

January 2023

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St. Augustine OBSERVER

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



Saint Augustine Film Festival

St. Augustine South Reflections

by Ruth Hope

Happy New Year!!!! Let's hope we have a peaceful 2023.

One of the pleasures of living in St Augustine South, that generally continues past The Hoildays through the short days and long dark nights, is the splendid displays of Holiday lights. We have projected light shows, sometimes with music, inflatables, and more traditional twinkling lights – all the more bright and colorful with the advent of LED bulbs. The scenes range from secular to religious, to candy box pretty. And its quite possible to see Bethlehem and the North Pole in the same garden. I enjoy driving home after dark as the lights are really cheerful on cold evenings. If you haven't toured St Augustine South Lights, come soon as not everyone keeps them up as long as St Augustine's Nights of Lights to the end of January. Be sure to end your journey with a finale along Alicante Road, at the junction with Prince Road. There the lights meet across the road from one garden to another.



For the first time in three years, when Santa visited St Augustine South, he was able to meet with the children in the greater comfort of the SASIA Clubhouse. This is always a very special event; its wonderful to see the magic in the gazes of our younger neighbors and the happiness in the eyes of their parents.



That we are getting back to normal after the worst of the Covid pandemic was evident in the SASIA Holiday Dinner for members, this was also for the first time in three years. Catered by Ned's Southside Kitchen, it was another special occasion. The winners of the Holiday Lights competition were announced at the dinner. I wold not like to be a judge when there is such a wide variety in styles: there has to be an element of personal tastes in deciding which are the best displays

One thing we can all be certain of is that St Augustine South knows how to celebrate The Holidays!

Some neighbors are getting increasingly strident complaining about dangerous speeding along our roads. Others are increasingly strident in their complaints about folks walking after dark while wearing dark clothing. Speeding in dangerous: you know if you are one of the speeders. Please slow down. Walking in the dark without wearign reflective clothing or carrying a flashlight is also dangerous. Please think of your own safety and at a minimum carry and use a flashlight. My own pup now wears a flashing illuminated harness and many people have remarked how effective it is. I have had drivers and cyclists stop and commend my little girl for her visibility. She seems to be unaware of the flashing green lights: I cannot be doing with the fast flashing, but I tolerate the slower speed flashing as I think it is more attention grabbing than the solid state fluorescent light. These harnesses are available for only a few dollars where you buy your pet supplies. Mine came from Target and charges up using small cables provided, by plugging into a USB port on my laptop. If you aren't comfortable with a flashing harness, just use it lit up but not flashing

The blanket collection for the homeless was very successful. I distributed 3 waffle weave blankets, 2 new sleeping bags, a comforter, 6 throws, clothing, shoes, socks and toiletries to Home Again St Johns and 12 throws each for the Cold Emergency Shelters at First United and Grace United Methodist Churches. My van was then filled to the ceiling again with more blankets, and two pillows that were distribute also distributed for the Cold Emergency Shelters. The cold weather may not be over for this winter, and so if you have warm clothing or blankets that you no longer need, all three local organizations will be pleased to receive them from you.



The 13th annual St. Augustine Film Festival will be held from January 12-15 in St. Augustine venues — Lewis Auditorium and Gamache-Koger Theater at Flagler College, and the Alazar Room at St. Augustine City Hall (Lightner Museum). More than 50 independent and international films will be on numerous screens throughout the city. Festival

passes are on sale at staugfilmfest.com

The Saint Augustine Film Festival is organized by Gregory von Hausch, the CEO of the acclaimed Ft. Lauderdale International

Film Festival. Films will include dramas, comedies, and documentaries from all over the world, as well as films from independent U.S. filmmakers.

"We are so excited to be screening films in beautiful downtown St. Augustine during Nights of Lights," said von Hausch.

The Saint Augustine Film Festival has a reputation of featuring films that aren't usually available in North Florida. The films chosen are created by talented independent filmmakers from around the globe.

The Saint Augustine Film Festival will introduce its new mascot, Film Buddy, at the St. Augustine Christmas Parade on December 3. As the SAFF ambassador, Film Buddy will be on a mission to invite locals and visitors to attend the film festival. The parade will begin at 9 a.m. along San Marco Avenue in St. Augustine. Spectators (See page 6)



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St. Augustine Observer

Published monthly for residents and visitors of St. Augustine, Florida area
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The purpose of the St. Augustine Observer is to serve residents of St. Augustine area Communities.

