

St. Augustine Beaches NEWS JOURNAL

NEWS INFORMATION FOR & ABOUT ST. AUGUSTINE BEACH & ANASTASIA ISLAND



St. Augustine Beach Interim City Commissioner

Ms. Beth Sweeney

At a special City Commission meeting held on February 28th, the City Commission selected an interim City Commissioner.

With seven highly qualified candidates in the running, Beth

Sweeny was ultimately selected by the Commission and will serve until the November 2022 elections when a permanent Commissioner will be elected.

Mayor Don Samora stated "I feel very fortunate that we had seven incredibly qualified candidates apply for the interim vacancy. I'd like to congratulate Ms. Sweeny on her appointment this evening. I feel that her background and experience will be an asset to the community and the commission. I look forward to working with her."

Ms. Sweeny commented "I am honored to be selected from such a highly qualified group of applicants. I look forward to serving the residents of St Augustine Beach as we work to maintain the paradise, we all call home. I am very thankful to the commission for placing their trust in me and I am eager to begin our work."

Vice Mayor Dylan Rumrell also commented "We had seven great candidates apply for the vacant commission seat. I feel confident that Commissioner Sweeny will do a great job. I encourage the others to get involved with the city in some capacity."

For more information, visit www.staugbch.com. You can also visit the City of St Augustine Beach Facebook page and sign up for the monthly e-newsletter by texting CITYOFSAB to 22828.



Grand Champions: St Johns Sheriff's Office

Thirty-Six Teams Played Mini Golf to Support Port in the Storm Homeless Youth Center

Monday, March 7th, Fiesta Falls Mini Golf, St. Augustine Beach, FL - On Monday March 7th Port in the Storm Homeless Youth Center held its 3rd Annual SWING INTO ACTION Mini Golf Tournament sponsored by Coldwell Banker Premier Properties.

144 golfers enjoyed a beautiful sunny day as they played in a tournament-style mini golf event at Fiesta Falls Mini Golf, raising over \$17,000 for Port in the Storm. Our Emcees for the day, both members of the Board of Directors for St Francis House & Port in the Storm, were Ed Dwyer of North Avenue Capital, LLC and Steve Cupolo of Coldwell Banker Premier Properties, who got the golfers started and assisted in giving away the trophies and plaques.

Our 1st Round Champion was the St Johns County Sheriff's Office and our 2nd Round Champion was Team Whitesell. In the end, St Johns County Sheriff's Office won the title of Grand Champion!

The mayor of St Augustine Beach, Don Samora, and Judith Dembowski, Executive Director of Port in the Storm, gave brief remarks, and congratulated our winning teams. (continued on page 5)



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News & Events From Around the Beaches & the Island

St. Augustine Beach City Hall Update

At its March 7, 2022, regular meeting, the St. Augustine Beach City Commission took the following actions:

1. Approved a proclamation to declare the week of March 7, 2022, as Flood Awareness Week in the City.

2. Approved a conditional use permit for the construction of a residence in a commercial land use district at 12 2nd Street.

3. Approved vacating an alley between 2nd and 3rd Streets, west of 2nd Avenue.

4. Approved on final reading an ordinance to amend the Land Development Regulations relating to mixed use districts, landscaping, plant materials, buffer requirements, fences and retaining walls.

5. Heard a report from the City's Communications and Events Coordinator, Melinda Conlon, about the City's New Year's Eve fireworks show.

7. Awarded the bid to construct 2nd Street west of 2nd Avenue to DB Civil Construction of Ormond Beach for \$579,850. Two-thirds of the cost will be paid by the owners of the adjacent lots with the City paying the remaining one-third.

8. Approved an easement for Florida Power and Light to provide electricity to the pump station at the City's Mizell Road drainage pond.

9. Approved the Public Works Director negotiating with the bidder for the Ocean Park restrooms because the one bid received was too high. To reduce the cost, the Director will reduce the scope of work.

On March 14th, the Commission held a continuation of the March 7th meeting

for two matters: The first was to follow a court order that the Commission review the December 2020 decision to allow an entrance/exit driveway off Versaggi Drive for the Alvin's Island business. The Commission directed that a traffic study be done and expert advice be sought for possible safety improvements to the intersection of Versaggi Drive and the State Road A1A.

The second matter was to review a list of projects for a Survey Monkey questionnaire. Residents will be asked to rank their preferences for the spending of the \$3.5 million the City will receive from the American Rescue Plan Act that Congress approved in 2021.

