

August 2022

Over 7,400 US MAIL Home & Business Delivery to Southern St. Johns County Communities Monthly!!

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Vail Point
Southwood
Grand Ravine
Winding Creek
Summer Breeze
Crescent Cove
South Walk
and others

St. Augustine OBSERVER

NEWS INFORMATION FOR & ABOUT RESIDENTS OF SOUTHERN ST. JOHNS COUNTY FL

Yacht Club's Sail Camp!



Enthusiastic and energetic Marissa Burrier, sail director of the St. Augustine Yacht Club, promises a summer of fun for kids and teens (5-17) wanting to learn how to sail or improve their sailing skills. While camp has already reached a record attendance, there are still spaces left for certain groups and weeks.

Burrier strongly believes in the benefits of learning to sail. She said, "I truly believe that to teach a child to sail is to give them a gift for life. Sailing teaches problem solving and builds confidence while creating lifelong friendships. Additionally, our students learn how to better care for our environment and become stewards of the sea."

The SAYC Sail Camp is in its 10th year. It incorporates the U.S. Sailing Reach curriculum, is STEM (Science, Technology, Engineering, Math) based, and a hands-on experience for children and teens to learn the sport of sailing.

Burrier is assisted by six young adults who are U.S. Sailing certified instructors, along with 19 volunteer instructors more who are training for certification. St. Augustine Yacht Club, the oldest yacht club in Florida, also provides scholarship opportunities for local youth.

A native of St. Augustine, Burrier was a college athlete and is a trained educator, avid sailor and race coach. All Sail Camp program information, including costs, availability and registration can be found on the website www.saycsc.org.



St. Augustine South Reflections

by Ruth Hope, SAS

Our Fourth of July Celebrations in St Augustine South were amazing, as always. The weather held out and was perfect for the evening. We know how to do Fourth of July – we go down to Shore Drive Waterfront park and stake out our spot with camp chairs and umbrellas. Some folks even take their grills. Each has a favorite spot – many near Douglas Crane boat ramp where they have their own fireworks display. Others find spaces on the grass, and beneath the trees round the double bends in the road. They are afforded a great view of the SR312 bridge with the City of St Augustine behind and space to play ball games and enjoy other fun activities. The partying begins with a picnic or cookout often with musical backing. As the evening progresses, some families have their own fireworks displays; others sit and watch the fireworks on Anastasia Island, across the Matanzas River. This year the timing was perfect to watch the fireworks on the National Mall on PBS and then see St Augustine's own fireworks over the Matanzas Bay. Those folks downtown might get a ringside seat to the fireworks from near the Fort, but they then have to walk to some distant carparking location, and fight the lines of traffic and the closed streets, before they can get home. We just pull onto the road and drive home in minutes feeling elated.



Unfortunately, in the last month not all events in The South have been so uplifting to the spirits. For the third time in recent years, we have had a housefire and needed the help from our new Fire & Rescue house on US1S. Fortunately, there was no one injured and no loss of life. Losing one's home and possessions to a housefire is a huge tragedy. We wish our (Continued on page 5)



Photo SA Fire & Rescue

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St. Augustine Observer
2465 US 1 South #8
St. Augustine, FL 32086



Humane Society Hosts 12th annual "Pin Up Paws" Calendar Fundraiser

The St. Augustine Humane Society has launched its 12th annual Pin Up Paws pet calendar photo contest with a Pop Art theme this year, "Dig It". The fundraiser began in 2010, and it supports the non-profit's mission of promoting healthy lifelong pet ownership while reducing the rate of relinquishment to shelters. For a chance to have a pet featured in the full color, high-quality calendar, photos and entertaining descriptions are submitted to let people know why they should vote for the pet. Each vote is a \$1 donation. Last year, more than \$23,000 was raised by calendar votes and donations to the campaign. For more information, call (904) 829-2737 ext. 111 or email development@staughumane.org. Visit



our website to find all the details: www.staughumane.org

The pet with the most votes at the end of the contest will be the first-place winner, and will receive the coveted cover spot on the 2023 Pin Up Paws Calendar. Each of the 12 second place winners will be featured on one of the months in the calendar. All first and second place winners will receive a professional photography session along with gift (continued on page 14)

STARS REHAB

4 LOCATIONS in St. Augustine

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Spine, Extremity & Surgical Rehabilitation
Sports Therapy & Athletic Rehabilitation
Neurological & Vestibular Rehabilitation
TMJ Disorders
Dry Needling Clinicians
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Cognitive Rehabilitation
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TMJ Disorders

www.STARSREHAB.org



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**880 Santa Maria Blvd., Suite 10
Saint Augustine, FL 32086**

Call: (904) 496-0400

Text: (904) 441-6996

YourVet@ShoresAnimalHospital.com



St. Augustine Observer

Published monthly for residents and visitors of St. Augustine, Florida area
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The purpose of the St. Augustine Observer is to serve residents of St. Augustine area Communities.

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

Information 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

"Follow us on Instagram and Facebook: @staugustineobserver"

St. Augustine Shores Community Calendar

The Shores Service Corporation
Shores Homeowners Association
(904) 794-2000

www.staugshores.org

Shores Monthly Meetings

- **Shores Service Corporation's** monthly meetings are held on the second Thursday of each month. Meetings are at 6 p.m. at the Riverview Club.

- **Conquistador Condominium** Board meetings are held on the fourth Monday of each month at 6 p.m. at the Riverview Club.

to the St. Augustine Observer, 2465 US1 South PMB #8, St. Augustine Florida 32086. Information may also be e-mailed to clifflogsdon@att.net.

All materials submitted to the Observer is subject to editing. Publishing of submitted letters and 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 Observer.

Information, articles and other materials published are believed to be accurate at time of publishing. Acceptance of advertising does not constitute an endorsement or approval of any contents, products or services by the Observer or its staff. It is agreed that the Observer and its staff will not be held liable for information provided herein by submitters/advertisers, including pictures, graphics, websites, dates, times and/or emails listed, that may have the potential to constitute fraud or other violation of law including copywriting infringements. The publisher reserves the right to refuse materials that does not meet the publication's standards.

- **Fairview Condominium** Board meetings are held on the second Tuesday of every other month at 4 p.m. at the Fairview Condo club house.

- **Greens Condominium** Board meetings will vary. Contact Jeff Edwards at Sovereign-Jacobs at 904-461-5556.

- **Casa Bella Condominium** Board Meetings are 3rd Mondays of each month at 6pm. Meeting location will be determined & posted on bulletin board 48 hours prior to each meeting. (March 21, April 18, May 16, June 20, July 18, August 15, September 19, October 17, November 21, December 19). For information contact Property Manager Debby Bisogno at 904-461-5556.

St. Augustine South Community Calendar

St. Augustine South Improvement Assoc.

