

March  
2022

Over 7,400 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

# St. Augustine OBSERVER

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

## St Augustine South Reflections

by Ruth Hope, SASIA Secretary

In February, "Mr Roo," a rather handsome white rooster, arrived uninvited in my son's back yard. By the second day of his visit, his neighbor was complaining of sleep deprivation from Mr Roo's habit of crowing at 4am. Concerned that she would call animal control, I went in search of Mr Roo's owner. My first call was on a back yard poultry keeper, a few houses up the road. Mr Roo was not his rooster, but he had seen Mr Roo around for several days and thought he had come from further up the road or perhaps from completely the opposite direction. One thing was made clear, the neighbor's own rooster would make mincemeat of Mr Roo should Mr Roo have the temerity to wander into that neighbor's back yard.



the lam in my son's neighborhood, I had also to publicize it in St Augustine South. That is where life became interesting, as numerous neighbors responded that my photograph was Rob aka "Chicken Bird" who lives on a road in our neighborhood. Some mentioned he had been missing for a few days. But Mr Roo is in a neighborhood 3 miles to the north. Had he hitched a ride in the back of a truck? I had to investigate. I was given a specific intersection in St Augustine South as Rob's home patch. There were three homes there and one I knew did not have backyard chickens. I rang the bell of one of the other houses and showed Mr Roo's photograph to the homeowner. She excitedly invited me in and showed me a photograph from her refrigerator door of her granddaughter holding a white rooster who looked exactly like Mr Roo. Rob is a very friendly rooster, who sleeps in a neighbor's garage. That likely muffles his crowing and certainly keeps him safe from predators. (continued on page 5)

My next thought was to advertise on social media. Although NextDoor supports sharing announcements in specific neighborhoods, a quirk of the website is that at least one of the neighborhoods must be the home neighborhood of the person posting. To publicize the rooster on

**2022**  
**GAMBLE ROGERS**  
**MUSIC FESTIVAL**  
Celebrating a Florida Legend since 1995  
May 6-8, 2022 - 30+ Performers  
Colonial Oak Music Park - St. Augustine

The Gamble Rogers Music Festival will take place May 6-8, 2022 at the Colonial Oak Music Park in downtown St. Augustine, Florida. The festival celebrates

recording artist Gamble Rogers who died trying to save a drowning swimmer in 1991. His passion for balladry and storytelling shaped American folk music. The festival has honored that tradition since 1995 by bringing to the stage international and national artists, as well as local and regional performers.

The 2022 event will include more than 30 musical acts, with headliners The Steel Wheels, an Americana band from the Virginia mountains.

Along with three full days of great music, the Gamble Rogers Music Festival will offer plenty of food and drink available at the Colonial Quarter's restaurants and beverage sales areas, a jam area, merchandise and more.

New this year, the Riberia Gardens stage, located across the street from Colonial Oak Music Park, will feature youth-friendly performances and activities including a ukulele workshop, storytelling, hands-on music making, and family-friendly music.

### TICKETS:

3-Day Pass: \$60 (May 6-8)  
\$20 for Friday, May 6  
\$30 for all-day Saturday, May 7  
\$20 for Sunday, May 8

### EVENT HOURS

Friday, May 6: 5 - 10:30pm.  
Saturday, May 7: 10am - 10:30pm  
Sunday, May 8: 10am - 6pm.

## St. Patrick Parade Returns to St. Augustine March 12

This year is the 422nd anniversary of the first St. Patrick Day celebration in America and the first recorded St. Patrick Parade in the world, recognizing St. Augustine, Fla. as an authentic center of Celtic-American culture to celebrate St. Patrick's Day.

The first historically documented St. Patrick procession was held in St. Augustine in 1601. A year earlier, St. Augustine's Irish vicar, Father Ricardo Artur (Richard Arthur) led the first St. Patrick celebration in all of the Americas. The St. Augustine events pre-date, by more than 100 years, Boston, Massachusetts's claim to the first St. Patrick's celebration in 1737 and New York City's first St. Patrick's Day parade in 1762.

The St. Patrick Parade, produced by Romanza-St. Augustine, Inc., returns on Saturday, March 12 at 10 am starting at Francis Field and follows a three-mile Augustine, which was Spain's capital in La Florida. The Sisters opened The O'Reilly House, known officially known as the Father Miguel O'Reilly House Museum as a museum and fundraising site at 32 Aviles Street. On October 15, 1974, the House was added to the U.S. National Register of Historic Places.



The Parade Reviewing Stand will be located and hosted by Ann O'Malley's Irish Pub at 23 Orange Street in St. Augustine. The Parade announcer will be Jessica Clark, award winning journalist (see page 6)

PRSRT SDT  
US POSTAGE PAID  
ST. AUGUSTINE, FL  
PERMIT #132

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





4320 A1A South, Ste 3  
St. Augustine, FL 32080  
p. 904.679.3449  
f. 904.679.3446

Rebuilding Lives Through Movement, Community and Empowerment!

**ONLY** facility in Northeast FL designed **EXCLUSIVELY** for people diagnosed with Parkinson's Disease!

### Physical Therapy

One-on-One 45 minute sessions  
Board Certified Neurologic Clinician  
PWR! Moves Therapists



### Speech Therapy

Voice Therapy  
Cognitive Rehabilitation  
Swallowing Rehabilitation with  
VitalStim & Biofeedback



Support Group Wellness Classes

**THE PARK AVENUE PROJECT** 2021-2022 supported by a community grant from the Parkinson's Foundation. This grant has allowed us to expand our wellness programs and offer new, year-round classes for FREE for people living with Parkinson's disease in our Parkinson's gym, and for those that wish to stay at home, virtually through online zoom sessions.



[www.STARSREHAB.org](http://www.STARSREHAB.org)



@STARSREHAB



Strictly Senior  
Services Inc

StrictlySeniors.org

*You or your loved one can now travel with peace of mind.*

*My service promotes independence while providing personalized care. I offer short and long distance transportation with a kind, caring advocate in the driver's seat!*

**"We Provide  
More Than  
a Ride"**



**Call for escorted door-to-door transportation to/from:**  
♥ Medical Appointments ♥ Special Occasions with Family and Friends  
♥ Community Activities ♥ Social Engagements  
♥ Shopping Trips and Salon Visits  
♥ Airports (including pick-up, drop-of and flight companions)

Tracey Kuczinski - Your Senior Advocate

StrictlySeniors.org

**904.481.6786**

**WHEELCHAIR ACCESSIBLE SENIOR TRANSPORTATION**



Shores **ANIMAL HOSPITAL**

*Growing Health Pets and Happy People Together*

**We are a Certified Cat Friendly Practice!**

**...and we love dogs too!**

880 Santa Maria Blvd., Suite 10

Saint Augustine, FL 32086

Call: (904) 496-0400

Text: (904) 441-6996

[YourVet@ShoresAnimalHospital.com](mailto:YourVet@ShoresAnimalHospital.com)





# 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”

## St. Augustine Shores Community Calendar

**The Shores Service Corporation**  
Shores Homeowners Association  
(904) 794-2000  
www.staugshores.org

### Shores Monthly Meetings

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

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

month's issue. Articles or information may be sent to the St. Augustine Observer, 1965 A1A South #120, St. Augustine Florida 32080-6509. Information may also be e-mailed to clifflogsdon@att.net.

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

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

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

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

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

## St. Augustine South Community Calendar

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

**SASIA Meeting 3rd Wed at 7PM**  
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 complete the application on the new SASIA website - <https://staugsouth.com/join-sasia>

### Meetings at Clubhouse

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

**Cane Self Defense Classes:** Each Tuesday and Thursday at 10 am at the Saint Augustine South Clubhouse located at 709 Royal Rd. Class time will be around 30 minutes. Space is limited so you MUST register for these classes by text (904) 377-3390 or email KatieMorahanTaiChi@gmail.com

### 2022 SASIA Board Members

President - Jerri Sue Dawson  
1st V.P. - Nicolette Soucy  
2nd V.P. - Doris Taylor  
Secretary - Ruth Hope  
Treasurer - Margo Geer  
Board Member - Mike Oliver  
Board Member - Robert Kennedy  
Board Member - Oonna & Mick Jones (role share)  
Board Member - Ingrid Jones  
Board Member - Alan Chappell

# 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, 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:** Entire house of brand new furniture! Must buy everything. Living Room, Dining Room, Bedroom Set with new mattress, All brand new from Babcock. Kitchen appliances, microwave & more. Call 904-687-3362.

