

May  
2021

Mother's Day May 9th

US MAIL Home Delivery to over  
7,400 Southern St. Johns County  
Area Communities Monthly!!  
St. Augustine Shores  
St. Augustine South  
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

## The Art Galleries of St. Augustine Invites you to join us for Art Walk on May 7th!



Explore the variety of galleries and talented artists that are proud to call St. Augustine home during First Friday Art Walk on Friday, May 7, from 5:00 to 9:00pm! The Art Galleries of St. Augustine (AGOSA) welcome visitors to browse the latest art exhibits and enjoy refreshments and live entertainment. Each of the galleries has their own style, and are located in and around the downtown area and over the Bridge of Lions on Anastasia Island and St. Augustine Beach. Due to Covid-19 concerns most, but not all, galleries will be participating in Art Walk, and not all will be open till 9:00pm. Visit [artgalleriesofstaugustine.com](http://artgalleriesofstaugustine.com) for galleries' Art Walk Hours. (continued on page 14)

## St. Augustine South Reflections

by Ruth Hope, SASIA

Although winter seemed to have transitioned directly into summer after four cold wet sunless days in March, this year has followed none of the rules. We were taken by surprise by more cold weather, back on with the heating, and winter back in April! The only bright aspect was that we were not shoveling snow as many of the northern states were. And then came the rain, thunder storms and more rain. No wonder our gardens are lush – nicely in time for the St Augustine South Garden Tour on May 1, 2021.

This year, St. Johns County is celebrating the 200th anniversary of our founding as a County. Of course, the original County bore little resemblance to our current County and boundaries. In 1767 William Moultrie moved to East Florida, a colony of Great Britain from 1763 to 1783, and a province of Spanish Florida from 1783 to 1821. Moultrie established an indigo plantation in what is now St Augustine South with his plantation house—now lost—somewhere over the south east of our neighborhood. Britain divided Florida into two colonies separated by the Apalachicola River: East Florida had its capital in St. Augustine; West Florida had its capital in Pensacola. East Florida was much larger and comprised the bulk of the former Spanish territory of Florida and most of the current State of Florida. On July 21, 1821, then-provisional Governor Jackson issued an ordinance establishing the American form of government in Florida known as the "county" and St Johns County and Escambia County were born. (continued on page 5)



Map St Johns County 1827

## St. Augustine Camera Club Youth Photography Workshop

by Tatiana Diaz

Budding photographers and serious photography students have a chance to learn the craft and have their work shown at an exhibit this summer. The Saint Augustine Camera Club (SACC) has paired up with Guy Harvey Resort in St. Augustine Beach to put together the Youth Photography Workshop June 21-25 at the Guy Harvey Resort St. Augustine Beach, located at 860 A1A Beach Boulevard.

The five-day workshop—which will be held from 8 a.m. to 1 p.m, Monday through Friday—will show students who are serious about photography all about exposure, focus, composition and how to process their photos post-production. Photos taken during the workshop will be shown at an exhibit at Guy Harvey Resort during the summer. Students will get loaner DSLR cameras, provided by Cannon and Guy Harvey Resort, but will need access to a laptop to process their own photos. The workshop is open to 10 students, ages 13-17, and will be taught by Ed Becket, who is an award-winning graphic design teacher at Flagler Palm Coast High School.



The workshop costs \$250 for the five-day instruction on the fundamental techniques every photographer must know. Limited scholarships are available for students who submit a short, written piece on why they would like to attend the workshop. To register for the workshop and to get more information on it, visit [www.saintaugustinecameraclub.com](http://www.saintaugustinecameraclub.com) by June 1, 2021.

## What's Inside The Observer This Month...

- **St. Augustine Shores:**  
All events and meetings cancelled  
Board meetings at 6 pm Virtually  
Annual Member Meeting May 7th
- **St. Augustine South:**  
SASIA Meetings Continue  
Club House Rental Continues  
Spring Garden Tour May 1st  
South Arts & Crafts Fair May 8th
- **Computer Corner:** What's the Point of Restore Points?
- **Financial Focus:** What to Expect from a Financial Review
- **Health Focus:** Is there such a thing as too much movement?
- **Food + Wine Festival**
- **Diaries of a Shores Grand-Dad**
- **Wildflower Meadow**

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**We look Forward to a Healthy and Happy Spring!**




# St. Augustine Observer

Published monthly for residents and visitors of St. Augustine, Florida area  
1965 A1A South #120 • St. Augustine, FL 32080-6509  
Email: clifflogsdon@att.net • Online: www.StAugustineObserverOnline.com

**Cliff Logsdon**  
Publisher/Editor

(904) 607-1410  
Email: clifflogsdon@att.net



**Tatiana Diaz**  
Sales & Media

(616) 214-6608  
Email: TatianaObserver@gmail.com



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"

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.

## 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

- 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:** New condition Ashley Furniture Reclining Sofa \$1000, Reclining Loveseat \$800, Chaise Lounge \$200. Call Robin 814-6976.

**FOR SALE:** 5' x10' Silver Aluminum Trailer with ramp tailgate, tow dolly, jack stands. Garage kept. \$1,700. All reasonable offers considered. 904-534-3357.

**FOR SALE:** 1. Weslo exercise bike, good condition. \$20.00. 2. Drawtite trailer hitch bike rack, new. \$25.00. 3. Wet/Dry vacuum by Vacumaster, 5gl. 3hp. \$20.00. 4. 30 porcelain dolls with stands and some boxes. \$150.00. Please call 904-699-6424.

**FOR SALE:** 16-foot fiberglass canoe. No leaks in good condition. \$150 or best offer. Call 860-460-8609. If no answer leave a message and your call will be returned.

**FOR SALE:** Peloton Exercise Bicycle with Wi-Fi connection for Peloton exercise programs. Rarely used. \$1500. Call 904-825-8308. If no answer leave a message and your call will be returned.

