

St. Augustine Beaches NEWS JOURNAL

NEWS INFORMATION FOR & ABOUT ST. AUGUSTINE BEACH & ANASTASIA ISLAND



National Night Out at the Beach



St. Augustine Beach Chief of Police announced the “National Night Out at the Beach” will take place Tuesday, October 4th, 2022 from 5pm - 8pm. The event takes place at the St. Augustine Beach Pier Park 350 A1A Beach blvd, St. Augustine Beach, FL 32080.

The City of St. Augustine Beach Police Department is partnering with multiple Law Enforcement Agencies, Fire Departments, and Non-Profit Organizations to present the annual event. Every year on a first Tuesday, this year on September 4th, the United States and Canada celebrate National Night Out day. Civilians, organizations, and the Metropolitan Police Department join hands to enhance the relationship between neighborhoods and communities. They look at this as a great way to bring everyone together for a positive cause. There will be Emergency Vehicles, food, drinks, exhibitors, child safety education information, Music, Goodie bags for the kids, and Bike Raffles for the first 300 kids and more.



National Night Out, is a yearlong community building campaign, is designed to: (1) heighten crime prevention awareness, (2) generate support for, and participation in, local (continued on page 5)

Harvest Moon Luau!

Join the City of St. Augustine Beach and the St. Johns Cultural Council for an evening in paradise. Come with the spirit of “aloha” as we celebrate the Harvest Moon, the last full moon of the Summer, at our 2nd annual Luau event Saturday, September 10th, from 6:00 P.M.-9:00 P.M. at Pier Park Pavilion, 350 A1A Beach Blvd., St Augustine Beach.

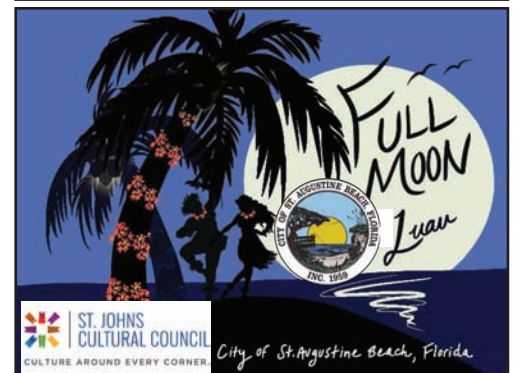
Travel with Prince Pele and his Polynesians on an imaginary trip throughout the South Pacific as they perform in a variety of colorful costumes, many traditional songs and dances.

Join in the fun as they teach the audience “how to hula” from the island of Hawaii, “swing the poi balls” from New Zealand and “gather the tropical fruits” from Tahiti.

Take a stroll down A1A Beach Blvd. and visit the historic Beach Pier, enjoy some tasty treats, and peruse the local artist booths offering one-of-a-kind goods.

For more information visit: www.staugbch.com.

Prince Pele’s Polynesian Review performance sponsored by the St. Johns Cultural Council and the Florida Division of Cultural Affairs (www.stjohnsculture.com)



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

St. Augustine Beaches News Journal
2466 US 1 South #8
St. Augustine, FL 32086



Since 2016, Sing Out Loud has brought hundreds of local, regional, and nationally recognized musicians to various stages and parks, making September the Month of Music in St. Johns County.

Music lovers can enjoy free and ticketed concerts featuring local and world-class acts at venues like the St. Augustine Amphitheatre’s Backyard Stage, Colonial Oak Music Park, and Dog Rose Brewing Co.

Sing Out Loud has grown into more than a music festival that takes over St. Augustine each September. In addition to bringing an abundance of live music to town, Sing Out Loud 2022 features The St. Augustine Songwriters Festival and multiple elements focused on elevating our music community and developing local talent.



Learn more about the industry at the Music Business Panel and meet the artists behind some of your favorite tunes at the Songwriters Festival.

The St. Augustine Songwriters Festival provides a unique perspective on the music scene by bringing hit songwriters to historic downtown St. Augustine. In addition to performing their chart-topping hits, songwriters will share testimonies, and offer a rare behind-the-scenes glimpse into their writing processes.

This year’s songwriters include Mac McAnally, a longtime member of Jimmy Buffett’s Coral Reefer Band and a 10-time CMA Musician of the Year award winner (Once in a Lifetime), Grammy Award-winner Casey Beathard, who has written songs for Kenny Chesney, George Strait (continued page5)



1670 US 1 South
St. Augustine, FL 32084
Office: 901-825-2700
Cell: 904-466-0114
Independently Owned & Operated

Berta Odom

KNOWLEDGE. EXPERIENCE. TRUST.

