



Fred Spencer needed groceries from the Publix in Palm Valley. He also is wary of COVID-19. So he found a solution by wearing a mask and gloves while buying his produce. "I feel fine, but this is serious," he said. As a body repair man, he was able to use one of his shop masks instead of one designed for medical uses.

Updates

Continued from 5

- In regards to public comment, and in lieu of physical attendance, the city encourages individuals to submit comments via email to cityclerk@citystaug.com which will subsequently be read into the public record.
- For those organizations receiving a recognition and/or proclamation from the City Commission, the city is requesting representation by one attendee.
- The city has also determined that non-essential staff will not attend public meetings in person, but will monitor meetings online through the city's website at www.CityStAugTV.com. In compliance with best practices of social distancing, city staff will be minimizing person-to-person contact by holding meetings through teleconference and online virtual meetings.
- Until April 1, 2020, to ease the burden of past due balances for utilities, the city will not shut off water service.
- Customers who wish to submit permit applications or pickup approved permits should not appear in person, but instead correspond via email to BuildingPermits@citystaug.com for Planning & Building permits, and PWpermits@citystaug.com for Public Works permits.
- Customers who wish to make payments for utilities or permits, should not appear in person, but instead call to make payment arrange-

ments over the phone: Customer Service (utility billing): (904) 825-1037; Planning & Building (building permits, business licenses): (904) 825-1065, ext. 2

Public Works (right-of-way and site construction permits): (904) 825-1040, ext. 6
For more information, call (904) 293-3307.

Updated Nocatee Policies

In an effort to maximize compliance with State of Florida Executive Orders and other social distancing recommendations, CDD playgrounds and sports courts will remain closed until further notice. CDD playgrounds are in Greenleaf Park, Cypress Park, Twenty Mile Park, Twenty Mile Post, Addison Park and Lakeside Park.

- Currently, all CDD facilities are closed, with the exception of limited staffing of the Resident Services office.
- Closures include all pools and waterparks, all events, activities and rentals of Crosswater Hall, the fitness center, playgrounds and sports courts.
- The decision to close the facilities is based on recommendations to reduce health risks associated with the COVID-19 virus by the St Johns County Sheriff's Office, the St Johns County Emergency Management and other local health officials.
- The Nocatee Welcome Center remains open, but a scheduled appointment is required. The Nocatee Welcome Center is currently not allowing Walk-In Visitors. Call (904) 924-6863 to speak

with a Welcome Center representative for more information or to schedule an appointment.

CONNECT VIRTUALLY

View an online Nocatee Welcome Center Presentation and Tour via this link. A live chat feature is available on the page, and a Welcome Center Representative is available to answer any questions. The staff is available to answer questions and give presentations by phone at (904) 924-6863. Email any questions to welcomecenter@nocatee.com

Facility Closures

- The St. Johns Golf Club, St. Johns County's beaches, parks, open green spaces, and trails remain open.
- In addition, Veterans Services, the Permit Center, Health and Human Services, Utilities Services, and all other County business services remain open to the public and operational.
- The Beaches Museum is closed until March 31.
- The Cultural Center at Ponte Vedra Beach is closed until March 30.
- The Cummer Museum of Art & Gardens is closed until April 3.
- The Jacksonville Symphony has canceled concerts through April 1, with possible livestream performances to be aired for the public.
- Palms Presbyterian Church has canceled Sunday worship for March 22, but will host a

livestream service at 11 a.m.

- The Ponte Vedra Concert Hall events that were to take place from March 19 through April 1 have been postponed.
- The Ponte Vedra Beach Rotary Club has canceled its upcoming events for the next eight weeks. In addition to regular weekly meetings, this will also include the Local Heroes event scheduled for April 2 and the Mineral City Celebration on May 9. The club still intends to honor this year's Local Heroes award recipients and will present their plaques privately.
- Publix has changed its store and pharmacy hours with all stores now closing at 8 p.m.
- The St. Augustine Lighthouse & Maritime Museum is closed until March 30.
- The St. Johns Golf Club is postponing all Sunday Junior Golf Clinics until further notice.
- The Times-Union Center for the Performing Arts is closed to the public. Events from March 19 through April 1 have been postponed.
- St. Johns County Public Libraries to host Facebook Live Storytime in response to COVID-19
- St. Johns County Public Library will host virtual storytimes at 11 a.m., Monday through Friday, on Facebook Live. Youth services librarians will be reading stories from the library's collection. The storytimes last approximately 30 minutes and are recorded and posted on the Library's Facebook page for those who miss the live showing. For more information, or to watch a storytime, visit www.facebook.com/sjcpls.

Technology keeps community connected during pandemic

Internet programs ease sense of isolation during COVID-19 threat

By Bruce Hope

Most people are experiencing things they could never have conceived of before the outbreak of the COVID-19 virus. People are out of work or working from home. Restaurants and banks are open only to drive-thru service. People are being advised in some places to stay home if possible.

In previous generations, it would have been nearly impossible to continue any sense of normalcy under those conditions.

Modern technology is playing a role it has never played before. Being shut-in doesn't disconnect you from the world. The only way to truly be disconnected is if you lose power.

Students from elementary schools to universities are attending classes online. School districts that don't regularly host a lot of online courses have quickly adapted to virtual learning to continue the school year that was already in progress with the possibility that in-seat classes may not resume for the remainder of the school year. Many parents are getting used to virtual schooling for their children as well.

Classes have been shifted to online for the rest of the spring term at Florida State College in Jacksonville.

St. John's River State College in St. Augustine also is adjusting. Spring break



Photo provided by metrocreativeconnection.com

for students and classes was extended to give instructors time to convert from in seat to online courses. That transition is expected to be ready by March 30.

"Many of our classes are already offered with an online option, with some being online only," said Susan Kessler, Director of public relations. "Our math classes, English/composition, science, business, history, etc. are offered both on-campus and online. Right now, on-campus faculty are continuing to work on that transition and that includes the distance learning platform [Canvas]. Many already teach both on-campus and online classes and they are assisting the on-campus faculty through this learning

curve."

Education isn't the only thing affected by COVID-19. With the recommendation/order that people engage in social distancing, most natural processes have been made more difficult. Technology, however, again becomes the savior.

Many people, especially here in Florida, have relatives in senior living facilities. The elderly is particularly susceptible to the virus. As such, just about all visitation is suspended. It's here that technology swoops in again. Some facilities are setting up virtual visits where the family can visit with their resident online. Applications like Skype, Facebook, WhatsApp and Facetime make face to

face communication over a distance a much simpler task.

We can do almost anything digitally. Apps on our phones allow us to do most banking functions. We can order takeout or groceries. With social distancing being embraced, e-commerce has increased in certain areas. Purchases of household goods and groceries from various online retailers for both pickup and delivery have increased significantly. Items best fit for extended quarantine such as shelf-stable milk, beans and fruit snacks are among those seeing the increase.

Restaurant dining rooms are closed to on-site service, but hungry patrons don't need to dine in. Applications like Uber Eats, Doordash, Delivery Dudes or Grubhub, people can order whatever they have a taste for and have it delivered.

A quarantine of any type, voluntary or not, can leave everyone scrounging for ways to occupy their time. The internet, video games, and streaming platforms of tv and movies can provide endless hours of entertainment. Netflix, Hulu and Amazon Prime TV, among others, can give a person nearly-infinite options.

Today, almost no matter the situation, once there are devices with power and internet connectivity, there is access to the world, virtually and all without a person going beyond their own front door.

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1760 British Yawl wooden boat recreated by Heritage Boatworks volunteers

Vessel built at the St. Augustine Lighthouse & Maritime Museum for re-enactment group

Heritage Boatworks volunteers at the St. Augustine Lighthouse & Maritime Museum have completed a replica of a 1760 yawl wooden sailing vessel. The commission for HMS Bellisarius, a re-enactment group, was handcrafted for near three years.

“Using plans from 1760, the boat builders have constructed a working yawl. These boats were adopted by the British Navy in 1701 as the smallest class of



The skilled volunteer boatwrights of Heritage Boatworks at the St. Augustine Lighthouse & Maritime Museum put the final “whiskey plank” on a replica British yawl that they handcrafted over the past three years. The attachment of the last plank, technically called a shutter plan, earned the colorful nickname of “whiskey plank,” when boatwrights celebrated its placement with a “spirited” toast.

Photos by Kristin Flanagan

boats aboard a warship. They would have been a common sight on the St Augustine waterfront during the time of British control, from 1763 to 1783,” said John Clarke, maritime activities coordinator at

the nonprofit museum.

This British yawl, dating to 1760, was a standard type used by the Royal Navy as a ship’s boat. That type of vessel originally came from Norway, where it



was known as a “yole” and was clinker-planked, with plank edges overlapping, double-ended and highly seaworthy.

The yawl spread through Ireland and England and in 1701 it was officially adopted by the British Navy. Naval yawls were the smallest class of boats on board

BOAT continues on Page 16

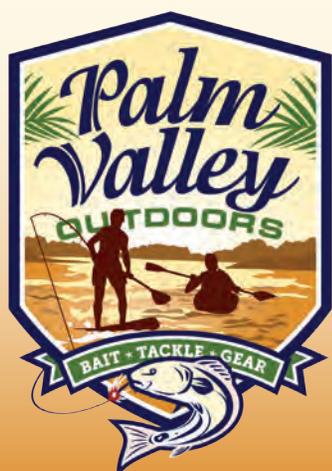
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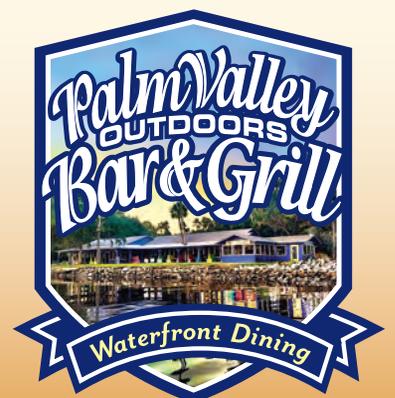
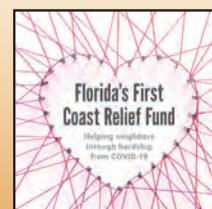
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A portion of all proceeds will be donated to Florida's First Coast Relief Fund to assist with COVID 19 relief efforts in our local community. For more information on the Relief Fund or if you are in need of assistance, visit unitedwaynefl.org/covid19response.

The United Way of Northeast Florida is administering this fund, and is part of a coalition of partners including The Community Foundation For Northeast Florida, Jessie Ball duPont Fund, Jewish Federation and Foundation of Northeast Florida, and United Way of St. Johns County.