**FOR SALE:** House Full Furniture! Household furniture & various item in storage

for about 2 years: Black cherry dining room table & chairs, Bedroom queen complete, dresser, tables, lamps: Living room couch, chairs, TV, Consoles, Kitchen: microwave, toaster, pot & pans etc. Sale together. Value over \$10,000. Make Offer! Call 904-797-5662 or 904-687-3362.

**FREE:** Exercycle available for the taking. Call 797-4277.

**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.

## Did You Get Your Copy of the Observer?

The St. Augustine Observer community newspaper is delivered free by US Mail to the Shores & South Communities and other selected smaller neighborhoods in Southern St. Johns County 32086 residential areas.

Current mailing postal routes are C007, C015, C017, C028, C035, R031, R014, R015, R006, R043, and R052 to over 7,400 homes. Postal carrier Routes do change occasionally, call or email me if you do not get your paper.

Free copies are also available at the Riverview Club office and the Main & Southeast Libraries when open or see [www. StAugustineObserverOnline.com](http://www.StAugustineObserverOnline.com) to download FREE PDF copies.

If you do not live in the current mailing areas, contact me at 904-607-1410 or clifflogsdon@att.net for an annual monthly subscription for \$12 to cover a portion of the postage. The paper is made possible by our advertisers. Visit and thank them whenever possible. Thank you.

Cliff Logsdon, Publisher/Editor

## Castillo de San Marcos Open to Public

Effective Monday, April 19, the Castillo de San Marcos is open to the public seven days a week from 9 AM - 5 PM. COVID-19 mitigations remain in place and include:

- Maximum Fort capacity is 100 visitors. Once capacity is reached visitors will be admitted as others leave. All visitors must wait in line for entry.
- Face masks are required for entry and when visiting the fort.
- Formal ranger programs and historic weapons demonstrations remain suspended at this time.



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## St. Augustine Shores & South News & Events



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

#### Where Does the Money Go?

As we move towards the end of the Shores Service Corporation administrative and financial year and now that the budget has been approved for 2021/2022, it seemed like a good time to talk about money and how it is spent. The Service Corporation is a registered "Not for Profit" organization. This means that it has no shareholders, and all its income goes towards paying for services and enhancing the St. Augustine Shores Community. But before we consider where the money goes, we also need to understand where it comes from.

Our income comes from many sources but only three normally contribute significant amounts. The major income is from maintenance fees – the monthly bill that all property owners in the community have to pay; the second is the storage compound (for boats, RVs, trailers, etc.); finally, the Riverview club complex, including the pool, club activities and rentals for special events. Sadly, income from the Riverview Club has been severely impacted over the last year due to the pandemic.

Expenses cover all the bills that are an inevitable result of overseeing and maintaining the Shores Community. The landscape service that maintains all the common grounds and roadsides is a major and necessary expense as is the repair and maintenance of all the buildings, fountains, pumps, and equipment owned by the corporation on behalf of its members. A small full-time administrative staff and additional outside services such as accounting, legal, pest control are a significant cost as is street lighting. The bill for streetlights covers electricity as well as a rental fee as the poles and lights are owned by F.P.L.

Finally, every month a fixed amount is transferred to the reserve fund. This fund is specifically to pay for planned major expenses such as Riverview Club roof replacement, repairs to the pier, replacement of pool equipment and upgrades to children's play area.

Any members who would like more details about how the community is funded should contact the office at the address listed below.

The Annual Membership Meeting is being held virtually via Zoom.com at 10 am on Friday May 7th, 2021. Please attend if you can and be sure to return your proxy form so that we have a quorum to allow the meeting to go ahead.

St. Augustine Shores Service Corp., 790 Christina Drive | St. Augustine, FL 32086  
904-797-6441, [www.staugshores.org](http://www.staugshores.org)

### The Sunshine Bus Company Offering Free Rides with St. Johns County Library Card

The St. Johns County Public Library has partnered with the St. Johns County Council on Aging to offer library patrons a way to travel around town easier. On the first Wednesday of each month, Sunshine Bus riders may present their St. Johns County Public Library card to the driver to receive a free ride. Up to three children, ages 12 and under, may also ride with a qualifying adult at no cost. To sign up for or renew a library card, please visit any branch library. For more information about the St. Johns County Council on Aging, including information about the Sunshine Bus and schedules, please visit [www.coasjc.org](http://www.coasjc.org).



### 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.

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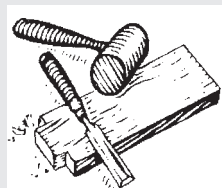
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## SASIA Social Committee is Planning a Year of Events

by Ruth Hope, SASIA Board

Lorie Davidson has stepped forward to lead the Social Committee. She is putting her enthusiasm and skills into a calendar of events for everyone in the community. Currently all events in the planning will be outside so that no one is excluded by their observation of Covid-19 prevention actions. However, should the situation improve over the year, the Holiday Event may include an inside party. We would like more volunteers to join Lorie and the Social Committee: please email her [ldavidson4124@gmail.com](mailto:ldavidson4124@gmail.com) to volunteer.

#### Saturday May 1

**St Augustine South in Bloom Spring Garden Tour (12pm - 4pm):** Collect wristbands and maps from 709 Royal Rd. Prizes will be awarded. Now is the time to spruce up your gardens; email [RuthSASIA@aol.com](mailto:RuthSASIA@aol.com) for further details.

#### Saturday May 8

#### St Augustine South Arts and Crafts Fair (10am - 2pm at 709 Royal Rd):

St Augustine's many talented artists and crafters will show and sell their work, which we are planning to be a great community social event including refreshments – and possibly a food truck. Artists may contact Ingrid Jones at [SASIAart@hotmail.com](mailto:SASIAart@hotmail.com) to sign up, or for more information.

**SASIA Fourth of July Celebration (Shore Drive Waterfront Park):** We will have family events and refreshments during the afternoon. Join us and then watch the St Augustine Fireworks over the Matanzas in the evening.