5368 Medoras Ave.
\$1,050,000



From the moment you enter the gate at 5268 Medoras you are surrounded by lush tropical landscaping. A charming traditional beach house, there is a Tiki Bar, a 6-person hot tub under a tin roof, and 1,500 square feet of deck. You can view the sunrise with your morning coffee from the east side deck and the sunset with an evening beverage from the west side deck! The house has two bedrooms and two bathrooms upstairs. Downstairs there is a bedroom and bathroom with an inlaw unit or separate rental). The two-car garage has a regulation size pool table, bicycles, beach chairs and umbrellas, boogie boards, beach toys and games. Tucked away in the back corner of the lot, there is a separate building that houses an air-conditioned workshop with a good selection of tools. The house is fully furnished and is being sold turnkey and ready to be rented.

E-Mail: propertybyberta@aol.com • Web: www.bertabythebeach.com





Wills, Trusts & Estate Planning
Business, Complex Commercial,
Construction & Real Estate Law
Probate & Trust Administration
Civil & Construction Litigation
www.AnastasiaLaw.net
107 A 11th Street
St. Augustine, FL 32080
904.236.6243

Pamela M. M. Holcombe, Esq.
Pamela@AnastasiaLaw.net

Undine C. George, Esq.
Undine@AnastasiaLaw.net



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

HAS YOUR HOME INSURANCE RENEWAL JUST INCREASED?



FIRST FLORIDA INSURANCE "QUOTE CHALLENGE"

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



904-540-1499

Call, Click or email

www.firstfloridainsurance.com

email: vipula@firstfloridainsurance.com

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

St. Augustine Beaches
NEWS JOURNAL

2465 US 1 South PMB #8
St. Augustine, FL 32086
Online: www.SABNJ.com

Tatiana Diaz
Media Consultant
Editor/Sales

(904) 894-0204
TatianaObserver@gmail.com



Cliff Logsdon
Publisher

Managing Editor
(904) 607-1410
clifflogsdon@att.net



“News Source for the City of
St. Augustine Beach”



City of St. Augustine Beach

Mayor Don Samora
City Manager Max Royle

www.staugbch.com
sabadmin@cityofsab.org

Distribution Locations for the Beaches News Journal

- St. Augustine Beach City Hall
- Anastasia Library
- St. Johns County Pier Park
- YMCA
- Main Library
- Southeast Library

The purpose of the St. Augustine Beaches News Journal is to serve neighborhoods of St. Augustine Beach and other communities on Anastasia Island.

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

Information and ads 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 to the Beaches News Journal, 2465 US1 South PMB #8, St. Augustine Florida 32086. Information may also be e-mailed to clifflogsdon@att.net or clogsdon1@yahoo.com.

All materials submitted to the Beaches News Journal is subject to editing. Publishing of submitted 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 Beaches News Journal.

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 content, product, or services by the New Journal or its staff or contractors.

It is agreed that the News Journal 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.

The Beaches News Journal is published by an independent publisher and is not affiliated with any government or agency, community development, management company or Homeowners Associations.

**News & Events From Around
the Beaches & the Island**

St. Augustine Beach City Hall Update

On July 25, 2022, the St. Augustine Beach City Commission held a special meeting to review the proposed Fiscal Year 2023 budget and to set the preliminary property tax millage at 2.50 mills, or \$2.50 for every \$1,000 of a property's assessed value. The millage for Fiscal year 2022 was 2.45 mills. The Commission also scheduled a public hearing on the proposed budget on Monday, September 12, 2022, at 5:00 p.m. The public is invited to attend.



For its regular meeting on August 1st, the Commission took the following actions:

1. Approved a conditional use permit to allow a house to be built in a commercial land use district at #14 6th Street.
2. Approved a replat of four lots north of Madrid Street in the Sevilla Gardens subdivision east of State Road A1A.
3. Approved an ordinance on final reading to amend the Comprehensive Plan by adopting the private property rights element.
4. Postponed approving an ordinance to increase the number of vacation rental licenses from 100 to 123. The ordinance will be discussed again at the Commission's September 12th regular meeting.
5. Approved a resolution to declare Building Department metal file cabinets as surplus and to authorize their disposal.
6. Approved a resolution to adjust the non-ad valorem assessment rate for adjacent property owners to pay for the construction of 2nd Street west of 2nd Avenue.

7. Approved a resolution to increase by \$30 the annual non-ad valorem assessment rate for the collection and disposal of residential solid waste and recyclables.

The Commission will review the rate at its September 12th budget meeting.

8. Approved a resolution to adjust the fee for the collection of commercial solid waste and recyclables. The fee will be reviewed again at the Commission's September 12th budget meeting.

9. Discussed having commemorative keys to the City made. The staff is also to look at alternatives, such as commemorative coins, which can be given as tokens of the City's appreciation and respect to recognize outstanding citizens.

The City Commission also held a workshop on August 2nd with representatives from Florida Power and Light to discuss the undergrounding of electric lines along A1A Beach Boulevard. FP&L is to provide a list of other Florida cities that have had a similar project. The City staff will get information from these cities as to how they did their project. Also, the staff is to prepare a Request for Qualifications for a consulting firm to help the City prepare its undergrounding project. Another workshop will likely be held before the end of 2022.