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

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

"Follow us on Instagram and Facebook: @staugustineobserver"

St. Augustine Shores Community Calendar

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

www.staugshores.org

Shores Monthly Meetings

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

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

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

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

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

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

• **Casa Bella Condominium** Board Meetings are 3rd Mondays of each month at 6pm. Meeting location will be determined & posted on bulletin board 48 hours prior to each meeting. (March 21, April 18, May 16, June 20, July 18, August 15, September 19, October 17, November 21, December 19). For Information contact Property Manager Debby Bisogno at 904-461-5556.

St. Augustine South Community Calendar

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

SASIA Community Meetings

Community meeting are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse, except July and August. Please join us on Wednesday, January 18th at 7:00pm. A representative from the Rattlesnake Conservatory will be there to present about snakes in the South.

SASIA Board Members

President - Jerri Sue Dawson
1st V.P. - Nicolette Soucy
2nd V.P. - Mick Jones
Secretary - Kenneth Rainer
Treasurer - Margo Geer
Directors:

Mike Oliver, Robert Kennedy,
Oonna Hueck, Dave Whitaker,
Susan Millerick

Distribution Locations for the Observer

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

Classes at Clubhouse
Due to renovation
No classed January 23-27

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

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

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

Low Impact Zumba with Melinda - Tuesday and Thursdays 8:30-9:30am. A \$5.00 donation is requested. Contact Melinda at slidermomma@yahoo.com.

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

Community Classifieds

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

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

FOR SALE: 1. Electric Handicap Grill. 2. 10" cubic Freezer. 3. Coffee Table. 4. Leather Recliner Love Seat. All are best offer. Call 904-295-5258.

FOR SALE: Harmony 5 string banjo, case and accessories. Excellent condition. \$200 Call 904-797-5893.

FOR SALE: 1. Large Microwave \$25. 2. Stained glass & various Lamps \$15-\$50. 3. New & lightly used Dresses size 10-14 \$12-\$65. 4. Crystal Photo Frames etched with flowers \$35. 5. Like new American Torister Luggage wheeled \$50. Call Michele at 904-347-5778.

FOR SALE: MacPro 2006 "Quad Core" 2.0 ghz Xeon 5130 x 2. Model A1186 (EMC 2113) 4 gb memory. One 500 gig hard drive with OS 10.7 Lion and one 80 gig hard drive with OS 10.10 Yosemite. Only computer and power cord include. No keyboard or mouse. Works as intended. Pick up or delivery in local area. \$90. Call 904-607-1410.

FOR SALE: 1. Instant Pot multi-use Pressure Cooker, retails at \$89.99, brand new in box for \$40. 2. 1 gal never used Porch & Patio Paint, By Behr, Home Depot and new floor paint roller. Color is Terra Cotta, Spanish Style in color. Best Offer 0 Call 904-794-4226.

FOR SALE: 2012 Hartland Bighorn RV. Model: 3670RL (Rear Living Room), Total length 39'9", 4 slide outs). 30 & 50 amp electric option. Very good condition. New Refrigerator cooling unit and large air conditioner replaced in 2021. Asking \$30,000 Call Cliff 904-607-1410.

FOR SALE: 1. Mahogany desk \$75. 2. 42" round Maple table with 2 12"

leafs/4 chairs \$100. 3. 2 crockpots \$7 each. 4. Black & Decker Toster Oven \$25. 5. Wards Sewing Machine \$15. Call 904-687-9149.

FOR SALE: 2005 Fender Acoustasonic Strat. Crimson Red transparent with hard case perfect condition. \$900. Call 904-669-5536.

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

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

WANTED: Cleaning person wanted, also lawn person, handy man. References. Please call 904-687-3362.

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

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St. Augustine Shores & South News & Events

Shores Riverview Club Activities January 2023

January DANCE RSVP required: Call 904-794-2000 or at www.staugshores.org/dance-rsvp. **BYOB* Guests: \$15.00/pp**
Dance Club Members FREE – Open seating

MAIN SOCIAL Debbie Owen & Tony T
Saturday, January 21st
7:00pm to 10:00pm



GUESTS \$5/pp/class

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

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

Chair Yoga 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 9:00am.** Class is geared to all levels. Bring a non-skid mat & wear comfortable clothing.

