

May 2023

www.StAugustineObserverOnline.com

Memorial Day May 29th!

Over 8,300 US MAIL Home & Business Delivery to Southern St. Johns County Communities Monthly!!

St. Augustine Shores
St. Augustine South
Vail Point
Southwood
Grand Ravine
Winding Creek
Summer Breeze
Crescent Cove
South Walk
and others

Happy Mothers Day
MAY 14th

St. Augustine OBSERVER

NEWS INFORMATION ABOUT ST. AUGUSTINE & SOUTHERN ST. JOHNS COUNTY FL

ARPA Funding Awarded To United Way of St. Johns County

The St. Johns County Board of County Commissioners allocated more than \$7 million in *American Rescue Plan Act (ARPA)* funding to United Way of St. Johns County to assist local nonprofit agencies in expanding social services as a result of the COVID-19 pandemic.

Ultimately, \$4,375,000 in Program funding was approved to assist 19 agencies and 22 programs in St. Johns County. These grants will help agencies respond to public health needs or the negative economic impact caused by the COVID-19 pandemic. Partner Agencies named for distributions are:



- Alpha-Omega Miracle Home, Inc. - \$250,000.00
- Catholic Charities Bureau, Inc. of St. Augustine - \$250,000.00
- Children's Home Society of Florida - \$250,000.00
- Emergency Services & Homeless Coalition St Johns County - \$114,800.00
- EPIC Community Services, Inc. - \$250,000.00
- First Coast Cultural Center - \$102,000.00
- Goodwill Industries of North Florida - \$148,426.00
- Hugs Across the County, Inc. - \$113,494.00
- Jacksonville Area Legal Aid - \$250,000.00
- Operation New Hope - \$250,000.00
- Prevention Coalition of St Johns County - \$90,000.00
- St Augustine Society, Inc. - \$691,307.00
- St Augustine Youth Services, Inc. - \$500,000.00
- St Johns County Education Foundation, Inc. - \$86,973.00
- St Johns Housing Partnership, Inc. - \$250,000.00
- The Salvation Army - \$178,000.00
- The YMCA of Florida's First Coast, Inc - \$250,000.00
- Wildflower Healthcare | Good Samaritan Health Centers, Inc - \$250,000.00
- Youth Crisis Center - \$100,000.00
- Total ARPA Program Fundng - \$4,375,000.00

St Augustine South Reflections

by Ruth Hope

Spring officially arrived, 'Tax Day' passed, and SASIA celebrated with its Spring Festival. As always, the grills were fired up, there was live entertainment provided this year by The Edge, and a fantastic time was had by all. Especially for children. The smiles of joy made it all worthwhile. What neighbors didn't realize at the time was how lucky they were with the weather on April 8.



A nor'easter swept through the very next day, and parts of the Coast Road were swept out just north of Vilano and down by Marineland. Safe in 'The South', we noted that 'the gardens needed that rain'. But then just a few days later we got four inches of rain in two hours! Backyard swimming pools had to be pumped out to stop them overflowing but at least our roads were okay, and our sandy soil quickly absorbed the inundation. Unlike in The Shores, where Shore Boulevard was awash with the deluge in places.

Monarch Chrysalis in a local garden

Perhaps this was our comeuppance for previously noting previously, and a little smugly, that the rest of the mainland USA had had two spells of severe weather with extraordinarily cold and large amounts of snow. We must be more sympathetic to the weather trials of our northern neighbors in future, or risk weather karma biting us again. Currently predictions indicate that the 2023 season will be near the historical average with 11 to 15 named storms. Four to eight of those named storms are expected to reach hurricane strength, with one to three of those hurricanes achieving major hurricane status. AccuWeather states that a major hurricane is one that has maximum sustained winds of 111 mph or higher. Hopefully, not in St Augustine South.



Spring also brought with her the return of our Monarch butterflies – earlier than the rest of the USA

as many of ours are not the unique butterflies that, like birds, migrate up to an astonishing three thousand miles to and from their overwintering sites. Our Monarchs are smaller than the great migrators, they do not overwinter in the in oyamel fir forests of the Sierra Madre Mountains of Mexico. They mostly remain in Central and Southern Florida for the winter. It's thought that some norther migrators, like our snowbirds, stop off and mingle with our Florida Monarchs, and do not migrate further south.

The Gainesville Butterfly Museum reports that a 37-year survey of monarch populations in North Central Florida shows that caterpillars and butterflies have been declining since 1985. Their numbers have dropped by a horrific 80 percent since 2005. While the drivers of the decline are not clear, the researchers said shrinking native milkweed populations and a boost in glyphosate use in the Midwest are part of the problem. The is a tight connection between monarchs and native milkweed, with very dramatic losses in abundance of milkweed in Florida. All of us interested in supporting monarch butterflies are urged to plant native milkweed in our gardens. Not one plant: blocks of milkweed with other native plants growing nearby as monarchs prefer to make their chrysalises on other plants.

"United Way of St. Johns County is proud of our volunteers and staff for helping to invest these vital funds into our community," said Joe Pickens, United Way of St. Johns County Board Chair. We applaud the excellent work that our nonprofit partners are already doing to serve our neighbors with these resources."

"I am thrilled with the results of this program," St. Johns County Commissioner Sarah Arnold said. "ARPA funds were designed to benefit those in need within our community. Additionally, these funds will assist those who were the most adversely impacted by the COVID-19 pandemic. By partnering with United Way, St Johns County can be proud that we have accomplished this goal."