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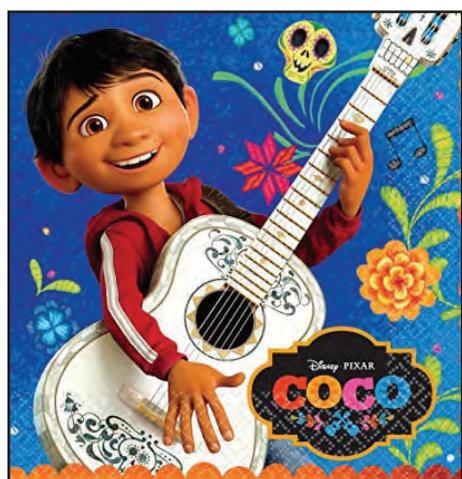
CRITIC'S CHOICE

Plenty of options to keep entire family entertained at home

By Wesley LeBlanc

With home situations currently shaken up due to the ongoing COVID-19 pandemic, you might be looking for things to keep yourself and your children busy.

I'm a pro at spending time indoors parked in front of a TV on a couch so I've gathered up some of the best movies, TV shows and games for people of all ages. Check out my recommendations:



"Coco"

FOR ALL AGES Movies

■ **Disney Pixar's "Coco":** Coco is a movie about pursuing your passions and family. It's the perfect pick-me-up movie, and it's a great look at how humans can make the best of situations in the worst of times. It's colorful, full of wonderful music and sure to keep your children engaged. It can be found on Disney Plus or rented from movie renting services.

■ **Disney Animation's "Moana":** This movie is pure joy and takes place in the most tropical of settings (a nice getaway from halfway-shutdown Clay County). It features some of Disney's best songs and has a main character voiced by The Rock. What more do you need? It can be found on Disney Plus or rented from movie renting services.

■ **Dreamwork's "How to Train Your Dragon":** This series actually has three movies in it at this point and all can be rented for less than a few bucks on services like Amazon Prime and Apple Movies. It's a series about dragons first and foremost so virtually any child will quickly fall in love, and the trilogy is about a character growing into the person they truly are, not who their family wants them to be.

Games

■ **Epic Games' "Fortnite":** There's a good chance your children are already playing this game. It's a battle royale game where 100 players drop onto a massive map. Using cartoonish guns, players will shoot and attack other players (there's no blood or guts) in an



Writer Wesley LeBlanc offers his recommendations to keep busy while staying home during the COVID-19 outbreak.

attempt to be the last player alive on the island. It's available on all mobile devices, the Nintendo Switch, the Xbox One, the PlayStation 4 and PCs.

■ **Activision's "Crash Bandicoot N. Sane Trilogy":** There's a good chance you've heard of Crash Bandicoot. It's a video game series stretching all the way back to the 1990s and this trilogy is a remaster of the series' first three games. Its platforming fun with colorful cartoon visuals with just enough challenge to keep your child playing for days on end. It can be played on the Nintendo Switch, the Xbox One, and the PlayStation 4.

■ **"Nintendo's New Super Mario Bros. U Deluxe":** This is the most recent iteration of a classic 2D Mario game released by Nintendo. It's the tried-and-true Mario formula you likely grew up with brought into 2020 with revitalized graphics, new levels and worlds to complete, and an entire cast of characters that stretches far beyond just the usual Mario and Luigi. It can be played on the Nintendo Switch.

FOR OLDER CHILDREN AND ADULTS Movies

■ **Annapurna Pictures' "Booksmart":** This is one of my all-time favorite movies. If you've seen Superbad and enjoyed it, you're going to love this movie. It's about two high school girls who realize on the eve of graduation that they spend their entire time in high schools worrying more about grades than actually having fun. They want to change that and will spend an entire night going great lengths to finally have fun. It's raunchy, very rated-R, and packs a message that anyone and everyone can learn something from. It can be rented on movie renting services or viewed on Hulu if you subscribe to that service.

■ **A24's "Hereditary":** Life is a little scary right now and what better remedy than watching the lives of someone else grow to be absolutely terrifying. Sure, it's scary to watch but it'll make you feel like life could be worse. It's about a family haunted by something (that's all we'll say to save you from spoilers) and the movie's tension and scares continue to rise from



"Contagion"

start to finish, ending in a climax that will keep you scared of the unknown long after the credits roll. It's not for the faint of heart but if you're interested, it can be rented for just a few bucks on movie renting services like Amazon Prime or Google Play Movies.

■ **Warner Bros. Pictures' "Contagion":** If you want to see how not to react during a pandemic, this is a movie you should watch. Hyper-relevant as we all currently deal with the ongoing coronavirus pandemic this movie is about the heroes and the villains in a disease-based crisis. The cast is awesome and will have you saying, "Hey I know who that is" out loud for its entire duration.

Games

■ **Bethesda's "DOOM Eternal":** Sometimes you just want to be an action hero living out an extreme power fantasy. DOOM Eternal is that feeling in the form of a video game. It came out just last week and is about the Doom Slayer or Doom Guy wreaking havoc to hellish creatures and monsters working to ultimately destroy earth. Its soundtrack is very metal, its gunplay is smooth and crisp, and its world is grotesquely beautiful. If you need a win in your life, DOOM Eternal is the game for you. It can be played on PC, Xbox One and PlayStation 4.

■ **Naughty Dog's "The Last of Us":** Easily one of the greatest games of all-time (and its 200+ Game of the Year awards would agree with that), this is the story about a father-like figure and a young girl working together to survive in a world fraught with a global pandemic. Its stealth-based action with a story that will bring you to tears multiple times throughout its 15-hour duration. We won't say too much more so as to save you from spoilers, but simply put, it is an absolute must-play for anyone that plays video games. It is available on PlayStation 4.

■ **Microsoft's "Halo: The Masterchief Collection":** This collection of Halo games comes with five unique Halo experiences on one disc. If you haven't heard of Halo, it is arguably the greatest first person shooter of all time and when the first game released in 2001, it changed the way video games were played and designed for good. This collection sees all four original games, plus a side-story prequel, remastered with modern day graphics and it's sure to keep you busy for weeks on end. It is available on PC and the Xbox One.

Wesley LeBlanc has been writing about games, movies, TV and other forms of entertainment for years. It's why he originally went to school for writing! He's been playing games and watching movies for twice as long and is always happy to introduce someone to his favorite mediums of entertainment. You can follow his entertainment writing and musings at wesleyleblanc.com or via his Twitter account, @LeBlancWes."

How to practice social distancing during pandemic

As COVID-19 continued to spread across the world, it quickly became evident that the public would have to take drastic measures to slow the transmission. In addition to practicing generalized sanitation and good hygiene, people in some of the hardest-hit clusters were advised to take additional, more aggressive measures. Quarantines and travel restrictions were implemented, and the term “social distancing” became a buzzword.

Social distancing involves people keeping a physical distance from each other during disease outbreaks in order to slow transmission rates. Social distancing also is employed to lessen the impact of the

disease on the medical care system, which quickly can become overwhelmed with a high number of cases presenting in a short period of time. In best-case scenarios, social distancing also may enable a few people to avoid infection until a vaccine is available.

So how can people socially distance themselves? Here are some of the recommendations from the Centers for Disease Control and Prevention, the World Health Organization and other leading health groups.

■ **Opt out of group events.** Steer clear of events, whether meetings, sports games, conferences, and other gatherings

where large amounts of people congregate together.

■ **Stick to non-contact greetings.** Avoid hugs, kisses and handshakes. Substitute a smile or a wave.

■ **Work from home.** Many companies are now equipped to allow employees to work from home all the time or a portion of the time. Businesses can encourage employees to stay home and utilize the internet to get their work done.

■ **Stagger commute times.** Commuters in urban areas can consider staggering work hours so that they help curb crowds on public transportation.

■ **Alter shopping schedules.** Try to visit

stores in the early morning or late at night when they are less likely to be crowded.

■ **Make changes in worship practices.** Celebrants may have to make modifications to the way they worship. The Catholic Diocese of Trenton, NJ, recently advised all diocesan churches to halt the distribution of the most precious blood (wine) from communal chalices; encouraged clergy and eucharistic ministers to sanitize their hands before distributing the eucharist; and parishioners to avoid contact during the sign of peace.

Common sense is key to stall disease transmission, and social distancing can be an important public health measure.

Simple ways families can confront remote learning

Amid concerns of coronavirus clusters and efforts to stop the spread of COVID-19, and based on social distancing recommendations from medical professionals, schools across the country began to close their doors and adopt a remote learning model in March 2020. One of the largest communities affected was New York City, which closed schools across the five boroughs. The New York City school system is vast, with 1,800 schools servicing more than one million students.

School administrators and educators quickly scrambled to find a workaround to meet children’s educational needs. Remote learning has been a part of many school curriculums for some time. While remote learning had predominantly been reserved for higher learning institutions, in the wake of the COVID-19 outbreak, it became a necessity for grades K through 12 as well. Teachers have had to design curriculums and assignments virtually on the fly in an attempt to minimize disruptions that could adversely affect students.

Remote learning requires the cooperation of school staff and also parents and guardians. Patience is necessary, and parents and educators may need to completely transform their daily schedules. The following tips can be an asset as students continue to navigate remote learning.

■ **Record class sessions.** Teachers can consider recording or “going live” with class instruction so that students can view the video and still have access to their teachers. This helps parents who may be unfamiliar with explaining the curriculum.

■ **Utilize chat features.** Remote education software programs likely have a chat or “hangout” feature, which enables classrooms to keep in touch and ask questions in real time.



Photo provided by metrocreativeconnection.com

■ **Keep a schedule.** It’s easy to begin to sleep late and fall out of routine when not required to go to a school building. Families should make scheduling a priority, which can help students stay on top of lessons and complete their assignments on time.

■ **Ask questions.** Everyone is learning as they go, and further clarification may be needed. Students should email or chat with teachers if they don’t understand an assignment or are unsure about instructions. Teachers may be able to clearly model

a math problem or explain a concept via video chat for students who need help.

■ **Explore educational options.** Many companies are offering free educational services while kids are home from school. Scholastic.com is offering online courses, Nat Geo for Kids, Fun Brain, PBS Kids, and Highlight Kids are other places to turn to for activities.

Remote learning has become the new norm as the world continues to navigate COVID-19 in an effort to keep the public safe.

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OBITUARIES

Sharon F. Dowling

Sharon F. Dowling, 79, of Ponte Vedra Beach, Florida, died March 15, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com (904) 249-1100.

Phillippa Williams Eckert

Phillippa Williams Eckert, 93, of Atlantic Beach, Florida, died March 17, 2020.

Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com (904) 249-1100.

William Russell Meister

William Russell Meister, 50, of Jacksonville, Florida, died March 17, 2020. Arrangements by Quinn-Shalz Family Funeral Home & Cremation Centre. www.quinn-shalz.com (904) 249-1100.