Because of the Labor Day holiday on the first Monday in September, the Commission will hold its next regular meeting on the second Monday, September 12th, at 6 p.m.

**GriefShare, Continues at
Crescent Beach Baptist Church**

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

The program continues through November 9, 2022 on Wednesday, 6pm-730pm at Crescent Beach Baptist Church, St. Augustine FL 32086. Contact Melanie, 904-759-1054 or email rscoggn@gmail.com or GriefShare.org under Find a Group to register. You are welcome to join any time during the 13 weeks.

**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**

Ameriprise
Financial

Be Brilliant.

Catherine L. Stone, CFP®
Financial Advisor
CERTIFIED FINANCIAL PLANNER™
professional

T: 513.594.0893
Catherine.L.Stone@ampf.com
24 Cathedral Place | Suite 206 | St Augustine, FL 32084

Ameriprise Financial Services, LLC Member FINRA & SIPC

Flagler Hospital Free Monthly Education

Living with Cancer Support Group

3rd Wednesday of each month at 11:00 am at Care Connect (3rd floor of the Whetstone building) This is an informal gathering for adults with any type of cancer and their caregivers. It is open to all affected by cancer. This group will provide the opportunity to meet others in similar situations, share your stories, provide practical suggestions and offer support to each other. If you prefer to participate virtually via Zoom, please call 904-819-4793 for further instructions.

Breast Cancer Support Group

1st Tuesday of each month at 6:00pm in Flagler Hospital's Matanzas Room. The mission of the Breast Cancer Support Group of St. Augustine is to give help, comfort and friendship to breast cancer patients, survivors and their families. They invite many guest speakers, including doctors, pharmacists, nutritionists, educators, etc. They gather together to share the company of others with similar experiences and offer each other comfort and support. For more information, visit www.bcskofstaug.com or email bcsgofsa@gmail.com.

Restorative Yoga: Rest, Heal, Restore

Wednesdays Weekly from 1:15pm -- 2:15pm at the Wellness Center Taught by Certified Yoga Instructors through the Christina Phipps Foundation 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. Please call the Cancer Education and Support Center at 904-819-4793 for information about any of these programs.

St. Augustine Travel Club

The St. Augustine Travel Club resumes on Wednesday, September 14, at 3pm at the Southeast Branch Public Library, 6670 US 1 South in St. Augustine. Our topic will be SWEDEN and STOCKHOLM -



Discover a nature beauty of this Scandinavian country and cruise around its capital Stockholm's archipelago. See a preserved 17th century warship and much more.

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 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.

Gregory E. Oxford
DDS, MS, PhD
Dental Surgeon

Isabell G. Oxford, DMD
General Dentist

Oxford Dental Associates

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

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



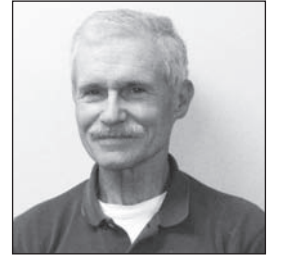
100 Whetstone Place
Suite 308
St. Augustine, FL



810-2345
www.oxforddental.net

Challenges

By Max Royle
St. Augustine Beach City Manager



St. Augustine Beach is truly a BBC (Bare Bones City) because it does not operate an expensive system for the treatment and piping of potable water and the collection and treatment of sewage, nor have its own library, recreation and fire departments. By interlocal agreement, the County provides potable water and sewage collection/treatment, plus fire/rescue, animal control and library services. The County also owns and maintains major streets (A1A Beach Boulevard, Pope Road, 16th, 11th, A Streets, and Ocean Trace Road), plus the pier, pavilion and two parks: Pier Park and Ron Parker Park. The County hires toll collectors for the A Street and Ocean Trace Road beach accesses, provides lifeguards and trash removal services during the beach season, and every five years pays from bed tax funds the local share, usually \$1 million plus, toward the cost to replenish sand on eroded sections of beach that are in the City's limits.

What does the City provide? The basics: law and code enforcement, maintenance of City streets, drainage facilities, sidewalks, parks and buildings; land use planning and regulation; solid waste collection; building permits and inspections; and general City administration, which includes the City Commission and staff, such as the City Attorney, City Clerk and Finance Director.

Bare Bone Cities aren't unusual. Many smaller Florida cities that were incorporated before 1990 and since that year are BBCs. They were founded because the residents wanted their city to

have its own identity without some of the costly services cities have traditionally provided. Thus, the focus of BBCs is on those services that the residents have decided are important for their quality of life and on land use regulations that are compatible with the identity they want their city to have, such as no high-rise buildings. The city contracts for expensive services, such as water and sewage treatment and fire/rescue, with the county or a nearby large city, so that the costs are paid by a greater number of users than just the city's residents.

The main challenge for BBCs is finding revenue for their basic services because the cities don't have the income generators that larger cities have with their water and sewer utilities. There are some services, like solid waste collection, for which fees can be charged to pay the costs. The same is true for building permits and inspections. But what about law enforcement? Cities have been successfully sued for issuing traffic tickets just to generate income for their budget. For law enforcement, parks and road maintenance and other basic functions, many Bare Bones Cities have just one major revenue source: property taxes. This is certainly true for your fair City. Property taxes alone supply over a third of the City's revenue.

