

# Barbecue

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stroll along nearby Bayshore Boulevard. Dubbed the “Longest Continuous Sidewalk in the United States,” it hugs Hillsborough Bay and serves as the unofficial gym of South Tampa. Kojak’s is open for lunch and dinner Tuesday through Sunday. — *Wade Tatangelo, Sarasota Herald-Tribune*

## Crydermans Barbecue

401 E New Haven Ave., Melbourne; 321-914-0276; [crydermansbarbecue.com](http://crydermansbarbecue.com)

There’s a reason a line forms outside both Crydermans Barbecue locations.

The Central Texas-style smokehouses only make so much turkey, brisket, sausage and other meaty fare. When it’s gone, the doors close. The original location is in Cocoa Village in an old service station. You can smell it when you drive by.

With a location also in downtown Melbourne, Crydermans is perfect for the walk-up lunch crowd or for early dinner. And people line up at lunchtime to order. Seating is outside, picnic-style.

Pro tip: If bread pudding is the dessert special of the day, don’t pass up a chance to try it. — *Suzy Fleming Leonard, Florida Today*

## Hot Spot Barbecue

901 E. La Rua St., Pensacola; 850-497-6060;

[facebook.com/HotSpotPensacola/](https://facebook.com/HotSpotPensacola/)

Any Pensacolian whose lived here long enough has driven up North Ninth Avenue on their way out of downtown and seen the smoke.

That smoke that, morning, noon and night, permeates the busy intersection of Ninth and East Lua Street, is courtesy of the industrial-sized smoker planted in the parking lot of Hot Spot Barbecue.

Hot Spot has more than lived up to its mantra as a “no frills BBQ joint with big portions” since it opened in 2013. It’s far from a one-dimensional barbecue restaurant, having been lauded for its brisket, moist and tender chicken and its full spare ribs over the years.

If you had to slap a region on its rib style, managing owners Jim and Cheri Hlubek call them St. Louis-style, with the caveat that in St. Louis they generally cut the riblets off. Hot Spot leaves them on.

“Our No. 1 focus is on customer ser-



The brisket at Crydermans Barbecue starts with quality beef, a rub that imparts a lovely, not too spicy flavor with a slightly crisp crust over ideal color and texture. LYN DOWLING/FOR FLORIDA TODAY

vice,” Jim Hlubek said. “We do original, Southern barbecue. We don’t try to fancy it up or do too much with it.”

— *Jacob Newby, Pensacola News Journal*

## Jonesez BBQ

Multiple trucks serving Hendry, Lee and Collier counties; [jonesezbbq.com](http://jonesezbbq.com)

There’s no mistaking a Jonesez BBQ rib. It’s the chew of the bark, the pink of the smoke ring, the way meat clings to bone just so.

And, at the Jonesez trucks, ribs are just the barbecue beginning.

There’s pulled pork laced with that same crusty bark. There’s juicy smoked chicken. And there are sides. Oh sweet Jonesez, are there sides. These are Mrs. Vickie Jones’s handiwork; acts of love that take the form of gooey macaroni and cheese, buttery cornbread and proper collard greens speckled with ham hocks. Of serious potato salad and pork-infused beans. Of yellow rice and Southern-style green beans.

Jonesez BBQ has fans near and far, from the hordes of locals willing to line up in the Florida heat for this barbecue, to Food Network host and celebrity chef Tyler Florence who fell in love with Jo-

nesez’ smoky offerings while shooting “The Great Food Truck Race” in spring 2019.

The Jones family — Vickie’s husband Andre and his brother Remus serve as pit masters — have created such an abundance of deliciousness, they’ve had to expand to meet demand. The one food truck they started with in 2009 has grown to three. They park their trucks at locations in and around LaBelle, Fort Myers and Naples — wherever they see an unmistakable barbecue need.

— *Annabelle Tometich, Fort Myers News-Press*

## 4 Rivers Smokehouse

1866 Victory Cir J-100, Daytona Beach; 844-474-8377; [4rsmokehouse.com/daytona/](http://4rsmokehouse.com/daytona/)

Barbecue and stock car racing just go together, so it was no surprise in 2020 that 4 Rivers Smokehouse was a hit as soon as it opened across the street from Daytona International Speedway at the One Daytona shopping complex.

The restaurant’s signature offering is its beef brisket smoked for 18 hours. Its burnt ends are celebrated. But it’s not all old school, Texas-style barbecue; there are quirks in this barbecue menu, too. The restaurant’s inclusion of a vegan “Beyond Burnt Ends” on its menu may seem like barbecue apostasy but just try it.

Don’t let the line out the door dissuade you from coming in, the staff moves fast.