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Survey: Half of primary care physicians providing dementia care say medical profession unprepared to meet expected increase in demand

Nine out of 10 primary care physicians who provide dementia care expect to see an increase in such patients in the next five years, yet half say the medical profession is not prepared to meet the demand, according to a new survey.

For the first time, the Alzheimer's Association's "2020 Alzheimer's Disease Facts and Figures" report is accompanied by a study examining the experiences, exposure, training and attitudes related to dementia care among primary care physicians (PCPs), recent medical school graduates and recent residency program graduates now in primary care practice. The report found that 82% of PCPs say they are on the front lines of providing dementia care, but not all are confident in their care for patients with Alzheimer's and other dementias. In addition:

- Nearly two in five (39%) report they are "never" or only "sometimes comfortable" making a diagnosis of Alzheimer's or other dementias.

- Nearly one-third (27%) report they are "never" or only "sometimes comfortable" answering patient questions about Alzheimer's or other dementias.

- 22% of all PCPs had no residency training in dementia diagnosis and care. Of the 78% who did undergo training, 65% reported that the amount was "very little."

Ensuring PCPs are adequately prepared to deliver dementia care is critically important, observers say, given a shortage of dementia care specialists. A state-by-state analysis in the report examines the number of geriatricians needed to meet future care needs of seniors living with dementia in 2050. It revealed severe shortages in several states, with 14 states needing to increase the number of practicing geriatricians at least five-fold to meet the projected care needs of people living with dementia in 2050.

In 2019, there were 348 practicing geriatricians in Florida, according to the report. It is estimated that 1,365 are needed

to meet the future dementia care needs of Florida's seniors in 2050 – a 292% increase.

"With the number of Florida residents living with Alzheimer's and other dementias increasing, it's critically important that we take steps to ensure primary care physicians and other providers across the state are fully prepared to meet current and future dementia care needs," said Angela McAuley, regional leader for the Alzheimer's Association in Florida. "The Alzheimer's Association is committed to helping primary care physicians and all who provide care to Florida residents living with Alzheimer's and other dementias."

The "Facts and Figures" report provides an in-depth look at the latest national and state-specific statistics on Alzheimer's prevalence, incidence, mortality, costs and impact on caregivers. New disease-related statistics for Florida revealed the following:

- **Number of Florida residents aged**

- **65 and older living with Alzheimer's:** 580,000

- **Estimated number of Florida residents living with Alzheimer's in 2025:** 720,000

- **Percentage change:** 24.1

- **Statewide deaths from Alzheimer's disease (2018):** 6,725

- **Number of Florida residents serving as unpaid family caregivers:** 1.2 million

- **Total hours of unpaid care provided:** 1.3 billion

- **Total value of unpaid care:** \$17.2 billion

"The new 'Facts and Figures' report shows that Alzheimer's disease and other dementias continue to be a significant burden for too many Florida families," McAuley said. "We must continue to work aggressively to advance new treatments that can stop or slow the progression of Alzheimer's, while also continuing to provide care and support services to help all those affected."

Co-workers aim to provide support for children in hospice

Leah Stapleton, Emmalee Tresnan and Danielle Eaves are Child Life Specialists at Community Hospice & Palliative Care. They work closely with children and their families in medical, home and classroom settings to provide emotional support and help develop coping strategies for all involved. There is no typical day of work for these compassionate professionals, and all three love what they do.

"I love being able to support children, especially on their journey through hospice. I sometimes think with being in the adult population people forget about the child or assume they are not aware of what is going on," said Tresnan, a Jacksonville Beach resident.

"For me, I love the opportunity to be a positive part during the often-stressful times in families' lives," said Stapleton.

"I'm proud to have been here for 12 years and to have watched these kids grow up and graduate from Community PedsCare because aging out is such a huge success," said Eaves, a Pediatric Child Life Specialist. "I think when people hear pediatric hospice and palliative,



Photo provided by Community Hospice & Palliative Care

Leah Stapleton (from left), Emmalee Tresnan and Danielle Eaves are committed to helping children and their families during a time of crisis.

there's such a misconception that we are working with dying children, but in fact, we're helping children live their lives and to be kids. I feel that's the most important role we play as Child Life Specialists."

Established in 1979, Community Hospice & Palliative Care is an innovative national leader in palliative and hospice care, as well as providing programs and services to meet the diverse needs of the communities it serves. During its 40-year history, Community Hospice & Palliative Care has served nearly 200,000 adults and children in St. Johns, Baker, Clay, Duval and Nassau, and recently expanded its service area to include 11 counties in north-central Florida.

Boat

Continued from 12

a warship. They continued to evolve over the course 18th century. Planking transitioned from clinker to carvel, the sternpost was straightened, transoms were somewhat widened and overall size increased. Yawls were highly regarded by na-

val officers who frequently requested them in place of longboats. Museum guests can watch the boatbuilders at work from 9 a.m.-noon Tuesday through Thursday in the Heritage Boatworks tent on the museum grounds.

The team of more than 30 volunteers are also creating a small Penobscot rowboat and a wooden strip kayak. The museum hosts an

annual drawing for a chance to win one of the boats.

"I started volunteering with Heritage Boatworks about four years ago. I was drawn to the history, boats and building and I've been here three morning a week ever since," said volunteer Jim Millette.

For more information, visit staugustinelighthouse.org or call (904) 829-0745.

Amid chaos, Cypress Village residents send joy to family

For Ponte Vedra Recorder

Visits to assisted living, memory care and healthcare centers across the country has been restricted amidst the COVID-19 crisis.

Amid the chaos, however, residents at Cypress Village were able to share some joy and well wishes with their loved ones. With restricted visitation policies in place, families have turned to technology to communicate with their loved ones who reside at the community. Jessica Murphey, life services coordinator, took the initiative to share some good news with families as the direction came to restrict visitors on St. Patrick's Day.

"It was the right thing to do," said Murphey. "We want to let everyone know that life still goes on even during these stressful times, and what better way to do that than a note of well wishes to our loved ones?"

At Cypress Village, residents are finding new ways to stay active and engaged while respecting social distancing practices. Employees are assisting residents with downloading and operating platforms such as FaceTime and Skype, and regularly scheduled events have transitioned to virtual scheduled programs streamed to the community's in-house TV channel.

"The health and safety of the residents living in our community continues to be our top priority," said Ty Morgan, executive director. "We are comforted by the expertise of our staff, the diligence of our residents and the ability of this community to come together and support one another."

Cypress Village is a continuing care retirement community that offers residents various amenities and multiple levels of care.

For more information on Cypress Village, call (904) 223-6100.

The Recorder has a new garden columnist, Kathy Esfahani, of Kathy's Creative Gardens & Nursery. Read her column for valuable, gorgeous garden-growing tips in Northeast Florida.

KATHY'S GARDENING GUIDE



Kathy Esfahani
Columnist

*Life is like a cactus:
Prickly but very
beautiful.*

SUCCULENTS

Stuck at home this week? Do some DIY Gardening with your free time!

What better way to spend some time around your home than creating a succulent garden or planter that needs minimal attention!

Succulents love dry heat and very little water. Sounds like the perfect plant right?

These plants have evolved in climates that are almost unbearable, with rocky terrain and desert landscapes. They retain water in their leaves and stems, thus needing to only be watered occasionally. Due to their unique nature, they also can service in winter single digit temperatures — amazing!

You can create a succulent garden in the ground, a planter, or even a rock garden. Some of the most popular varieties are cactus, sedum, purslane, agave, aloe, echeveria, and crassula.



Photos provided by Kathy Esfahani

Tips on creating a succulent planter:

- Choose a shallow, wide planter with a drainage system. These plants don't like sitting water.
- Look for a potting soil designated for succulents.
- When purchasing succulents, some need more sun than others. Try to group similar plants together for appropriate care.



Flower of the Week:
Salvia

- Space succulents 1-2 inches apart in the planter, they don't need much room to grow!
- Add fun finishing touches such as marbles, sea glass, or rocks around the succulent planter.

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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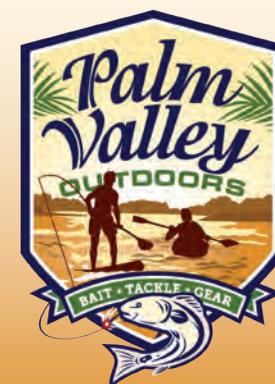


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Fit & Healthy

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Make movement a priority in daily routine



Marie Merritt
Guest Columnist

Fitness, at all ages, is an integral part of health. It is proven that physical fitness improves multiple aspects of a person's life. Our mental and emotional wellbeing is improved with physical health.

Our bodies are less susceptible to disease and injury. When we prioritize physical fitness in our lives, we are generally happier and more likely to succeed when pursuing goals.

My perspective:

From birth until death, our bodies are meant to move. It is what we are designed to do, down to the cellular level. However, our lives condition us to be still — in classrooms, while we eat, on the couch watching Netflix and through other inactive activities. When we don't prioritize movement, the box in which we move gets smaller and eventually, our movement stops completely. Our risk for illness and injury increases and our mental state declines. Having a body is a gift

and challenging our bodies physically is a way to positively impact our health as we age.

The definition of fitness is the condition of being physically fit and healthy. If we are physically fit, our bodies can rise to meet external demands and challenges placed upon us. When we are capable of meeting additional physical demands, it is empowering. Being able to move with little to no pain improves our mood and encourages us to do more. It goes without saying that fitness and the act of being physically fit just makes life better.

Being healthy is so much more than just our fitness level. True health encompasses our physical, mental, emotional, financial and spiritual state. Our health practices are a determining factor of longevity and quality of life. Creating a healthy life starts with implementing a plan. When we follow the plan and have a routine our bodies are able to thrive.

How do we prioritize movement in our daily routines? This looks like: Scheduling a walk with friends or family after dinner, creating a schedule to work out

MERRITT continues on Page 20



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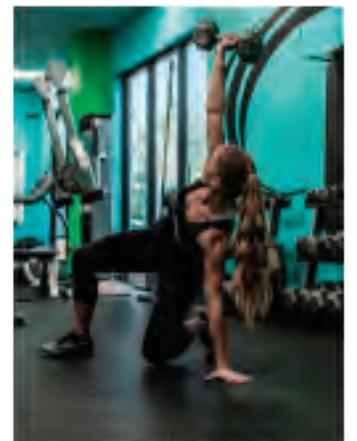
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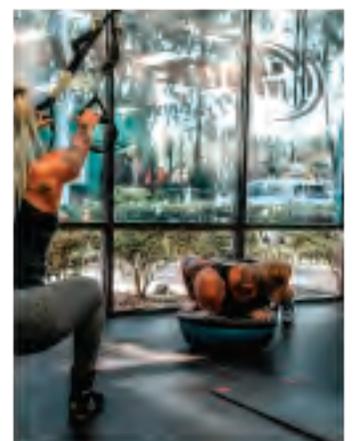
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Is it seasonal allergies or dry eye?