709 Royal Rd. St Augustine, 32086

email: info@staugsouth.com

www.staugsouth.com

(904) 615-6916

SASIA Meeting 3rd Wed at 7PM

There will be no Community Meetings during the summer. Normally they are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse except for July and August. You are welcome to join us in September for our monthly community meeting on Wednesday, September 21st at 7:00pm

SASIA Board Members

President - Jerri Sue Dawson
1st V.P. - Nicolette Soucy
2nd V.P. - Doris Taylor
Secretary - Open
Treasurer - Margo Geer
Mike Oliver
Robert Kennedy
Oonna & Mick Jones
Alan Chappell

Distribution Locations for the Observer

- Shores Riverview Club
- Anastasia Island Library
- St. Johns County Pier Park
- Shores Golf Course
- YMCA
- Main Library
- Southeast Library
- Shores Deltona Realty

Classes at Clubhouse

Line Dancing - Wednesdays 1:00-2:30pm: Join instructors Diane and JJ for a beginning level class. All age ranges are invited to join. A \$5.00 donation is requested.

Cane Self-Defense Classes - Tuesdays at 11:30am/Thursdays at 10:00am: Taught by Katie Monahan and Saxann Hinman. Contact Katie by text (904) 377-3390 or email her at KatieMonahanTaiChi@gmail.com

Tai Chi Classes - Mondays at 6:00pm: Classes are taught by Certified Tai Chi Instructor Katie Monahan and are donation based. Contact Katie by text (904) 377-3390 or email her at KatieMonahanTaiChi@gmail.com

Low Impact Zumba with Melinda - Tuesday and Thursdays 8:30-9:30am. A \$5.00 donation is requested. Contact Melinda at slidermomma@yahoo.com.

Residents interested in joining SASIA may do so on our website: www.staugsouth.com

Community Classifieds

The Observer offers free community classified listings for USPS selected addresses in Southern St. Johns County and paid subscriptions. Classified ads will not be printed without a name, address and phone number included with the request. 5 items or less should be sent. Free ads are not for Business or Personal Service ads. Placement is not Guaranteed.

Business, Service, seeking work, etc. may be placed in the classified section: (1-4 lines) \$5, (5-8 lines) \$10, (9-12 lines) \$15, (13-16 lines) \$20. These Ads should be paid in advance before placed. Send your listing and payment, if required, to Observer, 2465 US1 South PMB#8, St. Augustine, 32086. You may email your ad to clifflogsdon@att.net. Deadline for all listings or ads is the 15th of every month for the next monthly issue.

FOR SALE: 1. Curio Cabinet \$75. 2. German Beer Stein \$5. 3. Ethan Allen Dresser \$45. 4. Lamp Table & Shade \$20. 5. Captains Chair \$10. Call 904-417-3210.

FOR SALE: MacPro 2006 "Quad Core" 2.0 ghz Xeon 5130 x 2. Model A1186 (EMC 2113) 4 gb memory. One 500 gig hard drive with OS 10.7 Lion and one 80 gig hard drive with OS 10.10 Yosemite. Only computer and power cord include. No keyboard or mouse. Works as intended. Pick up or delivery in local area. 904-607-1410.

FOR SALE: 1. Singer professional sewing machine (antique circa 1951) good working cond. \$200.00. 2. Lowary Orchestral Holiday home organ. Free. Call Frank 904-788-2522.

FOR SALE: 1. Bed coverlets, light weight for summer, 1 king, 2 queen w throw pillow. Patchwork, handmade like new. Best offer. I have one commuter photo of the king. Can send if you like.

2. Brand new Singer sewing machine never used. In new white case. And information disks. \$200. Does everything automatically. Cost double that. 3. Mens casual pants 42 waist 32 long. Brand new mostly. Make offer. Call 904-794-4226

NOTICE: A local family member is in need for a kidney transplant. Lucy is searching for a kidney donor! Details at www.akidney4lucy.info

WANTED: I buy old record collections. I am not a re-seller but a serious listener. Your records will go to a good home. Call John 904-325-9802.

WANTED: Stamps and/or albums of U.S. stamps for my collection. Contact Bill at (904) 710-6049.

Retired LPN Caregiver

Inhome companion or sitter sevice available 24 hours. Reasonable rates and professional referebces. Call Sierra 904-377-7227

Coins, Gold & Jewelry

I buy Silver Coins, Gold and Jewelry at great prices. Call Mike at 904-501-1449.

Car Service

Providing dependable, safe, courteous transportation to all airports/hospitals. Pearl Car Service (904) 677-3275.

Caregiver/CNA for seniors

Local Shores resident. How can I help make you or a loved ones life easier? Showering, errands, social outings, meals, etc... Please call Sarah at 904 599 2670.

JOY

Find Joy at Shores

United Methodist Church!

724 Shores Boulevard

St. Augustine, Florida 32086

(904) 797-4416

Traditional Worship Service

9:00 am

Contemporary Worship Service

11:00 am

Online Worship Service visit

www.shoresumc.org

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Morning Service 10:30 a.m.

Evening Services 5:30 p.m.

Wednesday Night Services 7 p.m.

1480 Wildwood Drive
St. Augustine, FL 32086
904-824-8888

St. Augustine Shores & South News & Events

Shores Riverview Club Activities August 2022

August DANCES RSVP required: Call 904-794-2000 or at www.staugshores.org/dance-rsvp. **BYOB* Guests: \$15.00/pp**
Dance Club Members FREE – **Open seating**

EARLY SOCIAL Frank Saffi
Saturday, August 6th
7:00 pm to 10:00 pm

MAIN SOCIAL ZigZag
Sunday, August 21st
6:00 pm to 9:00 pm

GUESTS \$5/pp/class

Exercise Class Led by Marcia **Tuesdays and Thursdays at 9:00 am.**

Barre Workout Class led by Mary, **Tuesdays at 5:30 pm.** Classic Barre is dance-based fitness class designed to sculpt, stretch, and strengthen. Please wear sneakers or supportive fitness shoes and bring a yoga mat and water. Class size is limited.

Tai-Chi Class led by Robin, **Tuesdays at 5:00 pm.** Learn the principles of Tai Chi and help your overall health and well-being!

Chair Yoga Class led by Nancy, **Mondays, Wednesdays & Fridays at 10:45 am.** A gentler form of yoga for those whom balance is an issue.

Yoga Class led by Nancy, **Mondays, Wednesdays & Fridays at 9:00 am.** Class is geared to all levels. Bring a non-skid mat & wear comfortable clothing.

Evening Yoga Class led by Annamarie, **Wednesdays at 5:30 pm.**

Line Dancing Class led by Jinny, **Mondays at 6:30 pm and Wednesdays at 1:00 pm.**

Art Group THERE WILL BE NO ART CLASS IN AUGUST, BACK IN SEPTEMBER

Dance Class Class led by Shawn, **Mondays at 1-2pm.** Bring your dancing shoes and a partner!

Dance Synergy Class led by Mary, **Thursdays at 10:30.** Learn the fundamentals of dance while strengthening your core.



Upcoming Events

Early Social
Debbie Owen & Tony T
Friday, September 9
7-10pm



Main Social
Southern Style
Sat, September 24
6-9pm



Shores Communications Corner News & Information from the Shores Service Corp.