**FOR SALE:** 1. Antique platform rocker \$75. 2. Malimine file cabinet \$50. 3. Tribal carpet \$90. 4. Ethan Allen end tables \$90 for the pair. 5. Office chairs \$5 ea. Call 904-417-3210.

**FOR SALE:** 1. Mahogany desk 30 x 60. \$150. 2. Brass & Glass tables. 2 end 1 cocktail \$20 for the set. 3. Sofa 68" Gold excellent condition \$86. 4. Box

rocker needs recovering \$150. 5. Gray Recliner \$25.

**FOR SALE:** Cadence R5.2 treadmill almost new, paid \$375.00. Asking \$175.00 OBO. Call Jorge 904 439 3629

**WANTED:** Cleaning person wanted for light duties in the Shores. Please call 904-687-3367.

**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.

## Reach Shores & South Residents By U.S. MAIL!

- **FREE** Mail delivery to the Shores & South Communities!
  - We deliver to over 7,400 Residential Mail Boxes
  - Documented delivery By U.S. Postal Service
  - No Subscription Required in mailing areas
- Not in our mailing area? You can get it in your mail box for \$12 per year to cover postage in St. Johns County.  
Call 904-607-1410 to subscribe or to advertise your business or service.

# 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

## 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

## DRYWALL FINISHING

Repairs and Texture  
40 years experience  
Reliable and Local  
Small Business

**CALL GARY MAGGIO**  
**(904) 377-5173**



Licensed # CFC057849

**WE DO PLUMBING!**  
Guranteed Repairs & Installation  
Prompt 7 Day Service  
Free Estimates



**824-1836**

**\$20.00 OFF**

Limit one coupon per customer

## Mass Rock LLC

Lawn Service  
Landscaping  
Pavers  
Pressure Wash  
Handyman Services  
**904-392-9630**  
Licensed & Insured



- 24/7 Door to door Service
- Single party rides
- Experienced, safe & Courteous Drivers
- No gas or extra person surcharges
- We even provide bottled water

For rates & reservations call 910-299-8441 or email: [ajsairporttransportation@yahoo.com](mailto:ajsairporttransportation@yahoo.com)  
"20% off of any ride"  
Vehicle relocation service available



# St. Augustine Shores & South News & Events

## Shores Riverview Club Activities

### March 2022

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

**EARLY SOCIAL** Tim Rippey      **MAIN SOCIAL** Bold City Classics  
Friday, March 4th                      Sunday, March 20th  
7:00 pm to 10:00 pm                      6:00 pm to 9:00 pm

GUESTS \$5/pp/class



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

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

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

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

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

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

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

**Art Group** - 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 and a partner!

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

### Upcoming Events



**Early Social**  
**Traces of Gold**  
Friday, April 1st  
7-10pm



**Main Social**  
**Frank Saffi**  
Saturday, April 23rd  
7-10pm

## Come take pictures with the Easter Bunny! April 16th at the Riverview Club

The Easter Bunny will drop by The Riverview Pavilion at the the Shores Riverview Club to help in the celebration of the Easter Season.

Register at the link below. If question please call 604-334-6888.

Shores Riverview Club  
790 Christina Drive  
St. Augustine, Florida 32086

Date: April 16, 2022 Time: 1PM-3PM  
Register link. RSVP: [fb.me/e/2Y2PiE0dq](https://fb.me/e/2Y2PiE0dq)



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

### A Focus on Fitness

As we move out of our short Florida winter into the lengthening days of spring we may be looking at our waistlines and thinking about shedding a few pounds. Of course, it is not just our physical condition that can sometimes suffer over winter, especially during these COVID times. The reduced daylight, less exercise, more time spent indoors and less interaction with others can take a toll on us in other ways.

There are plenty of opportunities for ad hoc individual or small group activity within the community. Miles of pathways to walk, run or cycle are just on our doorstep – or a short drive away, if necessary. We have our own tennis courts and ball fields for those wishing for something a little more competitive. For those who are willing to brave it, the swimming pool remains open during posted hours. Please note that there is no pool attendant at this time of year.

At the Riverview Club, yoga is extremely popular and there are classes that would suit almost all age groups and fitness levels. Nancy holds classes on Monday, Wednesday and Friday at 9AM. For those wishing for a gentler form of yoga, Nancy also teaches chair yoga on the same days at 10.45AM. It would be wise to check in advance as these classes tend to be very well attended and may already be full. If you are not free during the day, Annamarie has an evening yoga class on Wednesday at 5.30PM – perhaps a good opportunity to de-stress after a day at work.

For the more energetic, Marcia leads an exercise class on Tuesday and Thursday at 9AM and Mary teaches “Barre Workout”, a dance based fitness class, at 5.30PM on Tuesday. Also on Tuesday at 5.00PM you can learn the principles of Tai-Chi from Robin – a fascinating ancient form of exercise that focusses on overall health and well-being.

The cost of attendance at all these activities is very reasonable so why not try something new to see if you enjoy it. The Riverview Club office can help to put you in touch with an instructor. Whatever you choose to do, stay well and enjoy the coming spring.

St. Augustine Shores Service Corp.  
790 Christina Drive | St. Augustine, FL 32086  
904.794.2000 [www.staugshores.org](http://www.staugshores.org)

## SASIA News and Calendar of Events

by Ruth Hope, SASIA Board

St Augustine South is home to many people with disabilities and SASIA is positively encouraging people with disabilities to join in with our meetings and events. Our Clubhouse at 709 Royal Road has blue badge reserved parking and is accessible by wheelchair.

SASIA is striving to be inclusive of everyone living in St Augustine South. To achieve this, we are in need of volunteers who can interpret presentations by external speakers into ASL for our deaf neighbors. We have several deaf members of the community and more family and friends who use ASL. It would be wonderful to have a roster of ASL interpreters who can take it in turn to interpret at our monthly community meeting, particularly when an external speaker makes a presentation. If you are able to volunteer to occasionally interpret to ASL on the Third Wednesday of each month at 7pm, please email [RuthSASIA@gmail.com](mailto:RuthSASIA@gmail.com)

See the website, <http://staugsouth.com> for our calendar of events, which is updated regularly as new events are added, and speakers at SASIA General meetings are known. A representative from Parks and Recreation will speak at the next SASIA General meeting, March 16 at 7pm

We will start having a food truck early evening before our General Meetings, and restart Food Truck Fridays in the near future. See the Website for details of which food trucks on what dates!

Don't forget to participate in our “virtual first quarter event”, by sending in your favorite recipes for the upcoming St Augustine South Cookbook. Please download the form you can find on the website, <http://staugsouth.com/sasia-cookbook>, for each recipe. One form per recipe please. You can print out the form or type the recipes and save the changes. When completed you can email them to Kate: [kateanreise@gmail.com](mailto:kateanreise@gmail.com) or mail them to her at: Attention Kate Anreise, SASIA, PO Box 860277, St. Augustine, FL 32086. If you prefer, you could scan and email your recipes to Kate at [kateanreise@gmail.com](mailto:kateanreise@gmail.com). Kate will also answer any inquiries by email.

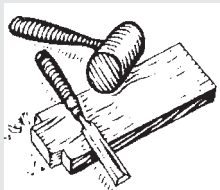
## JORGE'S HANDYMAN SERVICE, INC.