Open Monday-Saturday from 11 a.m.-8 p.m.; 4-8 p.m. on the day of the Daytona 500. Closed Sundays. — *Mark Lane, The News-Journal*

## The Bearded Pig

1224 Kings Ave., Jacksonville, 904-619-2247; and 1700 Third Street S., Jacksonville Beach, 904-518-3915; [thebeardedpigbbq.com](http://thebeardedpigbbq.com)

When it comes to barbecue joints, Jacksonville has its fair share, including a couple of locally-based chains dating back decades.

But it’s the relative newcomer Bearded Pig that has much of the buzz. When it first opened in 2016, the Southbank restaurant closed up early some nights after lunchtime and dinner crowds regularly pigged out on pulled pork. The same happened in March 2021, when the restaurant opened a second location at Jacksonville Beach. (A third will open

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# BLUE ZONES PROJECT – SOUTHWEST FLORIDA



## Building Community Resilience

by Sebastien Saitta

A mental health crisis, food and financial insecurity, loss of jobs, and reduced overall well-being are just some of the effects felt from the oncoming threats that exist today. Whether it’s an economic downturn, natural disaster, or even a pandemic, a community resilience model is not only crucial for helping to lessen the impact of an adverse event, but to also thrive in its wake. Like the mangroves surviving the forces of nature, our community connected will protect us from the elements we are facing.

Five years ago, NCH Healthcare System brought Blue Zones Project to Southwest Florida to help our community members live a longer, healthier, and happier life. To date, Blue Zones Project has engaged thousands of individuals and more than 730 organizations to not only help optimize well-being, but also create a structure that will benefit the Southwest Florida community well into the future.

Within the last five years, Southwest Florida has experienced the devastating effects of hurricane Irma, political turmoil, economic uncertainty, and most recently a global pandemic. It is times like these when the importance of building well-being and resilience is magnified.

Over the past year, David Lawrence

Centers for Behavioral Health (DLC) has seen a 26% increase in the number of calls received and worked by DLC’s National Suicide Prevention Lifeline. Also, the number of children admitted to DLC’s crisis unit increased by 18%, and the average daily census increased by 33%.

The United Way of Collier and the Keys received a record-shattering 8,239 calls for assistance to their 2-1-1 hotline from March 2020-April 2021. 2,178 calls were for help affording a place to live, requiring either immediate rental or mortgage assistance or information on affordable housing options. 1,808 calls were for help accessing healthcare, including treatment for COVID-19 and COVID-19 vaccinations.

When the pandemic began, many businesses had to make immediate decisions to weather the impact and used the Greater Naples Chamber’s repository of business resources otherwise known as Forward.

Recently, Blue Zones Project joined a diverse group of organizations and leaders representing all aspects of well-being to offer Resilient Southwest Florida (ResilientSWFL.com), an online toolkit to help address the mental health challenges, food and financial insecurity, business health, general health care, and well-being needs of our community. Blue

Zones Project joins Resilient Southwest Florida with Healthcare Network, David Lawrence Centers for Behavioral Health, NCH Healthcare System, Sunshine Ace Hardware, United Way of Collier and the Keys, Greater Naples Chamber, Local IQ, and CRG Leadership Institute. The goal is to connect the community through an all-in-one well-being toolbox that provides help for those in need.

“Blue Zones Project is a “we” project meaning that it is the combination of well-being efforts of an entire community that truly make an impact,” says Deb Logan, Executive Director of Blue Zones Project. “It is an honor to be a part of an even greater initiative like Resilient Southwest Florida where collaboration of resources, capabilities, skills, and strengths of partner organizations helps to reach needs that have been exposed during the pandemic.”

Resilient Southwest Florida is not a replacement for 211 or any other community-assistant resource like Collier Cares. Instead it aims to provide well-being tools and help people obtain inspiration, reassurance, and support for building greater resilience.

Many feel that the stress of the pandemic or even in daily life has taken years off their lives, or perhaps accelerated their aging. Resilient Southwest Florida visitors

are directed to the RealAge tool, a health assessment that reveals your body’s biological age based on your health and habits. It then provides personalized well-being resources to reverse that aging. If stress is a factor, RealAge users receive relaxation videos, meditations, and guidance to better cope with daily stressors. There are also financial well-being, diet, and exercise tools.

Another well-being tool includes a series of video talks with Executive Coach, Andy Robinson from CRG Leadership Institute to help build resiliency and teach life coping skills.

As a community, we are only as strong as our most vulnerable. It’s important to optimize well-being from all levels so that in times of crisis, our community will come out better and stronger. Visit ResilientSWFL.com for more information and pass it on to help those in need.

Brought to Southwest Florida by NCH Healthcare System, in collaboration with Sharecare, Inc., Blue Zones Project is part of Southwest Florida’s well-being improvement initiative that encourages changes in the community that lead to healthier options. For more information, visit [southwestflorida.bluezonesproject.com](http://southwestflorida.bluezonesproject.com).