How Does Your Garden Grow?

Now is that time of year when everything in the yard is either growing at a frantic rate or is struggling just to survive. Why such a discrepancy? Well, many of the plants we put in our yards may be attractive but they are not native to Florida and they struggle with the heat and alternating drought and monsoon at this time of year. On the other side of the coin, native plants have adapted to thrive in these conditions and require little care – except regular pruning! These types of plantings make your yard significantly more environmentally friendly as the plants will require less watering and minimal fertilizer – great for reducing ground water pollution and algae bloom. There are a number of sources for selecting native plants including the Florida Native Plant Society (fnps.com) and lawnlove.com. But be careful to find reputable sources for native plants as many are on the Florida endangered species list and are protected by law (Statute 581.185). Whatever you plant, please avoid invasive species. It is illegal to bring many varieties of plants into the state. Lists of invasive species can be found on both the Florida State and St. John's County Websites.

Although it is not illegal to plant bamboo in Florida, it is a plant that can cause friction between neighbors. Before planting, it is advisable to do a little research. Bamboo comes in many sizes and varieties but there are two major types – “clumping” and “running”. Clumping bamboo does as advertised and grows in a clump that gradually expands. However, running bamboo puts out underground runners which then produce shoots some distance away from the mother plant, even in the yards next door. I imagine that not everyone wants 10 foot tall plants sprouting in their lawn.

To finish, if possible please plant native plants, generally they need less upkeep and the environmentalists will thank you; don't plant invasive species, they are bad for the environment and, in many cases, illegal; if you plant bamboo, please use a clumping variety so that you don't inadvertently share your planting with you neighbors.

Enjoy your yards and this small corner of paradise that we are all privileged to inhabit.

St. Augustine Shores Service Corp.

790 Christina Drive | St. Augustine, FL 32086

904.794.2000, www.staugshores.org

SASIA News and Calendar of Events

August 2022

Check out our Facebook page www.facebook.com/staugsouth and our Nextdoor page (search for St. Augustine South Improvement Association). Like and follow us so you can see what is happening at the SASIA clubhouse each week.

Visit our website www.staugsouth.com to sign up for our monthly newsletter and community event reminders. Everyone is welcome to subscribe, you do not have to be in a member. If you'd like to join SASIA or rent our clubhouse you can do so online: www.staugsouth.com, or contact us at info@staugsouth.com or 904-615-6916.

Trunk Sale – Saturday, September 17th – 9am-1pm

Join our trunk sale! This is a great way to clean out your house and reach a larger buying audience. Bring your items to the clubhouse on Saturday, September 17th. We have 8-foot long tables you can rent, or you can sell from the trunk of your car! This event has a cost of \$10.00 to secure your space. If you need a table, they are available for \$5.00. Reserve your spot: <https://staugsouth.com/trunk-sale>

Upcoming Events

No SASIA Community Meetings in July and August

Trunk Sale – Saturday, September 17 - 9am-1pm

Garden Tour - TBA

Fall Festival - Saturday, October 29th

Fall Arts & Crafts Fair - Saturday, November 5th

Holiday Celebration with Santa - Saturday, December 10th

The Calendar of Events is posted and updated on our website. We will update future events at our September meeting.

All events are held in the SASIA Clubhouse at 709 Royal Road. If you wish to contact SASIA please email info@staugsouth.com.

Opportunity

Observer & Beaches News Journal

The Observer is seeking marketing person to reach local business organizations for advertising in the local community newspapers. If interested please contact Cliff Logsdn at 904-607-1410

Rent our spacious & elegant ballroom space for your next event!



Wedding
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Class Reunion
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St. Augustine, FL 32086

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Free Estimates

References Available

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St Augustine South Reflections

(continued from page 1)

neighbors who lost their home on Argonaut resilience in this adversity and a speedy rebuilding of their lives. We should all take the opportunity to test our smoke alarms, renew any that are approaching the end of their life, and replace any that we took down for any reason. New smoke alarms or combined smoke and carbon monoxide alarms are sealed and do not need their batteries replacing during their 10-year lifespan. Older models did periodically need replacement batteries and it is those older alarms that develop the annoying "chirp" as the batteries failed. It's definitely worth the trip to the hardware store to purchase new alarms.

Despite the recent storms that have had me Singing in the Rain, the precipitation was too little and too late for one of my native plum trees. It had a splendid show of flowers back at the end of January, and then leafed up and set fruit. Before the fruit was fully ripe, the plums dried up like raisins and the leaves began to yellow. I thought fall was a little early but understood it to be as a result of the dry weather. However, after half the tree leaves had turned autumnal, the remaining leaves became brown and papery in only a few days, and all the leaves fell to the ground. Although there are still some of the shriveled plums left on the tree, the squirrels are no longer hanging out in the branches and gorging on the fruit. I will see if the tree blooms in the New Year, but I don't hold out much hope, and now have two Chickasaw plum saplings in a big tub, that will be planted out next year to replace the tree if it does not bloom, or to complement the tree if it does.

Jewish Historical Society Presents Lee Weaver in his play "The Secret"

"The Secret," a one-man play by award winning playwright and actor Lee Weaver will be staged at the St. Augustine Waterworks, 184 San Marco Ave., St. Augustine, FL, 32084, 7 pm on September 8th as part of the St. Augustine Jewish Historical Society's celebration of the 457th anniversary of the founding of St. Augustine, Florida. Weaver will portray a man in search of Jews, forbidden in the New World by the tribunals of the Spanish Inquisition.

This program is made possible through the generosity of the St. Johns Cultural Council and the City of St. Augustine. All are welcome, there is no charge. For further information contact SAJHS at www.sajhs.com, sajhs1565@gmail.com or 804-914-4460

The mission of the St. Augustine Jewish Historical Society--now in celebrating its tenth year-- is to promote greater knowledge and understanding of the Jewish experience in St. Augustine within a broad cultural context from the founding of the City in 1565 to the present.

GriefShare, Continues at Crescent Beach Baptist Church

GriefShare is a weekly seminar designed to help you rebuild your life after the loss of a loved one in a warm, caring environment.

Starting August 17, 2022 - November 9, 2022 on Wednesday, 6pm-7:30pm at Crescent Beach Baptist Church, St. Augustine FL 32086. Contact Melanie, 904-759-1054 or email rscogn@gmail.com or GriefShare.org under Find a Group to register. You are welcome to join any time during the 13 weeks.

St. Johns Politics Meetings

The Primary Election is August 23rd and the General Election is November 8th. Do you know who you're voting for? Meet the candidates running for local and state office August 11, 2022 at the Solomon Calhoun Center. The free events are open to the public. For more information visit sjchamber.com

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 August 17, 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.