**St Augustine South Fall Festival (Date to be finalized):** In planning as a fun event for everyone in the community.

**SASIA Holiday Event (December 4):** Santa's arrival and Tree lighting, hot apple cider from 5pm to 6-30pm; Mulled wine and adult social from 7pm. SASIA Clubhouse grounds

**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.com and our NextDoor.com pages: St Augustine South Improvement Association.

**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.

## May Poetry News

by Chris Bodor

Poetry is alive in the Nation's Oldest City. After 12 months of insolation on Zoom, the Ancient City Poets are migrating back to in-person poetry gatherings on Sunday, May 30th, in downtown St. Augustine. A sign-up sheet will be available on the day of the reading at 2:30 p.m., and the facilitator will start calling up the first 15 people at 3:00 pm. Each reader gets five minutes. For info on the location of the reading, please go to the group's website: [www.bodor.org](http://www.bodor.org)

The group will also conduct a special event on Monday, May 10th at noon. The hour-long program is entitled "Songs and Poems of St. Augustine with the Ancient City Poets and Sam Pacetti." This will mark the second year that the group is participating in the Romanza Festival, a 15-day event that will feature live events throughout Saint Augustine. The lunchtime program features poems by Chris Bodor, Robert Waldner, and Kimmy Van Kooten, salt and peppered with stories and songs by guitarist Sam Pacetti. This free event will be held at Ancient City Baptist, located at 27 Sevilla St.



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## 2021 Music & Art by the Sea Schedule Civic Associations 19th Consecutive Season

The Saint Augustine Beach Civic Association and its corporate partners are proud to present a 15 show schedule for the 19th season of Music by the Sea. At this time there are still some Covid 19 restrictions in place that will limit crowd size. We are currently working on a ticketing process that will allow patrons to request tickets on a weekly basis. Look for details on our website on May 10th – the website is [www.freebeachconcerts.com](http://www.freebeachconcerts.com)



Music by the Sea is made possible by a grant from the SJC Tourist Development Corporation and our sponsor / partners. This season IceMule Coolers, a locally owned company has stepped up to be our stage sponsor! Other sponsors and the number of years they have been involved are Longstreet Auto (6), Gaye Jones -Annie-Mac Home Mortgage (5), Pop-a-Lock of St Augustine (4), Land Title of America (3), Pure Barre of St Augustine (2), Atlantic Self Storage (2), Diane Vespucci – ReMax 100 Realty (2), Angela Joy & Co Hair Salon (2) and our newest sponsor the Law Firm of Shorstein & Lee. The series is free thanks to the generosity of our corporate partners. We urge you to support them!

The event takes place each Wednesday at the St Johns County Pier Park. The free art exhibit starts at 3 PM each week at The Art Studio in the old Beach Hotel. The work of a different local artist is showcased each week from 3 until 7 pm. No ticket is required for the art exhibit. The free concert takes place at 7 PM in the Pier Pavilion and sand around it. Admission is free but a ticket is required. Pavilion. The gates open at 5:00 and the band plays from 7 PM until 8:50 PM. Concert Admission is free, but you will need to have a ticket. Visit [www.freebeachconcerts.com](http://www.freebeachconcerts.com) after May 10th for details on ticketing.

### Schedule for 2021 Music & Art by the Sea

Date	Band Name	Genre
5/26/2021	Those Guys	Classic - Southern Rock
6/2/2021	Slang	The 80's & 90's
6/9/2021	Amy Alysia/Soul Operation	R&B - Dance
6/16/2021	Dewey Via Band	Americana
6/23/2021	The Committee	Pop -Dance
6/30/2021	Bluesdog 66	Blues - Rock
7/7/2021	Soulfire	Dance - Disco- Pop
7/14/2021	JW Gilmore/Blues Authority	Blues
7/21/2021	The Grapes of Roth	Rock - Alternative
7/28/2021	Ain't Too Proud	Dance
8/4/2021	Dakota	Country/Southern Rock
8/11/2021	Chilula	Pop Dance
8/18/2021	Str8 Up	Funk Dance
8/25/2021	Carpet Baggers	Eclectic Americana
9/1/2021	Phoenix	Classic Rock

## St Augustine South Reflections

(continued from page 1)

The counties were divided in 1822, with Duval carved out of the boundaries of St. Johns County (and Jackson divided from Escambia). County Boundaries have been revised several times since. Putnam County was created in 1849 from parts of St. Johns County and other counties; 1917 saw the founding of Flagler County that included land from the South of St. Johns County.

While the history of many parts of St. Johns County are told on the County website, the stories do not include our neighborhood, nor most of SE St. Johns County. Even the ownership of the land that is now SAS after William Moultrie sold is unclear as the chain of ownership documentation is incomplete. What is known is that Albert Lewis, the wealthy master of a lumber empire and owner of an ice company in Bear Creek, Pennsylvania—60 miles northwest of Philadelphia—spent each winter in St Augustine. In 1900, Albert and Lily Lewis bought a house on Valencia St that is now Flagler College's Wiley Hall. In 1902, Lewis also bought land, about 500 acres on the north side of Moultrie Creek—today's St. Augustine South. He was a member of the East Florida Good Roads League which advocated for improved roadways in the days before

automobile ownership was widespread and paved roads were not universal. While driving around, Lewis saw needs when it came to the roads. Lewis paid for a busy stretch of “the Moultrie road” to be resurfaced with crushed shells, taking advantage of a local commodity. The road from the Old Hastings Road intersection on South Dixie Highway east to his 500 acres was also a shell road. A short section of the shell road, west of US1, retains his name as Lewis Point Rd. As Mr Lewis’s newly acquired property included a vast Timucuan midden, filled with oyster and other shells over perhaps 4000 years, it is tempting to speculate that his “local commodity” shells for the roads was the Timucuan midden along the intracoastal water way and Moultrie Creek.