Residents can see the revenue challenges their City is facing by viewing the proposed budget for Fiscal Year 2023 online at staugbch.com. There'll be a public hearing on the budget on Monday, September 12th, 5 p.m., at city hall. Hope to see you there.

St. Augustine Archaeological Association

On Tuesday, September 6, 2022, the St. Augustine Archaeological Association (SAAA) will kick off its monthly lecture series with a talk given by Dr. Keith Ashley of the Department of Sociology, Anthropology, and Social Work, University of North Florida. The talk will begin at 7 PM in the Flagler Room at Flagler College. It is entitled "A RETURN TO SARABAY: UNF FIELD SCHOOL EXCAVATIONS AT A MOCAMA INDIAN COMMUNITY".

Located on Big Talbot Island, Sarabay was one of a dozen or so Timucua-speaking Mocama communities distributed across the Indigenous landscape of far northeastern Florida during the late 16th century. By 1587, a single Spanish friar lived nearby at the Mocama town of Alimacani, which served as a Spanish mission (San Juan del Puerto). Building on testing conducted in 1998-1999, the University of North Florida (UNF) returned to the site of Sarabay in 2020. Over the past three years, field school excavations at this Mocama town have unearthed Native and Spanish artifacts and exposed the partial outline of a large Indigenous building dating to ca. 1580-1620. This presentation discusses ongoing UNF excavations at Sarabay and considers the community within the broader mission system.

Thanks to Florida Archaeology Network and Flagler College, our co-sponsors. For more information on this and upcoming events, visit our website: saaa.shutterstock.com.

Mato Construction Corp

Specializing in all phases of
concrete & masonry construction,
demolition & repair

state certified general contractor
#cgc059057

904.599.2869

matcoconstruction@aol.com
P.O. Box 1844 st. augustine fl 32085



by Paul Slava

First Friday in September falls on the 2nd and we will be Hosting our Ceramic Artists in a group exhibit. You can See The Pottery and Ceramic Showcase along with our Brand New Member's Show all starting at 5pm. Music, Refreshments and snacks will be available.



One of our special Instruction and Class offerings is being taught by Stacey McCann.

Stacey McCann is a healer and evolutionist. She didn't intend to start out that way but when her youngest son was born, he was diagnosed as borderline asthmatic. Stacey was alone supporting three children and had to find a creative way to make her son better. She thought if she put her hands on him with the intent to draw out the infection it would work. And it did, every time. Her son was only 6 months old so she knew it wasn't a placebo effect.

Stacey began a lifelong journey to find what it was that helped her son. She searched and sought out many different avenues to come to the understanding that all of our answers come from within. She found that the more she knew about herself the more she knew about others and was able to help them. It wasn't because she was healing them it was because she was helping them evolve. Evolution is our natural way to heal and as we evolve, we resolve the pain and struggles that keep us stuck and limited.

Stacey wanted to help others learn to move past their pain and struggles so she created an evolution process called Mindkeeping. Mindkeeping teaches you how to S.O.A.R. Setup, Organize, Analyze and Repair your mind. When you understand how the mind, body, spirit system works you have the power to move beyond situations and circumstances that are limiting and into a new version of you with greater intelligence, wisdom, understanding and the ability to heal yourself and those around you.

Mindkeeping is easy and can be done by anyone, anywhere, at anytime with proven measurable results.

Mindkeeping class starts September 20th at 7 PM at the Art Studio. For more information on upcoming classes and gatherings, please visit mindkeeping.com or call Stacey at 904-466-9223

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.



	St. Johns County	
	Pier Park St.	
	Augustine Beach	
	7 pm - 9 pm	
September 7th	Romona & The Riot	Jazz - Blues - Dance
September 14th	Those Guys	Classic & Southern Rock
September 21st	All Star Jam	Eciectic Mix

Robert C. Kelsey MD

Accepting New Patients

Board Certified

Cardiology & Internal Medicine

(904) 827- 0078

2720 U.S. HWY 1 SOUTH, STE B

ST. AUGUSTINE, FL 32086

National Night Out at the Beach!

(continued from page 1)



anticrime programs, (3) strengthen neighborhood spirit and police-community partnerships, and (4) send a message to criminals letting them know that neighborhoods are organized and fighting back. Most cities and towns celebrate National Night Out with a variety of special citywide and neighborhood events such as block parties, cookouts, parades, festivals, visits from local officials and law enforcement, safety fairs, and youth events. For more information contact Melinda Conlon at eventspio@cityofsab.org.

Mah Jongg Tournament

Get your reservations in today! Deadline to Enter Sept 8, 2022! On Thursday, September 15, 2022.