TEMPLE BET YAM
A Reform Congregation
Led by Rabbi Claudio Kogan
2055 Wildwood Dr., St. Augustine, FL 32086
Religious School
904-819-1875 • www.templebetyam.org

UNO Tournament at the HARD LOX CAFÉ

Temple Bet Yam's HARD LOX CAFÉ is back! You can enjoy bagels, nova and a schmear while playing in the UNO Tournament. On August 28 join TBV, your friends and the community for fun, food, a chance to win prizes and participate in the 50/50 raffle. Calling all kids and kids at heart ages 7 and up to come to Temple Bet Yam, 2055 Wildwood Drive (just off of SR 207) in St. Augustine. The cost is \$15 per adults and \$8 for all kids (2-15). Deadline to register is August 23. Questions? Contact: Teresa Freedman at 774-994-2066 or teresa.freedman@gmail.com or Carol Tarnawa at 847-209-3325 or carol.tarnawa@gmail.com

TBY WAYS AND MEANS PRESENTS







Tournament

TEMPLE BET YAM
SUNDAY, AUGUST 28th
12:30 PM

COST: \$15 PER ADULT
\$8 PER CHILD (AGES 2-15)

OPEN TO THE CONGREGATION
AND YOUR FRIENDS IN THE
COMMUNITY

TICKETS INCLUDE ENTRY
TO THE UNO TOURNAMENT AND
A BAGEL, NOVA, AND SCHMEAR
FROM THE



THE UNO TOURNAMENT IS OPEN TO PARTICIPANTS AGES 7 AND UP!

Registration Deadline August 23, 2022

QUESTIONS? CONTACT
TERESA FREEDMAN AT 774-994-2066 OR TERESA.FREEDMAN@GMAIL.COM
CAROL TARNAWA AT 847-209-3325 OR CAROL.TARNAWA@GMAIL.COM


Uno and Hard LoX Cafe Reservation Form


Name: _____ Phone (home): _____ (cell): _____
Email: _____ # of people attending: _____
Amount enclosed: \$ _____ check # _____

Please make checks payable to Temple Bet Yam and note "Uno Tournament" in memo.
Mail to: Temple Bet Yam, PO Box 860098, St. Augustine, FL 32086

Shores Water Aerobics Classes

We make torture fun! LOL Join the Miss Elsa and her Amazing and Awesome Water Aerobics Classes! The classes are free for pool members of the Riverview Club. Classes are every Monday, Wednesday and Friday from 9:00 - 10:00am and Tuesday at 5:30pm through October 31st (weather permitting).

Come join us as we exercise, stretch and sing - Daisy, Daisy, Row, Row, Row Your Boat and many more - on our way to a fun and happy experience. Any questions, please contact our very special certified instructor, Elsa at 904-377-3731

St. Augustine Travel Club

The St. Augustine Travel Club that meets at the Southeast Branch Public Library will be on summer break for the months of July and August. We resume in September. Until then, we wish everyone a safe and enjoyable summer whatever your plans may be. Happy and safe travels if you are exploring! And, thank you for being part of our Travel Club. See you in September. Peter and Linda Dytrych 904-797-3736

St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Saturday, February 25 - March 4, 2023 on the beautiful Norwegian Escape out of Port Canaveral to the Eastern Caribbean ports of Puerto Plata (Dominican Republic), Tortola (British Virgin Islands),

St. Thomas and Norwegian's private island Great Stirrup Cay in the Bahamas for a 7-day cruise. Prices start from \$778.65 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Balconies, Oceanviews and Studio Singles are also available at additional cost. Book now with a \$125 p.p. deposit and receive \$100 per stateroom On Board Credit, Free Beverage Package and more. Should NCL have to cancel the cruise, full refund would be issued by NCL. Call Peter, St. Augustine Travel Club at (904) 797-3736.

Meet the Candidates July 31st Riverview Club 2pm - 6pm

Come and meet the candidates and enjoy a cold beverage and snack at the Shores Riverview Pavilion: Johnny C. Counts: County Commissioner Seat #2 and Doug Russo: School Board District Seat #3. All welcome.

Introductory
Special!

50 minutes
only \$49



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- reduce aches and pains
- improve sporting performance
- increase energy

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www.stretchrxflorida.com

News From Around St. Johns County



Fall Dates

August 17th	The Committee	Pop - Rock - Dance
August 24th	Soulfire	Disco - Pop - Dance
August 31st	Amy Alysia & Soul Operation	R & B, Jazz, Blues
September 7th	Romona & The Riot	Jazz - Blues - Dance
September 14th	Those Guys	Classic & Southern Rock
September 21st	All Star Jam	Ectetic Mix

Clerk's Office holds Passport Event August 6th

With demand for new passports on track to surpass pre-pandemic numbers, the St. Johns County Clerk of the Circuit Court and Comptroller will hold a special Passport Saturday event on Aug. 6 from 9 a.m. to 2:30 p.m. to make applying for a passport more convenient for St. Johns County residents.

"We are excited to hold this special Saturday event to give residents an opportunity to complete an application before school resumes or to get a jump on the upcoming winter holiday travel season," said Clerk of Courts and Comptroller Brandon J. Patty. "We are anticipating a busy day and will have a great team of deputy clerks ready to facilitate the applications as quickly as possible." Typically, the St. Johns County courthouse location accepts passports Monday through Friday from 8 a.m.-4 p.m., and the Clerk of Court's annexes in Ponte Vedra and Julington Creek process passports by appointment on specific days of the week.

Anyone who is traveling overseas is required to have a passport, including infants, and every applicant for a new passport must appear in person, regardless of age. Minors must be accompanied by their parents or legal guardians.

The special passport event offers greater convenience to residents who may have delayed applying and could ultimately find themselves in a time crunch, requiring more costly expedited passport service. According to the U.S. Department of State, the routine processing time for a passport is between 8-11 weeks. Paying an additional \$60 fee to the State Department to expedite an application speeds up the process to 5-7 weeks. Clerk Patty said a slight majority of applicants this year have paid the federal government's fee to expedite their applications. Then some applicants opt to pay a third-party service to accelerate their applications even further — for instance, for emergency or last-minute travel. These third-party vendors physically deliver those applications to the regional federal passport office in Miami, but their involvement can double an applicant's cost for a passport.

"Our hope is that by making the process more convenient to our residents, it will help them avoid the need for third-party services and exorbitant fees," said Clerk Patty. No appointment is needed to take advantage of Passport Saturday. Clerk staff will be on hand to accept, review and certify applications for first-time passports or new passports for individuals whose previous passport was issued more than 15 years ago, whose name has changed, minors under age 16, or whose passport was lost, stolen or damaged. (Note, most passport renewals can be completed by the applicant using Form DS-82 and filed by mail.) Residents can also get their passport photos taken for a nominal fee.

Visit <https://stjohnsclerk.com/passports/> for important information and details about required documentation, forms of payment accepted by the U.S. Department of State, and any special requirements. Passport applications are available through the Clerk's website or at <https://travel.state.gov/content/travel.html>. While in-person passport processing and passport photos are the only services offered at the Aug. 6 event, the Clerk's website offers many other resources online year-round, including payment for traffic citations and court-ordered financial obligations, purchase of certified records, such as wills, marriage licenses and divorce decrees, and real-time search of court records and official records.