Dr. Kimberly Riordan
Guest Columnist

Every spring, allergy sufferers reach for eye drops and medications to soothe their itchy, watery eyes. But too often, patients confuse allergies with the condition known as dry eye. The symptoms of allergies and dry eye

are similar, and studies show that dry eye cases peak with allergy season as well. However, treating dry eye with allergy medications can actually make symptoms much worse. By reviewing the differences between allergies and dry eye and proper treatment options, you can break the cycle of eye irritation and feel better during allergy season.

Dry eye vs. seasonal allergies

Seasonal allergies are most often caused by pollen from the buds of flowering plants, which is why spring is the prime season for them to appear. In addition to dealing with annoyances such as congestion, sneezing and headaches, many seasonal allergy sufferers also have itchy, red eyes. This is a response to the histamine that is released when the eye is sensitive to an allergen.

Taking antihistamines will block your body's response to allergy triggers, but they might also cause your eyes to make fewer tears. That can lead to dry, irritated eyes and worse symptoms of dry eye. Other symptoms of dry eye include redness of the eyes, burning, itching, sensitivity to light and blurred vision. If you experience any of these symptoms, it's best to visit your eye care provider for a proper diagnosis.

How dry eye affects your eye health

Dry eye is one of the most common eye conditions in the world. It occurs when the eyes produce poor-quality tears or not

enough tears. While allergy season can worsen dry eye symptoms, there are many potential underlying causes, like certain medications, other environmental factors or wearing the wrong type of contact lens. Some sufferers experience dry eye because of their digital device viewing habits.

Ophthalmologists and optometrists measure the activity of the tear ducts to properly diagnose dry eye. Because there are many possible causes of dry eye, each with different treatments, professional examination is needed to ensure the best outcome. Treatment options include artificial tears, gels, eye drops or plugs inserted in the tear ducts. A newer treatment we offer at Florida Eye Specialists is Lipi-Flow Thermal Pulsation, which uses warm temperature and gentle massaging to open blocked glands. We also offer a treatment called AB Max, which is a deep cleaning of the eyelids done in-office. This can help with the symptoms of dry eye when associated with a common lid condition called blepharitis.

Protecting your eyes from dry eye and seasonal allergies

There are steps seasonal allergy sufferers can take to lessen symptoms, especially during the spring. Staying inside on windy days, changing your air filter and wearing protective goggles when doing yard work are all common ways to limit the amount of pollen you are exposed to.

Dry eye sufferers can also take these steps to help prevent symptoms, but a proper dry eye diagnosis and treatment is necessary for long-term relief. Make an appointment with a medical professional to determine the cause of your dry eye and make a custom treatment plan.

Kimberly Riordan, O.D., is the Dry Eye Center Lead at Florida Eye Specialists, and she practices part-time out of the Ponte Vedra office. For more information about the Florida Eye Specialists Dry Eye Center, visit FloridaEyeSpecialists.com/Dry-Eye-Center.

Merritt

Continued from 19

in the gym, or with a trainer, joining recreational sports leagues, and creating fun activities and outdoors to challenge your body. Always have a plan and stick to it. Share your plan with others for accountability and to be a part of an active community. When we move together and celebrate what our bodies can do, we are more likely to continue positive behaviors.

Take one step toward achieving health and create a routine that works for yourself and your life. Start with something as simple as sticking to a bedtime and a wake-up routine, increasing the amount of water you drink, or taking a daily walk. However you do it, just begin. Your body will thank you!

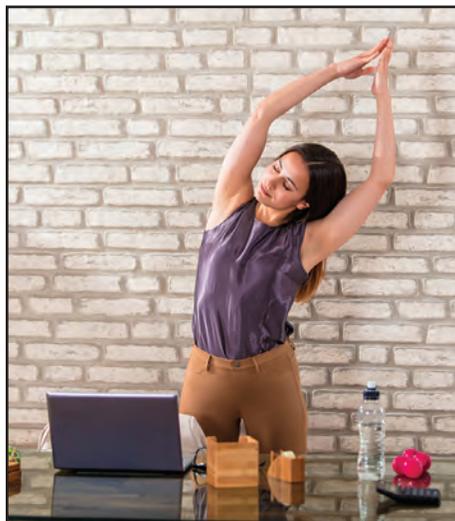


Photo provided by metrocreativeconnection.com

Marie Merritt is the owner of Momentum Wellness, LLC. Momentum Fitness is located at 5150 Palm Valley Road, Suite 103, Ponte Vedra Beach, FL 32082. (904) 504-9894



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CHAMBER CONNECTIONS



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Ponte Vedra Beach Division

After Hours @ THE PLAYERS

presented by:



March 2020

MESSAGE FROM THE PRESIDENT/CEO



Isabelle Renault
President/CEO
St. Johns County
Chamber of Commerce

Dear members,
As we adapt to the daily changes that COVID-19 brings to our lives, one constant more critically important than ever is your need to be informed and provided with relevant and helpful tools to navigate this challenging time. Added to that is the novelty of receiving this service in a safe, effective but non-social setting.

For these reasons the St. Johns County Chamber of Commerce is temporarily shifting all of our in-person educational and networking events (council meetings, division meetings and ribbon cuttings) to online-based videos with topics relevant to our current situation, including interviews with community leaders and new business

owners as well as webinars with local business experts representing various Chamber councils, divisions and membership.

We have scheduled the following interviews/webinars to help you answer critical questions, such as:

- What should employers and employees know about work from home arrangements?
- How does local government respond in times of unprecedented crisis?
- What should I know about applying for the Florida Emergency Bridge Loan?
- What services does Flagler Health+ have available for employers to share with their employees?
- How can you quickly establish your business online and provide your services

and product through e-commerce sales?

We have begun recording educational interviews. After each recording, we will email you a link to the content. We will also upload these videos to the Membership Information Center (MIC). Moving forward, we will offer some of these interviews/webinars live.

If there are specific topics you would like us to address, please email Cathy Newman at Cathy.newman@sjcchamber.com

We will update you when regularly scheduled in-person council and division meetings, networking events, board meetings and other in-person activities will resume.

Stay informed.

Former Jacksonville Mayor John Delaney to headline upcoming EDC Breakfast

John Delaney has agreed to speak to Chamber members at the next Economic Development Council meeting. Originally scheduled for April 17, the Chamber is rescheduling the event to follow public guidelines due to the coronavirus pandemic. The Chamber will notify members of the rescheduled date, and the new date will also be posted on the Cham-

ber's website.

Delaney will share his insights from his experience as mayor of Jacksonville, president of the University of North Florida and his current projects.

Admission cost is \$40 for St. Johns County Chamber members at an Economic Development Council level of membership and \$65 for

non-Economic Development Council members. Non-chamber members may call the Chamber office at (904) 829-5681 to register.

To find out more about the St. Johns County Chamber of Commerce or to become a member visit www.sjcchamber.com, call (904) 829-5681 or find it on Facebook at www.facebook.com/sjcchamber.



John Delaney

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

MESSAGE FROM THE DIRECTOR



Karen Everett
 Director PVB Division,
 St. Johns County
 Chamber of Commerce

their menus and phone numbers on their website and request curb service/drive up/hand over. Many are providing gift cards — buy them now for future use or gift them.

Your Chamber of Commerce and local government are coordinating messages and will stay in touch with social media and email. For now, three recommendations:

- If your business is impacted by COVID-19 virus, enter your information on the state’s database. Small businesses should complete the state’s Business Damage Assessment Survey. The survey is administered by the Florida Department of Economic Opportunity (DEO) and responses will assist officials determine the extent of impact and need for federal and state disaster assistance.

- Consider applying for the Florida Emergency Bridge Loan Program for Small Businesses. Governor Ron DeSantis activated the program on March 16 and short-term, interest free loans can be provided to businesses that experienced economic injury from COVID-19. The

application period began March 17 and runs through May 8, 2020. Small business owners with two to 100 employees located in Florida affected by COVID-19 can apply for short-term loans up to \$50,000.

These loans are interest-free for up to one year and are designed to bridge the gap to either federal SBA loans or commercially available loans. DEO will work with every borrower to ensure that repayment of the loan isn’t an overwhelming burden. To be eligible, a business must have been established prior to March 9, 2020 and demonstrate economic impacts as a result of COVID-19.

For more information on the program, visit www.floridadisasterloan.org. For questions regarding the Emergency Bridge Loan Program, contact the Florida Small Business Development Center Network at 866-737-7232 or email Disaster@FloridaSBDC.org. The phone line will be answered during regular business hours; all voice mails and emails will be responded to within 24 hours.

- In addition to the Florida Emergency

Bridge Loan Program, the U.S. Small Business Administration (SBA) has activated its Economic Injury Disaster Loan (EIDL) program for businesses throughout Florida impacted by COVID-19.

This program can provide up to \$2 million to help eligible small businesses, small agricultural cooperatives, and most private nonprofit organizations meet financial obligations and operating expenses that could have been met should the pandemic not have occurred.

Visit the SBA Disaster Assistance website and submit your application today at <https://disasterloan.sba.gov/ela/>. The website includes information on how to contact the customer service team who can answer any disaster-related application questions. You can also reach out to the SBA resource partners for application assistance. SBA Resource Partners information can be obtained on the SBA website at www.sba.gov/local-assistance/find/.

In the meantime, stay safe and look out for each other.

We are in uncharted waters. Guidelines are being put into place to keep us safe, so follow them, stay informed and be healthy.

That said, these guidelines are expected to severely impact our local economy. Please patronize our local businesses offering delivery and take-out. Look for

UPCOMING EVENTS

Due to the coronavirus crisis, the SJC Chamber, Ponte Vedra Beach Division's events for the month of April and May have been canceled or rescheduled. The chamber anticipates hosting a Before Hours, After Hours and Luncheon each month and a Member Appreciation Event in May.

MAY EVENTS: SAVE THE DATE

PVB Division Member Appreciation Awards

Date/Time: Wednesday, May 20

Location: Sawgrass Beach Club

9797 Summer Place,
 Ponte Vedra Beach, FL 32082

Info: Join us for PVB Division’s most anticipated signature event of the year! We return with our Annual Membership Appreciation Awards. Join us as we honor our members that make our little piece of paradise a great place to live, work and play.

Host: Sawgrass Country Club

For more information or to register, visit www.sjcchamber.com, or call the Ponte Vedra Beach Division office at (904) 285-2004.