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

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

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

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

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

Shimmy, Stretch, and Strengthen Class led by Annamarie, **Thursdays at 4:00pm**
Come shake it out and work on your strength.

Mahjong Led by Marcia, **Wednesdays at 9:30** *must have at least 4 to play

Upcoming Events

Early Social

Bold City Classics
Sunday, February 5th
6-9pm



Main Social

Traces of Gold
Saturday, February 18th
7-10pm





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904.794.2000



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

.....And The Beginnin of a New Year

As 2022 comes to a close, we leave behind us a year that gave us two hurricanes which had a significant effect on our community. With the hurricane season behind us, it is an opportunity for the Service Corporation to take stock of the damage done to our facilities and grounds and establish what point we have reached with repairs recovery and clean-up.

The hurricanes brought down a number of trees in the area. Those that fell in the wild areas will be left where they fell to contribute to the habitat. Trees that were damaged or uprooted in common areas or along streets should have been cleared up soon after the storms but if you know of any that still need attention, please let the office know.

Most of the debris that washed up along the field behind the Riverview building at the high tide mark was cleared up and piled up beside Christina Drive and has now been removed by our landscaping contractor.

The pier fared well with no damage noted, although the water level at its highest point apparently reached the underside of the upper structure.

We were not so fortunate with the Riverview building itself. A number of tiles along the ridgeline were lost and this resulted in some water ingress and damage, particularly to the ceilings and attic areas above the card and games rooms. The general manager is working diligently with the insurance company and roofing contractor to complete repairs as soon as practical so that the rooms can be returned to their former glory.

Another casualty of the storms was the pavilion canopy. The canopy had passed its life expectancy and was considered too fragile to remove without significant damage. It was left in place with the hope that it would survive the storms but this turned out to be false optimism. A replacement canopy is expected to arrive before Christmas.

This is by no means a full reckoning of the storm damage but will hopefully inform members of the work that is in progress.

Wishing all in the community a happy and prosperous 2023.

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

Single & Parenting Support Group Crescent Beach Baptist Church

Single & Parenting is a weekly support group designed for single parents to share tips and parenting wisdom that will help them find rest, hope, and encouragement. Starting January 8, 2023 through April 2, 2023, on Sundays 5:15pm-7:00pm at Crescent Beach Baptist Church, St. Augustine FL 32086.

Contact Chris at 904-654-5418 or email christopher.d.brown@hotmail.com or www.singleandparenting.org under "Find a Group to register". You are welcome to join any time during the 13 weeks. Childcare is available for all ages.

St. Augustine Film Society presents Wong Kar-Wai Mini Film Festival

The St. Augustine Film Society presents a Wong Kar-Wai Mini Film Festival featuring ChungKing Express on Friday January 27th at 7:00pm at the Waterworks, 184 San Marco; and In The Mood For Love, Sunday January 29th at 7:00pm at Temple Bet Yam, 2055 Wildwood dr.

Filmmaker Jim Gilmore will lead discussions both nights to give perspective on each film. Admission \$8.00 BOGO gets you in for both nights, film society members and students FREE. For further information visit staugustinefilmsociety.com or call (904)254-9524.

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SASIA News and Calendar of Events

January 2023

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

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

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

SASIA Community Meetings

Community meeting are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse, except July and August. Please join us on Wednesday, January 18th at 7:00pm. A representative from the Rattlesnake Conservatory will be there to present about snakes in the South. There is no charge for members. For nonmembers dinner is \$20 per person or you can take this opportunity to join for a \$24 annual fee. We will have a band and dancing after dinner will be encouraged! Please RSVP to membership@staugsouth.com.

Food Truck Nights

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

Friday, January 27th - El Hombre's Tacos- Join our local SAS resident food truck for Mexican style tacos and more! This was rescheduled due to storm Nichole.

Friday, February 10th - Johnny's Mac Shack is also a local SAS food trailer featuring specialty mac and cheese dishes, BBQ, and comfort food. All their macaroni is made fresh on board, and every dish is scratch-made.