Find us online!
www.sabnj.com
www.staugustineobserveronline.com

MOVIES IN THE PARK

Featuring: **Freaky Friday**

MAY 12, 2023
ST. JOHNS GOLF CLUB
GATES: 7:30 P.M.
MOVIE: 8:15 P.M.

FREE EVENT!

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St. Augustine, FL 32086

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StrictlySeniors.org

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Tracey Kuczinski - Your Senior Advocate

StrictlySeniors.org

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-  Monthly over-the-counter allowance for help purchasing everyday items such as toothpaste and aspirin
-  Vision and hearing benefits included with allowances for eyeglasses and hearing aids
-  60 hours of help around the house for things like picking up groceries, light housekeeping, grocery shopping and meal prep
-  Up to \$220 in gift cards to your favorite restaurants, retailers or local gas stations when you complete healthy activities

**Call today to see if you can switch
to an FHCP Medicare plan.**

**Your Local Agency:
904-826-1636**

All benefits are not available on all plans. HealthyBlue Reward amounts vary by plan and gender; \$220 represents the maximum rewards amount for a PPO plan for a female. Florida Blue is a PPO plan with a Medicare contract. Florida Blue Medicare is an HMO plan with a Medicare contract. Enrollment in Florida Blue or Florida Blue Medicare depends on contract renewal. Health coverage is offered by Blue Cross and Blue Shield of Florida, Inc., DBA Florida Blue. HMO coverage is offered by Florida Blue Medicare, Inc., DBA Florida Blue Medicare. These companies are affiliates of Blue Cross and Blue Shield of Florida, Inc., and Independent Licensees of the Blue Cross and Blue Shield Association. Out-of-network/non-contracted providers are under no obligation to treat Florida Blue Medicare members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information visit floridablue.com/indnotice. ©2022 Blue Cross and Blue Shield of Florida, Inc., DBA Florida Blue. All rights reserved.

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St. Augustine Observer

Published monthly for residents and visitors of St. Augustine Florida area
2465 US 1 South PMB #8 • St. Augustine, FL 32086
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The purpose of the St. Augustine Observer is to serve residents of St. Augustine area Communities.

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

Information should be received by the 15th of the month in order to appear in the following month's issue. Articles or information may be sent

"Follow us on Instagram and Facebook: @staugustineobserver"

St. Augustine Shores Community Calendar

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

www.staugshores.org

Shores Monthly Meetings

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

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

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

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

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

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

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

- **Casa Bella Condominium** Board Meetings are 3rd Mondays of each month at 6pm. Meeting location will be determined & posted on the bulletin board 48 hours prior to each meeting. For Information contact Property Manager Piper Hareland at 904-471-6606 ext 123.

St. Augustine South Community Calendar

St. Augustine South Improvement Assoc.
709 Royal Rd. St Augustine, 32086
email: info@staugsouth.com
www.staugsouth.com
(904) 615-6916

SASIA Community Meetings

Please join us on May 17th at 7pm for our SASIA community meeting. District 3 Commissioner Roy Alaimo will be in attendance discussing issues in St. Augustine South and St. Johns County.

Pi Artisan Pizza food truck will be there from 5-7pm. Come and grab a bite to eat and stay for the meeting. We hope to see you there.

Community meeting are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse, except July and August.

June - Fun 4 Auggie Kids - An informative meeting sharing family, friendly events and activities in St. Augustine

September - Dirk Schroeder - Speaking about the history and general facts about St. Augustine South

SASIA Board Members

President - Jerri Sue Dawson
1st V.P. - Nicolette Soucy
2nd V.P. - Mick Jones
Secretary - Kenneth Rainer
Treasurer - Margo Geer
Directors: Mike Oliver, Robert Kennedy, Oonna Hueck, Dave Whitaker, Susan Millerick

Classes at the SASIA Clubhouse

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

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

Movin' with Melinda - Tuesday and Thursdays 8:30-9:30am. A \$5.00 donation is requested. Contact Melinda at slidermamma@yahoo.com.

Line Dancing - Wednesdays 1:00-2:30 pm Join Dianne and Ingrid for a beginning level class. All age ranges are invited to join. \$5.00 donation is requested. Classes will resume May 10th.

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

Print Distribution Locations

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

Community Classifieds

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

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

FOR SALE: Fiesta Ware - Sunflower, carlet, Turquoise, Orange, Blue, plates, mugs, bowls, platters. Call 904-793-4348.

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

WANTED: Female roommate wanted to share High end apartment. Covered parking, elevator. \$950.00 818-625-4045.

WANTED: Good clothe dryer. Call Genna at 904-671-3434

WANTED: Care person for femal with back surgery located in the Shores. 904-687-3362.

WANTED: Help with housekeeping, shopping, and lawn and garden (non-professional). Call Cathy, (904) 806-0054.

WANTED: Cleaning person for small home in the Shores. Call 904-687-3362

FREE: 3month old kittens ready for free

adoption. 2 females 1 male fixed and shots. call Paul at 797-9874.

FREE: 1. Wingback chair, light cream color, excellent condition. 2. beige recliner in very good condition--free to good home if you pick them up! Location: Alcira Court, Conquistador Condos 2 entrance; second floor. Pictures available. Call: 305-850-9897.

NOTICE: Plant & Bake Sale - Geranium Circle Funraiser May 6, 9am-Noon at 3440 Old Moultrie Rd. Hot Dogs Served.