Temple Bet Yam is sponsoring the Mah Jongg Tournament at the St. Augustine Duplicate Bridge Club, 10 Fairbanks Street in St. A. Your \$30 donation per person includes cash prizes and a lunch.

Please make out your check to Temple Bet Yam and note Mah Jongg Tournament in the memo. Send to Temple Bet Yam at PO Box 860098, St. Augustine, FL, 32086 . Contact Teresa Freedman at 774-994-2066 with any questions.

Thursday, September 15, 2022
10:30 am - registration
11:00 am tournament starts

Mah Jongg Tournament

Cash Prizes and lunch included
\$30 donation sponsored by Temple Bet Yam

St. Augustine Duplicate Bridge Club
10 Fairbanks Street - St. Augustine, FL Exit I-95 at SR 16 (exit 318). East to US 1. North 2 blocks to Fairbanks Street. Turn left between Red Carpet Inn and Depot Plaza. Club is behind the strip mall.

Questions?
Contact Teresa Freedman at 774-994-2066

Deadline to enter is September 8, 2022

No walk ins!

Mah Jongg Tournament Reservation Form

Name: _____

Phone (home): _____ (cell): _____

Email: _____

of people: _____ I will bring my Mah Jongg set: Yes ___ No ___

Amount enclosed: \$ _____ check # _____

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

Get your Copy online!
www.SABNJ.COM
St. Augustine Beaches
NEWS JOURNAL

Sing Out Loud 2022

(continued from page1)

& Dolly Parton ("There Was Us"), Chris Tompkins (Carrie Underwood's "Before He Cheats"), Luke Bryan's "Drunk on You", Chris DeStefano (Carrie Underwood's "Good Girl"), Dan + Shay's "From the Ground Up), Mark Irwin (Alan Jackson's "Here in the Real World", Blake Shelton's "Neon Light", and many more.

Participating venues include Colonial Oak Music Park, Prohibition Kitchen, St. Augustine Distillery, and Tradewinds Lounge. For an up to date schedule and to learn more about each songwriter and their work, download the Apple/Android App on your mobile device or visit St. Augustine Songwriters Festival.

MORRELL PLUMBING

OVER 35 YEARS EXPERIENCE!

WILLIAM MORRELL
74 OCEAN CAY BLVD
ST. AUGUSTINE FL 32080
609-827-8570
609-634-6781
WILLIAMJ.MORRELLJR@COMCAST.NET

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

Humane Society Support from Comumbia Restaurant

by Susan Johnson

It's the Columbia Community Harvest! In September, choose the Columbia Restaurant and the St. Augustine Humane Society! Simply dine at the Columbia Restaurant during the month of September, choose the St. Augustine Humane Society from the list on the ballot provided, and enjoy your meal! The Gonzmart family, founder of the Columbia Restaurant, will donate a portion of your check to the St. Augustine Humane Society. Since the program's inception, the Columbia Community Harvest has given more than \$3 million to charities in cities throughout Florida. Great food for a great cause. It's a win-win! Oh, and don't forget your doggie bag!



The St. Augustine Humane Society promotes healthy, lifelong pet ownership by serving the medical and rehabilitative needs of companion animals in our community. Executive Director Carolyn Smith explains: "Our programs are designed to strengthen human/pet relationships by reducing the need for pets to enter shelters. Through generous support from the Columbia and our community, we can continue to work diligently to encourage the humane treatment of animals, avoid overpopulation, and prevent animal suffering." For more information, please visit www.staughumane.org.

Photo: Vet techs Hannah Beregsasy & Beth Pope

City receives State Funding for Stormwater/Drainage Projects

St. Augustine Beach, FL. – The City of St. Augustine Beach is pleased to announce that it has received approximately \$1.3 Million from appropriations in State's Fiscal 2023 budget.

The monies received are for two projects, the Magnolia Dunes/Atlantic Circle regional storm water resiliency improvement, and the stormwater improvements to alleviate localized flooding on the west end of 7th, 8th, and 9th Streets.

Working with state elected officials, Vice Mayor Dylan Rumrell secured the funds with assistance from Commissioner Beth Sweeny. Vice Mayor Rumrell states "It's important to let our residents know that we are working hard along with our representatives in Tallahassee to make improvements to our city." Rumrell expressed appreciation to our local delegation Representative Stevenson, Speaker-Designate Renner, and Senator Hutson.

For more information, please visit www.staughch.com, The City of St Augustine Beach Facebook page, and sign up for the monthly e-newsletter by texting CITYOFSAB to 22828.

Reach over 6,400 homes monthly with this space for only \$75 per month! Call 904-894-0204

See online at www.SABNJ.com

St. Augustine Beaches NEWS JOURNAL

Lisa Harris
Master Stylist
 by appointment only
 at Island Sanctuary
904-334-6888

STARS REHAB

4 LOCATIONS in St. Augustine

Physical Therapy

- Spine, Extremity & Surgical Rehabilitation
- Sports Therapy & Athletic Rehabilitation
- Neurological & Vestibular Rehabilitation
- TMJ Disorders
- Dry Needling Clinicians
- Parkinson's Disease & Group Wellness
- Cancer Rehabilitation & Lymphedema Therapy



Speech Therapy

- Voice Therapy
- Cognitive Rehabilitation
- Swallowing Rehabilitation with VitalStim & Biofeedback
- TMJ Disorders



www.STARSREHAB.org  

Paradise is here...