### TRIM & FINE FINISH CARPENTRY

Custom Interior Woodwork

Cabinets • Closets • Shelves • Doors  
REMODELING AND RESTORATION

Free Estimates (904) 315-8550  
[www.jorgeshandyman.com](http://www.jorgeshandyman.com)



Lic. # ST-7256

Shores References Available



## TEMPLE BET YAM

A Reform Congregation

Led by Rabbi Claudio Kogan

2055 Wildwood Dr., St. Augustine, FL 32086

Religious School

904-819-1875 • [www.templebet Yam.org](http://www.templebet Yam.org)



## St Augustine South Reflections

(continued from page 1)

During the day he goes from home to home in search of food, which neighbors are happy to share with him. In return, Rob eats from their hands and allows granddaughters to pick him up. That didn't sound like Mr Roo who is very wary of people and can only be picked up when he is very dozy at night roosting in a small tree in my son's yard. To save his neighbor's sleep and nerves, my son has been putting Mr Roo under a tub in his shed overnight. Mr Roo has slept well, and the neighbor hasn't complained. Perhaps Rob had been traumatized by his journey from St Augustine South? But no! Rob had been seen back in gardens around the intersection in St Augustine South on the day I went calling there. Rob is a very much beloved St Augustine South neighborhood rooster with Mr Roo, his doppelganger, now very beloved in my son's back yard! As no owner has come forward despite widespread advertising in "Pets Lost and Found" and "St Augustine News" on Facebook, Mr Roo now has a new coop with a low roof to deter him from crowing while inside, and to keep him safe from local raccoons and other predators.

### Public Service Announcement

Some residents came to the February SASIA Board Meeting and complained about pedestrians walking the streets after dark without lights. Some walk dogs, some have small children with them, others are jogging; very many do not wear light, reflecting clothes; some are walking with their backs to the vehicular traffic. For your own safety, when walking at dusk or after dark, make yourself easily visible to traffic. Carry a light, wear light-colored clothes, and always walk towards oncoming traffic. Florida Law 316.130 (4) states that when there is no sidewalk, pedestrians must walk on the shoulder of the road on the left side, against the flow of the traffic. And please, can drivers slow down on neighborhood roads -- there are often pedestrians and we do not want a tragedy.

## From miniskirts, moon landings, war, civil rights, Woodstock, the British Invasion, Motown, Camelot and more ...

The 1960s was an eventful decade full of important political, social and cultural changes in our country.

Come join the St. Augustine Community Chorus as we travel back in time with some of the rich and fun music of this unforgettable decade.

Our Pops Concert "Retro 60s" will cover popular pop and Broadway music. A wide range of influential artists of the time are represented in a concert that is sure to get your toes tapping and have you humming along. We are pleased to welcome guests from Flagler College Vocal Ensembles with us as we invite you to celebrate "Retro 60s" with us!

Ancient City Baptist Church, 27 Sevilla St., St. Augustine, Florida  
For Tickets please visit : [staugustinecommunitychorus.org](http://staugustinecommunitychorus.org)  
March 12, 2022 — 7:00pm  
March 13, 2022 — 3:00 pm

### Attention all Cat Lovers!

*Cat Seminar to be held Wednesday, March 2, 2022, 2pm Southeast Library*

We are hosting a first of its kind seminar to the public with the objective to inform neighbors about cats whether you own them, or whether you just see them wandering around and don't know what you can do to help.

We will have brief presentations from the various disciplines involved in cat welfare, i.e. a veterinarian, trapper, rescue organization, foster, and cat cafes. The seminar will answer such questions as:

How do I keep my cat healthy? What do I do if I see a can wandering around the neighborhood? What do I do if I see mommy and babies in my yard? How can I help with feral cats and get involved? What are cat cafes and how does your patronage help? What is TNVR?

If you have any questions, please call Linda Dytrych at 904 797-3736.

## The Wildflower Meadow Group

by Cindy Taylor

If you walked by the meadow after February 9th, you noticed a BIG change. Baker and Company did the annual mowing and this time they had a machine that cut down to only 6". Gail Compton, the founding Mother of the meadow, would have been pleased. Her heart always ached when the only machines Baker and Company had cut down closer to the ground, disturbing dormant flowers and winter homes of life natural to a wildflower meadow. When the county mows the medians and shoulders of roadsides, it cuts down to only 6" and the wildflowers do better. We hope for the same results in our wildflower meadow.

We were delighted and surprised to see blossoms on the haw tree in the upper meadow, considering the cold spell we had. It's reassuring to see the perseverance of spring, no matter the challenges. Flowers called innocence that we saw in Matanzas Forest is more proof and more are to come.

Since our meeting early in January, we had two hikes. One was in Moses Creek Woods South looking for the eagle nest. I regret I don't have photos to show but have some of the second hike in Matanzas Forest. Thank goodness some near-by places are preserved so we can see what "real" Florida is.

We meet at the meadow near the Riverview clubhouse at about 8:30 the first Saturday of each month and usually

work for a couple of hours. We also try to have a hike once a month. We're an informal group without officers or dues and hope you will join us. You can join us for hikes only, work in the meadow only, or both.

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



## GriefShare, Continues at Crescent Beach Baptist Church

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

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

**"I only want cremation."**

**Flagler Memorial Cremation Society**  
**669-1809**

2600 Old Moultrie Road • St. Augustine

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



Wedding  
Birthday  
Baby Shower  
Fund Raisers  
Holiday Party  
Class Reunion  
Graduation Party

**RIVERVIEW CLUB**  
SAINT AUGUSTINE SHORES  
790 Christina Drive  
St. Augustine, FL 32086  
904.794.2000



### Clubhouse Rental

Do you know the SASIA club house is available for rent at reasonable rates for family events and social gatherings?

### Arts & Crafts Fair

Are you an artist or crafter? SASIA is looking for local artists to participate in our arts & crafts fair on Saturday, May 7th

Visit our website for details: <https://staugsouth.com>



## News From Around St. Johns County

### St. Augustine Travel Club

St. Augustine Travel Club Meetings  
Wednesday, March 9, 2022 (Masks recommended)

Our Travel Club will present on Germany - Bavaria and Munich on Wednesday March 9, 2022, at 3pm at the Southeast Branch Public Library. View the fairy tale atmosphere of the Bavarian Alps, small towns, and a Cinderella like castle followed by visiting the picturesque Munich and the world's biggest festival, Munich's Oktoberfest, featuring plenty of beer and sausage.

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.

### Wags and Whiskers Pet Rescue and Adoption

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

### St. Patrick Parade March 12

(continued from page 1)

and First Coast News, WTLV-TV news anchor, who has covered St. Augustine and St. Johns County since 2005.

This year's Parade judges include Sheldon Gardner, a St. Augustine Record reporter, who has resided locally since 2014 and enjoys the sound of bagpipes and the historic attributes of the Nation's Oldest City. Amy Hendrickson will also serve as a judge. She is an award-winning acoustic solo songwriter and vocalist with more than 20 years of entertainment

experience, and a creative and versatile professional who has toured regionally and nationally.

Additional judges include Michael Sullivan, a 45-year veteran of the Detroit Irish music scene, and member of the Detroit Gaelic League and Irish American Club, and the Fraternal Order of United Irishmen, and he winters in St. Augustine, and Renee Unsworth, founder of TotallyStAugustine.com, who produces a local website promoting events. She is also a photographer and social media manager and has vast knowledge of the arts and entertainment in Northeast Florida. Also, serving as a judge is Jeff Valin, an accomplished, award-winning First Coast News anchor and reporter.

On Saturday, March 12 from 8 am until 11 pm, free shuttle transportation and parking for the Parade and the Celtic Festival will be available. For shuttle locations and parking, visit the website at <https://www.celticstaugustine.com/directions/>. For more information about the Parade festivities and route, visit <https://www.celticstaugustine.com/parade/>.

Romanza is a 501(c)(3) organization, and its events are funded in part by the St. Johns County Tourist Development Council, St. Johns Cultural Council, Florida Department of State Division of Cultural Affairs, and Florida Council on Arts and Culture.



### City of St. Augustine Commission to hear first reading of Mobility Plan Ordinance Mobility Fee

On Monday, February 14, during the regularly scheduled City Commission meeting, Planning and Building Director Amy Skinner will present a proposed ordinance that, once approved, would go into effect on May 17, 2022, implementing the current Mobility Plan and establishing a Mobility Fee as defined in the Transportation and Mobility Element of the Comprehensive Plan.