The City Commission's next regular meeting will be held on Monday, April 4, 2022, at 6 p.m. at city hall, 2200 A1A South. The public is invited to attend.



St. Augustine Beaches

NEWS JOURNAL

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"Official News Source for the City of St. Augustine Beach"



City of St. Augustine Beach

Mayor Margaret England
City Manager Max Royle

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The purpose of the St. Augustine Beaches News Journal is to serve neighborhoods of St. Augustine Beach and other communities on Anastasia Island.

First priority will be given to reporting news and activities of the residents of St. Augustine Beach local communities, and other news and events that directly affects the St. Augustine Beaches areas. Second priority will be given to articles of general interest as space permits.

Information and ads should be received by the 15th of the month in order to appear in the following month's issue. Articles or information may be sent to the Beaches News Journal, 1965 A1A South #120, St. Augustine Florida 32080-6509. Information may also be e-mailed to clifflogsdon@att.net or clogsdon1@yahoo.com.

All materials submitted to the Beaches News Journal is subject to editing. Publishing of submitted information is at the discretion of the publisher. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the Beaches News Journal.

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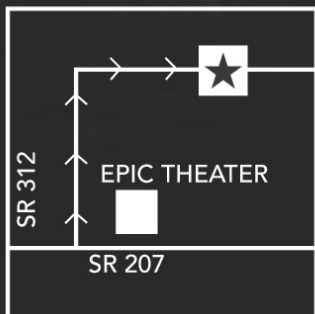
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St. Augustine Travel Club

St. Augustine Travel Club Meeting
Wednesday, April 13, 2022, 3pm (Masks recommended)

Our Travel Club will present on PARIS AND MONACO / MONTE CARLO at the Southeast Branch Public Library.

Experience the highlights of Paris including the famous Champs-Elysees, Eiffel Tower, river cruise on the Seine, French pastries and much more. Then it is off to Cote d'Azur and its playground of rich and famous - Monaco and Monte Carlo.

For those of you who do not know about the club, it is formatted as an armchair travel presentation with a brief lecture and a video highlighting areas around the world, with focus mostly on Europe, but also other parts of the world. Also, some of our participants have hosted a presentation based on their own travel experiences. If you are interested in doing a presentation about your unique travel experience, please let us know. The Travel Club also organizes a cruise in the Caribbean region once a year, and is published in the local papers. If you require any further information, please call Peter Dytrych at (904) 797-3736.

An Invitation to the Living With Cancer Support Group

Whether you're a patient, survivor or caregiver, this is your opportunity to talk about the day-to-day challenges of living with cancer in a group of people who can inspire, relate to and support you along your journey. We are a group of people with common experiences and concerns who provide each other with encouragement, comfort and advice. We welcome all those who have walked this path and seek support.

Meetings are the Third Wednesday of every month at 11:00 am

Our next meeting will be on April 20, 2022 In the Whetstone Building, 100 Whetstone Place, Suite 303. Also meeting via ZOOM! at the same time. Please call 904-819-4742 for zoom invite or for more information.



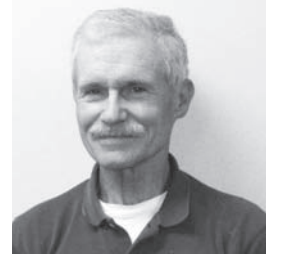
"GriefShare" Continues through May 11th Crescent Beach Baptist Church 6pm-7:30pm

GriefShare, a place to find healing for men and women seeking answers to difficult circumstances after the death of a loved one. A journey from mourning to joy.

Grief support sessions for hurting people to find support, healing and hope. Register through GriefShare.org under Find a Group or email Melanie at rscoggn@gmail.com. You are welcome to join anytime during the 13 weeks.

April Update

By Max Royle
St. Augustine Beach City Manager



Time for our last progress report for projects/purchases that were done by your fair City in 2021 and those that are being done in 2022. A number of projects have been delayed because contractors and civil engineering consultants are busy.

1. COMPLETED: Computer network server for various City departments.

2. COMPLETED: Computer network server for Police Department.

3. COMPLETED: Lease of three vehicles for Police Department.

4. COMPLETED: Twenty mobile data terminals for police vehicle.

5. COMPLETED: For the Public Works Department, purchase of pickup truck and lawn mower to replace worn out equipment, and purchase of a sanitation truck for recycling pickup.