GE Washer & Dryer

Purchased new 11/10/21, only used for 18 months! Like new, excellent condition! Sold as a set \$800. Call 201-704-4718



Coins, Gold & Jewelry

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

Math Tutor

Sessions 1/2 hr M-Th, Sat. In my home near The Shores. Call/Text 904-419-7417 G. Taylor, Matanzas High School Math teacher.

Retired LPN Caregiver

Inhome companion, senior or child sitter sevice availble 24 hours. Reasonable rates and professional referebces. Call Sierra 904-377-7227

Car Service

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

Wanted

2 BR BLOCK HOME in The Shores up to \$260,000. Local Buyer will provide time to move. CALL Dirk Schroeder, CENTURY 21 St Augustine Properties 904-540-2360.

Caregiver/CNA for seniors

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

Flagler Hospital Free Monthly Education Classes & Support Groups

call the Cancer Education and Support Center at 904-819-4793.

Breast Cancer Support Group

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

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

Restorative Yoga: Rest, Heal, Restore

Wednesdays Weekly from 1:00pm - - 2:15 pm at the Wellness Center
Taught by Certified Yoga Instructors through the Christina Phipps Foundation

Restorative yoga encourages physical, mental and emotional relaxation. Ease into this yoga session with gentle stretching and breathing techniques that allow you to experience the following benefits that Restorative Yoga offers:

- Relax the mind and body
- Enhance your mood
- Soothe the nervous system
- Reduce chronic pain
- Improve sleep



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St. Augustine Shores & South News & Events



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

Shores Riverview Club Activities May 2023

May DANCES RSVP requested but NOT required: Call 904-794-2000 or at www.staugshores.org/dance-rsvp. **BYOB* Guests: \$15.00/pp**
Dance Club Members FREE – **Open seating**

EARLY SOCIAL Tim Rippey
Saturday, May 6th
7:00pm to 10:00pm

MAIN SOCIAL Debbie Owen & Tony T
Sunday, May 21st
6:00pm to 9:00 pm

GUESTS \$5/pp/class



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

Barre Workout Class led by Mary, **Tuesdays at 5:30 pm.** Classic Barre is dance-based fitness class designed to sculpt, stretch, and strengthen.

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

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

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

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

Art Group Class led by Una, **Wednesdays at 1:30-4 pm.** Bring your current project and share expertise and ideas on all aspects of drawing/painting, including composition, perspective, color, mediums, etc.

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

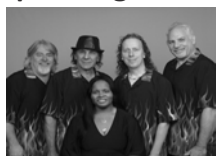
Dance Synergy Class led by Mary, **Thursdays at 10:30.** Learn the fundamentals of dance while strengthening your core.

Tai Chi Flow Class led by Sharon, **Tuesdays at 10:30am**

Square Dance Class led by Mike, **Wednesdays at 7:00pm**

Mahjong Please call Christine if you are interested! 904-794-2000

Upcoming Events



Early Social
Soulfire
Saturday, June 10th
7-10pm



Main Social
Frank Saffi
Sunday, June 25th
6-9pm

Free Estimates References Available

- Cabinets
- Closets
- Shelves
- Doors and more

(904) 315-8550

Jorge Damonte:
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Voting, Annual Membership & Change

One of the difficulties with writing an article in advance of a publishing deadline is that the subject matter may be several weeks old and less relevant before the paper reaches its readers. An effort is made to cover issues that are of a non time-critical nature or are too important not to be mentioned.

By now, home owners should have received their packages containing Notice of St. Augustine Shores Corp. Annual Meeting, proxy form, ballot for election of Directors and candidate information. Please vote and return your ballot and proxy form to the Service Corporation office no later than 4 pm Eastern Time on May 4th, 2023 – instructions for completing and returning forms are included in the package. The Annual Membership Meeting will be held at the Riverview Club at 10 am Eastern Time on Friday May 5th 2023. Please attend if you can, but if not, your returned proxy will be used to establish a quorum so that the meeting can go forward.

With the election of new Directors to the board, we can expect new ideas, perspectives and priorities that may result in changes to the format of these articles over the coming months. The hope is that they will continue to be helpful and informative to the community as a whole.

Recently, the flurry of graffiti in the Shores has died down significantly. However, there has been a recent report of one instance of a particularly heinous nature. This is a friendly and welcoming community and we believe that we speak for our residents in condemning all acts of racism and bigotry wherever we encounter them.

St. Augustine Shores Service Corp. 790 Christina Drive | St. Augustine, FL 32086
904.794.2000 www.staugshores.org

St. Augustine Travel Club

The St. Augustine Travel Club will hold their next meeting on WEDNESDAY, MAY 10 @ 3:00 PM when we will cover Scotland. Discover the distinct customs, culture and character of Scotland, join the Scottish clans at The Gathering in Edinburgh for sport, folk dancing, arts, crafts and bag pipes. No visit would be complete without visiting a whiskey distillery, along with many other sites to see.

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



St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Sunday, December 10 - 17, 2023 on the beautiful new Italian ship MSC SEASHORE out of Port Canaveral to the Caribbean and Mexico, to the ports of Ocean Cay (MSC private island and Marine Reserve in the Bahamas), Costa Maya and Cozumel (Mexico) for a 7-day cruise. Prices start from \$619 per person, double occupancy,

for inside cabin, inclusive of all port fees and taxes. Balconies and Oceanviews are also available at additional cost. Book now with a \$199 p.p. deposit and receive \$50 per stateroom On Board Credit, Free Beverage Package, Wi-Fi and more. Call Peter, St. Augustine Travel Club at (904) 797-3736.

