

March
2021

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

Brian Bowman, Historic Re-enactor Named 2021 de Avilés Award Selection

On February 22 Mr. Brian Bowman was awarded the 2021 de Avilés Award at the St. Augustine City Commission meeting. Bowman currently serves as the Facilities Assistant Manager and a thatcher of American Indian and European buildings of the 1565 landing moment at Ponce de Leon's Fountain of Youth Archaeological Park.



He has been a craftsman and a presenter of living history since the 1970's. He is the President of the Historic Florida Militia (HFM), St. Augustine's preeminent historic re-enactors organization. As Quartermaster of HFM, he is responsible for transporting the important materials, goods, equipment, and accessories to the historic reenactment events.

Representing historical characters from the Juan Ponce de Leon landing in Florida, throughout St. Augustine history to the Victorian era, Bowman's re-enactment of the Spanish civilian and military lifestyles and culture of citizens that once lived in St. Augustine serves especially to keep our Spanish heritage alive and well.

His lifetime of leadership and dedication to the city through the reenactment community is unparalleled. As evidenced by his efforts, offering knowledge, materials from his own inventory of personal goods and artifacts, and encouraging all who are interested, from beginners to established reenactors.

Vice Mayor Nancy Sikes-Kline stated, "Mr. Bowman's personal dedication for over 35 years of service to the preservation and restoration efforts of St. Augustine's living history, stands out as one of the most continuously visible efforts in our community." Having nurtured and supported many volunteer organizations over his lifetime.

From 1985 – 1987, he served on the city's Historic

Lincoln's Freedom Bell The Collector Luxury Inn & Gardens

In March of 1862 during the Civil War, Union soldiers had occupied St. Augustine. In January of 1863, military authorities received the first version of President Abraham Lincoln's Emancipation Proclamation and ordered that all slaves in the area be released to congregate in the vacant lot on St. George Street. Here, the Proclamation was read, freeing all slaves in the state of Florida, making St. Augustine one of the first in the South to break the bonds of slavery by executive order.

This historic event took place on what is now The Collector Luxury Inn & Gardens, a boutique resort with the coziness of a B&B and the accommodations of a luxury hotel. The Collector has captured the attention of some of the world's most admired travel publications like Condé Nast, Travel + Leisure, Vogue Magazine, the New York Times, and more as one of the best resort getaways in Florida and the US.

Today, visitors can find a bell and plaque in the courtyard which serves as a monument to remember this event that changed the course of American history.



Architectural Review Board. Bowman completed coursework in preservation from the University of Florida and graduated from Flagler College in 1976 with a Bachelor of Science in History. He currently resides in St. Augustine.

The de Avilés Award was initiated by the commission in 1988 and, since 2002, its presentation has been limited to one per year. Since its inception the award has been presented 34 times to recipients who have been "...identified in the field of public service or those well-known and respected by the citizenry who have dedicated and honorable service to the community of St. Augustine and St. Johns County."

Questions and media inquiries may be directed to Melissa Wissel, Communications Director, at 904.825.1053 or via email at mwissel@citystaug.com. A list of all recipients of the de Avilés Award is available at www.CityStAug.com.

St Augustine South Reflections

Ruth Hope, SASIA

Well it's certainly been a long, cold and surprisigly wet winter. The emergency shelter for the homeless was again opened by Grace United Methodist Church for **2 nights at the beginning of February. After a fantastic response from neighbors in St Augustine South, and nearby, to a request on social media for blankets for the homeless, the emergency shelter had plenty of blankets and warm clothes. Extra bedding and sleeing bags were divided between Home Again St Johns – 1850 SR 207 -- with the active engagement of the homeless, it works to support their to return to self-sufficiency including providing drop in services, and the Homeless Coalition of St. Johns County – 62 Chapin St – that assists chronic homeless families with children in St Johns County with housing and programs



that lead to self-sufficiency. Both these not for profits have storage capability and take in donantions year round, whereas Grace has very little storage space and depends on donations at the time of need.

The most popular commodity in St Johns County, if the multiple posts on social media are any indication, is the coronavirus vaccine. It also appears to be the rarest. Tempers have been frayed and frustrations many, gaming the on line or 'phone in roulette called booking an appointment for your vaccination. Folks faced difficulties whether using the SJC system or, more recently, the Publix pharmacy system and some drove up to Regency Square Mall in Jacksonville to take their chances with the drive in State of Florida vaccination site there. On-line systems were (continued on page 5)

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1965 A1A South #120
St. Augustine, FL 32080-6509

What's Inside The Observer This Month...

- **St. Augustine Shores:**
All events and meetings cancelled
Board regular meeting will be held at 6 pm monthly Virtually
- **St. Augustine South:**
SASIA Meetings Continue
Club House Rental Continues
- **Computer Corner:** I have Anti-Virus, how did I get Hacked?
- **Financial Focus:** What Can Investors Learn from 2020?
- **Health Focus:** Move to Last
- **Diaries of a Shores Grand-Dad**
- **Wildflower Meadow**

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St. Augustine Observer

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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

“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** monthly meetings are held on the second Thursday of each month. Virtual Meetings are at 6 p.m. at the Riverview Club due to the COVID-19 virus until further notice.