Coming up in Connections...

The remainder of this section looks back at Ponte Vedra Beach Division events that have taken place since the beginning of the new year.

From “Before Hours” and “After Hours” events to “Chamber at Noon” luncheons, the Recorder will help Chamber members and friends reminisce about what has been a busy last few months.

The section also includes summaries of special events, including After Hours at THE PLAYERS and ribbon-cutting ceremonies.



Corinne Howard (right), marketing director of Ponte Vedra Plastic Surgery, talks with guests during a Before Hours event for the SJC Chamber-PVB Division on Jan. 15.



Karen Everett, Dr. Erika Hamer and Isabelle Renault

Photos by Susan Griffin

Ponte Vedra Plastic Surgery-Nocatee hosts Before Hours

Ponte Vedra Plastic Surgery-Nocatee hosted a Before Hours event for the St. Johns County Chamber of Commerce-PVB Division on Jan. 15.

Chamber members and guests enjoyed a little breakfast, networking and conversation before heading to work. Attendees also received \$25 off skincare services.

Ponte Vedra Plastic Surgery-Nocatee is a state-of-the-art facility located in The Town Plaza Offices at Nocatee.

THE PLAYERS Championship has 'something for everybody'

By Christine Rodenbaugh

Jared Rice, vice president PGA TOUR and executive director THE PLAYERS Championship, presented an update on the 2020 edition of THE PLAYERS Championship during the St. Johns County Chamber of Commerce Ponte Vedra Beach Division joint luncheon with the Jax Chamber Beaches Division on Jan. 22. The two Chamber groups combine meetings quarterly to network and share information. The January meeting was at the Casa Marina Hotel and Restaurant in Jacksonville Beach, sponsored by Fields Auto Group.

Rice said planning began 18 months ago for the 2020 tournament, scheduled March 12 to 15.

"Just 47 days to go," he said at the luncheon. There is a convenient countdown clock on the tournament website at theplayers.com.

Some of the changes for the 2019 tournament were a new trophy, the new Jack Nicklaus boardwalk entry, new brand-specific theme music and the controversial move from May to March.

"The numbers show the move to March was a success," Rice said.

Of the 200,000 Tuesday through Saturday tickets for the 2019 event, 67% were purchased outside the local five-county region. March 2019 was the all-time busiest March for Jacksonville International Airport, and the area hotel occupancy rate averaged 88%. The goal is to be considered a "bucket list" destination.

Rice highlighted some of the 2020 tournament plans and improvements.

Fans can watch every shot live. The tournament has installed in-ground fiber optic cable around every hole and will double its videographer staff to stream every shot live. A new partnership with Discovery Networks will stream tournament action to 86 foreign countries through subscription. Further, TPC on Jan. 22 announced a relationship with Facebook Watch.

There will be no printed tickets. All tickets will be mobile and all tickets will be day-specific.

"This is important from a service perspective," Rice said. "We need to know when you're coming."

The tournament draws capacity crowds on peak days. Daily Stadium Passes range from \$25 to \$70. All active duty, military retirees, military reserve, National Guard and military spouses, along with dependents, can claim complimentary tickets online. College students can purchase a discounted Thursday through Sunday pass for \$55. Admission for kids 15 and younger is free when accompanied by a properly credentialed adult.



ABOVE: The St. Johns County Chamber of Commerce Ponte Vedra Beach Division hosted a joint luncheon with the Jax Chamber Beaches Division on Jan. 22. Gracie Simendinger, BEAM; (from left) Karen Everett, SJC Chamber – PVB Division director; Tierney Anderson, Fields Auto Group; Gloria Dongara, PVB Division board chair; Jared Rice, vice president PGA TOUR and executive director THE PLAYERS Championship; Jackie Smith, Jax Chamber Beaches Division board chair; Kathy Sutton, Jax Chamber Beaches Division; Isabelle Renault, SJC Chamber president and CEO.

LEFT: Guests listen to Rice's speech during the Chamber luncheon.

Photos by Christine Rodenbaugh

"The spirit of this [youth admission] program is we want kids and families to come out and enjoy the sport," Rice said.

To better serve guests, day-specific parking passes are also required. Four or more in one vehicle can still park for free, but only with a day-specific pass.

THE PLAYERS Championship is more than a sporting event that draws worldwide attention to Northeast Florida. In 2019 alone, the tournament had a \$9.25 million chari-

table impact. Since the tournament's inception, more than \$100 million has directly supported nonprofit organizations in Baker, Clay, Duval, Nassau and St. Johns counties.

Rice encourages locals to attend the 2020 event and see improvements made to the fan experience during the last eight years, including ease of entry, more diverse food and beverage offerings and revamped spectator venues.

"There's something for everybody, whether you're a sports fan, foodie or a family," Rice said.



A ribbon-cutting celebration and Chamber After Hours event was held Jan. 29 at Aesthetix Plus Medical Spa.

Photo by Susan Griffin

Aesthetix Plus Medical Spa holds ribbon cutting, After Hours event

Aesthetix Plus Medical Spa held a ribbon-cutting celebration and hosted an After Hours event for the St. Johns County Chamber of Commerce, PVB Division, on Jan. 29.

Attendees enjoyed the networking event and met other business owners in the area during the After Hours. Aesthetix Plus Medical Spa is located at 486 Town Plaza Ave., Suite 420, in Ponte Vedra.

Chamber's EDC Breakfast keynote topic focuses on Nocatee



Photos by Susan Griffin
St. Johns County Chamber of Commerce President Isabelle Renault (from left), PARC Group Community Development Director Maurice "Mo" Rudolph, Advanced Disposal VP of Marketing and Communications Mark Nighbor, owner of Ponte Wellness Center Dr. Erika Hamer and U.S. Rep. John Rutherford.



Rudolph and Randy Bradley, VP of Northrop Grumman



Bonnie Hayflick and Carol Maurer

PARC Group Community Development Director Maurice "Mo" Rudolph discussed the impact the Nocatee community has had upon St. Johns County and the Northeast Florida region at a St. Johns County Chamber of Commerce Economic Development Council meeting Jan. 31.

Addressing a full ballroom at the Renaissance Resort at the World Golf Village, Rudolph shared his insights relating to the continued success of the Nocatee community and development throughout St. Johns County. The fourth best-selling community for the last decade, Nocatee has become a competitor in the national home market, Rudolph said. He contributed Nocatee's success to a strong collaboration between St. Johns County government, local builders, real estate agents, financial institutions and other related businesses.

Rudolph announced the PARC Group's plans to complete an extension of Pine Island Road connecting Nocatee to U.S. 1 in the second quarter of 2021. A new K-8 school is also planned to be completed in the second quarter of 2021 and open for the 2021-2022 school year. He also discussed commercial development in the Nocatee community, including the new Park Place One at Nocatee office complex by VanTrust and a third office building on the west side of Nocatee Parkway.

Chamber President and CEO Isabelle Renault said, "Nocatee is changing at a rapid pace and it was time for the Chamber to provide an update to its members. Mo's presentation was informative and gave our members a good perspective on the continued growth in St. Johns County. His presentation was made available for review by our EDC members in the Member Information Center of our website under Resources."

To find out more about the St. Johns County Chamber of Commerce or to become a member visit www.sjcchamber.com or call (904) 829-5681.



Rep. John Rutherford and Director of St. Johns County Chamber, PVB Division Karen Everett.



Rudolph discusses Nocatee's growth with guests at the EDC breakfast Jan. 31.

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ABOVE: Sentosa Beachwalk holds a Before Hours event for Chamber members to network and enjoy breakfast Feb. 5.

RIGHT: Gloria Dongara, Joy Andrews, Brad Bradley, Hunter Conrad and Andrew Holfinger

Photos by Susan Griffin



Sentosa Beachwalk hosts Before Hours event for Chamber

Sentosa Beachwalk hosted a Before Hours event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on Feb. 5.

The event provided local business professionals the chance to network with each other and enjoy breakfast and conversation before work.

Sentosa Beachwalk is a new luxury apartment community located at 64 Sentosa Drive in St. Johns.



Dr. Erika Hamer and Barb Savage



John Rutkowski, Michael Schmitz and Ali Walker

Chamber at Noon focuses on helping businesses gain more attention

Jay Owen of Design Extensions Marketing Agency was the keynote speaker at the St. Johns County Chamber Ponte Vedra Beach Division's Chamber at Noon luncheon on Feb. 12 at Ruth's Chris Steak House in Ponte Vedra Beach.

Owen's topic of discussion was "Using Story to Get Attention and Acquire

Customers," which explored ways of getting attention for your business in today's marketplace and "explore how the power of story can be used to capture attention, focus it on the customers' needs, and convert them into a customers."

The Chamber at Noon event was sponsored by Fields Auto Group.



Photos by Susan Griffin

ABOVE: Jay Owen of Design Extensions Marketing Agency speaks to attendees at the Chamber at Noon luncheon Feb. 12 at Ruth's Chris Steak House.



Gloria Dongara and Daniel Lewis



Photos by Susan Griffin

ABOVE: Karen Everett and Cindy Bishop

LEFT: Representatives of The Morgan Company pose for a photo during a Chamber After Hours event.

The Morgan Company hosts Chamber After Hours event

The Morgan Company hosted an "After Hours" event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on Feb. 19.

Attendees networked among Chamber members and guests, as well as enjoyed beverages and snacks. The Morgan Company also held prize giveaways and had one of its top suppliers showcase top apparel and promo products.



Photos provided by St. Johns County Chamber, PVB Division

Dr. Megan N. Scott Carlton of Palm Valley Eye Care & Surgeons speaks to attendees at the Chamber Before Hours event March 4.



Dr. Scott with employees of Palm Valley Eye Care & Surgeons



K.C. Padget, Dr. Erika Hamer and Dr. Robert Karol

Palm Valley Eye Care & Surgeons hosts Chamber Before Hours

Palm Valley Eye Care & Surgeons hosted a Before Hours event for the Ponte Vedra Beach Division of the St. Johns County Chamber of Commerce on March 4.

Attendees enjoyed a little breakfast and

conversation and networking before heading to work.

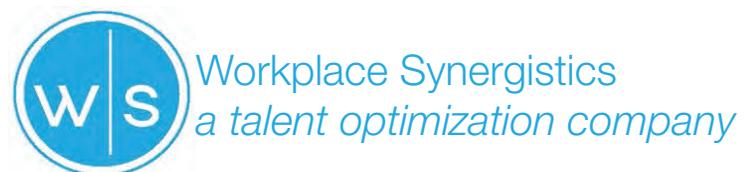
Palm Valley Eye Care & Surgeons provides comprehensive eye care and is located at 151 Sawgrass Corners Drive, Suite 208, in Ponte Vedra Beach.