Living with Cancer Support Group

3rd Wednesday of each month at 11:00 am

Our Living with Cancer support group has moved to Cancer Specialists of North Florida. 121 Whitehall Drive, St. Augustine 32086. Same day and time-the third Wednesday of every month at 11:00. We still have the ability to ZOOM in if needed.

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

JOY

Find Joy at Shores
United Methodist Church!
724 Shores Boulevard
St. Augustine, Florida 32086
(904) 797-4416

Traditional Worship Service
9:00 am

Contemporary Worship Service
11:00 am

Online Worship Service visit
www.shoresumc.org

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SASIA News and Calendar of Events

May 2023

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

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

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

SASIA Community Meetings

Community meetings are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse, except July and August. Please join us on May 17th at 7pm for our SASIA community meeting. District 3 Commissioner Roy Alaimo will be in attendance discussing issues in St. Augustine South and St. Johns County.

Pi Artisan Pizza food truck will be there from 5-7pm. Come and grab a bite to eat and stay for the meeting. We hope to see you there.

Future Community Meeting Speakers: June - Fun 4 Auggie Kids – An informative meeting sharing family, friendly events and activities in St. Augustine. September - Dirk Schroeder - Speaking about the history and general facts about St. Augustine South.

Food Truck Nights

Food Truck Nights are 5-7 pm at the Clubhouse (709 Royal Road)

Friday, May 12th – KCs Hotdogs

Friday, June 9th – The Little Pizza Truck

Friday, July 14th – Wingin' It

Friday, August 11th – Heart & Soulfood

Friday, September 8th - Johnny's Mac Shack

We are working to secure a food truck once a month and will post signs in the neighborhood and send out reminders, we hope you can join us. If you know of any food trucks that would be interested in participating, please have them contact us.

Scholarship Program

Do you know a high school senior living in SAS? Let them know that financial grants are offered by SASIA to graduating high school seniors who are residents of St. Augustine South subdivision to assist in further education. The grant may be applied to registration, tuition, books, or other appropriate fees.

SASIA is proud to announce a significant addition to our annual scholarship program. A generous St. Augustine South couple is funding a 4-year, \$40,000 STEM scholarship to be awarded to a neighborhood student pursuing a degree in STEM-related studies.

Applications for the scholarships must be received by SASIA no later than Friday, May 19, 2023. The grant award will be announced Friday, June 9, 2023.

To apply online go to: www.staugsouth.com/scholarship-grant. For additional information regarding the STEM scholarship, please email SASIA at info@staugsouth.com

Arts & Crafts Festival

Support local artists! Come find the perfect Mother's Day gift at the SASIA Spring Arts & Crafts Fair on Saturday, May 6th from 10am-2pm. There will be numerous artists sharing their talents! It will be located at the SASIA Clubhouse 709 Royal Road, 32086.

Upcoming Events (Subject to changes)

Arts & Crafts Fair - May 6th - 10am-2pm

Community Meeting - Wednesday, May 17th 7:00pm

KCs Hotdogs Food Truck - Friday, May 27th

The Little Pizza Food Truck - Friday, June 9th

Community Meeting - Wednesday, June 21st - 7:00pm

No Community Meetings in July & August

Wingin' It Food Truck - Friday, July 14th

Heart & Soulfood Food Truck - Friday, August 11th

Johnny's Mac Shack Food Truck - Friday, September 8th

Community Meeting - Wednesday, September 20th - 7:00pm

Garden Tour – October 7th

Fall Festival - October 28th - 12-5pm

Arts & Crafts Fair - December 2nd - 10am-2pm

Holiday Celebration with Santa - December 16

All dates are subject to change.

Mass Rock LLC

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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.

Wednesday Night Services 7 p.m.

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

News & Events Around St. Johns County

COA Announces Expanded Transportation Services to Trout Creek Senior Center and April 2023 Events

St. Johns County Council on Aging (COA) has announced that transportation services to and from COA's Trout Creek Senior Center will now be available for registered participants of the Trout Creek Senior Center each day the center is open, Mondays, Wednesdays, and Fridays. COA's Trout Creek Senior Center is located at 6795 Collier Rd. in Orangedale, FL. The center offers lunch, activities, exercise, special events, and socialization for adults age 60 and up. For more information and to register to attend, please contact COA's Myra Fisher at (904) 209-3658.

The following are a few of the fun programs planned at the Trout Creek Senior Center beginning in April 2023. To view a complete calendar of events, please visit www.coasjc.org/trout-creek-center. If you have any questions or wish to register, please call COA's Myra Fisher at (904) 209 3658. *Please note, Trout Creek Senior Center will be closed on Friday, April 7 in observance of Good Friday.

- Wednesday, April 5th - Easter Gift Basket Raffle Fundraiser & Wacky Waffle Wednesday

- Friday, April 14th - Picnic Lunch at Alpine Groves Park

- Monday, April 17th - Starting an Herb Garden at the Center

- Friday, May 5th - Garage Sale



Little Miss Sunshine is an R Rated Musical Comedy

Please join us on Saturday, May 13, 2023 as we celebrate spring at the Limelight Theatre, 11 Old Mission Avenue, St. Augustine, FL 32084, for a performance of Little Miss Sunshine based on the 2006 film of the same name.