• **Conquistador Condominium** Board meetings are held on the fourth Monday of each month at 6

month's issue. Articles or information may be sent to the St. Augustine Observer, 1965 A1A South #120, St. Augustine Florida 32080-6509. 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 product 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.

p.m. at the Riverview Club.

• **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** 2020 Board Meetings: March 16th- 6pm (Annual Meeting), April 20th- 6pm, May 4th- 6pm, June 15th- 6pm, July 20th- 6pm, August 17th- 6pm, September 21st- 6pm, October 19th- 6pm, November 9th- 6pm, December 21st- 6pm. For Information contact Ellen Lumpkin at 904-461-5556.

St. Augustine South Community Calendar

St. Augustine South Improvement Assoc.
709 Royal Rd. St Augustine, 32086

email: staugsouthimpassoc@gmail.com

www.staugsouth.com

(904) 794-4214.

SASIA Meeting 3rd wed at 7:00 PM

Please join us and bring your ideas on how to improve our wonderful neighborhood! Connect with us on our Facebook.com and NextDoor.com pages: St. Augustine South Improvement Association.

Residents interested in joining SASIA please see for application below:
<https://www.joinit.org/o/st-augustine-south-improvement-association>

Monthly Meetings at Clubhouse

Yoga - Join Registered Yoga Teacher Emily Flagler for Gentle Flow Yoga on Thursdays 5:30 - 6:30! Just bring your yoga mat, towel, and water. Try your first class for free!

Tai Chi - Join Instructor Katie Monaghan for a donation based Tai Chi class on Tuesday's at 6:00PM. For more information please contact Katie at (904) 377-3390 or email at KatieMonahanTaiChi@gmail.com

SASIA Board Members

President - Alan Chappell

1st V.P. - Robert Kennedy

2nd V.P. - Josh Silcox

Secretary - Kate Anreise

Treasurer - Jerri Sue Dawson

Board Member - Ruth Hope

Board Member - Cindy Zimmerman

Board Member - Nicolette Soucy

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. Free listings of 5 items or less should be sent. **Free ads Are Not for Business or Personal Service ads.**

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, 1965 A1A South #120, St. Augustine, 32080-6509. 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: 7 foot long, 3 foot wide burgundy color faux leather sofa. Very good condition from no-pet non-smoking condo home. New ones selling for around \$500 on Wayfair. My price only \$220. Call Scott 904-794-1299.

FOR SALE: Weights, Weight bench, Tennis Racquets (two), etc. call Paul at 904 797 9874.

FOR SALE: Sony Blu-ray disc DVD player with remote and ethernet cables \$50. In perfect condition. Call 904 495-4524.

FOR SALE: China Cabinet 4 feet wide x 6 1/2 feet high. Two sections, glass paneled front, light wood. Perfect condition. Only \$95.00. (904)794-0621.

FOR SALE: Buying & selling vintage and recent G I Joe. Call Kev 904-794-5740.

FOR SALE: (1.) DPX 400 Yamaha Electric Drum set with Roland KC 15amp. \$450. (2.) Antique 951 Singer Commercial Sewingmachine(1931-52). Good condition.

\$250 or BO. (3.) Complete Symble Set: 16" Ride, 14" Crash, 10" Splash, 12" High Hat-2, Soft Carring Case. \$100. (4.) 42" new beige owning. \$30. Call Frank 386-643-9384.

WANTED: Mechanical Typewriter in good condition. Call Jack 797-7480

WANTED: Stationary Exercise Bike for Senior Male. Call Nancy. 904-806-2060.

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

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.

House Cleaning & Pressure Washing: We are a new to the Shores couple who are available for house cleaning and most outdoor jobs. Excellent references upon request. Mature, with years of experience. We look forward to hearing from you! Call Linda at 904-615-3489.

Ancient City Poets: Women Who Inspire

by Tatiana Diaz

March is Women's History Month and the Ancient City Poets plan to celebrate it with their "Women Who Inspire" reading at 3 p.m., Sunday, March 28 online through Zoom. This month's reading will be hosted by Ruth Van Alstine.

The live-stream of the poetry reading can also be accessed through the Ancient City Poets' Facebook page and their YouTube channel, both go by the name "Ancient City Poets." Prior to the pandemic, poetry lovers and writers alike gathered for the monthly poetry readings at the Corazon Cinema and Cafe. In January, the owner announced the Corazon's closure.

"I am really going to miss the Corazon," said Ancient City Poets Founder Chris Bodor. "The last three years we have been holding monthly poetry readings there, and Karla Wagner, the owner, has decided to call it quits and sell it."

Wags and Whiskers Pet Rescue and Adoption

Wags 'n Whiskers Pet Rescue and Adoption Garage Sale Saturday, March 14th, 9:00 a.m. to 1:00 p.m. We are doing our next fundraising garage sale for Wags 'n Whiskers. If you are interested in selling, we ask for your \$10.00 donation. Bring your own table or tarp/blanket to display your goods. This is one way we are raising money for this wonderful organization. We have been having more folks participate and more shoppers over the last few months. Call Lana Bandy at 317-450-0505 to reserve a space. If you are not interested in the garage sale, we would love for you to stop by to say hello and if you happen to have any extra cat food and/or kitty litter, the facility is always in need! The address is 1967 Old Moultrie Road, St. Augustine, across the street from the rear of the Lowes building.