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Chamber holds After Hours at THE PLAYERS



Photos by Susan Griffin

Alyson Cannady and Tracey Pearson

More than 700 Northeast Florida business leaders attended After Hours at THE PLAYERS on March 5 at Stadium Village at THE PLAYERS Stadium Course at TPC Sawgrass.

The St. Johns County Chamber of Commerce, in partnership with the JAX Chamber, hosted members and guests for an evening of complimentary refreshments and networking.

The Ponte Vedra Recorder was a proud sponsor of the event.



The Ponte Vedra Recorder booth



Sawgrass events booth



Karly Coryell and Karina Coryell of Trasca & Co Eatery



Ruth's Chris Steakhouse booth



Art and Kat Wildblood



Kelly Bost and Nancy Russell

Dog boarding and daycare facility opens in Sawgrass

By Amber Lake

The Sawgrass Pet Resort hosted an open house to a packed crowd on March 6 and 7. The 5,000 square-foot facility provides dog daycare, boarding and training, among other services.

Kate Wagner, owner of the Sawgrass Pet Resort, said she was excited to see so many Ponte Vedra Beach residents come out to show support for her new business.

"It's so exciting because we are locals and we live here," Wagner said. "Everyone has been texting and telling me they are so happy we are here. It's been wild."

Wagner founded the Sawgrass Pet Resort after seeing a lack of available boarding facilities in the area. Due to her work running the Grayter Good Weimaraner Rescue, Wagner has established rela-

tions with the Humane Society, S.A.F.E Pet Rescue and Florida Urgent Rescue (F.U.R.).

Wagner said that what she is most excited for is the ability to host organizations like these for charity and community events.

"We have a seasoned staff of professionals in the industry," Wagner said. "I am going to focus on doing the altruistic stuff. Quarterly adoptions, football nights and Round Up for Rescues."

In addition to providing boarding, hosting events, daycare and training, the resort will offer dog reiki and Pawsitively Delectable locally made, all-natural dog treats. Currently the facility is accepting registration for dog boarding and daycare. Visit sawgrasspetresort.com to fill out an online registration form or for more information.



ABOVE: Representatives of Sawgrass Pet Resort and the SJ Chamber Of Commerce, Ponte Vedra Beach Division hold a ribbon-cutting ceremony March 6.

Photo by Chris Gillyard

LEFT: Daniel O'Connell, Christina Dorman, Marquis Pickett, Sawgrass Pet Resort owner Kate Wagner, Griffin Nietling and Hailey Fisher

Photo by Ed Johnson

Business Weekly

PAGE 29 THURSDAY, MARCH 26, 2020

St. Augustine distillery making hand sanitizer to support area children

Page 30

www.PonteVedraRecorder.com



Aqua Grill's Mercedes McGrail and Courtney Aderdick bring out food to customers for pickup.

'We're still here'

Businesses forced to take-home orders, deliveries during COVID-19 crisis

By Don Coble

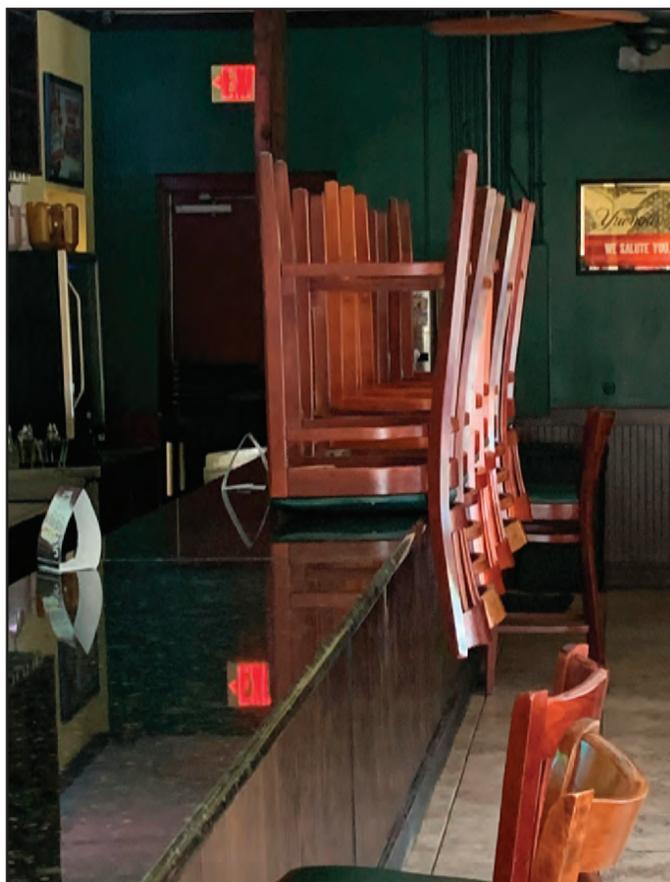
The bar stools are stacked neatly on the counter at Napoli's Pastaria. The lights are off in the bar area and dining room. But the doors are open.

Like so many other restaurants in St. Johns County, Napoli's has been forced by the threat of COVID-19 to adjust to a new business model that restricts service to take home orders and deliveries.

And while it pales to the days — just last week — when customers could sit down for an Italian meal, it's enough to keep a handful of employees on the clock.

"We've had carryout and delivery, so it wasn't a big adjustment for us," said Katie Findley between telephone and walkup orders. "It's definitely helped, but it's still slow compared to what it used to be."

Like a house of cards, restaurants went from being forced to cut 50% of its dining room capacity and all bars and night clubs were ordered by Gov. Ron DeSantis to close on March 18. Two days later, the governor closed on-site dining and limited sales to deliveries and to-go orders.



Photos by Don Coble

RESTAURANTS continues on Page 32

Napoli's has its chairs stacked on the bar.

Poof! There goes all the progress!



Harry Pappas
Columnist

As of this writing, March 19, the market is about to open with the Dow Jones Industrial Average standing at 19,800. Last year's remarkable advance for the stock market has essentially

been wiped out in a matter of less than three months in 2020! Ouch!

At times like these, it is easy to lose faith in the stock market. Most likely, you thought about selling some or all of your stocks. Perhaps you have already done so. It takes great courage and discipline to ignore all the noise of Armageddon, especially when our money is on the line. I understand the temptation to believe in doom and gloom, as the coronavirus panic is real and painful. Fear is a remarkably powerful force that often drives us into irrational behavior. What is interesting is that our behavior does not seem irrational at the time; it only becomes irrational after the dust settles and we have time to look back on outcome of our decisions. One thing is for certain is that the incredible volatility and gut-wrenching decline will eventually stop. As I have preached probably too many times, there have always been and will continue to be booms and busts, but what we know from history is that we get through the busts and the market continues its journey higher while eventually establishing new highs. I suggest with steadfast conviction that this time is no different.

No matter how thin you slice it; there are always two sides. Stated perhaps more simply, every day, heavily credentialed experts are forecasting doom and gloom while at the same time equally accredited authori-

PAPPAS continues on Page 34

50

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Photo provided by the St. Augustine Distillery

St. Augustine Distillery cofounders CEO Philip McDaniel and CFO Mike Diaz is pictured with Chief Fox of the St. Augustine Police Department as they donated the first 200 bottles of hand sanitizer to the department, March 17.

Local distillery makes hand sanitizer to raise money for children's park

By Daniela Toporek

Grocery stores have turned to chaos, the lack of available toilet paper has increased dramatically, and for the love of hygiene, where can one find some hand sanitizer?

Look no further than St. Augustine Distillery.

When distillery CEO Philip McDaniel's daughter came down to visit from New York City a few weeks ago, she talked about how hard it was to come by sanitizer because of the COVID-19 outbreak.

"She couldn't even find any on Amazon," McDaniel said. "And that was before it [the pandemic] was as intense as it is now."

So, after doing some research and finding that ethanol was an essential ingredi-

ent in hand sanitizer, McDaniel realized he could make a difference — or at least make hand sanitizers.

"Ethanol is the exact thing made at distillery and we actually make it every day," he said. "The idea reverts back to when we first started the distillery and thought how cool it would be if we could take this dormant building and ice plant and turn it into one of the leading craft distilleries. So basically, to be able to take what we already have now, reduce the waste and help our future."

The distillery's sanitizer is called Heads Up, and was inspired by the distillery's production, where an extremely potent alcohol is removed early in the process, called the heads.

DISTILLERY continues on **Page 32**

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TAKEOUT AND DELIVERY GUIDE

A comprehensive guide to eating local during COVID-19:

Bogey Grille: 150 Valley Circle, Ponte Vedra Beach

Bogey Grille will continue to offer takeout and is partnering with Delivery Dudes for delivery. Additionally, the restaurant is now offering alcohol to go. Staff is ready to take your orders and will bring them out to your car. Call (904) 285-5524 for placing orders.

Trasca & Co. Eatery: 880 A1A N., Suite 12, Ponte Vedra Beach

Trasca & Co Eatery is offering neighborhood Pop-ups in order to bring meals to neighborhoods. Additionally, the restaurant will be offering curbside service and lunch delivery from 11:30 a.m. to 1:30 p.m., dinner prepared meal delivery will be offered from 2-4 p.m. and pop-ups will be from 5:30-6:30 p.m. Anyone interested in hosting Trasca for a pop-up in their neighborhood is encouraged to call (904) 395-3989.

McFlamingo: 880 A1A N Suite 12, Ponte Vedra Beach

McFlamingo is offering free delivery for Ponte Vedra Beach, Nocatee and Jax Beach. Curbside pick-up is also available. To order, call (904) 834-2331. The restaurant is also offering dining al fresco.

Mulligans: 45 PGA TOUR Blvd., Ponte Vedra Beach

Mulligans is introducing Mix & Match Meals for two. Sandwiches are \$8, burgers are \$10 and entrées are \$12.50 each. Entrées include a side salad with dressing of choice. The deal excludes steak and family style entrées. Order on the website for curbside pickup or delivery with Delivery Dudes. The kitchen is open until 10 p.m. nightly.

Coastal Wine Market: 641 Crosswater Parkway, Suite B, Ponte Vedra Beach

Coastal Wine now offers no contact delivery of wine and beer. Email info@coastalwinemarket.com or call (904) 395-3520. Customers must provide a phone number, potential order and address and Coastal Wine will respond. Orders will be taken until 2 p.m. Tuesday through Saturday and deliveries will be made the same day or the next depending on the volume of the order. There is a \$30 minimum required. Six bottles include a 10% discount and 12-plus bottles include a 15% discount. Delivery is available in the Nocatee area only.