The Planning and Zoning Board (PZB) held three special meetings in 2021 and 2022 to review the ordinance, ensuring that funds could be collected and spent citywide, that there was an appeals process established in the ordinance, and that the process for developers to provide mobility infrastructure was transparent. This culminated in PZB approving the final ordinance that was carried to the City Commission for consideration.

The Mobility Plan consists of four distinct plans that include parking and shuttle alternatives, pedestrian and bicycle improvements that will aid in the reduction of vehicular traffic and congestion in the downtown area, and complete street design recommendations to improve quality of life and livability conditions for residents. The Plan recognizes both citywide and regional mobility alternatives.

The Mobility Fee will be a one-time fee imposed for any new residential or non-residential development and redevelopment activity that requires a building permit, results in increased use of the existing property, and impacts the City's transportation infrastructure.

View the proposed ordinance, answers to frequently asked questions, and additional materials at [www.CityStAug.com](http://www.CityStAug.com).

The meeting will be held in The Alcazar Room of City Hall, located at 75 King St. beginning at 5:00pm. It can be live-streamed and viewed on-demand the following day at [www.CityStAugTV.com](http://www.CityStAugTV.com). The agenda and packet for this meeting can be found at [www.CityStAug.com/609](http://www.CityStAug.com/609).

Media inquiries may be directed to Melissa Wissel, Communications Director, at 904.293.3307. [www.CityStAug.com](http://www.CityStAug.com) email: [info@citystaug.com](mailto:info@citystaug.com)

### COA RIVER HOUSE MARCH 2022 EVENTS

The following are some of the programs that will be held at COA's River House, 179 Marine Street, St. Augustine, beginning in March 2022. Registration is required, and space is limited. To review course details and to register, please visit <https://coasjc.coursetorm.com/category/river-house>. Most classes are 5 weeks long and begin the first full week of March.

- **Watercolor Class (Level 2)** for 3 weeks Tuesday March 1, 9am - 11am
- **Continuation of Italian (Level 1)** for 5 weeks Tuesday March 1, 10am - 11am
- **Tai Chi for 5 weeks** Tuesday March 1, 10am - 11:30am
- **Continuation of Conversational Italian Level 3** for 5 weeks Tuesday March 1, 11am-12pm
- **Beginning Sign Language** for 5 weeks Wednesday March 2, 10:15am - 11:45am
- **Chair Yoga** for 5 weeks Wednesday March 2, 10:30am - 11:30am
- **Spanish for Beginners** for 5 weeks Wednesday March 2, 12pm - 1:00pm
- **Spanish Intermediate/Conversational** for 5 weeks Wednesday March 2, 1:15pm-2:15pm
- **Colored Pencil Art** for 5 weeks Wednesday March 2, 1:30pm - 3:30pm
- **Intermediate/Advanced Tap Dance** for 5 weeks Wednesday March 2, 1:30pm - 3pm
- **Herbology** for 5 weeks Wednesday March 2, 3pm - 4pm
- **Chair Yoga** for 5 weeks Thursday March 3, 9am - 10am
- **Continuation of January's Beginner Italian** for 5 weeks Thursday March 3, 10am-11am
- **Tai Chi** for 5 weeks Thursday March 3, 10am - 11:30am
- **Mahjong** for 5 weeks Thursday March 3, 10am - 12pm
- **Continuation of Conversational Italian Level 2** for 5 weeks Thursday March 3, 11am-12pm
- **Belly Dance for Fitness and Fun** for 5 weeks Thursday March 3, 11:45am-12:45pm
- **Tap Dance Beginners** for 5 weeks Thursday March 3, 1:30pm - 2:30pm

**OPEN PROGRAMS:** Open programs are free, and do not require registration. Visit [www.coasjc.org/river-house](http://www.coasjc.org/river-house) for more information.



#### Will Russell

- Shores Resident
- Real Estate Agent
- Whether Buying or Selling I can help make it happen!

Call Now for a Free Market Analysis of your Property!!!!

(904) 814-7305

[will@EndlessSummerRealty.com](mailto:will@EndlessSummerRealty.com)  
"Helping Dreams Come True"



521 A1A Beach Blvd.  
St. Augustine, FL 32080  
Office (904) 461-8878  
Fax (904) 461-8879



Catherine L. Stone, CFP  
Financial Advisor  
Franchise Owner

513-594-0893

Catherine.L.Stone@ampf.com  
24 Cathedral Place, Suite 206  
Saint Augustine, FL 32087-4466

Ameriprise Financial Be Brilliant.<sup>®</sup>

Ameriprise Financial Services, LLC Member FINRA & SIRC



# Grand Ravine



**New Construction  
New Model  
The Christell!**

**SUPERIOR  
QUALITY  
CONSTRUCTION**  
Mediterranean-  
Style Condominium  
Community

- Attractively priced from the low \$400s
- Just 10 minutes to Crescent Beach
- Concrete block and wind resistant
- Tank-less natural gas hot water heaters and barrel tile roofs
- Natural gas range and dryer included
- 2-10 Home Buyers Warranty
- No CDD Fee with low HOA dues
- Attached two car garage
- FHA/VA Approved
- Professionally Managed HOA with Healthy Reserves

ED-000381889-01



149 Canyon Trail • St. Augustine, FL 32086  
[www.grand-ravine.net](http://www.grand-ravine.net) • 904-797-4126  
Please call to schedule a private tour.

# ANCIENT CITY ACCOUNTING

ST. AUGUSTINE'S PREMIER ACCOUNTING PROFESSIONALS

- MONTHLY BOOKKEEPING
- QUICKBOOKS TRAINING
- CORPORATE TAX RETURNS
- PERSONAL TAX RETURNS

**(904) 342-7171**

[ANCIENTCITYACCOUNTING.COM](http://ANCIENTCITYACCOUNTING.COM)

99 ORANGE STREET • ST. AUGUSTINE, FL 32084



**Florida Homes  
Realty & Mortgage**



**Come take pictures  
with the Easter Bunny!**

**Shores Riverview Club  
790 Christina Drive  
April 16, 2022 1-3 pm**

**Lisa Harris, MBA**  
[harris.lisaa@gmail.com](mailto:harris.lisaa@gmail.com)  
**904.334.6888**



**Register link below  
RSVP: [fb.me/e/2Y2PiE0dq](https://fb.me/e/2Y2PiE0dq)**



Trish Schwadron 904-547-0497  
Retired Biologist

**Grandma's Garden**  
*affordable service with integrity*

Residential Landscape Design  
Plant Consulting for Do-it-yourselfers  
Fine Pruning / Garden Cleanup / Mulching

*email [pschwadron@att.net](mailto:pschwadron@att.net) for a free onsite consultation*



**March 26th & 27th, 2022**

FRANCIS FIELD, 25 W. CASTILLO  
DOWNTOWN ST. AUGUSTINE

Presented by  
Saint Augustine



All net profits from the Festival go to support charitable causes: local, state, national and international, in that order. Florida Department of Agriculture & Consumer Services Registration# CH45872.



## Property Management Services

- Background screening of all applicants.
- Prompt resolution of all maintenance issues
- Rent collected is direct deposit to your account

Let our team manage your rental property like it was our own! We strive to get your most competitive rental rates and the highest quality renters. Our average renter has been with us for over three years.

Contact Derrick Kelley:  
904.325.3448  
[DerrickKelley42@hotmail.com](mailto:DerrickKelley42@hotmail.com)  
5547 A1A S. #107 St. Augustine, FL 32080



**Saint Augustine**  
VACATION RENTALS



**Licensed & Insured**

# Cartwright & Sons

## Lawn Design



**Residential & Commercial**  
**LANDSCAPING WEED CONTROL**  
**MULCHING PRESSURE WASH**  
**AND MORE.**

**Call today!**  
**904-826-9098**

[www.cartwrightandsonslawndesign.com](http://www.cartwrightandsonslawndesign.com)



## UNITARIAN UNIVERSALIST FELLOWSHIP

OF ST. AUGUSTINE

A Liberal, Inclusive, and Welcoming Community

Sunday Services at 10 am  
 Children & Youth Program

2487 A1A South (Anastasia Island) | (904) 471-2047 | [www.uufsa.org](http://www.uufsa.org)



## Britni Burkins

**904-797-2660**

[britniburkins@allstate.com](mailto:britniburkins@allstate.com)  
 Proud to be your local Allstate Agent!