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St. Augustine Shores & South News & Events



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

The office remains closed to the public as we feel the responsibility to limit everyone's potential exposure to the Covid-19 virus. However, the office remains fully operational with a drop box at the Riverview Club's north entrance. We also offer curbside service for those who need it Monday - Friday 8:00 am - 5:00 pm - just call the office at 904 797 6441 when you arrive.

The next Board of Directors meeting is being held virtually via Zoom.com. Next meeting date is Thursday March 11, 2021.

All applications for the Architectural Committee (ACC) are being processed online on a first come-first serve basis until in-person meetings resume. Information concerning the ACC application process can be accessed through the St Augustine Shores website.

St. Augustine Shores Service Corp., 790 Christina Drive | St. Augustine, FL 32086
904.797.6441, www.staugshores.org

SASIA Up-Coming Community Events

by Ruth Hope

Saturday April 24

Community Clean-up (9am to 12 noon): Meeting at the clubhouse, 709 Royal Rd. please wear closed toe, stout footwear and wear gardening or other thick gloves. If you have a "grabber" bring it along. SASIA will provide trash bags. Neighbors' chatter and enthusiasm always make this a fun event.

Plant & Seed Swap (11am to 1pm): In the picnic shelter at 709 Royal Rd. Come and talk plants and gardening; meet neighbors with similar interests. Participants from other neighborhoods WELCOME! You need not have anything to swap, participants love to share their plants.

Refreshments (9am to 1pm): Refreshments—beverages and snacks—will be on sale at the SASIA Clubhouse during the above events. If you have cabin fever and would just like to come along and chat with neighbors. Outdoors, over a cold drink, you will be welcome.

Saturday May 1

St. Augustine South in Bloom, spring garden tour: Details will follow. But start sprucing up your gardens after the winter so that it is at its best by May Day!

Saturday May 8

St Augustine South Arts and Crafts Fair: St Augustine has many talented artists and crafters in our community. They are invited to bring their work to show and sell at the fair which will be held on the SASIA grounds at 709 Royal Rd. Artists and crafters will have space to erect a sunshade/gazebo tent and display their work on tables and easels. More details will follow, but do prepare to be ready to show and sell on May 8!

General Meeting 3rd Wednesday of each Month

Watch for announcements on NextDoor regarding the agenda each month. We hope to have a Zoom alternative for those who want to participate but not attend in person. Please join us and bring your ideas on activities and events that will add to the quality of life of everyone living in St Augustine South. Connect with us on our Facebook and our NextDoor: St Augustine South Improvement Association.

Monthly Meetings at the Clubhouse

Yoga, Tai Chi, and Bingo are suspended during the coronavirus pandemic as social distancing indoors is not possible for these activities. These will restart as soon as it is safe to do so.

Clubhouse Rentals

The SASIA Clubhouse at 709 Royal Road is available for private hire subject to any restrictions on numbers of participants and the percentage occupation of the building as decreed by the Florida Governor and State Department of Health. Renters are responsible for ensuring the surfaces are sanitized with Lysol or bleach before their event, and for ensuring current guidelines on numbers of participants and social distancing are maintained. Call Theresa on (904) 794-5129 to make your booking.

Chamber Glow Golf Soiree at Palencia Club March 4th

The St. Johns County Chamber of Commerce and Florida Power & Light are pleased to present the inaugural Chamber Glow Golf Outing & Soirée. Join us for an evening of connections, cocktails and golf under the stars at The Palencia Club March 4, 2021. Celebrate and network with fellow Chamber members outside, on the open air courtyard overlooking the 18th green, or join a distinguished group of golfers in lighting up the night for a friendly round of glow golf. Sponsorship opportunities are still available. Please contact Sam Ruiz at the Chamber for more information.

GriefShare

Crescent Beach Baptist Church

GriefShare is a weekly seminar and support group designed to help you rebuild your life after losing a loved one.

- Wednesday, 6pm-7:30pm, February 3- April 28, 2021
- Crescent Beach Baptist Church, St. Augustine, FL 32086

Contact Melanie at 904-759-1054 or email rscoggn@gmail.com or GriefShare.org under Find a group to register. You are welcome to join any time during the 13 week period.

St Augustine South Reflections

(continued from page 1)

overwhelmed, calls were dropped, and frustrations mounted sharply. Of course, the problem has been greater demand than supply of vaccine doses. Everyone who has been lucky and got an appointment has been effusive about how well the County Emergency Management Team and those folks at Publix, not to mention the State workers at Regency Mall have organized the delivery of doses. Some of us received wrist bands, but I didn't see any cartoon bandages or candy being given out! I suppose we oldies are brave enough to get our shots without such rewards. As more people get vaccinated, the rush to the 'phones and on-line bookings will become less, and with luck all the 41,000 aged over 65 in SJC will have received their shots in the next few weeks. Then the younger cohorts can experience the pleasures of vaccine booking roulette.

Neighbors' passions have been exposed over SJC Parks and Recreation Department proposals for a 3-mile recreational trail linking the Moultrie Bluffs boat ramp with the Douglas Crane boat ramp. Director Parks and Rec has spoken at two SASIA meetings. He and Commissioner Paul Waldron, who attended the second SASIA meeting by Zoom, have been responsive to emails and phone calls from neighbors—both for and against the proposal. Many spoke at the Board of County Commissioners discussion February 16, 2021, both in person and calling in. Local democracy was at work at its best. The Commissioners voted unanimously to approve the request

to submit a grant application to Florida Department of Environmental Protection, Recreational Trails Program. With luck, neighbors will now quickly return to being polite and kind with each other.