With the advent of the motor vehicle, Lewis Point at the furthestmost southern tip of Mr Lewis’s land extending into the mouth of Moultrie Creek as it joins the Matanzas River, became a popular driving destination for winter visitors to St Augustine. Albert Lewis built a palm thatched cabin at Lewis Point, to provide refreshments for picnickers.

Albert Lewis died in December 1923, but his family continued to spend winters in St Augustine until the 1940s.

### 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.

### 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. Call Peter, St. Augustine Travel Club at (904) 797-3736.

### On-beach Driving Passes Available

Toll booths are now open from 9 a.m. to 5 p.m. at all St. Johns County on-beach driving access ramps. Daily passes cost \$10 for County residents and non-residents, and \$5 for disabled and active military beach visitors. Annual passes are also available for purchase at the booths. See County website for more information on annual passes. Lifeguards are currently performing limited patrols, and full lifeguard coverage will begin Memorial Day Weekend. For the most up-to-date information on beach access and driving conditions, please follow @SJCBeaches on Facebook and Twitter, or download St. Johns County’s Reach the Beach app. For more information, please call 904.209.0331.

## Do You Have Community News to Share?

Do you have news, events or personal interest information that are relevant to our communities in Southern St. Johns County? Please forward them to the Editor for consideration for the monthly Observer.

Please contact Editor

email: [clifflogsdon@att.net](mailto:clifflogsdon@att.net) or call 904-607-1410

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## News From Around St. Johns County

### First Coast Card & Newcomers Club

provided by Leanne Dally

#### MAY

1) First Coast Florida Lifestyles Newcomers Recreation Card/Games Club Events:  
Sunday, May 2nd-Card Playing. Kookaburra Coffee. St. Augustine. Arrival: 2:00PM.  
Cards Begin: 2:15-5:00PM. Must buy at least 1 Item here to satisfy Mgmt. Masks Worn.  
Saturday, May 22nd. Lunch/Card Playing. Coffee/Food Cafe, St. Augustine. Arrival:  
1:30PM. Cards: 2:15PM-5:00PM. Must buy at least 1 Entree to satisfy Mgmt. Masks  
Worn.

Sunday, May 30th. Card Playing. Dunkins Cafe, St. Augustine. Arrival: 2:00PM.  
Cards: 2:15PM. Must buy at least 1 Item here to satisfy Mgmt. 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:  
Saturday, May 1st. Piano Duo Music Concert. St. Augustine. Arrival: 6:50PM Masks  
Worn. Free.

Thursday, May 6th. A Broadway Musical. St. Augustine, Arrival: 6:50P. Masks Worn.  
Free.

Friday, May 7th. River City Band Music Concert. St. Augustine. Arrival: 6:50P. Masks  
Worn. Free.

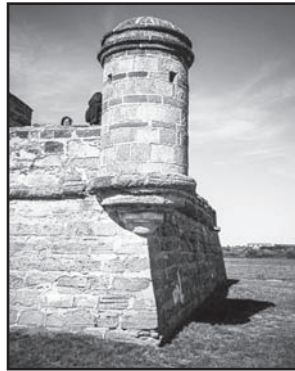
Saturday, May 8th. Jazz Night Music Concert. St. Augustine. Arrival: 6:20P. Masks  
Worn. Free.

Sunday, May 9th. Mothers Day Lunch-Indian Food Rest. Jacksonville. Arrival:  
12Noon. Masks Worn.

Please Contact Our Club Organizers for additional May Club Events. Call Us To RSVP  
Yes In Advance, How To Join Our Club, For the Venues & Addresses To: 904-814-9612.  
Days/Evenings. Phone Calls And Texts Welcome. Open To Both Men/Women. Smoke/  
Drug Free Club.

### Fort Matanzas National Monument Reopens

As of April 15, Fort Matanzas National Monument has announced a partial reopening of its park services. The ocean and river beaches, beach boardwalks, and beach parking lots are open. Visitor center access, visitor center parking area, restrooms, ferry service to the fort, and nature trail access remain closed until further notice. Please visit their official website and Facebook page for more information.



### Council on Aging Announces In-Person Programs for Seniors

Council on Aging (COA) is excited to announce that in-person programming is resuming for participants at COA's Coastal Community Senior Center on Tuesday and Thursday mornings from 10 am to 12 noon. COA invites St. Johns County seniors aged 60 and up to reserve their place for either the Tuesday or Thursday morning program, as space is limited and registration confirmation is required. The programs are being held at COA's River House at 179 Marine St., St. Augustine, FL 32084. For the health and safety of participants, masks are required and social distancing protocols are in place.

To reserve your spot, please contact Sue Richerson at 904-209-3631. Those who require transportation to the program may contact COA's Transportation Department Customer Service line at 904-209-3712. The best way to stay informed about the latest news, programs and services for seniors and caregivers is to sign up to receive COA's weekly e-newsletter. To sign up, visit [www.coasjc.org/sign-up](http://www.coasjc.org/sign-up) or call 904-209-3700.



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The St. Augustine Food + Wine Festival is a showcase of culinary, beverage and culture that highlights celebrity guest chefs, celebrity winemakers & proprietors, local chefs, artisans and local craft spirits/beers. The inaugural festival offers a wide variety of events for all tastebuds, from wine dinners and tasting events, to master classes and more.

The inaugural St. Augustine Food + Wine Festival will be partnering with several local charities on various events. The festival's two primary charitable partners include the World Golf Hall of Fame and Jan Stephenson's Crossroads Foundation.

The St. Augustine Food + Wine Festival is seeking items for its silent auction benefiting two charities. To donate please contact Jan Gourley at [jan@adfishgroup.com](mailto:jan@adfishgroup.com)

• **World Golf Hall of Fame** - As a 501(c)(3) nonprofit, the mission of the World Golf Hall of Fame is to celebrate golf and preserve the legacies of those who have made it great. Supported by all of the world's leading golf organizations, the Hall of Fame combines historic artifacts and personal memorabilia with interactive exhibits to tell the stories of our members and the history of the game.