Casino Royale Raises Thousands for Homeless in Our Community

Casino Royale, the 3rd Anniversary Celebration of Port in the Storm Homeless Youth Center, was a huge success. The event, presented by Solar Stik, was held on July 9th at the fabulous Art 'n Motion on San Marco Avenue. More than \$50,000 dollars were raised, and around 150 people attended this fun 007 themed evening. Tickets included casino games with fun money, prizes, delicious food, a signature cocktail, a silent auction, music and more.



Board Chairman
Ed Dwyer & Christine



Photos by Lisette Photography

Attendees played blackjack, roulette, craps, poker and spun a money wheel for a chance to win prizes. VIPs were treated to a lounge on the second floor which included a charcuterie spread, open bar and lounge seating. Heavy hors d'oeuvres such as shrimp cocktail and beef tenderloin on crostini with caramelized onion jam, were served by EFS Catering. The signature cocktail, The Goldeneye, was complete with gold sugar dust, expertly shaken, not stirred by bartenders from The Perfect Pour.



Lewis & Rose Marie Preddy
& Cindy & Al Delaparte



Jacob & Malou Mosler &
Kelley & Scott Lagasse Jr.

As attendees were winning casino chips, Port in the Storm was also winning as donations toward the rebuild of the shelter rolled in. An anonymous donor pledged to match donations and many answered the challenge, taking the total to over \$50,000.

Everyone had a wonderful time and enjoyed this 3rd anniversary celebration. We are currently planning our next event, the annual Balloon Glow Gala which will be held at Tringali Barn on October 8th. Be on the lookout for sponsorship and registration information.

Casino Royale was sponsored by: Solar Stik, The Law Offices of Shorstein & Lee, Harbour Island Tennis Centre, Beaver Toyota, St Augustine Realty, Gordon Dental, St Francis in the Field Episcopal Church, Upchurch & Corn Advisors, Geico Local Office, Florida Health Care Plans, Taylor Refrigeration & AC, Herbie Wiles Insurance, Rotary Club of Ponte Vedra, Amy Alloways for Berkshire Hathaway HomeServices Florida Network Realty, Miller, Miller, (continued on page 11)

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Treaty Park Improvement Project Open House

St. Johns County is hosting an open house for the planned Treaty Park Improvement Project 5 pm Thursday August 4, 2022 at the Solomon Calhoun Community Center located at 1300 Duval Street in St. Augustine.

St. Johns County Public Works and St. Johns County Parks and Recreation staff will be available to answer questions and share details about this future asset to our community.

Historic Downtown Parking Facility Construction Rehabilitation Project

Beginning Monday, July 18, 2022 and continuing through the end of October, the Historic Downtown Parking Facility (HDPF) will undergo a construction rehabilitation project focusing on the second floor. During this time, portions of the first and second floors of the HDPF will not be available for use. The City has contracted with Restocon Co. to complete concrete maintenance, joint replacements, and various other repairs.

Expect partial facility closure. For more information, contact the Historic Downtown Parking Facility at 904.484.5160. Media inquiries may be directed to Melissa Wissel, Communications Director at 904.293.3307.

Gayle Phillips Appointed To TDC

Gayle Phillips, the Executive Director of the Lincolnville Museum and Cultural Center in St. Augustine, Fla., was unanimously voted Tuesday into a position on the Tourist Development Council of St. Johns County, Fla., one of Florida and the nation's fastest-growing counties. The appointment and a four-year term were finalized during the regularly scheduled Tuesday, July 19 meeting of the St. Johns County Board of County Commissioners.



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The Wildflower Meadow Group

by Cindy Taylor

Last month I wrote about swamp flowers needing moist soil to thrive and how grasses help retain the moisture. The sunflowers in the meadow are on the “downhill” side so they benefit from water draining from the “uphill” side but didn’t realize the importance of grasses. We no longer pull out the grasses near the sunflowers but not all flowers have the same needs. What is good for one kind may be harmful to another.



A few yards “uphill” from the sunflowers are some railroad vines and they need dry soil. At the beach they flourish near the dunes and sand is about as dry a soil as there is. So? At our work day on the first Saturday of July, we cleared away grasses away from the railroad vine.

Left on its own, a wildflower meadow does just fine but this one is near the Riverview Clubhouse and people walk by on their way to the pier. Many want to see colorful flowers, so do we, and we introduce natives like swamp sunflowers, railroad vine, coreopsis, horsemint, and wood sage among others. We try to balance the “weeds” with the “flowers” but the meadow is still in control of what it has and does. It either accepts or rejects what we offer and teaches us to respect it for what it is.



Speaking of respect, you may have noticed a gopher tortoise hole in the upper meadow. Twenty years ago when this wildflower meadow was young, we had a gopher tortoise hole, then two, then more. Several years ago, all the gopher tortoises left and I suspect they were annoyed by all the food people left and unwanted attention. Gopher tortoises do fine without us, so please don’t feed them, keep your distance, and respect them as they are. If we let this one be free to be, maybe it will stay and more will come.

Early in July our group went to Haw Creek Preserve at Russel Landing for a walk and picnic. The look-out places were under repair and inaccessible, but the boardwalk, itself, was in good condition and it’s a mile walk in and a mile going out. And! It’s in the shade, not a small benefit on a hot Florida summer day.

We meet at the meadow near the Riverview clubhouse at about 8:30 the first Saturday of each month and usually work for a couple of hours. We also try to have a hike once a month. We’re an informal group without officers or dues and hope you will join us. You can join us for hikes only, work in the meadow only, or both.

Call Cindy at 904-797-3931 or Marlene at 305-968-0447 for more information. If we can’t answer, leave a message and we’ll call you back. Also feel free to call if you’re interested in sharing your photos of the meadow.



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St. Augustine Lions Club Installs 2022 - 2023 Officers & Board Members



Pictured L to R: Jerry Skufe (PDG), Memory Hopkins (President), John Dickie (Past President), Judy Decker (2nd VP), Lisa Willey (1st VP), Dominic Mercurio (Treasurer), Donna McDowell (Secretary), Cliff Logsdon (Board), Kathleen Bittle (Lion Tamer), John Decknick (Board), Alise Sheppard (Tail Twister)

Fountain of Youth Elks Lodge in Lincolnvillle Undergo Major Renovations

The City of St. Augustine Community Redevelopment Agency has been awarded \$891,932 through the Florida African American Cultural and Historical Grants program for the funding of the Lincolnvillle Community Redevelopment Area Institutional Rehabilitation Grant Program, specifically for the Fountain of Youth Elks Lodge #684, located at 100 Washington Street in Lincolnvillle.

“ParkStAug” Mobile app & Parking Kiosks

The City of St. Augustine will launch a pilot program at the Historic Downtown Parking Facility beginning on Monday, July 18, which will provide those who wish to park in the parking garage the option of using the ParkStAug mobile app or a payment kiosk to pay for parking.