I have been studying a great trove of cuttings from the St Augustine Record, neighbors' photographs and other publications detailing aspects of the history of St Augustine South. Most people know that the South was developed from the mid-1950s but there were homes in the South prior to that. Yet three of the oldest homes in our neighborhood were moved lock stock and barrel from their original sites to Shore Drive. It's fascinating and I hope to share nuggets of my new understanding of our history in future editions of the St Augustine Observer.

Heritage Baptist Church

"A Warm & Friendly Fellowship"

Sunday School	9:30 a.m.
Morning Service	10:30 a.m.
Evening Services	5:30 p.m.
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The Wildflower Meadow

The meadow in January and early February looks like it's sleeping and nothing is happening, but appearances can be deceiving. When we sleep, our bodies restore energy for the next day and when the meadow sleeps it restores energy for the next season. And just because there are things we don't see doesn't mean there's nothing to see. In a winter meadow we can see things we can't the rest of the year.

The Yucca growing next to Elliot love grass is an example. We don't pay much attention to it when it's crowded and often hidden by other plants growing profusely, like Florida elephant foot and horsemint. But at this time of year it's one of the few plants that are green and growing. The palmetto is another example with the unique Florida patterns its leaves make. I've also seen a couple of spiderworts in bloom and the milkweed has tiny buds as of this writing. So you see? There is life and the earth tones of winter will pass into spring colors.

Just before I sent this article and pictures to The Observer, I took one last look at the meadow with my camera and found something I didn't see in the morning: few more early spring blossoms. See? Spring IS coming!



A wildflower meadow isn't the same day after day or even from hour to hour; it changes with the seasons as the seasons change year after year.

The first Saturday in February our group met, spread some wild flower seeds, and planted a few more. And, as always, we pulled invasive lawn grasses away from the natives.

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 for more information.



News From Around St. Johns County

7th Annual Spring Basket Silent Auction 2021

The Friends of the Anastasia Island Branch Library are again sponsoring a silent auction of decorated Spring Baskets! All money raised from the silent auction will go to the Friends group to be used to benefit the library. Baskets are donated by community businesses and individuals and may include such things as wines, books, beautiful handmade objects, artwork, gift certificates to local businesses and restaurants, and other items. Come check out what we have this year!

Bidding runs from March 2 to March 26. Bids will be taken at the library. Bidders must fill in their name, phone number and amount of their bid. Bids start at \$5.00 and increase in \$1.00 minimum increments. Bidders must be present to fill in their bid; no phone bids will be accepted. The winners will be announced on March 27. Please pick up the winning baskets no later than April 2.

Friends is a 501(c)(3) nonprofit organization and acknowledges that no goods or services were provided in return for the contribution of baskets. For questions, contact Diane Grundy at 269-303-9984 or dianegrundy@msn.com

Free AARP Tax-Aide Preparation Service

AARP TAX-AIDE has announced that they will again provide free tax preparation service. This year the tax service is offered at five locations, all by appointment only. The service became available starting with the week of February 15. Masks are required. Appointments should be made as soon as possible.

The AARP TAX-AIDE service is free and is available to taxpayers of all ages for personal tax returns. AARP membership is not required. Dates and times at all locations will be limited. The locations and phone numbers to make an appointment are:

Main Library ---- 904-827-6940
Southeast Library ---- 904-827-6900
Hastings Library ---- 904-827-6970
Anastasia Baptist Church ---- 904-687-7351

St. Augustine Travel Club

Hi Travel Lovers! As you already are aware, we have not convened our Travel Club meetings at the library due to the coronavirus; and having asked the library staff, there is no commitment yet and probably not for sometime to come. We have been assured that we will be provided a room for our meetings and the library will certainly accommodate us as the Travel Club is very popular.

We will issue an email to everyone when we will be able to resume. In the meantime, please keep yourselves safe; and let's all do the best we can under these challenging times. We look forward to seeing you back. Peter Dytrych 904 797-3736

St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas – well, not right now but planning - on Saturday, March 26 –April 2, 2022 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 \$1059.39 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 \$250 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. Offer expires March 25, 2021. Call Peter, St. Augustine Travel Club at (904) 797-3736.

First Coast Card & Newcomers Club

provided by Leanne Dally

MARCH

- 1) First Coast Florida Lifestyles Newcomers Recreation Card/Games Club Events:
Sunday, March. 14th-Lunch/Card Playing Coffee Food/Restaurant. St. Augustine. Arrival: 1:30PM. Cards Begin: 2:15PM. Must buy at least 2 Items hereto satisfy Mgmt. Sitting time of 2.5 hours. Masks Worn.
Tuesday, March 23rd. Card Playing. Kookaburra-Australian Coffee Cafe, St. Augustine. Arrival: 2:15PM. Cards: 2:30PM-5:15PM. Masks Worn.
Sunday, March 28th. Card Playing. Dunkins Cafe, St. Augustine. Arrival: 2:00PM. Cards: 2:15PM. Masks Worn.
Please Contact Our Club Organizers To RSVP Yes In Advance and to receive the Venues & Addresses To: 904-829-0643. Days/Evenings. Phone Calls Only. Open To Both Men/Women. Smoke/Drug Free Club.