The play is about the Hoover family who has seen better days. Richard, the father, is a floundering motivational speaker, Grandpa's been kicked out of his retirement home and Uncle Frank's been dumped by his boyfriend. Moody teenager, Dwayne, has taken a vow of silence, and overextended mom, Sheryl, can do little more than slap on a smile. But, when the youngest Hoover, energetic Olive, enters a regional children's beauty pageant, the family thinks that their luck could change and embarks on a cross-country trek, chasing the coveted title of "Little Miss Sunshine."

LITTLE MISS SUNSHINE IS AN R RATED MUSICAL COMEDY.

Hors d'oeuvres will be served at 6:30 pm – performance at 7:30 pm. Dessert will be served during Intermission. There will also be a 50/50 Raffle.

DEADLINE FOR PURCHASING TICKETS IS MONDAY, MAY 1ST OR WHEN CAPACITY IS REACHED. Cost per ticket is \$32 for members and \$35 for non-members. You may purchase tickets on our online platform using your credit card, Apple or Google Pay or ACH debit payment.

Please contact Teresa Freedman at teresa.freedman@gmail.com or 774.994.2066 for the link to our ticketing page.

Tea Anyone?

Shores United Methodist Church will hold its annual "High Tea & Crafts" on Saturday, May 6, 2023 from 10am to 2pm. Ladies are welcome to come by for this historically fun event to share a cup of tea, typical sandwiches and sweets found at a high tea, and make a craft or 2 to take home. Reservations are not required, yet RSVPs are appreciated. Call the church, 797-4416, after April 15 with a name and the number of people who will be attending. Spring hats are encouraged. So stop by, have a bite, a sip, do a craft, and enjoy the fellowship and fun!

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Making Art with Intention: New Book by Patty Magee

On First Friday, May 5th - The Saint Augustine Beach Art Studio and Gallery is proud to present Patty Magee as the featured artist of the month for May 2023. The studio will host a book signing event for Magee's new book, Making Art with Intention, from 5-8 pm. The event is free and includes art, music, snacks, and beverages.



Making Art with Intention is a collection of field notes from a holistic nurse practice, exploring how creative expression can produce a therapeutic caring-healing environment. Magee, an RN and MA graduate from the University of Florida in Arts in Medicine, advocates merging her two interests into one for a more holistic nursing role. Her book discusses the correlation between connecting art and wellness and the therapeutic merit of art as another way of knowing and caring for the patient.

Magee's artist statement is that she is an ambassador for "connecting art and wellness." Early in her childhood, she knew her calling was to become an artist and nurse. She has seen firsthand how the creative art process can reduce stress on our

bodies and help adults become less inhibited about illness. Magee has exhibited her art in several galleries and fundraising events, including the University of North Florida Gallery, Bank of America Tower, Habitat for Humanity, and Nursing scholarship, among others.

Don't miss the opportunity to meet Patty Magee and get a signed copy of her book, Making Art with Intention. Join us on May 5, 2023, from 5-8 pm, at the Saint Augustine Beach Art Studio and Gallery located at 370 A1A Beach Blvd, Saint Augustine, FL 32080. For more information, please visit www.beachartstudio.org, or contact Patty Magee via her website, www.pattymagee.com, or email, magee.patty@gmail.com.

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



The Wildflower Meadow Group

by Cindy Taylor

Walking around and through the meadow early in April, I noticed the coreopsis and mimosa strigillosa each have their own "community". That's probably because of how their seeds and roots spread but it's nice to think about flowers staying together to support each other. It also makes for a better showing than if each flower was separated by distance. Standing together counts with wildflowers too. I made a long list of the flowers blooming and it's too long for this article. Let's just say: coreopsis, coral bean, Indian plantain, twin flower, wild onion, and mimosa strigillosa. Why don't you



Coral Bean

walk by the meadow and see if you can find something not on this short list? During our work day the first Saturday in April, Russel pruned the fire bush half way down to the ground because last winter's frost killed the branches. The branches snapped off easily, verifying there was little if any life in them. There's new growth at the base of the bush and, after the pruning, the energy of the bush can now focus on nourishing just those. Janet trimmed the dead branches off the coral bean and now it, too, is more vigorous. Becky planted some identification signs and we all pulled lawn grasses away from the wildflowers to give the latter more sunlight and space to grow.

We remind you that a meadow is not a garden. Nature and the seasons determine what grows and when. It's never the same from season to season or year to year because Nature is in control and our hope is to let it do what it does. Thanks to Marlene and Janet for photo contributions.

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A Classic Theatre Presents

“Mothers and Sons” as Season Finale

A Classic Theatre (ACT) will wrap up its record-breaking 15th season at the historic Water Works building with Mothers and Sons by Tony Award winning playwright Terrence McNally. For McNally, the most important function of theatre was to create community and bridge rifts opened between people by differences in religion, race, gender, and particularly sexual orientation.

This Tony nominee for Best Play is a gentle and moving, wryly witty drama about change, reconciliation, and what it means to be a family. Cal and his husband Will have built a happy life together with their 7-year-old son. When the mother of Andre, Cal’s former partner, makes a surprise visit 20 years after her son’s untimely death, the past casts a shadow on their idyllic life. As generations collide, she begins to envision the life her son might have led and faces some complicated truths.

Directed by veteran New York actor and director Grace Reed, the outstanding cast of local actors includes Nancy Grote, formerly a professional Broadway actress. Nancy is familiar to St. Augustine audiences for her portrayal of writer Marjorie Kinnan Rawlings in several ACT productions.

Stephen Mitchell, a graduate of Flagler Theatre Department, is also an ACT alum, having starred in Murderers, Shorts and Giggles and Motherhood Out Loud.