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

Upcoming Events (Subject to changes)

Community Meeting - Wednesday, January 18th – 7:00pm
 El Hombre's Tacos Food Truck - Friday, January 27th – 5-7pm
 Johnny's Mac Shack Food Truck - Friday, February 10th – 5-7pm
 Community Meeting - Wednesday, February 15th – 7:00pm
 Trunk Sale - February 18th
 Spring Festival - April 8th
 Arts & Crafts Fair - May 6th
 Garden Tour – TBD
 Fall Festival - October 28th
 Arts & Crafts Fair - December 2nd
 Santa - December 16th
 All dates are subject to change.

Shores Riverview Club Music & Dancing

Come on out and enjoy live music and dancing at the Riverview Club in the St. Augustine Shores! Tickets are \$15 per guest and seating is open. Bring your own food and drinks! RSVP is not required but is encouraged. Call 904-794-2000 or email christine@staugshores.net to RSVP! Debbie Owen & Tony T will be playing on January 21, 2023!! The Riverview Club, 790 Christina Dr., St. Augustine 32086.

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13th annual Film Festival

(continued from page 1)

should arrive early to find their spot along the parade route.

Also new this year, a High School Video Competition will take place, with student entries from St. Augustine and St. Johns County. Entries should be no longer than 2 minutes. Deadline is January 5. Email your film as an MP4 or MOV file to Dennis@FLIFF.com

Follow The Saint Augustine Film Festival on Facebook and on Instagram at @saintaugustinefilmfest to stay updated.

Volunteers are needed to help at all screenings. To volunteer, contact Leslie Lacika at leslacika1@gmail.com to volunteer.

for the 2023 festival. An orientation session will be held prior to the festival, where volunteers will get an official festival crew T-shirt; and volunteers will receive free tickets to attend films playing at Lewis Auditorium for those who commit to at least two four-hour shifts over the weekend.

Founding sponsors are Arnold and Barbara Grevior; along with Allen and Cathie Altman, and Shirley and Kenneth Walker. For the 2022 Saint Augustine Film Festival, festival sponsor opportunities also include parties and individual films. For sponsorship information, visit www.staugfilmfest.com/sponsors.

The Film Festival Passes are available at www.staugfilmfest.com.

ALL ACCESS PASS — \$250 (All parties, events and film screenings)

ALL FILMS PASS — \$100 (All films in screening venues)

ALL LEWIS PASS — \$75 (All films in Lewis Auditorium at Flagler College)

<https://saff2023.eventive.org/passes/buy>

The festival was organized by Gregory von Hausch, the CEO of the acclaimed Ft. Lauderdale International Film Festival, and a committee of community volunteers. The mission of this nonprofit: "To provide a rich cultural experience to the public that highlights the skills of independent and foreign filmmakers and offers fresh insights into different cultures, the common bonds that link us, and the emotional art of storytelling."

First Coast Opera "Opéra Mystique"

Opéra Mystique will be performed in February 2023 at The Waterworks, 184 San Marco Ave., in uptown St. Augustine. Opera and the supernatural combine in FCO's inaugural production at the renovated historic Waterworks building. This other-worldly program features staged performances with orchestra of Menotti's séance-filled *The Medium* and Holst's *Sāvitri*, based on an episode from the Sanskrit epic *Mahābhārata*.

In March 2023, an Evening of Arias will return, an annual event that features heavy hors d'oeuvres, a silent auction, and performances by First Coast Opera guest artists. Tickets and details about upcoming performances are available at firstcoastopera.com.

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The Wildflower Meadow Group

by Cindy Taylor



The wildflower meadow group is interested in all of nature, not just wildflowers, and we had our annual picnic in Princess Place this year. The weather was beautiful and we explored a path our group hadn't walked before. We enjoyed the birds, trees, beauty in nature, and good company. There's nothing like being with others who love exploring the woods, never mind other differences we might have. Some things we agree on.



In the meadow this fall bushy aster didn't bloom in their usual profusion and I suspect the two hurricanes we had this fall have something to do with that. Maybe next fall the aster will compensate for what they couldn't do this year? There are few flowers in bloom, as I write this in early December, but there's plenty of color thanks to Elliott love grasses, Muhly grasses, and a variety of blue stem grasses, all natives to Florida. Nature has its cycles and each serves the other to maintain a natural balance, if we let it.