- 2) First Coast Florida Lifestyles Newcomers Recreation & Activity Club Events:
Sunday, March 7th. Dinner/Irish Music Jam-Restaurant-Ormond Beach, FL. Arrival: 3:45PM. Masks Worn
Saturday, March 13th. Cade Museum Tour Gatorade Inventor/Doctor Gainesville, FL. Arrival: 1PM. Cost: Seniors-\$10. Adults-\$12.50. Masks Worn.
Wednesday, March 17th. St Patrick's Day Dinner/Music Irish Restaurant-Jacksonville, FL. Arrival: 5:30PM. Masks Worn.
Saturday, March 20th. Clifford House Mansion Home & Citrus Museum Tours/Dinner. Eustis, FL Arrival: 12:45PM. Cost: Free. Masks Worn.

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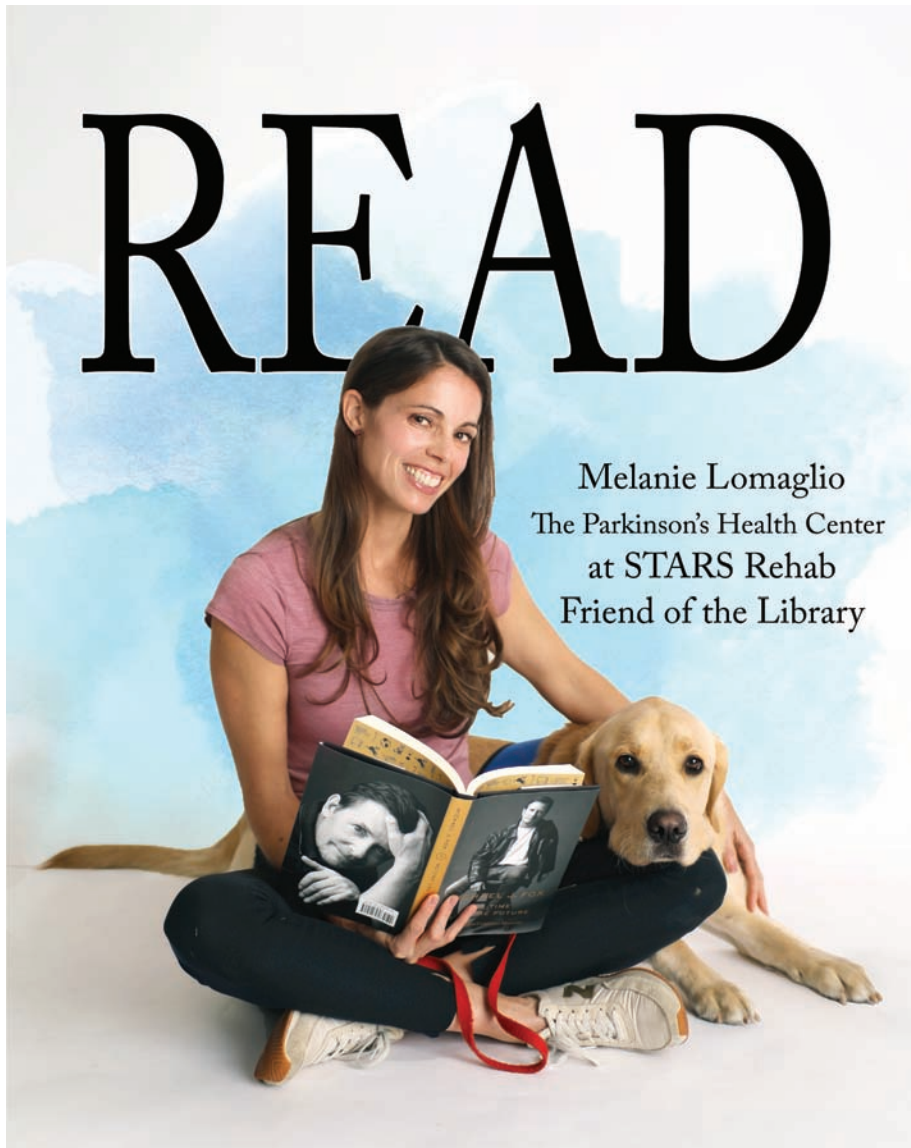
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2020-2021 supported by a community grant from the Parkinson's Foundation. This grant has allowed us to expand our wellness programs and offer new, year-round classes for FREE for people living with Parkinson's disease in our brand-new Parkinson's gym, and for those that wish to stay at home, virtually through online zoom sessions.