Pussers Bar and Grille: 816 Highway, A1A N., Ponte Vedra Beach

Pussers is offering free delivery. Call ahead at

(904) 280-7766 or view the takeout menu at bit.ly/33xh5Yz. Delivery provided by Uber Eats.

Ruth's Chris Steak House: 814 A1A N., Suite 103, Ponte Vedra Beach

Now through April 5, purchase an eGift Card online worth \$100 or more and earn a 25% bonus card to use on a future visit. To purchase, visit bit.ly/33sfsKr. Additionally, the restaurant is offering takeout. Call (904) 285-0014 to place an order or to inquire about delivery options.

Poppy's Italiano: 832-1 A1A N., Ponte Vedra Beach

Poppy's will be offering drive thru pick-up and delivery. Customers may inquire on the website at poppysitaliano.net or call (904) 273-7272 to place an order.

Woody's Bar-B-Q in Ponte Vedra: 226 Solana Road, #1, Ponte Vedra Beach

Woody's is open for drive-thru, curbside pickup, delivery and online ordering. Visit woodys.com/locations/ponte-vedra/ to place an order or call (904) 280-1110.

Tropical Smoothie: 830 N. A1A, Suite 1, Ponte Vedra Beach

Tropical Smoothie is open for takeout. Order online or call (904) 280-4044 to place an order.

Zoes Kitchen: 240 Highway A1A, Ponte Vedra Beach

To order pickup or delivery, go to Zoes Kitchen website or ZK app: <http://bit.ly/33vWR1f>. Zoes Kitchen closes at 8 p.m. and is also available on DoorDash.

Aqua Grill: 395 Front St., Ponte Vedra Beach

Aqua Grill is offering complimentary delivery by staff with 5-mile radius and \$30 min order. Curbside pick-up is available from 5 p.m. until 8:30 p.m.

Palm Valley Fish Camp: 299 Roscoe Blvd N, Ponte Vedra Beach

Offering take out, including most beer and wine. Call (904) 285-3200.

Sandwich Man Deli: 1110 A1A N., #102, Ponte Vedra Beach

The deli is currently open and doing pick-up orders only. Call (904) 285-9660 to place an order.

Two Dudes Seafood Restaurant: 268 Solana Road, Ponte Vedra Beach

Call (904) 273-5595 to place an order for either pick-up or delivery. Staff will bring your food to your car or deliver for \$5 within a 5-mile radius and \$20 minimum order. Two Dudes is also

currently delivering beer, wine and cocktails. Visit www.twodudesrestaurant.com for their menu. Additionally, all first responders, military and health industry professionals receive 25% off all take-out and delivery orders.

V Pizza Palm Valley: 154 Canal Blvd., Ponte Vedra Beach

V Pizza's curbside cocktail bar is open for business. The restaurant is extending its "adult lemonade" stand hours to 2-8 p.m. every day. V Pizza is also selling its wine by the bottle for half off and curbside pick-up orders for menu items. Call ahead at (904) 473-5218. If you have any special requests or would like to place a cocktail order ahead of time send an e-mail to dan@drinksidecar.com.

Memphis Jax BBQ: 10870 U.S. 1 S., Ponte Vedra Beach

Memphis Jax is open for takeout or delivery. The restaurant encourages customers to order online at www.memphisjaxbbq.com or call (904) 342-0078.

Pieology Pizzeria: 641 Crosswater Parkway E., Ponte Vedra Beach

The pizzeria offers takeout, curbside pickup and delivery for its menu. For delivery, the restaurant encourages customers to order online at www.pieology.com/menu/custom-pies. Timoti's Seafood Shak: 152 Crosswater Parkway, #18, Ponte Vedra Beach
Timoti's is currently doing takeout only until further notice. Online orders can be conveniently placed on their website at www.timotis.com/order-online.

Palm Valley Outdoors Bar & Grill: 377 S. Roscoe Blvd., #2, Ponte Vedra Beach

Palm Valley Outdoors will remain open for business, however, it is operating under food truck-type protocols. The restaurant will not have any tableside service available as of now but encourage customers to go up to our counters at the inside and outside bars to order any and all food, alcohol and other beverages that will be packaged in a to-go capacity. The patio will remain open. The restaurant will still be offering dockside delivery as well as curbside delivery. Call Palm Valley Outdoors at (904) 834-7183 and orders will be brought directly to customer's vehicle or boat.

Barbara Jean's on the Water: 15 S Roscoe Blvd., Ponte Vedra Beach

Barbara Jean's is currently doing takeout orders and has expanded its services for delivery in the Ponte Vedra and Palm Valley area. To place an order or inquire if your address is covered, call the restaurant at (904) 280-7522.

Compiled by Amber Lake

Restaurants

Continued from 29

All of a sudden, eating out means sitting at your own dining room table.

Throughout the county, some establishments are trying to hang on by rely solely on to-go business. Others have given up after realizing the meager return isn't enough to offset the costs, especially following the economic disaster the followed the cancellation of THE PLAYERS after just one round earlier this month.

Graeme McDowell's Nona Blue Modern Tavern is closed at the Sawgrass Village Shopping Center. A note on its website states: "Valued friends and guests, we regret to inform you that effective immediately, we will suspend operations in both locations due to the most recent and updated Executive Order by Governor DeSantis. We hope to be back up and running as soon as possible. We will see all of you soon! Stay well!"

Around the corner, Aqua Grill is open. Residents can call in their orders and pick them up at the front door.

"This is a crazy world," said restaurant manager Tara Bisogno. "Now we're down to this. This is really difficult. We want to help. We have employees here with kids. We worry about them."

There are 75 employees at Aqua Grill, Bisogno said. Most will be without a paycheck until the threat created by the worldwide pandemic is gone.

"We've been fortunate to be in a very generous community," she said. "We're still here. But it hurts to see this."

Residents around Palm Valley rallied around Napoli's last weekend. Even while limited to take home orders and deliveries, the restaurant ran out of pre-cut large pizza dough on Saturday. Business also was brisk on Sunday.

"We're getting a lot more catering business from people who want large orders to freeze," Findley said. "We've been selling sheet pans of lasagna and chicken parmigiana."

Out of work servers and cooks also can work the front counter or deliver food to make money, Findley said.

"It's going to be hard to come back from this, especially after THE PLAYERS," Bisogno said. "But we will be back. We'll all be back."

Distillery

Continued from 30

"It's high in alcohol content, about 170% proof and very potent," McDaniel said. "We don't use the heads because they don't taste very good."

So rather than let the heads go to waste, he put it to good and blended the ethanol, distilled water, aloe gel, vitamin E oil and essential oils to create Heads Up.

McDaniel wants to hold off on charging for the sanitizer for as long as possible. Instead, he plans to give them out and is asking for donations of any kind

for a program with the American Legion Post 194 to help build a playground for children.

"I don't think anyone on the planet, whether 6 or 65, has gone through this turmoil that we're all going through now. To be able to do something good for the community that's literally being put in the hands of people, it's an amazing feeling."

McDaniel acknowledged as stressful and challenging as it is with the rising events of the virus, he's excited to take his vision further, help his community and use the money and recent awareness to assist those in need.

"I'm quite happy," he said.



Photo provided by the St. Augustine Distillery

The Heads Up hand sanitizers come in 2-ounce bottles and are being donated to medical workers, first responders and the community.



Photo by Amber Lake

TacoLu is currently offering curbside pick-up and to-go orders while offering free meals for industry workers within the community.

Local restaurant launches endeavor to support industry

By Amber Lake

Among some of the most impacted by the pandemic are also the most financially at risk. By the thousands, bar and restaurant employees have been furloughed until officials withdraw sanctions against gathering spaces.

Currently, restaurants are still being allowed to provide to-go meals and deliveries since dining rooms are under ban. Unfortunately, these operations are running with either limited staff or have been forced to close completely. The aftermath of the ordinance leaves bartenders, servers, hosts, barbacks, cashiers and most front of house staff with a sudden halt to income.

Popular Neptune Beach taqueria and tequila bar, the Flying Iguana, was forced to close its doors due to operational overhead amidst the dining room ban. Dwight Mosby, executive sous chef, said he, like many others, is currently “just waiting.

“There is no specific date to reopen, because we know as much as everybody else, which is nothing,” Mosby said. “Everybody is playing it by ear because nobody has dealt with something like this before. We are just rolling with the punches. I think I speak for most people in the industry by saying the worst part of it is not knowing.”

Mosby said due to the nature of the industry, some employees are immediately worried about making rent and paying car loans only days after the dining room ban took effect.

“A lot of our front of the house people live paycheck to paycheck, if not day to day,” he said.

Currently, Mosby and other management staff have been working to help support their co-workers by assisting with loan deferment plans and supplying them with leftover food the

restaurant was holding prior to closure.

The restaurant and bar industry have shown great support within the community during the crisis, however. Many restaurants still in operation are supplying discounted or even free food for those affected by the pandemic.

TacoLu, a Jacksonville Beach Mexican restaurant, advertised a free meal for industry workers who’ve been furloughed on March 18.

The program was such a success, they’ve decided to extend it as long as there are restrictions on bars and restaurants during the COVID-19 threat.

“We will give two complimentary tacos and a soft drink,” said general manager Eric Douglas. “All they have to do is bring some sort of form of identification or paystub or scheduling app for the restaurant, bar or nightclub that has been closed. It’s not a lot but it’s something that we are trying give back to those that are already affected by this.”

TacoLu, which currently is doing curbside pickup outside the front of the restaurant, announced via Facebook they intend to continue to offer the deal as long as they are in operation.

“We aren’t opposed to it getting really busy,” Douglas said. “We are not going to 86 the idea. We set it in stone and that’s what we want to do. To-go orders have been very steady for us. We’ve been very fortunate.”

While Douglas said they are currently only doing an average of 33% in sales compared to normal operations, he is happy they are able to provide for other industry professionals and is impressed with many to-go orders they have been getting.

Additionally, Douglas says he “feels blessed” TacoLu, “still [has] got people on payroll.”

Tips for making at-home office more productive during quarantine



Doug Correia
Guest Columnist

Across the country, offices are following best practices for social distancing and shifting to a new work-from-home policy for the weeks ahead. For many of us, that means creating a productive home office for the first time.

It can be challenging to get into a good work rhythm from home. But by using these guidelines, you can design a home office that will empower you in your career and create a productive environment to do your best work.

Introduce visually interesting or personal elements

The more you feel comfortable in your office, the more you’ll want to spend time there, which will help maximize your productivity. Some people are afraid to add decorations or furniture with visual flair for fear that it will take over the space. But, working from home — without the prying eyes of coworkers or supervisors — gives you the opportunity to inject fun and personality into your accessories. Now is the time to invest in a colorful desk chair, a funky new desk lamp or wall art or decor you love. Whatever you do, take the time to add personal touches and make your space your own.