The Museum has over 35,000 square feet of exhibit space with over 4,000 items on display throughout, many of which are the personal items of Hall of Fame members like Jack Nicklaus, Nancy Lopez, Arnold Palmer and many others. New displays

are added during the Induction Ceremony which celebrates the recently added members. 2022 World Golf Hall of Fame Class inductees will include Tiger Woods, Susie Maxwell Berning, Tom Finchem and Marion Hollins.

The World Golf Hall of Fame includes the Museum, IMAX Theater and is the centerpiece of the World Golf Village. The World Golf Hall of Fame is also a fantastic rental location for special events and host location of the St. Augustine Food + Wine Festival.

• **Jan Stephenson's Crossroads Foundation** - Their mission is to provide their disabled veterans and first responders with the tools they need to move forward in life. Golf allows them to challenge themselves both mentally and physically which results in a stronger mind, body and spirit. Jan Stephenson's Crossroads Foundation is a non-profit 501(c)3 organization



### 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.

Meetings are the Third Wednesday of every month at 11:00 am. Our next meeting will be on May 19, 2021. Location: Suite 1010 Flagler Hospital (Cancer Education and Support Center) and via ZOOM. Please call 904-819-4742 for zoom invite or for more information.



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## The Wildflower Meadow Group

Early in April our group walked in Master's Tract just southeast of Hastings and have photos to share. In March a few of us went to the Deland Wildflower and Garden Show and, though we don't have pictures, we came back with wildflower seeds to plant in the meadow.

On the first Saturday in April we did "clean-up" work in the meadow. Janet trimmed down fakahatchee grass so it can grow back again stronger and, as usual, we pulled out "invasive" lawn grass by the roots. In the process we noticed a lot what looks like it could be a Coleataenia, a genus in the family Poaceae (panicum grasses). It's a bunching native grass, came by itself, and likes the meadow. We saw many clumps of other native wild grasses and hope they will spread and overcome the lawn grasses in the meadow. Who knows? Maybe they will! In the meantime Becky planted signs identifying some of the flowers in bloom: showy primrose, toadflax, rock rose, coreopsis, fleabane, blue-eyed grass, ground cherry, coral bean, blackberry, field sorrel, fringe tree, spiderwort honeysuckle vine, and toad flax.

Of particular interest to me is the cudweed. It's not especially attractive, in fact many would call it ugly and pull it out by the roots, but it serves a good purpose. It's a host plant for several butterflies, those in turn attract birds, so on and so forth, and there's a life lesson there. Just because something isn't "pretty" doesn't mean it has no value. It may be necessary to balance a natural eco-system . . . like a wildflower meadow.

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. Call also, if you're interested in sharing photos of the meadow and a special thanks to Kay Wells and Carol for their photos this month.



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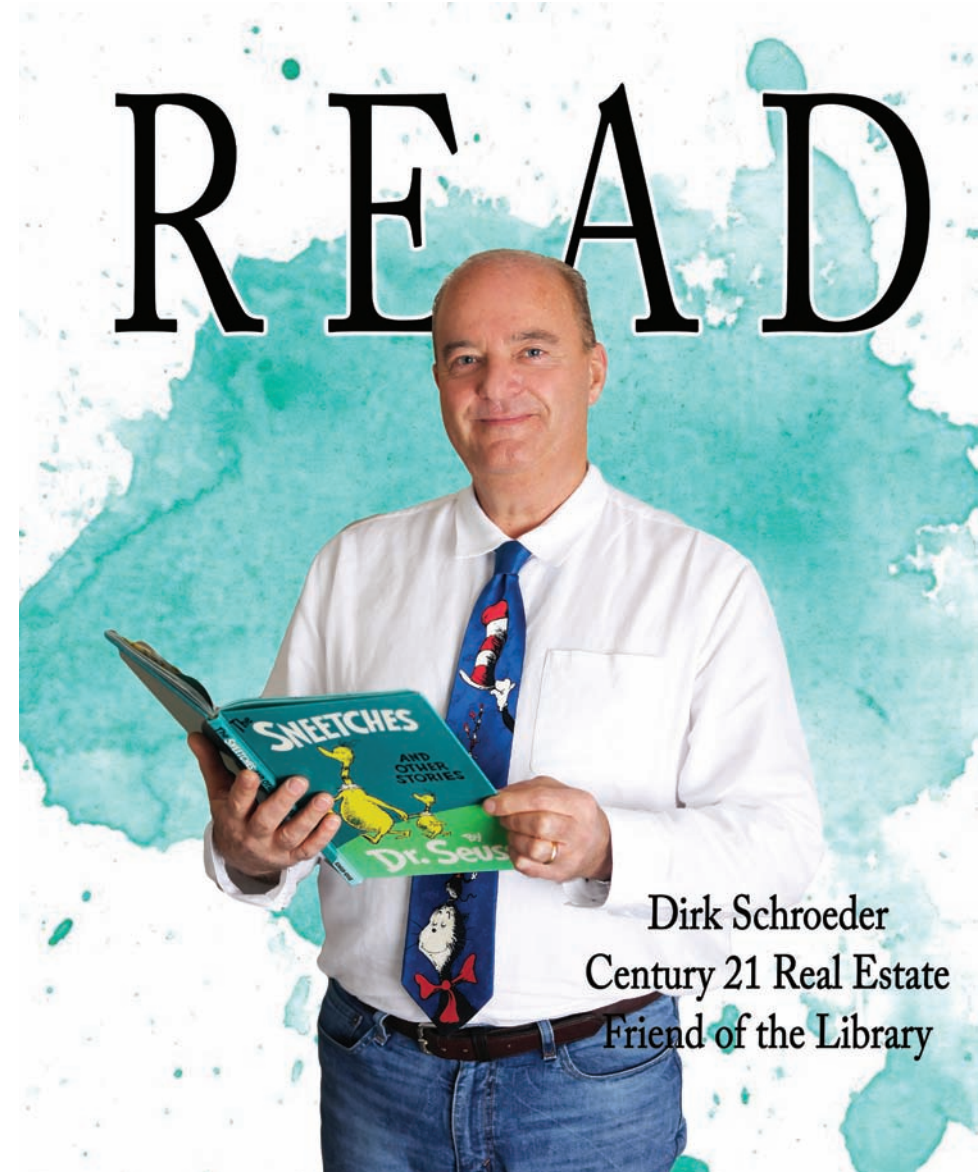
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According to data from Florida Realtors, backed up by the National Ass'n. of Realtors (NAR) and realtor.com, April is the best month to place your home on the market. In the Jacksonville Metro area the week of April 4th was best, in Orlando and Tampa it's the 25th and in Miami it's July the 4th. Homes typically sell for 2% more than the average week and some homes could bring up to \$36,000 more now than in January 2021. In April, homes get 11% more buyer views and sell 14% faster than the average week.