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2020 finished strong with Closings up 51% over 2019 Countywide in December. Our Realtors at Century 21, St. Augustine Properties are currently in need of the following homes and properties:

- Single Family home in Oakbrook - Nancy Kaman's buyer
- 4 or 5 BR Home - prefer 2-Story up to \$450,000 - Natalie Canon's buyer
- 5-7 Acres of land for a home - Natalie Canon also
- Home or land w/dock in St. Johns or Flagler Counties - Jeff Septer's buyer
- St. Aug. Shores or St. Aug. South - \$200-300,000 - Linda Stegal's buyer
- 2BR/2BA Elkton area up to \$175,000 - Marc Trimboli's buyer

- Island Buyer - 2BR/2BA Condo under \$350,000 - Beverly Daniel's buyer
- St. Aug. Shores - 3BR/2BA under \$375,000 - my buyer (Dirk)
- Downtown - Restaurant, motel or B & B up to \$800,000+ - my buyer
- Ocean Trace or close to beach - up to \$600,000 - my buyer

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"Diaries of a Shores Grand-Dad"

by Dirk Schroeder

The onset of Spring will be upon us very soon despite the colloquial predictions of Punxatawney Phil. It's early March and you've just opened your mailbox to bring in The Observer and to read up on the happenings about town. We just blew through Lincoln's Birthday, Valentine's Day, President's Day, Mardi Gras, Ash Wednesday and Washington's Birthday. A quick stop here to pay tribute to George. I include this quote, "Truth will ultimately prevail where there is pains taken to bring it to light". Thank you President Washington for your wisdom; who knew that your statement would be truer today than 250 years ago. Who in our world today is taking pains to seek the truth?

On a completely unrelated note, you may have noticed that my "Only You Know and I Know" advertising/public announcement in this issue is all about Buyers looking for certain properties. Ordinarily, Realtors advertise properties that they have been hired to market on behalf of property owners. I typically use my half page to provide useful information and statistics but right now there is a "Perfect Storm" in real estate; there are more buyers for certain types of properties at certain price points than there are available properties. Moreover, with interest rates under 3% (for those with strong credit ratings) and emigration as a result of the virus lockdowns, if there is ever a time to take advantage of a "Seller's Market" this is it! If you need help with that please call me at the number in my "Only You Know and I Know" ad herein.

Looking ahead to Spring, before you know it, you'll be setting your clocks ahead on March 14th. I personally hate losing the hour of sleep yet it is only a minor inconvenience considering that Daylight Savings Time (DST) keeps dawn at a relatively consistent solar time frame.

The back of our home faces East and the rising sun is often our alarm clock. Also, the fountain in our retention pond goes off at 7 AM each morning and we can hear it whooshing. DST was instituted in the 1970's during the energy crisis. Countries around the world experienced a shortage of petroleum. I can remember the lines at the gas stations - sometimes an hour to fill up. It's hard to imagine that today since there is an abundance of oil in the world although we will eventually have to deal with shortages again someday since these are not unlimited resources. I think about our grandchildren and what the world may be like for them about 20 years from now.

The first issue of Estate Life Magazine was well received in the South St. Augustine neighborhoods where the lots are large; Oakbrook, Vaill Point, Prairie Creek, Wildwood, etc... There is so much interesting history behind these older 1980's and 1990's developments. You just don't see these types of subdivisions any more today since land prices are so high and development costs have skyrocketed. For example, in the past you could simply pave a few streets, sell the lots and the buyer would pay for the clearing and building. Today, drainage requirements put developers into a position where it's only sensible for them to clear the entire area so that the finished lots are above road grade. Tree surveys are taken ahead of clearing, tree credits are counted and an equal or greater number of tree credits must replace the removed trees. Developers no longer sell lots but they offer home & lot packages. This makes vacant lots in the older areas as popular as these Estate style subdivisions. We are blessed to have such a fantastic environment with so much variety and diversity here in St. Augustine. On that positive note, I wish you all, as always, a Sunshine State of Mind.

Food Distribution At Awaken City Church

Awaken City Church distributes food every Tuesday evening from 5:30-7:30 pm at 84 Theater Drive suite 400 (two doors down from Epic Theater in St Augustine) - no requirements.

Adopt-A-Highway Program Information

Volunteers enter into a two-year agreement with DOT, during which they agree to conduct litter removal at regularly scheduled intervals. Many miles of highway are adopted statewide by various organizations, allowing civic-minded people to make a difference in their communities. This eases the load of DOT work crews, enabling them to devote more time to other road maintenance and special highway projects.

Volunteers Agree to:

- "Adopt" a two-mile section of a State Highway
- Dedicate two years to the program
- Follow specified DOT safety regulations
- Remove litter a minimum of four times each year

FDOT Agree to:

- Assist with safety meetings
- Provide safety vests and litter bags
- Pick up litter at specified locations

Post Adopt-a-Highway signs commending the group at the beginning and end of their section. In order to take part in the Adopt-A-Highway Program you need to contact your County's local FDOT office. Your County's Toll-Free phone number or website is provided here. Please call 1-800-BAN-LITT(ER) or 1-800-226-5488.



Wildwood Drive/ US 1 Intersection Improvements Project

St. Johns County hosted a public meeting regarding the upcoming Wildwood Drive/ US 1 intersection improvements project February 18. The meeting provided an overview of upcoming intersection improvements, including a dual left turn lane, a new traffic signal, and new street lights. For question and information, please call 904.209.0266.

Financial Focus

Information Provided by

Edward Jones

What Can Investors Learn from 2020?



Now that we're a few weeks removed from 2020, it's a good time to reflect on such a momentous year. We can think about developments in the social and political spheres, but we also learned – or perhaps re-learned – some valuable lessons about investing.