Build in opportunities for privacy

When you work from home, life has a tendency to get in the way. Distractions from other family members and pets are inevitable, but you can mitigate these by building privacy elements into your office space. Of course, it’s ideal to create your home office in a space with a door, but not everyone has an additional room to dedicate as a workplace. If a door isn’t possible, try to find a quiet corner of the house outside the main living spaces. Also consider using portable screens, divider walls, and even signage to differentiate the area. This will help create clear boundaries with your family and put you in the mindset to focus.

Let your lighting help your productivity

If you’ve ever worked in an office with rows of overhead fluorescent lights, you understand how much of an impact lighting can have on your state of mind. If possible, try to place your home office in an area with plenty of natural light, because your mind and body will react best to it. If minimal or no natural light is available, find desk or floor lamps that replicate

Community staple bakery offers free food for elderly and health care workers

Cinotti's serves community camaraderie during COVID-19

By Amber Lake

A fifth generation family-owned business, Cinotti's Bakery and Sandwich Shop serves more than decadent desserts and savory sandwiches on homemade breads. It also serves the beaches community a lot of goodwill during its hard times.

"It's one of those things that we did start to realize is that people do look to us as a calm in the storm," said Michelle Vining, owner.

Recently, Cinotti's has been advertising free meals to medical workers and the elderly during the pandemic. Vining said that residents with an elderly neighbor or family member are encouraged to come in and place an order for a free lunch. Vining also asks medical workers to bring their badges in for verification, but

she said she is mostly "working on the honor system."

So far, Vining said that every day over \$300 to \$500 dollars in food has been attributed to medical workers and the elderly seeking food during the outbreak.

This isn't the first time Cinotti's has offered some sort of community relief, however. But it has been the most successful.

"We have done (meals) for our first responders in the past," Vining said. "But we've never seen the responses that we are getting today. It's been bigger than anything we've ever done. I don't know if they are just exhausted and they are just excited or what. It's one of those things where we started to realize that people do look to us as a calm in the storm."

Vining does want to stress, however, that although Cinotti's is a local staple, they are fully committed to following government mandates and will close during the pandemic if that is what is in the



Photograph by Amber Lake

Michelle Vining, 5th generation owner of Cinotti's offers free food for the elderly and medical workers during COVID-19 crisis.

best interest for the community. They no longer have their dining room open and are ensuring that precautions are being made to ensure the safety of its customers. Currently, Cinotti's is to-go orders

and pick up only.

To pick up some food for an elderly person, or someone who's stuck at home, call (904) 246-1728 and give Cinotti's Bakery a heads-up before coming in.

Pappas

Continued from 29

ties are predicting a boom. I believe that we tend to see, hear, and read what we are looking for. In other words, if we spend our days contemplating what is wrong, we will find problems and reasons to be concerned. On the other hand, if we look for what is good and hopeful, that is what we will find. In the end, we do not know anything more than what we are told. Therefore, we have to be careful what we read and listen too. For example, check on these recent conflicting headlines.

■ Market collapse leaves the best opportunity to pick stocks 'maybe ever,' Bank of America says. *March 13, 2020 Source CNBC.com*

■ Stock markets are headed for a 40% plunge, says economist who predicted financial crisis. *February 28, 2020 Source theweek.com*

■ Cramer asks 'how can you not start buying here?' *March 13, 2020 Source CNBC.com*

■ Jim Paulsen says that the stock market 'oozes panic' and appears near a bottom. *March 11, 2020 Source CNBC.com*

■ The real reason the Dow Jones crash is far from over. *March 12, 2020 Source CNN.com*

■ History of sudden market shocks shows the market is due for a big comeback. *March 2, 2020 Source Flipboard.com*

■ The Coronavirus Black Swan: When There Is Blood In The Streets You Buy Not Sell. *March 12, 2020 Source Seekingalpha.com*

■ Warren Buffett is ready to pounce on this stock market massacre. *March 3, 2020 Source CNN.com*

■ Economist Brian Wesbury says that a Coronavirus Recession may sound like a reason to sell, but it's not. Stocks typically rise starting 3-6 months before a recovery. We're already in that window. Those who sell now are likely to regret it. *March 16, 2020 Source FTportfolios.com*

So, whom do we believe? Got me! It is really not important whom to believe because the short-term direction of the stock market is nothing more than a guessing game. However, the long-term trend is unquestionably up.

Still, I understand why many folks believe that selling some or all stocks and going to cash makes sense given the

uncertainty. Then when the dust settles and things seem to be getting better, we get back in to the stock market at lower prices. Beyond what I just described is pure fantasy. Sadly, far too many investors do not understand or appreciate the stock market repeatedly hits a bottom well before the news turns good. Nevertheless, the big apprehension about selling stocks and going to cash is that we have to be right, not once, but twice. First, our timing has to be correct when we sell. Secondly, we have to be right with when to get back in. In my 35 years as a financial advisor, I am yet to witness anyone do this successfully.

What I have learned is that many peeps get the first part right but repeatedly mess up the second because they wait for the perfect time to buy back in, which often comes after the market has far surpassed the level at which they initially sold. Thus, they never pull the trigger and then miss out on the enormous future gains.

Market timing is an un-winnable game over time and the financial graveyards are full of investors who learned this lesson the hard way. As historian and philosopher George Santayana said, more or less, those who don't remember the past just

get hammered again and again.

Please know that Casey and I stand ready and willing to talk with you via the phone or communicate by email, so please do not ever hesitate to reach out to us. We recognize the importance of staying in touch with you as we work our way out of this regrettable storm.

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Correia

Continued from 33

natural light. Avoid placing light sources directly overhead of screens where they will cause glare.

Consider ergonomic designs

It's hard to stay focused and productive when you're straining to see your computer screen or working with an aching back. That's why it's important for your health to consider the ergonomics of your home office. As you invest in items such as a chair,

footrest, keyboard pads, and more, look for signs that the manufacturers have designed them to be ergonomically beneficial.

Your home office should be more than just a place where you work; it's an expression of your personality and career goals. While we're all adjusting to the

challenges of remote work, take this time to create a personalized home office that's made for you.

Doug Correia is the owner at Woodchuck's Fine Furniture & Decor. To learn more, visit WoodchucksFurniture.com or call (904) 880-0090.

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THEME: MYSTERIES AND THRILLERS

ACROSS

- 1. Wire danger
- 6. Part of a circumference
- 9. Nashville's Keith
- 13. In a cold manner
- 14. Prefix for something revived
- 15. Paralyzing disease
- 16. Mulled wine
- 17. Egg cells
- 18. A do-nothing
- 19. *Alphabet Series" detective novels author
- 21. *It's close to midnight, and something evil's lurking in ____
- 23. Second mo.
- 24. Fabricca Italiana Automobili Torino
- 25. Not don'ts
- 28. Popular Japanese soup
- 30. *Agatha Christie's famous sleuth
- 35. Wood sorrels
- 37. "Through" in text
- 39. Give sheep a haircut
- 40. Raise the roof
- 41. Wall or pedestal support
- 43. Cogito, ____ sum
- 44. Drink like a cat, two words
- 46. Be inclined
- 47. Commotions
- 48. Bewitch or beguile
- 50. Jack and Jill's water jug
- 52. Put to work
- 53. *James Patterson's ____ the Girls"

- 55. "Jack and the Beanstalk" Giant's disapproval
- 57. *Hitchcock classic
- 61. *Poe's "Tales of ____ and Imagination"
- 65. In the know
- 66. *Subject of Roswell's mystery
- 68. Cocoon dwellers
- 69. King Julien XIII of "Madagascar," e.g.
- 70. Bubble source
- 71. Possible allergic reaction
- 72. Gaelic tongue
- 73. Store posting, for short
- 74. Oceanic trenches

DOWN

- 1. Google alternative
- 2. Maple genus
- 3. Capital on the Baltic Sea
- 4. Blindman's ____
- 5. International ____ of Units
- 6. In a little while, old-fashioned
- 7. Once around
- 8. Raccoon's South American cousin
- 9. *The Demon Barber
- 10. Spanish earthen pot
- 11. Coffin stand
- 12. *New ____, setting of "The Alienist"
- 15. Michelangelo's famous Vatican statue and others like it, e.g.
- 20. Death reports, for short

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

- 22. Deli offering
- 24. Baby extractor
- 25. *Sherlock Holmes creator
- 26. Continental divide
- 27. Planktonic tunicate
- 29. *"Who ____ J.R.?"
- 31. Actress Perlman
- 32. "Lost" in Paris
- 33. Mar-a-____, pl.
- 34. Having a toothed margin
- 36. Undesirable location
- 38. Forearm bone
- 42. Enlighten
- 45. Slower
- 49. Oil drilling apparatus
- 51. Spoke with a speech defect
- 54. Make a murmuring sound
- 56. Chopin's composition
- 57. Wide river valley
- 58. Water carrier
- 59. L.A. footballers
- 60. *HBO's "____ Detective"
- 61. *Pamela Voorhees and Norma Bates, e.g.
- 62. D'Artagnan's sword
- 63. Stairway alternative
- 64. Those not opposed
- 67. *Remus Lupin's occasional body cover

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Sports

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Cypress Village hosts putting tournament

To celebrate spring on March 6, the Cypress Village retirement community hosted a putting tournament on the Cypress Green. The third annual golf event involved 40 putters and 50 spectators, who came for the action and to also enjoy hot dogs and hamburgers fresh off the grill.

Prizes were awarded for Closest to the Pin, Lowest Score, Best Dressed Man, Best Dressed Woman and Grand Prize Winner. Residents mixed and mingled and enjoyed a day outdoors golfing with friends and family.

Resident Jerry Sanda and the Cypress Village Putters coordinated the tournament, created in 2017.

The weather was perfect this year as residents and guests watched the tournament unfold.

The CV Putters Club is one of over 35 resident-led clubs, groups and activities at Cypress Village.



Bill Holder, founder of the CV Putters Club, hits a shot during the putting tournament hosted by Cypress Village on March 6.



Photos provided by Cypress Village
A "Best Dressed" prize is awarded for the tournament.



A Cypress Village resident hits her putt.



A custom trophy is presented Cypress Village Executive Director Ty Morgan by resident and tournament organizer Jerry Sanda.



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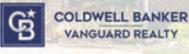
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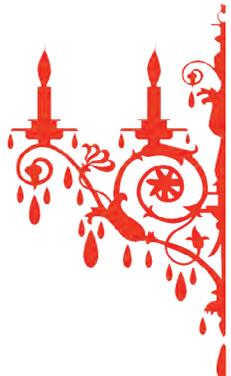
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