The local picture is even more encouraging for sellers: there is such a shortage of resale properties under the \$375,000 that sellers are getting multiple offers and some over the asking price. That's not isolated to under \$375,000 but certainly more common. Selling



times are super short right now and sellers can control more of the transaction – closing dates, repair requests, etc... That makes buying more difficult for prospective buyers but they just need to get more serious and strategize with their Realtors about how to negotiate. I can help with that.

Waiting until later this year is not ideal as NAR predicts rates will be at nearly 3.5% by Dec. 2021. Also, with the vaccine rollout, more sellers will feel like it will be safe to sell so more inventory will start to roll in during the summer. If you are thinking of selling – now is the time! I definitely can help with that.



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## "Diaries of a Shores Grand-Dad"

by Dirk Schroeder

Being a grandfather has its perks. Recently, mom and dad needed a husband-wife night out so they asked us if we could watch the grand-girls and of course we volunteered. The girls were just as excited as Papa and Gaga and we ended up having so much fun with the "littles". The evening was topped off with me reading books to them (which I loved to do with the boys when they were littles). The girls sat, one on each leg, listening intently and waiting for each page to turn. With the low, soothing sound of my voice drubbing their tired heads, they soon fell asleep – one in each arm. Gaga got the photo for the scrapbook. What a way to finish off the day. Hopefully there will be many more opportunities like this as they provide us with another gratifying purpose to our lives.

We realize that our blessings are so abundantly more than we may deserve. For that we are grateful each day. And, we also know that there are many who may be

physically or emotionally separated from their family or, worse yet, without family and feeling lonely. The interesting thing is that, we live in this wonderful wholesome town where it seems like we all know someone or they know us and they may even be friends of ours for years and even decades, yet we rarely get to see them or hear from them. Social media was supposed to connect us but, it seems like to me, that it only allows us to stay attached by being "detached". If we have any take-aways from the people that we lose it's that we wish that we spent more time with them or that we need to be kinder to one another (God receive your kind and gentle soul Bob Dooley). We all get so caught up in our busy lives that all we can muster up is a post or a tweet – sad :( Pick up the phone and talk to your friends or, better yet, go and visit them. You will wonder who enjoyed it more in the end.

Sometimes when you're emotionally separated or alienated with a friend or family member (and sometimes you can't even remember why that happened) you may need to step up and break the ice or you may find yourself frozen in time. The world can be cold enough so why let your pride and ego let you remain so bleak, so bitter. A good friend of mine told me that his mother called him every day to check in and talk; it was like a ritual. His mother had called, as usual, and yet this time he told her that she didn't have to call him every day. A few days later she passed away and all that he could think about was how he wishes for just one more daily call from mom. What a powerful story. Silence can be powerful. On that note, to all my loyal readers, I wish you all, as always, a Sunshine State of Mind!

## Financial Focus

Information Provided by

Edward Jones

### What to Expect from a Financial Review



The COVID-19 pandemic may have unsettled many aspects of your life – including your financial situation. Even if your employment and earnings were not directly affected, you might have concerns about whether you've been making the right investment moves in such a stressful environment. The pandemic is, hopefully, just a once-in-a-lifetime occurrence, but different events can rattle financial markets. And changes in your own life also can affect your plans. To prepare yourself for whatever tomorrow may hold, you may want to get some professional help – but what, really, can you expect from a financial advisor?

A financial advisor will look holistically at your life – your family composition, your career, your hopes and dreams, your instincts about saving and spending money, your risk tolerance and other factors. So, during your initial meeting, and at subsequent reviews afterward, here are some of the key areas you'll discuss:

- Feelings about your financial situation – Numbers are important to financial advisors, but what's most meaningful to them is understanding what's important to their clients. Are you confident about your overall financial outlook? Are you worried about your cash flow? Are you distressed over volatility in the financial markets? Do you have concerns about your career? By getting at the answers to these and similar questions, a financial advisor can gain a clear sense of who you are and what matters to you. You can then follow an established process to build your personalized strategies and take the specific actions needed to achieve your goals.

- Progress toward your goals – It takes patience and discipline to achieve long-term goals, such as helping send your kids to college or enjoying the retirement

lifestyle you've envisioned for yourself. As you save and invest for these goals over the years, you'll want to ...measure your progress regularly. If you seem to be falling behind, your financial advisor can suggest moves such as increasing your investments or adjusting your investment mix.

- Changes in your family situation – Marriage or remarriage, the arrival of new children, the departure of children for college, caregiving responsibilities for older parents – any and all of these events can make a big difference in your goals and, as a result, your investment plans. During your reviews, your financial advisor will consider these changes when making suggestions or recommendations. (Changes in your family's status may affect your estate plans, so you'll also need to work with your legal advisor or other estate-planning professional.)