ACT is happy to welcome Trevor Gluckman and Oliver Williamson in their ACT debut. “McNally captures a moment of hope and promise... Mothers and Sons feels like the sun on your face!” - NBC New York

Performances at the Waterworks building, 184 San Marco Ave, St. Augustine, FL 32084 on May 5th, 6th, 12th and 13th at 7:30 p.m. Matinee performances May 7th and 14th at 2:00 p.m. For tickets visit aclassictheatre.org



TICKETS ON SALE NOW!

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by Terrence McNally
Directed by Grace Reed

May 5, 6, 12, 13 - 7:30pm
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SOME DEFINITIONS

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- **SALES ASSOCIATE** - someone who has placed their license with a Broker. That Broker may or may not be a Realtor.
- **REALTOR** - a Sales Associate or Broker who has joined the National Association of Realtors and adheres to their Code of Ethics.
- **BROKER ASSOCIATE** - a sales associate or licensee who has been licensed for 2 years, taken a 72 Hour Course and passed the State exam. Upon receiving a Broker's license, a person can open their own brokerage or work as a Broker-Associate for a Broker.
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Diaries of a Shores Grand-Dad

by Dirk Schroeder

Season 7 Episode 5

Yes; I am into my 7th year of The Diaries. Cliff Logsdon, The Observer's Publisher, should be celebrating some sort of anniversary as well. Among the nice things that Cliff does is that he posts the old Issues of The Observer on-line. The old issues can be found at his website: www.staugustineobserveronline.com

There is an abundance of history about the South end of St. Augustine. I have been archiving the real estate history since the early 1980's. For example, in St. Augustine Shores, we have one of the original Mackle-Built "Declarations of Restrictions" booklets wherein a copy of the filing of the Incorporation of the St. Augustine Shores Service Corporation can be found. The "Not for Profit" was filed on March 10th, 1971. St. Augustine Shores was marketed in one of Deltona's brochures as follows: "In the clean, green land of the Fountain of Youth" and "Your Florida Dream Home with Landscaped Property from \$13,950". I'll take 10 please!

Here's a bit of History you may not know: North of the Riverview Club was a Multi-Family designated parcel that was supposed to be a 320 Unit High-Density parcel (Unit 6 Tract "L"). There was a local resident and Realtor named Barrie Higgins who presided over the St. Augustine Shores Civic Association in 2004. She was the

"Vocal Local" who spearheaded the acquisition of this 32 Acre parcel by St. Johns County (with some matching State funding) and she, and others like Delilah Walton, succeeded at getting the Canopy Shores Park that we have within our community today. The Civic Association was dissolved in 2012 but Barrie's dream lives on. Another tidbit of history is that the main entrance sign at Shores Boulevard and US 1 used to be a water fountain.

Our company has many old records for most of the subdivisions and condominiums around town including many of the original sales brochures. These come in handy when people are thinking about selling their properties because we have all of the original literature.

Although history is important, looking ahead is even more important. We know what we have but we need to collaborate on when, where and how things are about to happen in our future. Fortunately, vast areas of our County are protected as parks, recreational and open space and many Land Uses are "Agricultural" and "Silvicultural" (tree farm) lands. If you should have related questions about these matters, I'll be glad to talk with you.

In Season 7, Episode 6, I will try to get back to something other than real estate. In the meanwhile, I wish everyone, as always, a Sunshine State of Mind.

Sheriff's Update

By Robert A. Hardwick, St. Johns County Sheriff

Intercept Task Force



The St. Johns County Sheriff's Office (SJSO) is excited to announce a new Task Force called the Northeast Florida Intercept Task Force. This task force will be comprised of SJSO and six other Northeast Florida law enforcement agencies including the Clay County Sheriff's Office, Jacksonville Sheriff's Office, Nassau County Sheriff's Office, Putnam County Sheriff's Office, Florida Department of Law Enforcement, and Homeland Security Investigations.

NEFL INTERCEPT is a unique public-private partnership with Operation Lightshine, a non-profit organization dedicated to combating Child Sexual Exploitation and Human Trafficking. This public and private partnership in a law enforcement task force is a first for the Northeast Florida region and is only the second of its kind in the nation sponsored by Operation Lightshine.

Operation Lightshine was founded in Nashville by Matt Murphy, a US Army Green Beret combat veteran. He had a very personal reason to start Operation Light Shine as his sister was trafficked for sex and drugs and found deceased in 2019.

Operation Light Shine is the backbone of our NEFL Task Force as it provides financial and technical support as well as other resources. Operation Light Shine in turn partners with other non-profits to include the Tim Tebow Foundation. To learn more about Operation Light Shine, please visit operationlightshine.org

This Task Force will assist SJSO with continuing to be proactive in the fight against child exploitation and human trafficking. In 2022 in Northeast Florida alone, there were 2,300 reports combined of child exploitation and human trafficking.

In this same year, 2022, the St. Johns County Sheriff's Office received 200 cybertips from the National Center for Missing and Exploited Children and local citizen complaints. After our subject matter experts screened the tips, SJSO ended up with 65 child exploitation and 13 human trafficking reports that were investigated. Of those, seven child exploitation and five human trafficking cases have been handed over to the state or federal government for prosecution and an additional 13 cases are active with charges forthcoming.

"Rescuing victims of child exploitation and human trafficking is a #1 priority in law enforcement. The message to offenders is clear: we will find you, and we will hold you accountable," said Sheriff Hardwick.