The northern-most entrance to the garage will be used as an Express Lane, marked with a blue sign, without a parking attendant manning the toll booth. Drivers entering the garage in the Express Lane will park in a marked space and use the ParkStAug mobile app or enter their license plate at the payment kiosk to make a payment.

Libraries Announce New Partnership with the Real Florida Reader Program

Now you can explore Florida state parks with your library card! The St. Johns County Public Library System has partnered with Florida State Parks, the Florida Department of State, and Florida’s Division of Library Services to offer library patrons access to Florida State Parks through the Real Florida Reader Program.

Now through Sept. 12, 2022, SJCP

card holders may check out a Real Florida Reader day pass for free admission for up to eight people at more than 170 participating state parks.



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Back to School 2022 Sales Tax Holiday

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by Paul Slava

Our First Friday Opening for this month is on August 2nd and Featuring, Artist of the Month Sharon Moon. After 35 years as a successful tax accountant, she recently returned to art and passion for painting, attracted by the ease of application and brilliant colors of acrylic. She painted and drew most of her life. Starting out as a hobby and evolving into learning techniques from a private art teacher. To quote the Artist: "My paintings are an attempt to bring to my canvases to some of the fabulous places and images I've seen in my life for others to share and enjoy."



Her works with the Member's Show Opens with a reception Friday evening at 5pm until 8pm, join us for musical entertainment, beverages and snacks and meet the artist. The show runs through August.

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 Cultural 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.

The Annual Fine Art Garage Sale at Butterfield Gallery in August



The 20th Annual Butterfield Garage "Garage Sale" opens Sunday, August 1 and will continue throughout the month. This year the sale will be bigger and better than ever! 31 local artists offer high octane art at discounted prices. Well known Member artists bring in their older work, art with slightly damaged frames, experimental work that has never been shown and even works of other artists from their own private collections... on display at Butterfield at "garage sale" prices. With a wide variety of art mediums, including paintings, sculpture, photography, prints, textiles, glass, jewelry and more. This is always a fun time and a great opportunity to find some real bargains! Butterfield gallery will resume thier open everyday from 11-5pm hours, August 1 -30.



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S.F. Resales: down 12% in number of sales/
up 5.6% in Dollar Volume

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Finally, You Know and I Know that you're

constantly getting hit up by phone and by mail by people offering to buy your house. Scams and low-ballers continue to be a plague. You'll get everything from "as-is" and "guaranteed cash offers" from outfits you've never heard of. It's like a shark feeding frenzy out there and sellers need to be careful. When in doubt, get a Realtor out - preferably one that comes recommended and one you can trust.

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"Diaries of a Shores Grand-Dad"

by Dirk Schroeder

"As long as you live under our roof, you'll live by our rules!" Depending on your age, you have heard that said to you or you may have said that to your own kids or maybe both are true. There are not enough books written on the subject of "How to Parent" or "How to be a Kid" to cover every variable in life. Kids and parents will make mistakes. I know I did a lot of thoughtless stuff when I was a kid - some of which I was caught doing (most of which I probably got away with - or so I was led to believe). As a parent, you never want to be caught making mistakes but you're better off admitting when you're wrong that holding on to your pride. That's because you're the adult. You are the responsible one. You are the one paying the bills. You are the one who has achieved independence and so many kids have no idea what that takes. This installment of The Diaries is written for teenagers to help them "seek to understand - then to be understood" - something that adults could also be doing.



dependence to independence in only three habits; otherwise known as your "private victory". Teens who participate in sports may enjoy the great feeling associated with a victory but there is a much greater feeling associated with Independence as a Victory; think about your first car or moving out when your parents tell you what to do under their roof. If you would have only read the book, you would know what it takes to become independent. That's not just a one-time victory either.

The 3 Habits are (spoiler alert): "Be Proactive", "Begin with the End in Mind" and "Put First Things First". Each Habit Chapter is only about 40-50 pages long - this should be an easy accomplishment for our avid High School readers. When done, teenagers should have a new appreciation for their parents independence (and know that they may still struggle with their financial independence). From Habit 3 and beyond, the next three Habits go toward building the "Public Victory". I was in my late 20's when I got turned on to Covey and the book was only about \$10 then. It's about \$19 now but don't wait to read it until you're in your 20's. I might have done a number of things differently if I had been mature enough to take the road to independence seriously.

Recently, a bill was passed in Florida to require high school kids to take basic financial literacy classes. Hopefully, the classes will provide some great information about how much it takes to be on your own after graduation. There's a book that might be even more helpful to teenagers than the mandated financial classes because it covers life beyond just the money. I wish I would have had to read it in high school. Stephen Covey's "Seven Habits of Highly Effective People" (there's also the "Seven Habits of Highly Effective Teens" - even comes with a Workbook) is a worthwhile and potentially valuable read for teens. Covey goes into detail about going from

Yes, we adults wish we could re-live our teenage years again. For those of you who say that you wouldn't change a thing; good for you. I'm not in that group. I wish I'd been more mature. Now, as an adult, I've got the rest of my life to be immature (LOL). On that note, I've run out of space and wish everyone, as always, a Sunshine State of Mind!

Casino Royale Raises Thousands for Homeless in Our Community

(continued from page 6)

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

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For more information on any of the following, please call the Cancer Education and Support Center at 904-819-4793.

Living with Cancer Support Group 3rd Wednesday of each month at 11:00 am at Care Connect (3rd floor of the Whetstone building)

This is an informal gathering for adults with any type of cancer and their caregivers. It is open to all affected by cancer. This group will provide the opportunity to meet others in similar situations, share your stories, provide practical suggestions and offer support to each other. If you prefer to participate virtually via Zoom, please call 904-819-4793 for further instructions.

Breast Cancer Support Group 1st Tuesday of each month at 6:00pm in Flagler Hospital's Matanzas Room

The mission of the Breast Cancer Support Group of St. Augustine is to give help, comfort and friendship to breast cancer patients, survivors and their families. They invite many guest speakers, including doctors, pharmacists, nutritionists, educators, etc. They gather together to share the company of others with similar experiences and offer each other comfort and support. For more information, visit www.bcskofstaug.com or email bcsgofsa@gmail.com.

Restorative Yoga: Rest, Heal, Restore Wednesdays Weekly from 1:15pm - 2:15pm at the Wellness Center Taught by Certified Yoga Instructors through the Christina Phipps Foundation

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Paul Anderson Youth Home 350 Mile Bike Ride Fundraiser

350-Mile Bike Ride to Raise Funds and Commemorate the 60th Anniversary of Paul Anderson Youth Home

The 17th annual five-day ride in Florida symbolizes the commitment these young men have to their physical, mental, and spiritual growth

Paul Anderson Youth Home, a fully accredited and licensed program offering a second chance to young men in crisis, continues its 60th-anniversary celebration with the 17th Annual Bike Ride. Over the course of five days, July 18-22, five young men from the Home will travel over 350 miles by bicycle on routes along the eastern coastline of central Florida, with a home base in Flagler Beach.