# Allstate

You're in good hands.

© 2019 Allstate Insurance Co.

10625276



**MOHAWK**

**MORE HOLIDAY MOMENTS ARE MADE ON MOHAWK**



**Hasty's St. Augustine Flooring**

Your Friends in Flooring Since 1977

CARPET • VINYL • TILE • WOOD • LAMINATE

**904-824-4311 • 1670 U.S. 1 South**  
 Next to RE/MAX 100 Realty  
[www.staugustineflooring.com](http://www.staugustineflooring.com)

# OLD TOWN PINBALL

**BUY - SELL - TRADE**

**Old Town Pinball Authorized Stern Dealer**

**New & Used Pinball Machines**



**904-217-7430**  
 4475 US 1 S #102  
 St. Augustine FL 32086  
<http://www.oldtownpinball.com>





by Paul Slava

March brings us First Friday once again with this months falling on March 4th. Our featured artist will be Nancy Botsford.

Nancy's passion for the creative began in 2002 led her through the years to express herself and enter the art world opening up her own Gallery/boutique representing over 25 artists of all mediums in Saint Simons Island, Georgia in 2016 for three years and then decided to move to Saint Augustine Florida to be close to family and become involved with the local Art Studio conveniently located at the Saint Augustine Pier.

Her Passions have also led her to forge ahead into building herself a successful health and wellness business. See her website - [www.newage.com/botsford](http://www.newage.com/botsford)

See her opening on Friday, March 4th starting at 5:00pm. The show will run through the month.

February will also see More Classes and Workshops coming back. March 26th we have an oil painting class. Darla Donley will be having a 1 day Class where the subject is "Sea Turtles". You don't have supplies? No problem, Darla will include all supplies and the canvas so you can leave with a beautiful finished Oil Painting that you can keep or give as a gift to someone. For more information or to reserve your place, please visit [www.darladonleyart.com](http://www.darladonleyart.com). Stay tuned for our class schedule that is being added to daily.

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](http://www.beachartstudio.org), Facebook or call 904-295-4428.



### Sunshine Shop named Civic Association Business of the Month!

Beginning with the month of March, the St Augustine Beach Civic Association will salute a local business who goes above and beyond in the areas of customer service and community involvement. The first recipient of this award goes to The Sunshine Shop at 645 A1A Beach Blvd. The Sunshine Shop is a small, family owned for nearly 40 years and is famous for its large selection of swim and beachwear. Currently managed by the mother - daughter team of Lisa Mullins and Meghan Andrews, the Sunshine Shop is open seven days a week from 10 AM until 5 PM. Civic Association

members also receive a discount just for showing your SABCA Membership Card.



Not a member? No problem! You can pick up a membership card at the Sunshine Shop or online at [www.sabca.org](http://www.sabca.org)

The 20th season of Music & Art by the Sea will look a little different this season. Because of the large number of visitors and stress on parking in and around Pier Park, Music & Art by the Sea will be presented in two parts. There will be a 6 show Spring season that starts on May 25th featuring the Grapes of Roth that runs through June 29th. The series will take a 6 week break during the peak temperature and tourist season and will follow up with a 6 week Fall season that begins on August 17th and runs through September 21st. The complete Spring and Fall schedules will be available after March 1st at [www.freebeachconcerts.com](http://www.freebeachconcerts.com)




**Massage Therapy**  
 "Neuromuscular Therapy, Integrative, Myofascial Release, Relaxation"  
 Nancy Lavin LMT  
 904-323-2842  
[nancyreply@gmail.com](mailto:nancyreply@gmail.com)  
 165 Southpark Blvd., Suite C  
 # MA19606 # MM40842



**904 - Gutters & Painting, LLC**

- Gutter Installation
- Gutter Repair
- Gutter Cleaning

Kieran MacDonaugh  
 Owner/Operator  
**904-770-1233**  
 Licensed & Insured ST-8715



**MORRELL PLUMBING**  
 OVER 35 YEARS EXPERIENCE!

WILLIAM MORRELL  
 74 OCEAN CAY BLVD  
 ST. AUGUSTINE FL 32080  
 609-827-8570  
 609-634-6781  
[WILLIAMJMRORRELLJR@COMCAST.NET](mailto:WILLIAMJMRORRELLJR@COMCAST.NET)

RE-PIPING  
 NEW CONSTRUCTION  
 CUSTOM HOUSES  
 REMODELS  
 GAS PIPING  
 NO JOB TOO BIG OR TOO SMALL!  
 LICENSE # BL-6049



**Kristin Allen**  
 Massage Therapist, MA#90127

Introductory Special  
**\$59 for 75 Minute Massage**

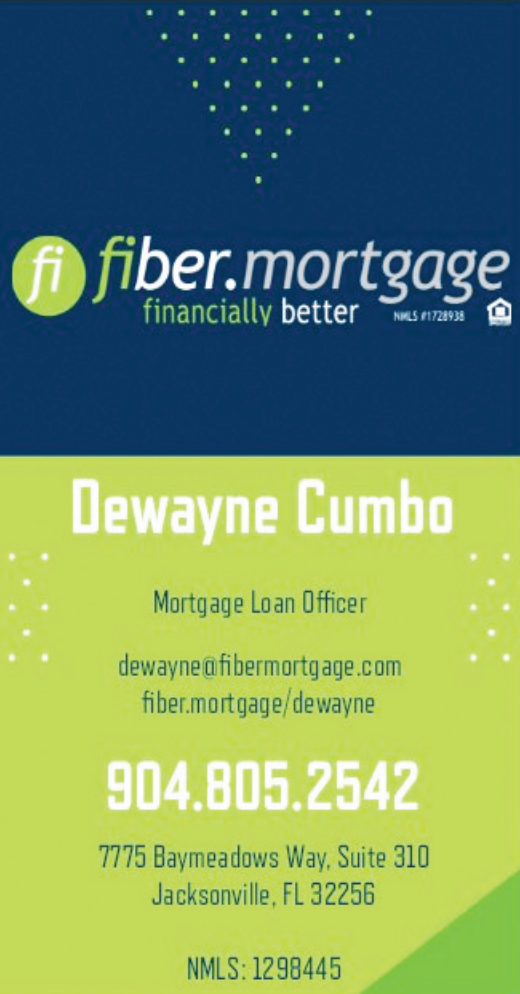
(808)772-2301  
 by appointment only

Plaza South  
 4475 US 1 South, Suite 605  
 St. Augustine, FL 32086



**CRAIG**  
 FUNERAL HOME • CREMATORY • MEMORIAL PARK

**(904) 824-1672**  
[www.CraigFuneralHome.com](http://www.CraigFuneralHome.com)



**fi fiber.mortgage**  
 financially better NMLS #1728938

**Dewayne Cumbo**  
 Mortgage Loan Officer

[dewayne@fibermortgage.com](mailto:dewayne@fibermortgage.com)  
[fiber.mortgage/dewayne](http://fiber.mortgage/dewayne)

**904.805.2542**  
 7775 Baymeadows Way, Suite 310  
 Jacksonville, FL 32256

NMLS: 1298445



## HAS YOUR HOME INSURANCE RENEWAL JUST INCREASED?



### ST. AUGUSTINE'S PREMIER AGENCY For Homeowner's Insurance

#### FACT:

WE OFFER THE  
LOWEST OVERALL  
AVERAGE  
HOMEOWNERS  
INSURANCE PREMIUMS  
IN FLORIDA



*Auto-Owners*  
INSURANCE  
LIFE • HOME • CAR • BUSINESS

**1-800-STANGER**



**904-540-1499**

Call, Click or email

**[www.firstfloridainsurance.com](http://www.firstfloridainsurance.com)**  
**email: [vipula@firstfloridainsurance.com](mailto:vipula@firstfloridainsurance.com)**

Member (FAIA) • Affiliate Member Board of Realtors  
A&B RATED CARRIERS WITH AM-BEST Trusted Choice

## ONLY YOU KNOW & I KNOW

**Right now**, when you see a home go on the market at a certain price you may be thinking, "I can't believe they're asking X for that house." You may also be thinking, "If they can get X for that one, then I bet I can get Y for mine!" In the Diaries of a Shores Grand-Dad this Issue, I write about comparing apples and oranges and even apples to apples and this is what people do with their homes; "Mine is better than that one. If they get X, then ..."