6. COMPLETED: Vulnerability assessment and resiliency study. \$55,000 cost funded by a grant.

7. COMPLETED: Purchase of additional pump for \$18,000 for stormwater management.

8. COMPLETED: Resurfacing of Tides End Drive and Mickler Boulevard between Pope Road and 16th Street and between 11th and A Streets.

9. COMPLETED: Repairs to Lakeside Park wooden fishing dock. As no bids were received to replace rotted sections, City Public Works employees did the repairs for less than \$900.

10. UNDERWAY, paving projects: The section of Mickler Boulevard between 16th and 11th Streets and repaving of other streets: 7th Lane, 7th, 8th, and 9th Streets, and Atlantic Alley.

11. UNDERWAY, improvements to Ocean Hammock Park between Bermuda Run and Sea Colony subdivisions: For Phase Two (restrooms, shower, drinking fountain, two picnic areas, handicapped parking space, nature trail. information

kiosk), one very high bid was received. The Public Works Director is negotiating with the bidder to reduce costs. Construction could begin in the summer 2022. For Phase Three (trails, observation desk, picnic pavilion etc.), City is waiting for a grant agreement with the state.

12. UNDERWAY, Mizell Pond weir/storm water pump station: This major improvement to the City's stormwater management system will cost \$2,892,500. Construction was started in 2021 and will be completed in the summer of 2022. Funding is from the Federal Emergency Management Agency (FEMA), St. Johns River Water Management District and the City.

13. UNDERWAY, Ocean Walk subdivision drainage improvements: Design/permitting work to be done in 2022. Construction scheduled for 2023. This project will be funded by a State appropriation of \$694,000.

14. UNDERWAY, updating City's master stormwater plan: At its April 4, 2022, meeting, the City Commission will approve the scope of work with a civil engineering consultant. The update is to be completed by the fall of 2022.

15. UNDERWAY, repair of 11th Street stormwater pipe: \$90,000 was appropriated. Project is in design/permitting stage. Bids will be requested in the spring of 2022.

16. UNDERWAY, storm protection for north end of A1A Beach Boulevard: Grant agreement has been signed and the City will hire a design consultant.

17. UNDERWAY, improvements to dirt parking areas on the west side of A1A Beach Boulevard between A and 1st Streets: \$45,000 has been appropriated for the design phase, which should be completed in 2022. Money will be requested in the 2023 budget to construct the improvements.

"Tree Give Away!" by the City of St Augustine Beach

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by Paul Slava

First Friday in April falls on April 1st...don't be a "Fool" and miss our Artists of the Month, Jo Bledsoe.

Always in the mist of new avenues of creative expression, artist Jo Bledsoe has long been on the edge of the new and different. She currently works with acrylics on canvas, her brushes laying down dots and dashes of bold color with a mosaic-like quality. Jo's work is influenced by the distinctive gold encrusted decorations of Klimt, the unconventional representation of the body by Picasso, and the use of color by Matisse. It is said that she brings a 21st century twist to the past.

Born and educated in Virginia, she studied Fine Arts and Art History at the Virginia Commonwealth University where she found it rewarding to tutor fellow students in religious art history. She continued her art education at the Virginia Museum of Fine Arts and at the Hand Workshop where she studied life drawing. During her career, she taught painting, photographic re-touching and jewelry making. She is accomplished in many areas including photography, glass, textiles, and jewelry. Jo continues to design and produce original hand-crafted pieces of elegant jewelry in sterling silver, semi-precious stone, horn, wood, and Czech glass. She has shown in Maryland, Virginia, North Carolina, South Carolina, Georgia and Florida.



Jo has hunted for artistic inspiration in the museums of New York City and Paris. She has been further influenced by her travels through Europe, the Caribbean, and Costa Rica. She presently resides in St. Augustine, Florida with her cats, Effie and Estin. If asked about her work, Jo would say, "I'm never quite finished; it's always evolving. My art is still in search of something, perhaps the perfect red." Both the experienced and casual viewer will be enticed and intrigued by Jo's art. See her opening on Friday, April 1st starting at 5:00pm. The show will run through the month.



Something FREE for the Kids on Saturday, April 16th from 10am to 12pm is our Easter Crafts Event. All supplies are included just bring your child from ages 4 thru 11 to The Studio and they will go home with a beautiful Easter Craft Decoration. Contact Carole Foster at 904-797-3067 to register.