You can report any information about human trafficking, child sexual abuse, or the trafficking in child sexual abuse material immediately to SJSO or Federal Law Enforcement by calling 1-866-347-2423. You can also remain anonymous by reporting the information to First Coast Crime Stoppers at 1-866-845-TIPS, to the National Center for Missing and Exploited Children through their tip line at 1-800-843-5678, or report it online at report.cybertip.org.

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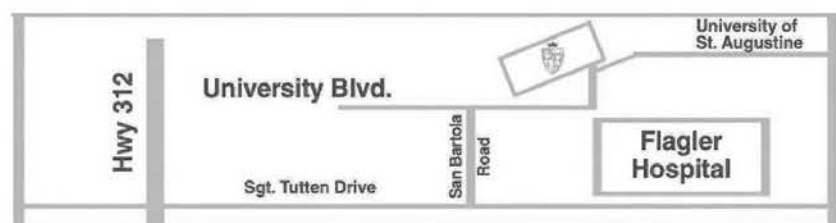
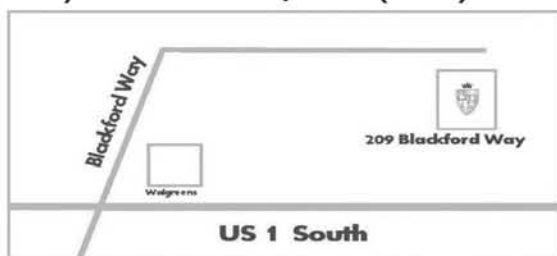


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Upper Crossed Syndrome

By Rob Stanborough
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT
First Coast Rehabilitation
(904) 829-3411

I have written other columns about the negative effects of poor posture. Good posture is when the force of gravity, pushing down on our bodies, is distributed relatively equally, right to left and front to back. When that is disturbed, joints are stressed, and muscles begin to produce imbalanced forces.

Vladimir Janda, MD (pronounced 'Yanda') categorized muscles into two groups: tonic and phasic. Each joint has tonic and phasic muscles. For instance, the arm has tonic biceps and phasic triceps. The leg has tonic hamstrings in the back and phasic quads in the front. The trunk has tonic spine erectors in the back and phasic abdominals in the front. Each group of tonic and phasic muscles should work together. While one produces force the other is inhibited and gives way. The biceps and triceps cannot contract, producing the same amount of force at the same time. If they did, the elbow would not bend. To create elbow bending (flexion), the biceps produce a greater force than the triceps and the triceps give way or are inhibited.

When we demonstrate good posture, the balance between tonic and phasic muscles helps us move efficiently. When poor posture occurs and muscle imbalances manifest, tonic muscles begin to increase their tone or tension, becoming tighter and can become shorter. This can often lead to joint limitations and even compression, which is never good. At the same time, the phasic muscles become more and more inhibited and weaker, which is also not good.

On average, the head weighs 8-12 pounds and is meant to sit atop the neck whereby the force of gravity is equally distributed from front to back and right to left. We all know the head can start to move forward with seated activities, computer, and phone use, reading, crocheting, or slouching in a deep sunken couch or chair, to name only a few. Unfortunately, when this happens habitually, it may feel fine initially but it is just a matter of time before an Upper Crossed Syndrome develops.

The Upper Crossed Syndrome is a postural syndrome designated by Vladimir Janda. It is a syndrome in the upper quadrant of the body. And when he connected the muscles involved, they crossed the body and formed an "X". The tonic upper trapezius/levator scapulae in the back and the pectoralis major/minor in the front tighten and shorten, which

the phasic neck stabilizers in the front and the scapular stabilizers/depressors in the back become inhibited and weak. This seals the deal of the forward head, rounded shoulder position. The can result in compression of the cervical spine and possibly nerve roots. It can alter the shoulder mechanics, contribute to TMJ problems and more. Problems manifest differently for each person due to their weak link, but the recognizable pattern is the same, nonetheless.

The good news is it can be prevented and often corrected with lifestyle changes, simple stretches, and exercises.

1. Lifestyle changes: simply being mindful of your posture. Get your head up! Look up! (a whole different topic and column but see: <https://www.lookup.org.au/> for an interesting read. Adjust your computer screen. Change your phone habits. Place pillows under your elbows to raise your arms while reading or crocheting instead of constantly looking down.

2. Stretch: When you walk through a doorway, place your arms on both sides of the door jam, slowly step through until you feel a gentle stretch.

3. Exercise: Pull your shoulder down and back or acquire an exercise band, loop around a doorknob and row, pulling your arms back and your shoulder blades down and back.

These are basic and can be built upon by your physical therapist, who should be familiar with the upper crossed syndrome. But for now, anyone can apply and start with these basics today. Next month I'll explain the Lower Crossed Syndrome.

Rob Stanborough is a physical therapist serving St. Augustine for nearly 20 years and has presented both nationally and internationally. He was one of the first PT's to be permitted to use DN in FL and has been doing so since 2017. He has trained others in DN since 2010 as a Senior Instructor for Myopain Seminars (www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation (www.firstcoastrehab.com), and co-author of *Myofascial Manipulation: Theory & Application*, 3rd ed by Proed Inc. Read previous columns posted on www.firstcoastrehab.com.



Trouble Swallowing?