Tripadvisor Rated # 1



Your Hosts
 Lauren & Rich O'Brien



Beachfront Bed & Breakfast



1 F Street
 St. Augustine Beach
904-461-8727
www.beachfrontbandb.com

ECO Cinema Environmental Film Series

ECO Cinema - Environmental Film Series is presented by Beaches Go Green and The St. Augustine Film Society, Tuesday September 13th at the St. Augustine Yacht Club; 442 Ocean Vista Ave. across from the Lighthouse. FREE and open to the public. Event is outdoors on the covered porch of the yacht club.

Doors open at 6:00 PM. Musical entertainment presented by Katherine Archer at around 6:20. Film "Endangered Mermaids" detailing the plight of Florida's Manatees at 7:00 PM. Panel discussion, with speakers from the Jacksonville Zoo and FL Fish & Wildlife starts around 8:00. Environmental organizations will have marketing material available. Food trucks will have meals for sale. Contact Joe Marx (904) 254-9524 Email: staugustinefilmsociety@gmail.com for further information.



457th Anniversary Founder's Day!

Join the annual commemoration of the founding of the city of St. Augustine. On September 8, 1565, Spanish Admiral Pedro Menendez and his fleet made landfall and were greeted by the indigenous Timucuan tribes. At 10 a.m. there will be a historical reenactment of the 1565 landing at Mission Nombre de Dios, followed by a celebration of Catholic Mass at the outdoor rustic altar. Admission is free. At noon, guests to the Fountain of Youth Park are able to witness a reenactment of the first Thanksgiving meal. The Fountain of Youth is open from 9 a.m. to 5 p.m. Regular admission and St. Johns County resident prices are applicable. 904-824-2809. Mission Nombre de Dios, 27 Ocean Ave.; Fountain of Youth Archaeological Park, 11 Magnolia Ave., St. Augustine. www.missionandshrine.org



The City receives State Funding for Stormwater/Drainage Projects

The City of St. Augustine Beach is pleased to announce that it has received approximately \$1.3 Million from appropriations in State's Fiscal 2023 budget.

The monies received are for two projects, the Magnolia Dunes/Atlantic Circle regional storm water resiliency improvement, and the stormwater improvements to alleviate localized flooding on the west end of 7th, 8th, and 9th Streets.

Working with state elected officials, Vice Mayor Dylan Rumrell secured the funds with assistance from

Commissioner Beth Sweeny. Vice Mayor Rumrell states "It's important to let our residents know that we are working hard along with our representatives in Tallahassee to make improvements to our city." Rumrell expressed appreciation to our local delegation Representative Stevenson, Speaker-Designate Renner, and Senator Hutson.

For more information, please visit www.staugbch.com, The City of St Augustine Beach Facebook page, and sign up for the monthly e-newsletter by texting CITYOFSAB to 22828.

TICKETS \$175/person

We expect this event to sell out quickly so purchase your tickets online today.

3RD ANNUAL BALLOON GLOW gala

Don't Miss the Event of the Season! The 3rd Annual Balloon Glow Gala to benefit St Francis House at Tringali Barn 7310 US-1, St. Augustine, 32086

SATURDAY, OCTOBER 8 • 6:30 TO 10:30PM

Live music, delicious hors d'oeuvres and small bites, a special cocktail hour from 6:30 – 7:30 with spiked apple cider and old fashioned, axe throwing, tethered hot air balloon rides, a cigar tent, firepit with s'mores and more!

REGISTER NOW: [HTTPS://BIDPAL.NET/BALLOONGLOWGALA22](https://bidpal.net/balloonglowgala22)

Help us Light Up the Night and support local families, individuals and youth experiencing homelessness.

AUI ADVANCED UROLOGY INSTITUTE



Howard Epstein, M.D. FACS, Board Certified

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



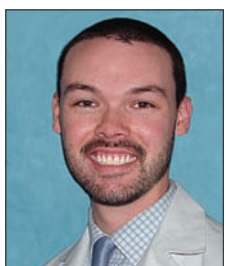
Bill Vanasupa, D.O. Board Certified



Katherine Gardner NP-C



Dean Zimmermann PA-C



Jonathan Baron PA-C

904-824-1450

240 Southpark Circle East • St. Augustine, FL 32086

MOHAWK

BE COOL THIS SUMMER WITH NEW FLOORS.

Hasty's St. Augustine Flooring

CELEBRATING 45 YEARS!

Your Friends in Flooring Since 1977

CARPET • VINYL • TILE • WOOD • LAMINATE

904-824-4311 • 1670 U.S. 1 South Next to Ansbacher Law

www.staugustineflooring.com

SOLD! SOLD!! SOLD!!!