The Art Studio is located at 370 A1A Beach Blvd. in the St. John's County Pier Park and is open 7 days a week from 12pm to 5pm. We are a 501(c)(3) Non-Profit organization that brings Art and Culture to the community and offers classes, special events, exhibitions and rental space. For more information visit us at www.beachartstudio.org, Facebook or call 904-295-4428.

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Thirty-Six Teams Played Mini Golf to Support Port in the Storm Homeless Youth Center

(continued from page 1)



Executive Director, Judith Dembowski, Assistant Director, Karen Hensel and Board Member, Amy Alloways



2nd Round Winners Team Whitesell

This event would not be possible without the generous donation of the Fiesta Falls course by Rich & Lauren O'Brien, local business owners and long time advocates for the needs of those facing homelessness.

Other sponsors included: Silver Feather Jewelry & Gifts, Bozard Ford | Lincoln, Care Connect+, Southern Title, Harbour Island Tennis Centre, Kiwanis Club of Historic St Augustine, R. Dean Scott, Architect, Dr. Quelch & Dr. Gendzier. Special thanks to Burkhardt Sales & Service for their contributions and to Fiesta Falls Mini Golf for the use of their beautiful course. In addition, local businesses sponsored all 18 holes.

St. Francis House and Port in the Storm Homeless Youth Center provide the only comprehensive housing-crisis services and shelter in St. Johns County.



St. Augustine Beach Mayor Don Samera gives remarks

Housing-focused programs provide support, referrals, and assistance to facilitate the return to housing and self-sufficiency for individuals, families and youth. EIN #59-2475614. (Photos by Sierra Burton)

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Poetry is Alive in St. Augustine

by Tatiana Diaz

April is National Poetry Month, and this year St. Augustine is celebrating it with the first ever PoetFest April 8th and 9th.

An open mic is slated for 7 p.m. on Friday, April 8 at the Relampago Coffee Lab, located at 74 Spanish Street. Those looking to read their poetry will have the opportunity to sign up prior to the reading at 6:30 p.m.

A local author book fair, poetry recitals, and presentations by local authors is scheduled for the all-day event from 10 a.m. to 5 p.m. on Saturday, April 9 at the Virginia Room in the Ringhaver Student Center, located at 50 Sevilla Street at Flagler College.



Closing the month is the Ancient City Poets' monthly reading at 3 p.m. on Sunday, April 24th at 137 King Street in downtown St. Augustine. The signup sheet for open mic will be available at 2:30 p.m.

PoetFest is presented by St. Johns Cultural Council, the English Department at Flagler College, and Ancient City Poets. For more information on PoetFest, visit www.bodor.org.

Pictures with the Easter Bunny April 16th

The Easter Bunny will drop by The Riverview Pavilion at the the Shores Riverview Club to help in the celebration of the Easter Season. Please call 904-334-6888 to register.

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St. Augustine Organizations Receive African American Cultural and Historical Grants



\$500,000 Grant for the St. Augustine Beach Hotel and Beachfront

The Florida Department of State released the ranked list of applications and scores for its African American Cultural and Historical Grants. Four St. Augustine, Florida projects ranked in the top third of more than 150 applicants and will be awarded \$2,933,500 in grants.

The purpose of the grant program is to provide funding for construction projects at facilities in Florida which highlight the contributions, culture, or history of African Americans. Priority was given to projects that encourage the design or construction of a new facility or the renovation of an existing facility in an area with great cultural significance in which no facility exists; enhance the beauty or aesthetic value of facilities named for significant African Americans; or restore facilities on the National Register of Historic Places.

The St. Augustine based projects awarded funding include Friends of Lincolnville, Inc. with \$1,000,000 for restoration of the historic *Excelsior High School*, home of the Lincolnville Museum and Cultural Center; the Florida State Parks Foundation with \$933,500 for construction of a representation of the historic circa 1738 *Fort Mose at Fort Mose Historic State Park*; *Zion Missionary Baptist Church* with \$500,000 for restoration of Zion Baptist Church in West St. Augustine; and the St. Johns Cultural Council with \$500,000 for the *St. Augustine Beach Hotel and Beachfront*, recently listed on the National Register of Historic Places at a level of national significance for the civil rights movement in connection with the 1964 wade-ins to protest segregation.