**Right now**, people are looking around and watching homes listed for **Record High List Prices** and yet, until the sale is **CLOSED**, the actual Selling Price is not Public Record. Realtors are not supposed to divulge that information before closing.

**Right now**, you may be surprised that some people are getting their asking prices and others even more

than asking. One stumbling block in the sale might be the appraisal. For **cash buyers** this is not an issue and, surprisingly, some **conventional buyers** are using appraisal gap clauses.

**Right now**, interest rates are creeping up. Home prices are going up as fast (if not faster) as the current 7% rate of inflation. **If there is ever a time to take advantage of this Seller's Market it is RIGHT NOW.**

When you need someone to help you with professional marketing skills - please call me:

**That's right - RIGHT NOW! Dirk Schroeder, Helping Buyers and Sellers since 1984.**



**Dirk Schroeder**

**Direct: 904-540-2360**

**2820 US 1 S. St. Augustine FL 32086**



## "Diaries of a Shores Grand-Dad"

by Dirk Schroeder

The expression sometimes used for comparison is "...like apples to oranges." The expression goes back to the 16th Century and it is said, according to theidioms.com, to originate from "apples to oysters". That doesn't sound like a great combo but there has to be a restaurant somewhere serving it (probably with bacon ice cream for dessert).

With that as a backdrop, the saying can be applied to many things including people. My sister- article, "Only You Know and I Know" also has a taste of "Apples to Oranges" theme this issue. Seeing as we're in the Sunshine State, I'm going to focus on apples. We already know oranges.

Some people are like Golden Delicious while others may be Red Delicious – good people all the way to the core. They come from a good hearty family tree apparently and yet some fall to the ground – they could have been good but some fell too far from the tree and became rotten. Of the ones that made it, to the enjoyment of others, some are polished, others left natural and then there are those with a bruised (ego) skin while others have small rotten spots (these are avoided by those that enjoy them). Some have healthy skin, others wrinkled and some are candied and better with peanut butter (had to throw that in there).

The "Macintosh" Apples are very technologically advanced while the "Grannies" are older and sometimes a little sour (no offense Grannies) and, even though their skin is green, they have

a lot of experience. "Galas" are going to fancy parties all the time and "Fujis" are known to mountain climbers. "Cosmic Crisps" are from the '60's. "Cameos" like to make sure their appearances are at their best. Others apples that are self-explanatory are: the "Envy", "Hunnyz" and "Jazz" varieties.

Some apples can get worms and they can make things unpleasant for the host and those around them. There are even poison apples and toxic apples; these are the ones that can cause those that would prefer to enjoy their company a lot of heartburn, heartache, nausea and could even result in death.

There's another expression to add here: "An apple a day keeps the doctor away." Interaction with apples every day, metaphorically speaking, is essential to most people. Even Adam and Eve couldn't stay away from the apple. The Jackson 5 lyrics, "One bad apple don't spoil the whole bunch, girl"- I think one bad apple can actually do that.

There is a huge variety of apples and most people tend to savor and gravitate to the apples that they know and like but I recommend trying a few types that you are not accustomed to – you may not know what you're missing.

"Aren't you glad I didn't say bananas" goes the joke. This Issue of the Diaries is brought to you by Eden applesauce (irony will get you everywhere). Wishing everyone, as always, a Sunshine State of Mind.

## Council On Aging Announces Reopening of IMEP™ Program in the Shores

Council on Aging (COA) is excited to announce the reopening of their groundbreaking Integrative Memory Enhancement Program, or IMEP™, at the St. Augustine Shores Riverview Club starting March 3rd.

"Maintaining our brain health is so important at every age," explained IMEP Manager Catherine Tupper. "We are all very conscious of the importance of keeping our bodies in shape, and it's just as important that we keep our brains fit, especially as we age. Ongoing research tells us that brain health activities along with a healthy lifestyle are beneficial throughout our lives."

The public is invited to attend a free, introductory presentation, "Use it or Lose it...Why Brain Health Matters," on Thursday, March 3rd, from 10 a.m. to 12 p.m. at the St. Augustine Shores Riverview Club, 790 Christina Drive, St. Augustine.

A complimentary two-hour IMEP™ trial class will then be offered on Thursday, March 10 from 10 a.m. to 12 p.m. Class size will be limited to 12 and registration is required.

Beginning Thursday, March 17, ongoing five-hour and two-hour IMEP classes will be offered on Thursdays from 9 a.m. to 2 p.m. at the Riverview Club. Class sizes will be limited to 12, and registration is required.

COA's groundbreaking IMEP™ program is an original, research-based program developed to minimize the progression of memory loss and dementia. It offers a structured curriculum of fun,

engaging group activities designed to boost cognitive reserve and provide crucial opportunities for stimulation and socialization. The program serves those who are beginning to notice memory changes, or who are experiencing memory loss or symptoms of early dementia, Alzheimer's, or other forms of brain trauma.

IMEP classes also serve as a valuable respite for caregivers.

For additional information and to register, please contact Catherine Tupper at 904-729-9535 or via email at ctupper@stjohnscoa.com. If cost is a concern that would prevent you from accessing the IMEP program, please contact COA to discuss the possibility of receiving funding from the United Way.

The Riverview Club at The Shores of St. Augustine is located at 790 Christina Drive, St. Augustine, FL 32086.

"We'd like to express a very special "thank you" to Christine Hart, Riverview Club Event Coordinator, and all the folks at the Riverview Club for their collaboration in providing this amazing location for COA's IMEP classes," Catherine Tupper said. "We are looking forward to this reopening, and to serving the brain health needs of the residents of The Shores and surrounding communities."

COA's IMEP™ program is also offered at other locations in St. Johns County including Anastasia Island, Ponte Vedra Beach, Nocatee, and Fruit Cove. For more information, please visit [www.coasjc.org/imepsjc](http://www.coasjc.org/imepsjc). Press Contact: Carolyn Karger - [ckarger@coasjc.org](mailto:ckarger@coasjc.org) - 904-209-3687.

## St. Augustine Cultural Council Note



In March of 1862 during the Civil War, Union soldiers had occupied St. Augustine. In January of 1863, military authorities received the first version of President Abraham Lincoln's Emancipation Proclamation and ordered that all slaves in the area be released to congregate to a vacant lot on St. George Street.

The Proclamation was read, freeing all slaves in the state of Florida and making St. Augustine one of the first in the South to break the bonds of slavery by executive order.

This historic event took place on what is now The Collector, Luxury Inn & Gardens. Today, visitors can find a bell and plaque in the courtyard which serves as a monument to remember this event that changed the course of American history.

## Robert C. Kelsey MD

Accepting New Patients

Board Certified  
Cardiology and Internal Medicine

(904) 827-0078

2720 U.S. HWY 1 SOUTH, STE B  
ST. AUGUSTINE, FL 32086

## CUT THE CORD & THE BILL



FREE TV FOR LIFE!