89 Cedar Street, St. Augustine



7601 A1A South, St. Augustine

Let Rich sell your property!

Call/text Rich today at (904) 814-2080



26 Cordova Street, St. Augustine



5961 A1A South, St. Augustine



Grand Gables Inn - Palatka



6600 Brevard Street - St. Augustine



Penny Farthing Inn - St. Aug.

Dreaming of owning a beach home, condo, investment property, business, or oceanfront estate, Rich has 25 years of local real estate experience. Rich and his wife Lauren are hospitality business owners and love living in the local beach community with their two King Charles Cavalier rescues. They are active in their church, Flagler College, Young Life, and Community Hospice. Rich is available in making your dream of owning a piece of paradise in St. Augustine Beach come true!

Search ALL LOCAL LISTINGS on www.richobrien.com



Rich O'Brien

CALL / TEXT (904) 814-2080
rich.obrien@coldwellbanker.com
www.richobrien.com

COLDWELL BANKER PREMIER PROPERTIES

Financial Focus

Information Provided by
Edward Jones

When should you adjust your investment mix?



There are no shortcuts to investment success — you need to establish a long-term strategy and stick with it. This means you'll want to create an investment mix based on your goals, risk tolerance and time horizon — and then regularly review it to ensure it's still meeting your needs.

In fact, investing for the long term doesn't necessarily mean you should lock your investments in forever. Throughout your life, you'll likely need to make some changes.

Of course, everyone's situation is different and there's no prescribed formula of when and how you should adjust your investments. But some possibilities may be worth considering.

For example, a few years before you retire, you may want to reevaluate your risk exposure and consider moving part of your portfolio into a more conservative position. When you were decades away from retiring, you may have felt more comfortable with a more aggressive positioning because you had time to bounce back from any market downturns. But as you near retirement, it may make sense to lower your risk level. And as part of a move toward a more conservative approach, you also may want to evaluate the cash positions in your portfolio. When the market has gone through a decline, as has been the case in 2022, you may not want to tap into your portfolio to meet short-term and emergency needs, so having sufficient cash on hand is important. Keep in mind, though, that having too much cash on the sidelines may affect your ability to reach your long-term goals.

Even if you decide to adopt a more conservative investment position before you retire, though, you may still benefit from some growth-oriented investments in your portfolio to help you keep ahead of —

or at least keep pace with — inflation. As you know, inflation has surged in 2022, but even when it's relatively mild, it can still significantly erode your purchasing power over time.

Changes in your own goals or circumstances may also lead you to modify your investment mix. You might decide to retire earlier or later than you originally planned. You might even change your plans for the type of retirement you want, choosing to work part time for a few years. Your family situation may change — perhaps you have another child for whom you'd like to save and invest for college. Any of these events could lead you to review your portfolio to find new opportunities or to adjust your risk level — or both.

You might wonder if you should also consider changing your investment mix in response to external forces, such as higher interest rates or a rise in inflation, as we've seen this year. It's certainly true that these types of events can affect parts of your portfolio, but it may not be advisable to react by shuffling your investment mix. After all, nobody can really predict how long these forces will keep their momentum — it's quite possible, for instance, that inflation will have subsided noticeably within a year. But more important, you should make investment moves based on the factors we've already discussed: your goals, risk tolerance, time horizon and individual circumstances.

By reviewing your portfolio regularly, possibly with the assistance of a financial professional, you can help ensure your investment mix will always be appropriate for your needs and goals.

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

Fiesta Falls Award Winning miniature **GOLF**

18 HOLES Join the Fun!!

Soft Serve Ice Cream
 (904) 461-5571
 818 A1A Beach Blvd
 ST. AUGUSTINE BEACH
 1 Mile South of the Pier

NOW OPEN NIGHTLY TIL 9 PM!

\$1.00 OFF Adult Golf
.50¢ OFF Children's Golf

Not valid with any other Discounts. SABNJ

Dreaming Up the Ideal Retirement Is Your Job. Helping You Get There Is Ours.

To learn more about why Edward Jones makes sense for you, call my office today.

Cory Caplinger
 Financial Advisor
 4108 A-1-A South
 St Augustine Beach, FL 32080
 904-460-1200

edwardjones.com
 Member SIPC

Edward Jones
 MAKING SENSE OF INVESTING



First Coast
REHABILITATION
where patient care comes first

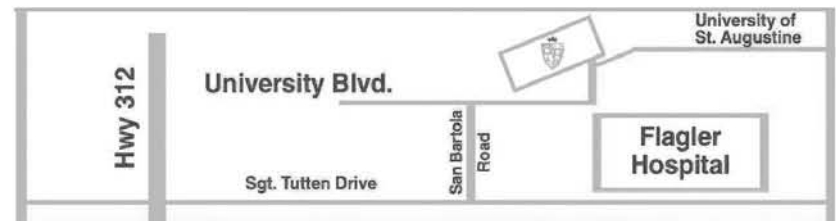
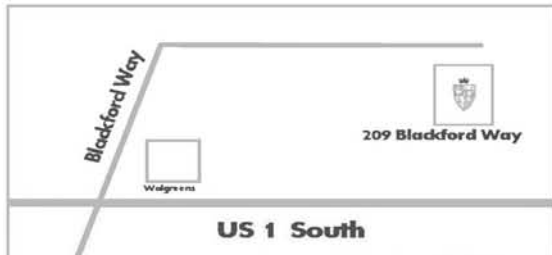
One Therapist - One Patient
One Plan - One Goal
Since 2006