When the normal process of swallowing is disrupted or made more difficult for any reason it is referred to in medical community as dysphagia. There are many things that cause dysphagia as swallowing is a complex process. Some causes are:

- Related muscle degradation
- Neurological Conditions
- Traumatic Brain Injury
- Tumors

Dysphagia can be broken down into, two groups: Oropharyngeal Dysphagia (Mouth or Throat), or Esophageal Dysphagia (tube that carries food from your mouth to your stomach). Some signs and symptoms of these are:

- Coughing and gagging when swallowing
- Choking
- Globus (feeling like something is stuck in the throat, chest, or behind your breast bone)
- Unable to swallow
- drooling
- hoarseness
- Regurgitation

Ways that Speech Therapy can help with dysphagia are; direct swallow techniques and maneuvers, exercises with biofeedback and neuromuscular electrical stimulation, deep pharyngeal neuromuscular stimulation, swallow compensations, dietary modifications and much more.

If you want to learn more/ get checked out, make an appointment with our speech therapist Debra Mullins. Phone: 904-217-4259 (Website: WWW.STARSREHAB.ORG)



Latin American Festival

On May 6, 2023, the Ancient City's original Latin American Festival returns to Francis Field! Experience a day full of beautiful culture, music, dance, food, workshops, performances, activities, and so much more. The main stage will feature GRAMMY winner Elvis Crespo and more music and dance groups throughout the day with a mixture of styles from across Latin America.

Watch artists paint throughout the day at the Mural Exhibition and vote for your favorite. What festival is complete without food? Authentic Latin American food trucks and vendors will be on site to showcase the distinctive style and range of Latin food. The marketplace will feature 75 vendors selling international crafts, textiles, and other merchandise.

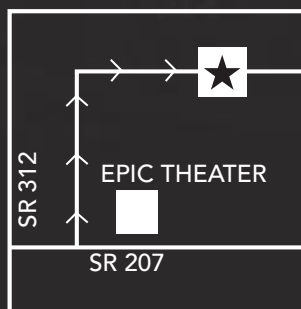
Bring your dancing shoes and dive deeper into the culture while local and regional acts celebrate the rhythm of Latin America with performances and dance workshops. Tickets are \$10 for general admission. Get VIP passes for \$75 with perks like meet & greets, stage access, private tables under the canopy, private bathrooms, VIP bar, Latin American-inspired hors d'oeuvres by a local chef, and more.

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New Law Allows Transfer of Unused College Savings to Roth IRA

By Renae Aiple, CRPC, Raymond James Financial Advisor

Parents who have saved for their children's education through a 529 college savings account now have another option for those funds. As of 2024, beneficiaries can transfer unused funds from their 529 account directly to a Roth IRA, tax-free.

This change comes from the SECURE Act 2.0 and aims to address concerns about leftover 529 funds being trapped in the account. Families who saved in a 529 account may have found alternative ways to pay for college or may have overfunded the account for a beneficiary. Previously, if they wanted to withdraw the funds without a penalty, they had to do so as nonqualified withdrawals. This new law allows them to transfer the funds to a Roth IRA instead.

While the industry is still working to clarify some details, such as the set period of time the 529 plan must be established, it is known that the lifetime amount that can be transferred is \$35,000, subject to annual contribution limits. Additionally, the Roth IRA must be in the name of the beneficiary, and the beneficiary must

have earnings equal to or greater than the rollover amount.

One benefit of this new law is that income limitations on Roth IRA contributions do not apply to these 529-to-Roth transfers. This means that even higher-income families can potentially take advantage of this opportunity. However, it's important to note that any traditional or Roth IRA contributions made by the beneficiary would count against the \$6,500 annual limit.

Financial advisors are encouraging families to consider this new planning opportunity, especially if they have overfunded a 529 account or have found alternative ways to pay for their child's education. It's recommended to speak with a financial advisor to determine if you meet all of the requirements and if this is the right option for your family.

Overall, this new law provides a valuable option for families concerned about overfunding a 529 account or being penalized for nonqualified withdrawals. It's a win-win situation, offering tax-free benefits and flexibility for parents and students alike.



Computer Corner

by Steven Aldrich

Farewell from Steve...

It is with a heavy heart that I write this farewell article, as I announce that I will no longer be writing these monthly technology articles. For over seven years, I have had the privilege of sharing my thoughts, insights, and knowledge with you, and it has been an incredible journey.

As a writer, there is nothing more rewarding than knowing that your words have made a difference in someone's life. Whether it was a reader who learned something new from one of my articles, or someone who was inspired to pursue a career in technology because of something I wrote, your feedback and support have brought me immense joy over the years. I find it incredible that on occasion folks have cut these articles out and saved them.

I have always believed that technology has the power to change the world for the better, and it has been an honor to be a part of the conversation around how we can avoid some of the most pressing problems with technology. I have had the opportunity to explore some of the most exciting and innovative technologies of our time, and to share my thoughts on how we might keep them in proper running order.

To all my readers, I want to say thank you. Thank you for your

support, your feedback, and your trust in me to help with your tech issues. You have made this journey an unforgettable one, and I am grateful for every moment we have shared.

My family needs my attention now as health issues begin to require that I be closer at hand. In addition to no longer writing these articles, to ensure that I am available, I have found a person to handle all my client calls. His name is Rob, and if you call FCCS, I'll be referring you to him. Rob is a solid professional who learned this trade while serving in the Florida Army National Guard.

As I say goodbye, I want to leave you with one final thought: never stop exploring. Whether it's Bitcoin, Cardano, or technology in general, there is always something new to discover, something new to learn, and something new to be excited about. So, keep exploring and keep learning.

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. Steve@fccspro.com or (904) 479-5661.

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