We haven't seen any sign of activity at the gopher tortoise hole and will probably never know why it isn't living there anymore. The hole was well made and secured by the roots of fakahatchee grasses.

On a sadder note, one of the original members of the wildflower group, Sharon Augustinos, passed away in November after a long illness. For several years she hasn't been able to come to the meadow but her caring spirit and love of nature were there and still are. Thanks to Kay Wells for her photo contributions.

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

NAMI Volusia/Flagler/St.Johns Family-to-Family Education Program

NAMI "Family-to-Family" is a free, 8-session education program for family, friends and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

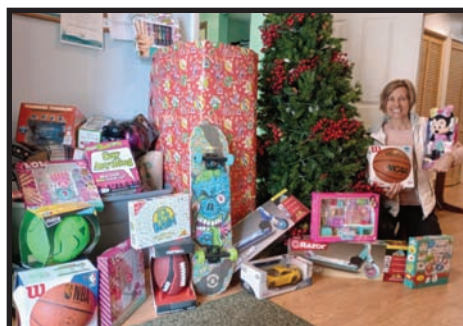


The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit nami.org/research. To register, contact cabrabjr@att.net or 352-246-9519.

NAMI Volusia/Flagler/St.Johns, Family-to-Family Education Program is on January 21- February 11, 2023, Saturday, 9:30 AM-3:30 PM, St. Augustine

South Ponte Vedra Civic Association St. John's Cnty Fire & Rescue Toy Drive

The South Ponte Vedra Civic Association (SPVCA) has again collected gifts for the St. John's County Fire and Rescue toy drive. This year the Firefighters are sponsoring 300 families which includes 700+ children and teens! At our monthly 2nd Friday Social members really showed their generosity by filling a huge box to overflowing with gifts for teens as well as younger children. There will be lots of smiles this Christmas!



The toy drive is just one of the things that the SPVCA supports. We have a monthly focused donation program which has collected specific items for organizations such as Port in the Storm, St. Francis House, Council on Aging and

St. John's County Ecumenical Food Pantry just to name a few. Members have helped to make a difference in their own community for years and plan on continuing this tradition going forward.

SPVCA is a wonderful organization focused on community and social activities. For more information about membership, please contact Lisa Goldberg at goldberg.lisa12@gmail.com.



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Burials Are More Than Bones And Graves Are More Than Holes

On Tuesday, January 3, 2023 the monthly meeting of the St. Augustine Archaeological Association (SAAA) will be held in the Flagler Room at Flagler College at 7PM. A talk will be given by Dr. Maranda Kles entitled

Dr. Maranda Kles will discuss her examination of skeleton from both the past and the present, touching on not only what we can tell from the skeletal remains themselves, but also what we can tell from how they were buried (or disposed of).*

From matriarchal societies of the past to modern day murders the human skeleton and the place it was found tells us not only about the person, but also the society and the persons status or relationship to that society. This presentation will show images of human skeletal remains. No images are Native Americans.

Dr. Kles is a native Floridian. She earned her degrees in Anthropology from the University of Florida. Her primary focus was forensic anthropology and bioarchaeology. Her dissertation research focused on evaluating biological relationships as expressed in cranial remains in comparison to archaeological cultures to evaluate relationships and gene flow patterns. Maranda was also a death investigator and an autopsy technician. She taught at University of Louisiana at Lafayette and the University of Florida; she is now the Vice President of Archaeological Consultants, Inc. She brings her varied education and experience to the analysis of human remains in both forensic and archaeological contexts.

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



Anastasia Island gift giving that lasts a year

By Lorraine Thompson (staugbeachwatch@aol.com)

If you're looking for a gift that hits home, this time of the year is the best time to obtain memberships that will last for a year. You might also consider purchasing these memberships as "gifts" for yourself.

- If you're a frequent visitor to Anastasia State Park, consider joining the **Friends of Anastasia State Park** for \$25 per year. The memberships entitle you or the recipient to twelve park entrances throughout the year. Without the membership, admission fees are \$8 for vehicles with 2 to 8 people, \$4 for single occupant vehicles. For membership information go to www.friendsofanastasia.org.