- Changes in your retirement plans – As you near retirement, you might decide that your original plans for this time of your life no longer suit you. For example, you might have once thought that, when you retired, you would stay close to home, volunteering and pursuing your hobbies. But now you've been thinking how much you would enjoy traveling, or perhaps even living abroad for a while. To accommodate your change in plans, a financial professional may recommend certain moves, such as working a couple of years longer or adjusting the amount you eventually withdraw from your 401(k), IRA and other retirement accounts.

As you work toward your goals, you may find it challenging to navigate the financial markets and respond to the changes in your life – but you don't have to go it alone. And knowing what to expect from a financial advisor can help smooth your journey.

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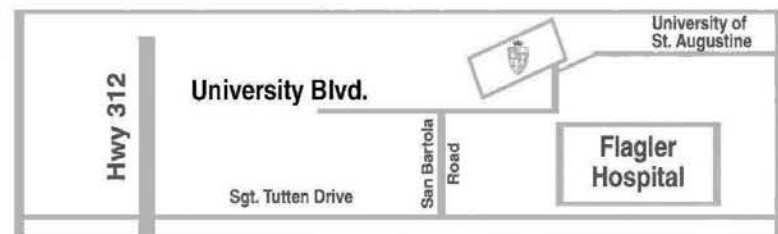
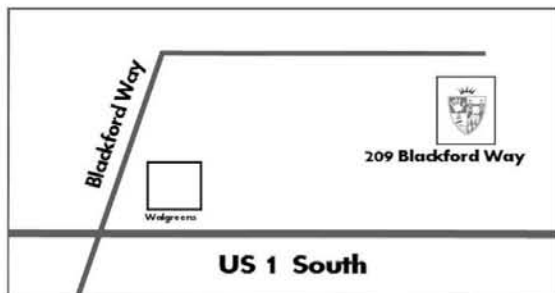


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## Is there such a thing as too much movement?

By Rob Stanborough  
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT  
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Stretching and staying mobile is a good thing and something I usually encourage. Many lose range of motion, getting “tighter” with age. Staying mobile or unrestricted is a constant challenge. But for some the opposite is true – they move too much.

Imagine being Gumby the Claymation figure – able to take any form due to extremely pliability. If that analogy is dated, perhaps Mr. Fantastic of the Fantastic Four is better. After being exposed to radiation he gained the ability to stretch to any length and take any shape, which is a great skill to have if you are a superhero but not one for everyday life. Individuals diagnosed with EDS, or Ehlers-Danlos syndrome live with just that – extreme pliability. Due to a connective tissue disorder, their joints are extremely hypermobile, which can be painful and quite debilitating. Because connective tissue is found throughout the body, it affects their entire body. They are often labeled as “double-jointed”.

Connective tissue is named so because it is found everywhere in our bodies. It “connects” us and holds us together. It helps give us structure as it surrounds and infiltrates muscles, joints, organs, nerves, blood vessels, etc. It also resists and transmits forces from one muscle to another, one joint to another. It can become stiff, as in a frozen shoulder, but for those who have EDS, it acts quite the opposite.

Imagine sitting in a chair reading this column. The longer you sat, the more your tissues would adapt, slowly “melting” or giving way to gravity and the force of the chair. As your joints started to gradually stretch, the muscles respond by tightening, attempting to stabilize the joints. This process takes place regardless of the structure: chair, couch, bed or car – to name a few. Every night’s sleep becomes a challenge, first to get comfortable and second, the stay comfortable. Whether you sleep on your back, side or stomach, your tissues gradually give way to the force of gravity and the mattress. Maintaining any one

position for too long will produce the same result, even to the point of joint subluxation (popping out and then back in). This happens because the connective tissue lacks the inert stability it should normally provide.

EDS may be misdiagnosed and can be very painful. If your connective tissue provides the stability its intended to, muscles work harder and longer than usual, becoming sore and riddled with myofascial trigger points. Overworked muscles and trigger points can lead to central sensitization, which is where your nervous system becomes over excited or sensitized (something I’ve written about in previous columns). For the patient with EDS, if left untreated, the product is chronic pain.

Fortunately manual therapy, balanced exercise and education can help. If you think you may have EDS, consult your doctor or physical therapists. It can be managed.

You can get more information at <http://www.ehlersdanlossyndrome.org/> or review EDS posts provided on the Facebook page of First Coast Rehabilitation.

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

Read previous columns posted on [www.firstcoastrehab.com](http://www.firstcoastrehab.com).



## Friends of A1A Scenic & Historic Coastal Byway “Pack It In Pack It Out” Program Launched

The United States ranks second in participation for the annual International Coastal Cleanup each September, helping to remove more than 20 million pounds of trash and debris from the oceans and waterways in 2019.

As part of the effort to make a cleaner Earth an everyday activity, the Friends of A1A Scenic & Historic Coastal Byway, Inc. are launching the first pilot location along the nationally designated All-American Road for the “Pack It In, Pack It Out - Be An A1A Scenic Byway Star” campaign.

Aiming to reduce trash and debris along the scenic byway’s waterways and shorelines, trash cans are being removed on May 15th from the River to Sea Preserve, to encourage visitors to take their trash with them rather than leaving it on the beach or boardwalk.

Spearheading the campaign, Friends of A1A Vice President Adam Morley has long been an advocate for the reduction of single use plastics and anticipates a change in habits will result in a change in the amount of litter found along the byway.

“The great thing about this program is that it’s nothing new,” said Morley. “It’s been successfully implemented elsewhere in local, state and federal parks. We just need the public to know and understand what’s happening, so they can plan and prepare.”

Flagler Beach has already begun implementing the changes, inspired by Morley’s local advocacy, in their community to great success according to Flagler Beach City Commissioner Eric Cooley.

“There were numerous issues with cans being directly on the beach,” said Cooley. “First they couldn’t hold enough trash and as a symptom, would end up having large piles of trash on the sand from overflow or misses. They were not covered and trash tended to blow out of them.”

“We ideally want folks to remove everything from the beach that they bring onto it,” he said. “So far it has been a huge success and trash on the beach has been greatly reduced. We are hoping that once the learning process is complete and combined with the new littering ordinance we are rolling out shortly, this will put a stop to any trash on our beautiful beach.”