The event commemorates a foundational moment in the history of the Paul Anderson Youth Home. At its founding in 1961, the former Olympic gold-medal winner Paul Anderson hopped on a bicycle and rode from Vidalia, Ga., 1,200 miles to Omaha, Neb. He did this for the same reasons the five boys do it today, to raise funds and awareness of the

mission to give troubled young men a second chance through Christ. Now 60 years later, the Paul Anderson Youth Home celebrates more than 1,400 lives changed through a process of recovery, restoration, and redemption.

This year's goal is to raise \$145,500, which will allow PAYH to effectively carry out its mission of helping troubled youth effectively. Supporters can learn more about each rider's story, how to contribute, or become a part of the PAYH family at payhbikeride.com.

To learn more about the Paul Anderson Youth Home and family resources, visit payh.org.



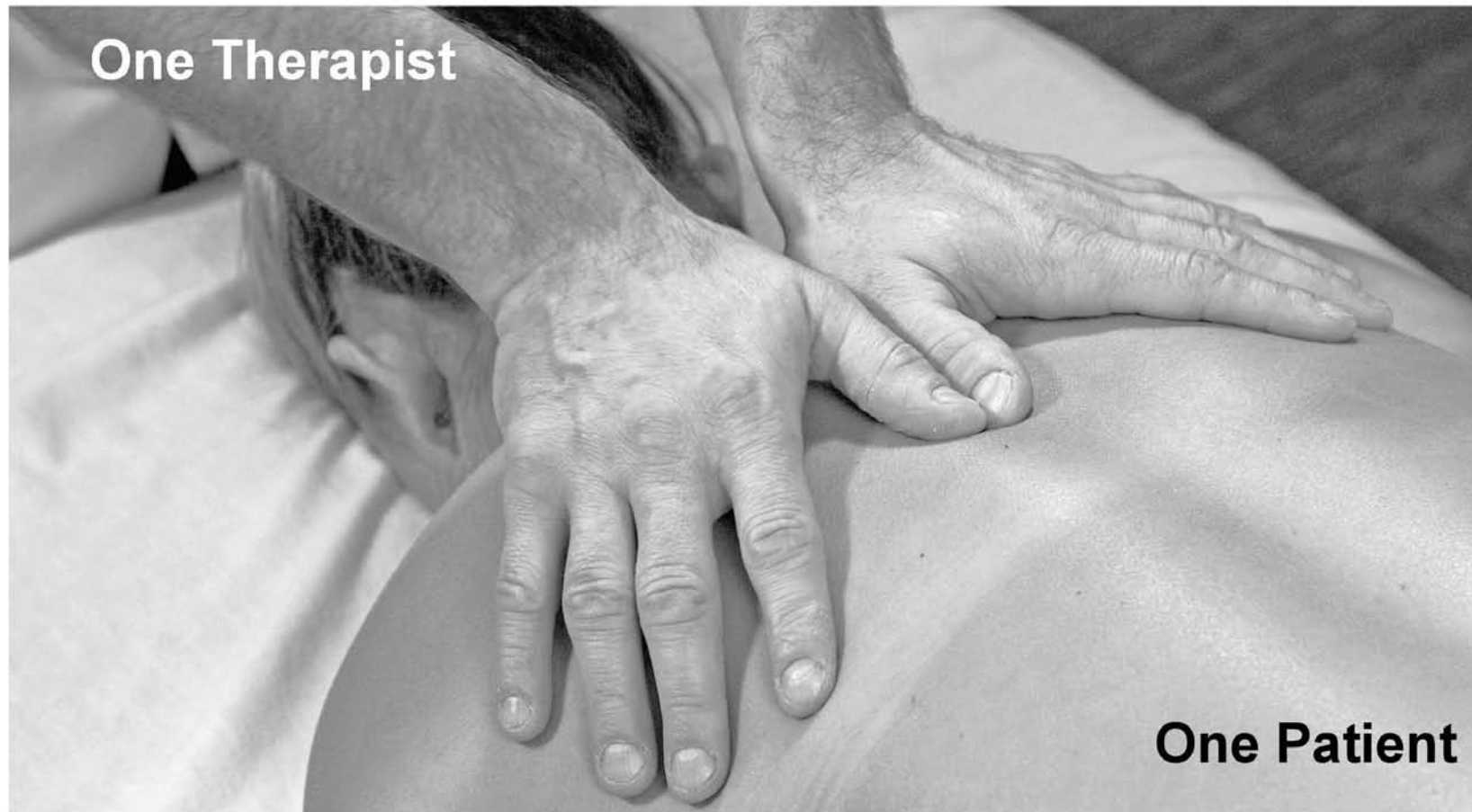
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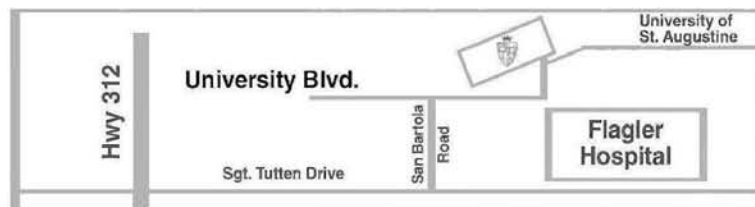
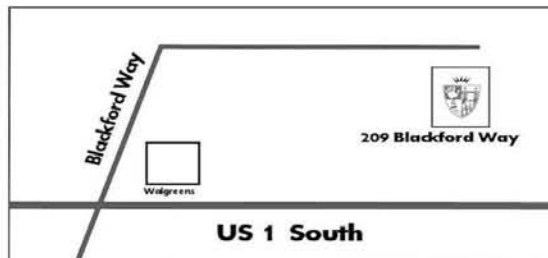
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Stenosis is defined as “a narrowing or constriction of the diameter of a bodily passage or orifice.” Spinal Stenosis is defined as “narrowing of the lumbar spinal column that produces pressure on the nerve roots resulting in sciatica and a condition resembling intermittent claudication and that usually occurs in middle or old age.” (<http://www.merriam-webster.com>)

Such ‘narrowing’ can occur anywhere in the spine but is most often found in the cervical or lumbar spines, and its causes are varied. One reason stenosis can form as discs start to degenerate (DDD) and the spaces between the vertebrae narrow. Another reason can be as articulating joints in the spine, called facet joints, deteriorate, the spaces between the vertebrae narrow. When the spaces narrow, the bones try to protect themselves and the spinal cord by forming what are called osteophytes (little bony stalactites or stalagmites). These too encroach on the space and cause narrowing. In all of these situations, the vertebrae become closer to each other and the spaces on the side, called lateral foramen, can cause pressure to the nerve. They can also cause pressure to the spinal cord as the space in the middle of the spine narrows.

All of us have changes to the structures of our bodies but wear and tear does not necessarily result in pain if we can stop and/or reverse the process early enough. Contributing factors from trauma, falls, motor vehicle accidents, history of high impact sports or carrying excess weight can hasten and complicate the process. These often result in lack of spinal stability, weak abdominals, poor posture, muscle imbalances and more.