Here are four of them:

A long-term perspective is essential. Volatility in the financial markets is nothing new, but, even so, 2020 was one for the books. Of course, the COVID-19 outbreak was the driving force behind most of the wild price swings. Soon after the pandemic's effects were first felt, the S&P 500, a common index of U.S. large-cap stocks, fell 34% but gained 67% by the end of the year. Consequently, investors who stuck with their investment portfolios and kept their eyes on their long-term goals, rather than on shocking headlines, ended up doing well. And while 2020 was obviously an unusual year, the long-term approach will always be valuable to investors.

Investment opportunities are always available. The pandemic drove down the prices of many stocks – but it didn't necessarily harm the long-term fundamentals of these companies. In other words, they may still have had strong management, still produced desirable products and services, and still had good prospects for growth. In short, they may still have been good investment opportunities – and when their prices were depressed, they may also have been "bargains" for smart investors. And this is the case with virtually any market downturn – some high-quality stocks will be available at favorable prices.

Diversification pays off. Bond prices often move in a different direction from stocks. So, during a

period of volatility when stock prices are falling, such as we saw in the weeks after the pandemic hit in March, the presence of bonds in your portfolio can lessen the impact of the downturn and stabilize your overall returns. And this, in essence, is the value of maintaining a balanced and diversified portfolio. (Keep in mind, though, that diversification can't guarantee profits or prevent all losses.)

The market looks ahead. The pandemic-driven market plunge may have been stunning, but it made a kind of intrinsic sense – after all, the sudden arrival of a pandemic that threatened lives, closed businesses and cost millions of jobs doesn't sound like a positive event for the financial markets. But the strong rally that followed the initial drop and continued into 2021 has surprised many people. After all, the pandemic's effects were felt throughout the rest of 2020, and are still being felt now, so why did stock prices rise? The answer is pretty straightforward: The financial markets always look ahead, not behind. And for a variety of reasons – including widespread vaccinations, anticipated economic stimulus measures from Congress and the Biden administration, and the Federal Reserve's continued steps to keep interest rates low – the markets are anticipating much stronger economic growth, possibly starting in the second half of 2021.

All of us are probably glad to have 2020 behind us. Yet, the year taught us some investment lessons that we can put to work in 2021 – and beyond.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Edward Jones, Member SIPC

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Geoffrey S. Nadler
Financial Advisor

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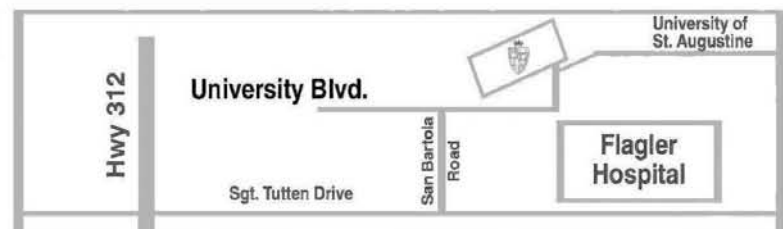
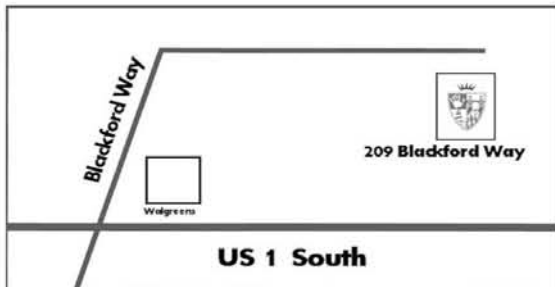


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Move to Last

By Jim Viti
PT, DPT, MHS, OCS, MTC, FAAOMPT
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Appliances used to be built to last. It seems now-a-days everything is built for temporary use only to be replaced. Fortunately for many joints of the body can be replaced with a high percentage of success but many people don't realize the way they move and perform their daily functions may either increase or decrease joint stress. Simple suggestions on how we move and function can significantly reduce these stresses, maybe enabling them to last longer, and potentially reduce the need for replacement or surgery later in life. Such suggestions include:

1. When getting out of bed in the morning, bend your knees, roll to the side and sit up sideways. This 'log roll' significantly reduces twisting, shearing and compressive forces in joints of the low back.

2. When sitting in a car, computer or chair at home and work, place a small pillow in the curve of the low back. This reduces pressure within the discs of the low back, supports the back so muscles don't have to work as hard and places the neck in a more neutral position.

3. When standing up after sitting, keep the back straight and lean forward at the hips. This too reduces stress in the low back.

4. When standing for prolonged periods (like in line at the store), place one foot slightly forward of the other and rock slowly back and forth. This keeps the muscles firing, lubricates the joints and reduces stress on the hips, knees and spine.

5. When bending and lifting, keep your back straight, bend your hips and knees and do not twist your spine. Turn by moving your feet, not with your back.

6. When getting in the car, sit first then lift and swing your legs in. When getting out of the car, lift and swing both legs, then lean forward at the hips and stand up. This significantly reduces torsion forces on the back, hips and knees.

7. When performing activities like vacuuming, shoveling or cutting the

lawn, lean forward at your hips and bend your knees, as if you were lunging forward. This reduces the need to bend forward in the low back region, reducing pressure within the discs.

8. Overhead activities can place undue stress on the tendons of the shoulders, so use a stool or ladder to reduce the amount you have to reach overhead.

9. Low impact aerobic exercise like walking or cycling improves nutrition to the joints, which improves overall joint health. Exercise improves cardiovascular function, burns calories, reduces weight gain, and may therefore decrease compression on all joints.