35 TO 100 CHANNELS

TOP 100 RATED SHOWS

904-794-6774 CALL NOW





**One Therapist - One Patient  
One Plan - One Goal  
Since 2006**



**Rob Stanborough**  
Physical Therapist / Fellow  
Manual Therapist  
Dry Needling  
Orthopaedics &  
Chronic Pain Specialist



**Jim Viti**  
Physical Therapist / Fellow  
Manual Therapist  
Certified Orthopaedic &  
Spine Specialist



**Bobbi Blancq**  
Physical Therapist  
Manual Therapist  
Lymphedema &  
Vestibular Specialist



**Bryan Olson**  
Physical Therapist  
Manual Therapist  
Dry Needling  
Balance & Vestibular Specialists  
Sports Rehab



**Tyler Ross**  
Physical Therapist  
Manual Therapist  
Dry Needling  
TMJ / Headaches  
Sports Rehab



**Jocelyn DiFolco**  
Physical Therapist  
TMJ & Manual Therapist  
Balance & Vestibular Specialist  
Balance & Fall Prevention



**Nick November**  
Physical Therapist  
Manual Therapist  
Dry Needling  
Orthopaedic & Spine  
Specialist



**Angela Cicchino**  
Physical Therapist  
Orthopaedic & Spine  
Vestibular Specialist



**Sarah Sudheimer**  
Physical Therapist  
Vestibular Therapist  
Women's Health &  
Pelvic Floor Pain Specialist



**Zach DeVirgilio**  
Physical Therapist  
Manual Therapist  
Orthopaedics  
Sports Rehab



**Beverly Bass**  
Occupational Therapist  
Certified Hand Therapist  
Certified Lymphedema  
Specialist



**Adrian Bland**  
Physical Therapist  
Occupational Therapist  
Balance &  
Vestibular Specialist

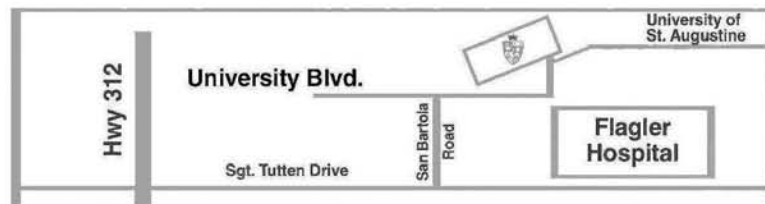
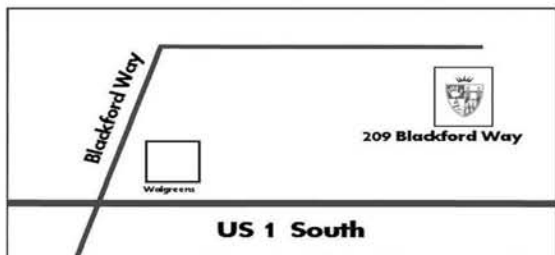


**Beth Olson**  
Physical Therapist  
Manual Therapist  
Women's Health &  
Pelvic Floor Pain Specialist

**Our team of Specialists**

209 Blackford Way / St. Augustine, FL 32086  
Ph: (904) 907-1122 / Fx: (904) 907-1123

1 University Blvd / St. Augustine, FL 32086  
Ph: (904) 829-3411 / Fx: (904) 829-3412



**Accepting most insurances (with referral) or Direct access (fee for service)**





## “I’m afraid if I move it will hurt

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

I have recently seen several patients referred to physical therapy because of decreased strength, endurance, loss of balance or pain due to decreased activity during covid. Many have come in asking, “Is it okay to move when it hurts?” I have to tell them the answer lies in the cause of the pain and whether it is what some call ‘good pain’ or ‘bad pain’. The follow-up question to that is, Can pain be good? The emotional response is a resounding ‘NO’. The sensory response is ‘sometimes’. Herein lies the discussion of this column.

How can pain be good? It’s certainly not pleasant. In fact the International Association for the Study of Pain defined pain as “an unpleasant sensory and emotional experience associated with actual or potential damage, or described in terms of such damage.”

Simply put it means pain has two components, 1) sensory and 2) emotional, which are triggered by actual or potential damage. Actual damage is hammer + thumb. Potential damage causes one to put hands in the pockets when any hammer is in sight.

So, can pain be good? YES, but keep reading. Pain can protect instantaneously, especially if we touch something hot. It is pain that causes the withdrawal, hopefully minimizing the damage. Pain can protect us over the long haul. If I slip and fall on a wet surface, the pain will cause me to proceed with caution next time as to avoid another painful experience. If swelling is a result of the fall, I will move cautiously so the tissues have a chance to heal, but I should move.

Therefore, is all pain good? The answer is no. Pain can be bad when it is not understood and life changing. By polarizing, I mean it causes one not to move, producing changes in function. In all the examples provided above the cause of the pain is understood and therefore

not polarizing. The longer one is in pain or worse, not understood, it becomes ‘neuropathic’. Neuropathic pain is a result of changes in the nervous system. Neuropathic pain does not require tissue damage and can be quite debilitating.

How can you tell the difference?

Acute pain, that which is a result of a mechanical, chemical or temperature stimulus should be immediate, protective and proportional. It should also be short in duration. Sub-acute pain may last hours to days, is protective and usually resolved with tissue recovery. Chronic or neuropathic pain is persistent and may be experienced in the absence of tissue damage. Because no mechanical explanation can be given, fear of movement becomes a proponent.

The explanation provided is not meant to be exhaustive but may help you better understand your pain. It is always advisable to consult your MD, PT or OT. They can help determine whether the pain experience is ‘normal’, ‘neuropathic’ or something else. Age is not necessary a cause of pain but we’ll leave that for another column.

*Rob Stanborough was one of the first PT’s to be permitted to use DN in FL and doing so since 2017. He has trained others in DN since 2010 both nationally and internationally as a Senior Instructor for Myopain Seminars (www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation, est 2006 (www.firstcoastrehab.com), has presented and published regarding DN and co-authored Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc.*



## Is March Really the Cruellest Month?

by John Creque



For those of you who really want to know, the name March comes from Martius, the first month of the earliest Roman calendar. It was named after Mars, the Roman god of war, and an ancestor of the Roman people through his sons Romulus and Remus.

Okay, enough with historical facts. Admittedly, I have some skin in this calendar game because I have a March birthday. My earthly arrival occurred on the same date (but not year) as former NBC newsman, Sam Donaldson, and Sunday night bubble music man, Lawrence Welk.

Come on, at least it wasn’t Mr. Rodgers and Charles Manson, so cut me a little slack here. I’m keeping the exact date a secret because, frankly, I’d feel embarrassed by the all the cards, presents and letters that all of you might send me.

For those of us Floridians from northern climes, March was traditionally a transitional month. I think the metaphor/platitude is: In like a lion and out like a lamb. But I think we’d all agree that the genuine reality didn’t go from shoveling snow out of the driveway to relaxing in a bikini or a Speedo in the backyard as the month exhausted itself.

Look, I’m no horoscope hound, but

March is symbolized by two fish swimming in opposite directions, representing the constant division of Pisces’s attention between fantasy and reality. However January, St. Augustine’s coldest month, represents the god of transitions and dualities. Janus is portrayed with two faces -- one facing the past and one the other the future. Perhaps I’m getting a little too far into the celestial weeds here, but what are we to make of this calendar duality/paradox?

Look, I’m really embarrassed to confess this but, on occasion back in college, girls would ask me what sign I was born under, and I would reply hospital. Admittedly it was a date killer -- so let’s move on.

Back to empirical climate reality. According to weather statistics for St. Augustine, the average low temperature in March is 53.1 degrees F, and the average high temperature is 73 degrees F. Frankly, after slogging through this cool, windy, wet and miserable February, all I can say is: BRING IT ON!

So while we’re putting our light winter clothes away, if you live in Fargo, just keep shoveling snow in your Speedo.

*John Creque lives in St. Augustine and doesn’t own a snow shovel or a Speedo for that matter. jcrequel@comcast.net*

**Please support the businesses in the Observer!  
They make this publication possible...Thank you!**

### YOUR NEIGHBORHOOD SPECIALIST

WANT TO KNOW WHAT YOUR HOME IS WORTH IN TODAY'S MARKET?