- Physical/Occupational Therapy
- Dry Needling
- Certified Hand Therapy
- Manual Therapy
- TMJ Therapy
- Lymphedema Therapy
- Orthopaedics & Neuro Therapy
- Vestibular & Balance Therapy
- Women's Health & Pelvic Floor Therapy and more.

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



Visit us at one of our two locations and see a full listing of our services via QR code or www.firstcoastrehab.com





Ehlers-Danlos Syndrome (EDS)

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

While sitting down to write this month's column on fascia and how it works, I decided to postpone that a month and thought I would first write about what happens when fascia does not work. Stretching and staying mobile is a good thing and something I usually encourage. It is important to keep our fascia mobile as many of us grow "tighter" with age and lose range of motion. Fascia can grow stiff making staying mobile or unrestricted a constant challenge. But for some the opposite is true. Fascia can become like puddy, allowing too much movement.

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

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

Imagine sitting in a chair reading this column. The longer you sat, the more your tissues would adapt, slowly "melting" or giving way to gravity and the force of the chair. As your joints started to gradually stretch, the muscles respond by tightening, attempting to stabilize the joints. This process takes place regardless of the structure: chair, couch, bed or car – to name a few. Every night's sleep becomes a challenge, first

to get comfortable and second, the stay comfortable. Whether you sleep on your back, side or stomach, your tissues gradually give way to the force of gravity and the mattress. Maintaining any one position for too long will produce the same result, even to the point of joint subluxation (popping out and then back in). This happens because the connective tissue lacks the inert stability it should normally provide.

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

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

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

Rob Stanborough was one of the first PT's to be permitted to use 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 (www.firstcoastrehab.com), presented and published about DN and co-author of *Myofascial Manipulation: Theory & Application*, 3rd ed by Proed Inc.



Temple Bet Yam

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

DRYWALL FINISHING

Repairs and Texture
40 years experience
Reliable and Local
Small Business

CALL GARY MAGGIO
(904) 377-5173

Computer Corner

by Steven Aldrich
904-479-5661

Is it Time to Consider Windows 11



Less than 2 years ago I wrote this same question about Windows 10. Over the past several years the Windows 10 updates have caused enough havoc to keep my business growing nicely. I was concerned that Windows 11 might follow the same path. Turns out, not so much!

Windows 11 has not presented a single update failure for me to deal with. The only real issue I can see with Windows 11, is that you cannot set it up initially without an internet connection and a Microsoft account. For us here in the US, this is not an issue. We can always turn off the MS account connection later and use a local account instead.

Windows 11 is a much cleaner looking version of Windows. To my eye, it has a much better look and feel. All of the Windows 10 functionality is still there, without the annoying updates that break everything.

Many say that Windows 11 is more "Mac like". It is true that Windows 11 brings a lot more styling to how things are displayed. Smoother edges, rounder corners, shadowing that makes things feel more natural, these are elements of the look and feel. I find it mostly unchanged for the functions that I use, and I am certain you will as well.

Not all computers can run Windows 11. There is a handy tool to test your computer, and all you need to do is open Windows update in settings to run that tester. In general, if your computer is less than 3 years old, you should be fine. But the tool is a handy way to know for sure.

You'll find that all new Windows computers at the stores run windows 11. So, you may consider new if your computer is getting long in the tooth.

The biggest change is that the task bar at the bottom of the screen is centered, and not full width. So, the clock is not all the way to the right, it is closer to the middle but still at the far right of the items in the Task bar. My, oh my... those folks at Microsoft really know how to shake things up!

If you are considering upgrading to Windows 11, don't let change be a concern. Other than more reliable system updates, it has not changed that much.

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



Computer Problems?

\$129 Standard Service Call

At Your Home or Business

OR

\$49 REMOTE Service

call for details

Testimonial:

Steve answered the phone when I called, quickly set an appointment, and arrived when he said he would. Why can't all in home services be this easy and enjoyable?

(904) 479-5661

info@fccspro.com 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



ST. JOHNS



ST. AUGUSTINE
BEACH'S LARGEST
LAW FIRM



**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



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

**We Buy
Exceptional
Automobiles
Sports, Classics,
Convertibles,
Trucks and SUVs
always needed**

**Rhys Slaughter
904-580-8000
www.leefslaughtercars.com**