The St. Johns Cultural Council is committed to working with Fort Mose and the Lincolnville Museum, along with other organizations including the SEA Community and the ACCORD Civil Rights Museum and Freedom Trail.



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Will your money last as long as you do?

We all hope for long, healthy lives. But there's a serious "side effect" of longevity – the possibility of outliving our money. How can you help prevent this?

It's useful to know the seriousness of the threat. Consider this: About 41% of all U.S. homes in which the head of the household is between 35 and 64 are projected to run short of money in retirement, according to the Employee Benefit Research Institute.

While this statistic indicates a cause for concern, it certainly doesn't mean that you are necessarily headed for trouble – because there's a lot you can do to help build and manage enough resources to last a lifetime. Here are a few suggestions:

- Consider your estimated longevity. On average, a 65-year-old man can expect to live another 17 years, while a 65-year-old woman can anticipate about 20 years, according to the Centers for Disease Control. Of course, you'll want to take into account your health and family history of longevity to arrive at a reasonable estimate. You can then use this figure to help determine how much money you'll eventually need. To play it safe, you might even want to try to build an income stream that can last beyond your estimated lifespan, possibly up to age 90.

- Don't overlook health care costs. When budgeting for retirement, allow enough for your health care expenses, which can be considerable. Even with Medicare, you can expect to spend anywhere from \$4,500 to \$6,500 per year, per person, for traditional medical costs. Also, you may want to prepare for two to three years of long-term care expenses, which currently range from about \$50,000 per year for home health care to over \$100,000 per year for a private room in a nursing home.

- Keep building assets for retirement. While you're working, constantly try to put

away as much money as possible for your retirement years. Each year your salary goes up, increase your contributions to your 401(k) or similar employer-sponsored retirement plan. You may also want to contribute to an IRA, depending on your goals. And within your retirement savings, make sure you devote a reasonable percentage of your investment dollars to growth-oriented vehicles that align with your goals and risk tolerance.

- Seek out sources of guaranteed income. As a retiree, you will receive Social Security benefits – and the longer you wait before claiming them, the bigger your monthly checks will be. But you might also consider investments that can provide a source of income you can't outlive, such as annuities.

- Revisit your strategy before you retire. As you near retirement, you may want to review your investment strategy, possibly adjusting your risk level so that your portfolio would be somewhat less susceptible to market volatility. This is also a good time to review your spending needs in retirement.

- Maintain a reasonable withdrawal rate. Once you are retired, you'll likely need to start withdrawing from your 401(k), IRA and other investment accounts. To avoid taking out too much money too early in your retirement, you'll need to set a reasonable, sustainable withdrawal rate based on your assets, age and retirement lifestyle. A financial advisor can help you determine an appropriate rate.

It will take dedication and determination to help ensure your money doesn't run out during your lifetime. But you'd probably agree that it's well worth the effort.

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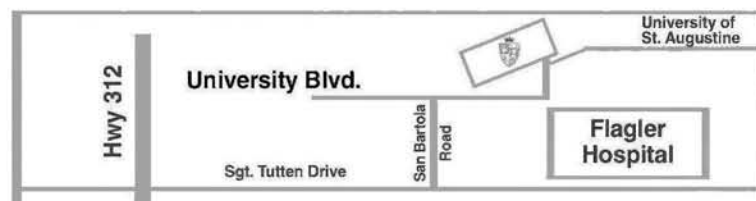
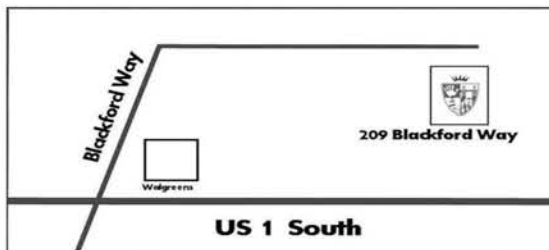


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Don't wait until you're on vacation to relax

By Rob Stanborough
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The bags are packed, ipod is charged, and plane ticket is easily accessible. You're all set for a vacation full of fun and relaxation but why is it that after you reach your destination, you're fatigued, muscles are sore, and more than likely, you need a day to recover from traveling?