10. Finally, at the end of the day, when it is time to sleep, make sure your pillow supports your head and neck in a level position, both when you are lying on your back or lying on your side. This helps reduce stress on joints, muscles and nerves of the neck during one of the times you are most immobile.

You only have one back. By simply paying attention to the way you move may help it last your lifetime. If you are experiencing pain, decreased function of the spine or extremities, or sense you are moving incorrectly - the therapists at First Coast Rehabilitation are the movement specialists who can help you to restore normal pain free motion to whatever joint is involved. Contact us at 904-829-3411 in St. Augustine north or 904-907-122 in St. Augustine south.

Jim Viti has been treating patients with low back pain for over 30 years. He is board certified in Orthopaedic physical therapy and lectures to physical therapists throughout the United States regarding low back mechanics, injury and treatment.



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Concerts for a Cause

by Tatiana Diaz

Live music is back in the Ancient City. Concerts for a Cause is launching its first concert of the series with An Evening with Rodney Atkins at 7 p.m., March 5, 2021 at the Tringali Barn at Heritage Farms, located at 7310 US Highway 1 South in St. Augustine.

Part of the proceeds of the new concert series, organized by MasterCraft Builder Group, will benefit INK! (Investing in Kids). The non-profit organization helps provide programs and resources for teachers and students in St. Johns county schools.



“Concerts for a Cause is something that I’ve been wanting to do for a while,” said Tringali Barn at Heritage Farms Owner Chris Shee in a press release. “We’ve had immense success raising money for local nonprofits through my company’s annual Clays for a Cause event. I wanted to continue to give back to the community through Concerts for a Cause, a Southern Rock

and Country Music series offering a safe place to watch live music again.”
The socially-distant concert will feature pods of up to eight people with prices ranging from \$150 to \$1,250. Tickets are on sale now and can be purchased at tringalibarn.com.

Tobacco Program Support Northeast Florida AHEC

MARCH

Free Tools to Quit Tobacco Classes in St. Augustine!

Free 4-week supply of nicotine patches, gum, and lozenges. When: Tuesday, March 23, 2021 from 3:00 p.m. – 5:00 p.m. Wildflower Healthcare Clinic, Address: 268 Herbert Street, St. Augustine, FL 32084. To Register call Northeast Florida AHEC at (904) 482-0189.

Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. The programs listed are offered at no charge. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties. for information contact Vanessa Salmo, MPH, (904) 482-0189 ext. 200, <http://www.northfloridaahec.org>

United Way of St. Johns County Announces Emergency Food and Shelter National Board Program Funds

United Way of St. Johns County is pleased to announce that \$29,628.00 in federal funds has been awarded to St. Johns County through the Emergency Food and Shelter National Board Program.

A local board made up of county, city, and human services agencies along with United Way of St. Johns County will determine how funds are to be distributed among emergency food and shelter programs in the local service area.

Under the terms of the grant from the National Board, local organizations whether nonprofit or government, may apply. To receive funds, the organization must conduct an annual audit, practice non-discrimination policies and have demonstrated the capability to deliver emergency food and shelter programs. Examples of how program funds can be used include the following: food (served meals or groceries), lodging in a mass shelter or hotel, equipment necessary to feed or shelter people and one month's rent, mortgage or utility bill.

Qualifying programs are urged to apply or obtain additional information by contacting Jenny Harvey at jenny.harvey@unitedway-sjc.org or 904-829-9721.



Computer Corner

by Steven Aldrich
904-479-5661



I have Anti-Virus, how did I get hacked?

Many home users and businesses have the feeling that they don't need to worry about Cyber-Security. They don't do things on their computer that are questionable, and they have anti-virus running on their computers. So, they feel that there is not much to worry about.

Simply trusting Anti-Virus apps to keep our computers safe is at best “wishful thinking”. Especially if it is a free version. There are so many ways that the bad guys trick us into by-passing these defenses and “giving” them access.

What is a Phishing email? It is an email designed by the bad guys to make you think it's from someone you trust. They often create a good-looking replica of an official email from a bank, investment firm, or company like PayPal. Sometimes these are not well crafted and include poor grammar. But recently this fake email has taken on very clever and convincing form.

So, what can a person do to avoid being tricked? Here are a few recommended ways:

If you get an official looking email from your bank, do not click any links in the email. Instead, open up your browser and go to the bank's website by typing in the web address or using a bookmark you have created previously. Then confirm that

it has the Security LOCK Icon. It will be green, and look like the lock below in the address bar.



If it sounds too good to be true, it probably is. Your previously unknown uncle in some far-off land HAS NOT left you \$12 million dollars - Trust me, he hasn't.

Microsoft has not discovered an issue with your computer that means you should call their special support phone number. They NEVER do this.

Makesurethatyouupdateyoursoftware, including your anti-virus software. Most of the exploits are based on un-patched software and operating systems.

Have a trusted advisor that you can call when you have questions about how your computer is acting. If it begins to do things that don't seem right, get someone qualified to check it out.

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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Just finished a remote session with Steve. He solved my laptop issue very quickly and easily. I cannot imagine ever again dropping my laptop off at a repair place, not knowing who is working on it or when I might get it back. Love having a very professional and experienced computer person who can either come to my home or can take care of many issues remotely! Thank you once again, Steve Aldrich!!!

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