CONTACT ME FOR AN APPOINTMENT



Under Contract in 2 days



**SCOTT PAUQUETTE**  
352-514-5649  
JPAUQUETTE@KW.COM  
SCOTTPHOMES.KW.COM


**KW** ATLANTIC PARTNERS  
ST. AUGUSTINE  
KELLERWILLIAMS, REALTY

**Gregory E. Oxford**  
DDS, MS, PhD  
Dental Surgeon

- Extractions
- Wisdom Teeth
- IV Sedation
- Implants
- Bone Grafts
- Sinus Elevations
- Gum Surgery
- Laser Therapy
- Soft Tissue Grafts


**Isabell G. Oxford, DMD**  
General Dentist

- Implant Dentistry
- Crowns & Bridges
- Veneers
- White Fillings
- Whitening
- Implant Dentures & Partial
- Digital Impressions
- Sedation Dentistry



**Oxford Dental Associates**

100 Whetstone Place  
Suite 308  
St. Augustine, FL



**810-2345**  
www.oxforddental.net



## EDUCATIONAL SEMINAR ON COMMUNITY CATS

Wednesday,  
March 2 at  
2pm



What to do if I see a cat in  
the neighborhood regularly?

What do I do if I see a  
mommy and babies in my  
yard?

How can I help with feral  
cats and get involved?"

Cat cafes and how does your  
patronage help cats?

Southeast Branch Library  
6670 US 1 South  
St Augustine, FL 32086

## Computer Corner

by Steven Aldrich  
904-479-5661



### Quickly Search Everywhere

Have you ever saved a document and been unable to find where it got saved to? Many times, we can be in a rush and forget to ensure that we save a file where we want it to be. This can make it difficult to find later.



In Windows all you need to do is hit the Windows Logo key (two keys to the left of the spacebar) and start typing the name of the file. If it is a text document (not a picture), you can even search using words that you know are inside of the document. Sorry, Windows can't find words in a picture, yet.

What sorts of things will a Windows Search find?

Files located on your Local hard drive and also on Microsoft OneDrive (Microsoft's Cloud storage system) Typically these are files or documents that you have created or downloaded.

Applications (installed or available to be installed) can be quickly found using this search technique. Sometimes Windows updates will remove the icons on the desktop or taskbar, so Search is a great way to find them again.

Windows Settings items like volume control, backup settings, etc. can be found very quickly by using this search method. If you want to change the brightness of your screen, simply search Brightness, and voila! you'll see a link to take you straight to that setting.

Web Search results also show in the results. So, if you search for an application like Solitaire, you'll also see webpage results about Solitaire.

Having a plan for where you keep certain documents and files help as well. I like to create folders in Documents and Pictures so that I can keep my files grouped up and accessible by Subject.

In my Business folder, I have an Articles folder, which is where this article will be found. I also have an Advertising folder, where the ad (just below) will be found. So, when I hit Save on this article, I am going to make sure I save it into the correct folder inside of my business folder. A little planning may prevent the need for Windows Search, but it is nice to know it is there.

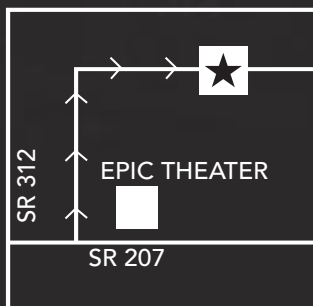
Steven Aldrich is a technology advisor with decades of experience as an IT Director and is the owner of First Coast Computer Services. Contact Steven if you need a trusted advisor to come to your business or home and help with your technology. See my ad on this page. [Steve@fccspro.com](mailto:Steve@fccspro.com)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

## ELITE GERMAN AUTO SERVICE

Formerly known as

**JERRY'S MB**

COMPLETE REPAIR & MAINTENANCE FOR  
MERCEDES AND BMW



2060 Dobbs Rd  
(behind Epic Movie - turn at McDonalds)

**829.5259**



## Computer Problems?

**\$109 Standard Service Call**

At Your Home or Business

OR

**\$49 REMOTE Service**

call for details

### Testimonial:

I'm on the technology learning curve. Steve's approach not only fixes technical issues, he explains why an issue occurred. He is awesome.

**(904) 479-5661**

[info@fccspro.com](mailto:info@fccspro.com) [www.fccspro.com](http://www.fccspro.com)

Ask about our discount for Veterans





## **YOUR BRIDGE FROM HOSPITAL TO HOME**

**If you or a loved one are in need of Rehabilitation after a Hospital Stay, we know your goal is to get Home as soon as possible.**

**Our Friendly and Professional Nursing and Rehabilitation staff will get you or a loved one healthy with all the necessary skills you will need to return home.**

**Please Call or Stop by for a Tour Today!**

**(904) 797-1800**

**MOULTRIE CREEK**  
NURSING & REHAB CENTER

200 Mariner Health Way  
St. Augustine, FL 32086

**YOUR BRIDGE BETWEEN THE HOSPITAL & HOME**

**[www.MoultrieCreekRehab.com](http://www.MoultrieCreekRehab.com)**





**Berta Odom**

**Cell:**  
904-466-0114

**Office:**  
904-825-2700

**Fax:**  
904-461-9501

**E-Mail:** [www.propertybyberta@aol.com](mailto:www.propertybyberta@aol.com)  
**Web:** [www.bodom.buystaugustine.com](http://www.bodom.buystaugustine.com)

KNOWLEDGE.  
EXPERIENCE.  
TRUST.

1670 US 1 South St.  
Augustine, FL 32084  
Office: 901-825-2700  
Independently Owned & Operated




**ADVANCED UROLOGY  
— INSTITUTE —**



Howard Epstein, M.D.  
FACS, Board Certified



Bill Vanasupa, D.O.  
Board Certified

**CONDITIONS WE TREAT**

- BPH
- Erectile Dysfunction
- Bladder Cancer
- Kidney Cancer
- Kidney Stones
- Overactive Bladder
- Prostate Cancer
- Urinary Incontinence
- Vasectomy
- Space Oar



Katherine Gardner  
NP-C



Jonathan Baron  
PA-C

**NOW SERVING NORTH ST. JOHNS COUNTY**

TWO LOCATIONS TO SERVE YOU  
**(904) 824-1450**

**WORLD GOLF VILLAGE OFFICE**  
52 TUSCAN WAY, SUITE 203  
THE SHOPPES AT MURABELLA

**ST. AUGUSTINE OFFICE**  
240 SOUTHPARK CIRCLE EAST  
ST. AUGUSTINE, FL 32086

**PHOTOS WITH THE  
EASTER BUNNY**

SATURDAY, APRIL 16 • 1-3 PM  
ST. AUGUSTINE SHORES




Kathy Christ • NMLS #1943686  
providing fabulous mortgages  
(904) 451-7604  
[Kathy@fabulousmortgages.com](mailto:Kathy@fabulousmortgages.com)  
Edge Home Finance Corp.  
NMLS #891464

Branch NMLS #2320870  
11481 Old St. Augustine Rd., Ste 201C  
Jacksonville, FL 32258





**DOUG BURNETT**  
MANAGING PARTNER

DEDICATED & RESPONSIVE

St. Johns Law Group has lawyers focusing on specific areas of law, we put clients with the right attorney for their issue, giving them the power that comes with concentrated experience.

REAL ESTATE  
LITIGATION  
FAMILY LAW  
BUSINESS  
CONTRACTS  
CONSTRUCTION  
PROBATE

**ST. JOHNS  
LAW GROUP**

**ST. AUGUSTINE  
BEACH'S LARGEST  
LAW FIRM**



**DAVID ABRAHAM**  
COMMERCIAL REAL ESTATE  
LEASING



**RACHAEL GREENE**  
FAMILY LAW  
DIVORCE



**JAMES HATFIELD**  
TAX LAW • IRS DEFENSE  
ELDER LAW & ESTATE PLANNING



**HILLARY MESA**  
LITIGATION  
CONTRACTS



**SHAUN SALIBA**  
CONSTRUCTION • COMMERCIAL  
PROPERTY LITIGATION



**TRAVIS SWANSON**  
BUSINESS  
LITIGATION



**JAMES WHITEHOUSE**  
COMMERCIAL LITIGATION  
LAND DEVELOPMENT



**JOHN WHITEMAN**  
REAL ESTATE  
BANKING • PROBATE



**AMY VO**  
REAL ESTATE  
BANKING • CLOSINGS

**(904) 495 - 0400** ST. AUGUSTINE

[www.sjlawgroup.com](http://www.sjlawgroup.com)