The answer can be summed up in five words: "One size DOESN'T fit all." Do you ever wonder why the seats on airplanes have gradually become smaller over the years? Of course, one must consider the current obesity epidemic in America and acknowledge that there is some truth to the fact that we can't put all the blame on the decreasing size of the seats. As a society we are getting larger but that's a topic for another article. Unless you've purchased a first or business class ticket, you will be seated in tight quarters for the duration of your flight. Your coach class ticket not only reserves seat 143E for you, but you are now deemed a "personal space invader," seated next to, or worse yet, between TWO other personal space invaders. Who gets which armrest anyway?

The truth is traveling for an extended period of time via car, train, bus, or plane, places increased stress on the soft tissues in our bodies due to maintaining prolonged static postures. Muscle fatigue, decreased blood flow to soft tissues and abnormal stresses placed on the body produces physical discomfort. The following suggestions are useful in maximizing optimal comfort even in the smallest, most uncomfortable seats and can be applied to most modes of travel.

- Alter your position frequently when seated, walk around at rest/fuel stops, or if on an airplane, stroll along the aisle.

- If you are to select your seat, you are in luck! The exit row is the "first class" for the man with champagne taste on a beer budget. Of course, you must be willing to assist others in case of an emergency.

- Utilize a lumbar cushion to place in the small of your back while seated. If you don't have one a rolled towel, blanket or sweater will work just fine. Placing one behind your neck can help minimize neck pain too.

- Moving your foot up and down as if pressing on a gas peddle and off will help with circulation and minimize swelling due to changes in cabin pressure.

- Using hands free devices for cell phones will not only aid in preventing potential dangerous situations, but they will also eliminate stresses through the neck, shoulders and upper back.

- If you don't want to check your luggage due to increasing baggage fees, distribute the weight of carry-on luggage evenly between shoulders/arms. Use backpacks with padded, adjustable straps or rolling bags with telescopic handles. And, ladies AND gentlemen, if your bag is too heavy to place in the overhead compartment yourself, don't be afraid to ask for help from the friendly individuals who will be flying with you.

- ATTENTION all Fashionistas!!! Wear comfortable clothing. New shoes? Pack them and break them in on another day. Your feet will be thanking you on your vacation.

The may seem like simple suggestions but they work. More and more of us are resuming travel, so if you choose to travel away from the white beach of St. Augustine this spring, summer or fall, hopefully by applying a few of these suggestions you can get the most out of your travel both physically and financially.

Rob Stanborough was one of the first PT's to be permitted to use DN in FL and doing so since 2017. He has trained others in DN since 2010 both nationally and internationally as a Senior Instructor for Myopain Seminars (www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation (www.firstcoastrehab.com), presented and published about DN and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. Read previous columns posted on www.firstcoastrehab.com.

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Computer Corner

by Steven Aldrich
904-479-5661



Help! My printer is offline.

I can't count the number of times I hear this. Sometimes there is a simple solution, like turning the printer back on. Other times it is a bit more difficult to sort out.

Manufacturers are not helping with the way they change the requirements for owning and using their printers. I recently worked on an HP Laserjet that just refused to print. After a couple of hours, I told the client I would take the printer, and figure it out on my bench at home. Then, I saw a tiny error message that told me the problem. The HP Printer had never been registered to an HP online account.

Apparently, a new HP printer behavior is to stop printing after so many pages, if the printer has not been registered. This is a terrible way to treat your customers, HP. Many of the folks will not have a tech like myself who will work for hours to figure out the issue. and they will end up buying new and trashing the printer in question.

In many cases, when a Printer is not "printing", all that needs to be done is remove the printer, and re-install it. In Windows, go to Settings -> Printers & Scanners and find the printer that

matches the one you are trying to use. In Windows 10, right click on the Printer and select "Remove device". In Windows 11, click the three vertical dots at the right hand side of the Printer label, and select remove. Then click Add printer and select the printer you just removed.

Yes, it sounds silly, but nine times out of ten, it fixes the issue.

On a Mac, there are seldom printer issues. But should you have one, the best approach is to remove and add it back in. Go to System Preferences -> Printers and Scanners. Select the printer with issues, then click the Minus sign on the bottom of the list. Confirm the removal. Then Click the PLUS sign and wait for the system to find your printer. Select it from the list and click add. Voilà! You should be able to print.

Steven Aldrich is a technology advisor with decades of experience as an IT Director and is the owner of First Coast Computer Services. Contact Steven if you need a trusted advisor to come to your business or home and help with your technology. See my ad on this page. Steve@fccspro.com or (904) 479-5661.



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