When stenosis is suspected, a physical therapist will ask questions about function and pain, such as: “Do you have pain with prolonged standing or walking that is relieved with sitting or bending?” I recently examined a woman who did not complain of pain in the neck but instead in the shoulder and arm. Her pain worsened with looking to the side

and looking up. Both these movements can cause compression. She also had difficulty finding a comfortable position sleeping and had to get her pillow “just right”.

Treatment for stenosis begins with identifying the level of compression, decompressing that area, and treating the surrounding muscles. She was surprised how quickly this worked. After seven weeks of pain she experienced a significant reduction during treatment and after. Her treatment consisted of heat, soft tissue manipulation, traction and stretching. The heat allowed her to relax. The soft tissue work increased blood flow to the tight/sore muscles. The traction opened up the vertebral spaces, taking the pressure off the nerves. And the stretches allowed her to maintain the results post treatment.

Although she was treated for cervical stenosis, lumbar stenosis is treated much the same way: heat, soft tissue manipulation, traction and stretches. Exercises are prescribed to provide the stabilization needed but lacking. Simple modifications in daily activities may also need to be examined and modified, including shoe wear for the lumbar spine and pillows for the cervical.

Stenosis can be mild or serious, but it can often be treated conservatively with good results. It all starts with an examination.

Rob Stanborough was one of the first PT's to be permitted to use DN in FL 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, est 2006 (www.firstcoastrehab.com), has presented and published regarding DN and co-authored Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc.

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The Last Patrol: A Pilgrimage of Brotherhood

THE LAST PATROL



A PILGRIMAGE OF BROTHERHOOD
Vietnam veterans on the Camino de Santiago
A 500 mile journey across Northern Spain

Anastasia Island resident Rick McAllister, a Vietnam veteran, will lead 5 other Vietnam vets on a 500-mile journey across Northern Spain on the ancient pilgrimage route Camino de Santiago next year. McAllister, an author and photographer, has walked The Camino 3 times, starting at the small French town of St. Jean Pied de Port at the foot of the Pyrenees Mountains and finishing about 35 days later at the town of Santiago de Compostela where the remains of the Apostle Saint James are said to be buried in the Cathedral.

In taking these aging warriors there, he hopes to combine the special spirituality and beauty of The Camino with the unique bond of brotherhood

experienced by combat veterans. “There is special healing and clarity there, and I want to share that with these bothers-in-arms.” While it is certain that none of them will actually walk all 500 miles, they will have a van to shadow them, to carry their backpacks, and to be available when their legs and feet need a rest. The entire journey will also be videotaped so that it may be shared with other veterans and interested civilians. Right now the group is raising funds to cover their expenses.

For over 1,500 years, people from all over the world have made this journey, making it one of the great Christian pilgrimage trails throughout history along with the Holy Lands and Rome. Anyone interested in following this adventure may do so by going to the public Facebook group, The Last Patrol.



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“Pin Up Paws” Calendar Fundraiser

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certificates from Columbia Restaurant as part of the prize package. The 12 pets with the next highest number of votes will be runners-up, and will have the image they submitted to the contest and a brief description of their pet featured in a one and a half-inch space in the calendar. The top 80 pet contestants will have their submitted photos included in a calendar collage. The “Dig It” calendar will feature the winning pets in a groovy Pop Art scene. Voting ends on Saturday, August 13 at 8:00 pm EDT when winners will be revealed.

Styling and photography sessions will take place with award winning photographer, Addison Fitzgerald who has donated his talents to the Humane Society since the calendar’s inception. Local fine artist and graphic designer, Maribel Angel continues to donate her creative talents to designing the distinctive calendar publication.

The completed calendar will be revealed at the Pin Up Paws Party on Friday, November 4 at the Renaissance St. Augustine Historic Downtown Hotel, 6 West Castillo Dr, St Augustine, FL 32084. Price per ticket is \$95 for dinner, live music by Rob Ellis Peck and the Matanzas Inlet Allstars, silent auction, wine pull, refreshments, and more.

The Humane Society’s resource center includes a wellness and preventative care clinic, low-cost spay and neuter clinic, grooming facility, dog training, and a pet food pantry. These and other services enable local pets to live happily and healthfully in their homes for life. Business hours are Monday through Friday from 9 am until 4 pm. Closed Sunday. Pet owners must pre-register for spay and neuter surgery and for clinic visits. The Humane Society is located at 1665 Old Moultrie Road in St. Augustine.

St. Augustine Humane Society promotes healthy responsible lifelong pet ownership by serving the medical and rehabilitative needs of companion animals in our community. The programs are designed to strengthen human-pet relationships and reduce the need for pets to enter shelters with a goal is to ensure all pets have access to quality veterinary care, prevent overpopulation, and prevent animal suffering.



Computer Corner

by Steven Aldrich
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Mostly Cloudy!

The subtitle for this could be “It is 2022, do you know where your files are?”

No matter what sort of computer or cell phone you may own, you are most likely storing lots and lots of personal stuff on one cloud or another (or maybe many clouds). If you had to list the different clouds your “stuff” is on, could you do that?

What is “the cloud”?

It is file storage on internet-based servers. Simply put; A back up of your files on the internet.

The other day I was assisting a client with their android phone, and this reminded me of the fact that Android/Google stores every location you have gone to, and what path you took to get there. If you search “stop google from tracking you” the list of “how-to” results is really long!

If you are an iPhone user, your pictures are probably on Apple’s iCloud. Along with many other files. It’s handy that I can write a shopping list in “Notes” on my Mac Laptop and open it on my iPhone while I am at the store. I could list the many conveniences iCloud provides me. However, the point is that many things are stored on iCloud by default, and you should know what is there, and how to access it.

Windows 11 users no longer get the choice to have a “local” account on their computer. You MUST have an online

(Microsoft) account. While setting up Windows 11, you might skip over the question about storing your files on OneDrive or Locally. This defaults to placing all of your files on OneDrive which is Microsoft’s Cloud storage solution.

I have seen OneDrive and iCloud save the day when a device is destroyed or otherwise inaccessible. I am a fan of using these cloud services. What is important is that you know that some things are stored on one cloud or another by default, unless you expressly turn it off.

The point is that you should be aware of what is being stored in what cloud services. You should also know how to remove the files, if you wish to.

1) On iPhone you can go to settings / click on your name at the top / select iCloud / and view what file types are being backed up.


2) On Windows, you can open File Explorer and click on OneDrive in the left-hand navigation bar, and view what is being backed up. Or call for an appointment.

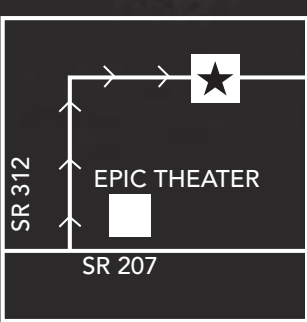
Steven Aldrich is a technology advisor with decades of experience as an IT Director and is the owner of First Coast Computer Services. Contact Steven if you need a trusted advisor to come to your business or home and help with your technology. See my ad on this page. Steve@fccspro.com or (904) 479-5661.

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