A corresponding educational campaign will be launched throughout the A1A Scenic Byway communities by the Friends of A1A and supporting stakeholders to help the public better understand the benefits of the Pack It In, Pack It Out project. Trash cans will be removed at the pilot location River to Sea Preserve on May 15th. For more information, visit [www.scenic1a.org](http://www.scenic1a.org).



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## The Art Galleries of St. Augustine Invites you to join us for Art Walk on May 7th!

(continued from page 1)

The galleries around town will introduce exciting new exhibits and featured artists who are often on hand to answer questions about their work. On your way downtown, stop by Great Expectations Reality for live music and local art. They will have Luvin Oven food truck on site along with a number of local artists and vendors including St. Augustine Soap who will be demonstrating soap making at 7pm. Once you have had your fun at Great Expectations Reality be sure to stop by Butterfield Garage Gallery.

Butterfield Garage will be opening their new exhibition "To Mom with Love". This exhibit will feature work honoring motherhood and is a great chance to celebrate Mother's Day with those you love. This exhibit will be opening during Art Walk and will be on display through May 31. While in the Butterfield Garage area, pay a visit next door to ArtBox, and check out Lenny Foster's Gallery One Forty-Four. On your way to the Historic District, grab a coffee at Sweetwater Coffee Bar & Gallery and see some incredible paintings by Slone and Hannah Keats, or check out the featured artist at Ancient City Brewing.

In the Historic District, The Lightner Museum will be continuing to display the inaugural Lightner Local exhibition presenting Antwan Ramar: Contemporary Impressions. In his work, Ramar brings a contemporary vision to landscape painting while embracing historic traditions and techniques. Antwan Ramar: Contemporary Impressions will be on display until May 23. The Lightner Museum will also be continuing to show the exhibit St. Augustine in a New Light: American Impressionism from the Collection of the Lightner Museum. This exhibit is drawn from the collection of the Lightner Museum and includes more than 20 American Impressionist paintings and works on paper from the 1880's through the 1940s.

On Marine Street, the St. Augustine Art Association will be hosting three new exhibitions: The Great Outdoors, Plein Air Pop Up, and The First Coast Pastel Society Members Show. The Plein Air Pop Up show will feature juried work from the Plein Air Paint Out based on locations reflecting works on display in the Lightner Museum's show St. Augustine in a New Light: American Impressionism from the Collection of the Lightner Museum. All three of these exhibitions will open during Art Walk until 7:30pm and will be on display for your viewing pleasure through May 31.

In the Historic see the P.A.St.A Gallery, and Aviles Gallery who will be hosting their April Art Walk Giveaway! This month's giveaway is a mixed media piece by the artist Sandy Harrington, to enter you can visit their Facebook page or fill out an entry during Art Walk and as always, the drawing will take place at 8pm but you do not need to be present to win. Also, stop by the Georgia Nick Gallery to meet local artists and experience a variety of unique work featured there.

Parking for First Friday Art Walk is free downtown at the City of St Augustine meters and parking lots after 5:00pm, with additional parking available at the San Sebastian Winery and the City Parking Garage (\$). Self-Driving to the greater St. Augustine galleries, where there is onsite parking, is recommended.

The First Friday Art Walk is sponsored by The Art Galleries of St. Augustine (AGOSA), a non-profit artistic association of artists and art galleries in the area. For more information visit our website at [www.artgalleriesofstaugustine.com](http://www.artgalleriesofstaugustine.com)

## Computer Corner

by Steven Aldrich  
904-479-5661

### What's the Point of Restore Points?



Windows has for many years had a facility called Restore Points. These are a snapshot of your system, and typically created just before you make a change. Big changes like updating Windows will often create a Restore Point before it does the update. Some applications include this as part of the install process as well.

So, why would you care about Restore Points? Why would you want to create one? Could you create one quickly, if you wanted to?

The great thing about a restore point, is that if your computer will not start up correctly, you can use the advanced troubleshooting screens to "roll-back" to the last good restore point. This very often is the trick that saves expensive repair costs.

You may want to create a Restore Point, so that you know that you have one to go back to if an update from Microsoft trashes your computer. My business currently collects about 25% of its revenue repairing failed Windows Updates that Microsoft pushes out. Quite often there is no restore point to roll-back to. So, if your computer is running well right now, you could create a Restore Point, and ensure that you have a chance to simply roll back if something goes awry later.

You can create a Restore Point quickly by clicking on the Windows Start Button (Bottom left corner of the screen, and looks

like a 4 pane window in Windows 10), and typing the words "Create a Restore Point". This will show you a control panel choice called Create a Restore Point. Click on this choice to open it. Then click "Create". You can then name the restore point. I use the date as the name. Then click Create/OK. Presto! You have a perfect place to come back to if something goes wrong later.

You may be wondering how often this should be done. There are many ways to look at this. If you make lots of changes on your computer, installing apps, and creating files, then you may want to do this monthly. The basic idea is that this is a tool for emergencies. And as such, your specific risks will vary from someone else's. The timing will be different for everyone.


Yes, there is a point to Restore Points. And these are easy for you to do. It is also important that you consider making one now, just in case. Restore Points are different from Backups. You "should" have a backup running as well. But that is a discussion for a different article.

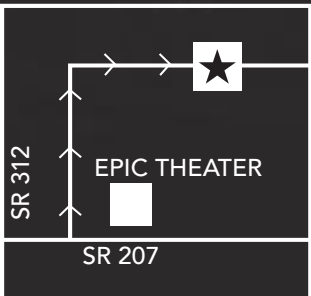
Steven Aldrich is a technology advisor with decades of experience as an IT Director and is the owner of First Coast Computer Services. Contact Steven if you need a trusted advisor to come to your business or home and help with your technology. See my ad on this page. [Steve@fccspro.com](mailto:Steve@fccspro.com)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

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