- For those who travel throughout the state, an annual membership is also available that covers entrance to most **Florida State Parks**. Individual passes cost \$60. Family passes are available at \$120. For details, visit <https://www.floridastateparks.org/learn/florida-state-parks-annual-pass>.

- **St. Augustine Lighthouse Museum** offers several annual membership levels starting at \$25 that also offer discounts on programs including summer camps as well as entrance to other Florida lighthouses. The Lighthouse is located at 81 Lighthouse Avenue on Anastasia Island. For information call 829-0745 or visit www.staugustinelighthouse.org.

- **St. Augustine Beach Civic Association** not only entertains the public with free summer concerts and sponsors other beach events. It also offers annual memberships with the proceeds helping to defray the costs

of its programs. Individual Memberships are \$20 per year and Corporate and Family Memberships are \$30 annually. Use the membership card year-round for ten to fifteen percent discounts at restaurants and for other products and services offered on the island as well as on the mainland. Memberships are not restricted to St. Augustine Beach residents. They can be purchased at The Sunshine Shop, 645 A1A Beach Boulevard and online at www.sabca.org. They will also be available at the Surf Illumination event on December 3.

- **St. Augustine Alligator Farm Zoological Park**, located on the island at 999 Anastasia Boulevard, offers individual annual memberships at \$139.95. Family Membership \$169.95. There is even a Grandparent Membership for two adults and grandchildren 18 and younger for \$159.95 per year. The memberships include unlimited admissions year-round, gift shop, birthday parties, zoo camps and other discounts. For membership details visit <http://www.alligatorfarm.com/zoo-membership/> or call 824-3337.

- **Marineland Dolphin Adventure**, located at 9600 Oceanshore Boulevard, off A1A South, now offers annual passes. Prices start at: Individual Pass: \$60.75 (1 adult); \$42.06 (1 child). Each annual pass includes unlimited general admission, 20% discount off all programs, 10% discount at Ripple Effect Kayak and Boat Tours. Annual passes may be purchased at the Marineland ticketing office or call 877-933-3402 for information.

View the Beaches & Observer Online!

Get the latest Beaches News Journal and Observer issues downloaded to your computer or smart phone even before the printed editions hit the community mailboxes!

You can also view past issues back to 2013. Monthly print editions can be found at local libraries or by monthly subscription of \$12 per year. See SABNJ.com or StAugustineObserverOnline.com



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The Couple that Paints together, Stays together! Let us introduce you to David and Judy Snyder. Nebraska boy meets Nashville girl in LA on February 9th engaged on the 14th married on the 28th, 1970. Dave (a marine) and Judy have been married 53 years. They pray and paint together to stay at together! They have four children and we're missionaries in three countries for 15 years.



David, who's main subject is wildlife, while Judy is more inclined to paint musical instruments, mainly guitars and whimsical landscapes and mystical lands out of her imagination. Both of them thrive on commission work as well, that is up to their customers, all who love their style.

St. Augustine is home now and so is the Art Studio, whom they thank for finding a home for their art and inspiring both of them to follow their dreams.

You can see their combined show for the First Friday Opening on January 6th, starting at 5pm and ending at

8pm and then will stay for the month of January where we will also have a brand new member's show as well.

The New Year also brings many new Classes, Workshops and Events. One of these happening on Saturday, January 7th is a Vision Board Workshop at 8:30am until 1pm. Jodi Santangelo-Ash wants you to email her at Jodi@jodisantangelo.com or call 918-809-8552 for details and to register.

Collage Class, All Materials Supplied. Thursdays from 7pm to 9pm. Theresa Morgan, Artist. Contact: tatstaug421@gmail.com for more information. S.T.E.A.M. Rooted Learning Education Program for ages 7 through 14. Contact Norah Sutphin at norahsutphin@gmail.com.

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



Mah Jongg Tournament

Thursday, February 23, 2023
10:30 am - registration
11:00 am tournament starts

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

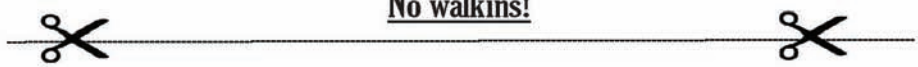
New Location CASH PRIZES

→ The Tournament will be held at Temple Bet Yam ←
2055 Wildwood Drive
St. Augustine, FL 32086

Questions?
Contact Carol Levy (954) 895-7332

Deadline to enter is February 16, 2023

No walkins!



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.
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Diaries of a Shores Grand-Dad

by Dirk Schroeder

THE GIFT that we just celebrated over Christmas is that of a new life - that gift being the miracle for the millennia; a perfect life to be treasured forever. This **GIFT** is the backdrop for family and friends gathering and hopefully everyone was able to experience that this December. These gatherings are not always the gift that we anticipated. Most often, we hope to take away the joy of our special bonds and yet occasionally they turn into conflict - somebody says or does things that, with or without deliberate intent to stoke offense, may cause a family member or friend to either immediately defend themselves or internalize your comment and deposit it in the negative bank of the brain. In looking ahead to 2023, we tend to talk about resolutions instead of internalizing lasting habits in our brains. Resolve can be boiled down to two words - "WILL" and "DO".

WILL I ALWAYS DO BETTER? How does anything happen? Someone has to be willing to do it. Your resolutions are of no use without your will to carry them out - to do them with your actions. Many people plan using the SMART method - your goals have to be specific, measurable, achievable, realistic and timed

(completed in a time frame). That's fine for business but resolve needs to be more personal and simpler.

You could start by being honest with yourself and by identifying your weaknesses, your fears and vulnerabilities. What are the ways that you can do and will do things differently? There are always ways to do things better (notice the words in bold here). We are born imperfect and we could spend our entire lives trying to become perfect - the best. But, we can always do better! Are we willing to? I used to debate with the boys, when they were younger, about which word is the higher form - "best" or "better" and I would always take "better". If you think you're the best, then you must be perfect. And there's no person that can be better? Case closed.

In 2023, when we think back on the GIFTS that we received there is one that is perfect. All of the other gifts that we exchanged are not perfect but appreciated nevertheless. Give yourself a lasting Gift: Will your actions be better, not just in 2023, and always? Will your interactions (your gifts) with your family and friends give them joy and bring you joy in return? Those are the right questions. On that note, I wish you all a better 2023 and, as always, a Sunshine State of Mind!

Juried Artist Member (JAM) Exhibition



The JAM Exhibition is an annual juried art exhibit exclusively featuring the work of Cultural Center artist members. First, second, and third place prizes will be announced at the opening reception and the first-place winner will be featured in a solo exhibit at the Cultural Center in 2023.

Mark your calendars to see our artist members' work at the opening reception on Friday, January 27, 2023. Artists interested in participating in JAM can learn more about membership here and contact Kimberly Sheridan to receive JAM information at ksheridan@firstcoastculturalcenter.org.

St. Augustine Travel Club

The St. Augustine Travel Club will hold their next meeting on Wednesday, January 4, 2023, at 3pm at the Southeast Branch Public Library. We will be covering NORWAY and OSLO (canceled from a previous date).



gg62176354 GoGraph.com

See the beautiful scenery of this Scandinavian country and its famous fjords, well-preserved and picturesque medieval city of Bergen, traditions of village life, maritime history in the capital Oslo including the Viking ships and the famous Kon Tiki raft.

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.

ONLY YOU KNOW & I KNOW

FOR ST AUGUSTINE SHORES RESIDENTS ONLY

In the gray area on Page 4 is The Shores "Community Calendar". In about a half a Column Inch, there is a notice as to where and when your HOA meeting is held. On Page 5, you get additional updates from the Association.

You can always go to: staugshores.org then click on Board of Directors and then scroll down to Board Meeting Agenda if you wish to find out the time and date of the next meeting.

ST. AUGUSTINE SHORES HOA BOARD MEETINGS ARE ALWAYS ON THE SECOND THURSDAY OF EACH MONTH AT 6 PM

(UNLESS OTHERWISE POSTED). THE MEETING IS JAN.12TH.

Being aware of what is going on in your Community is always in your best interest. There are in excess of 3,000 residents that live in The Shores.

Aside from the 7 Member Board of Directors, it is unusual to see more than 20 residents. **PLEASE PARTICIPATE!** Brought to you by:



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Bobbi Blancq
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Manual Therapist
Lymphedema &
Vestibular Specialist



Bryan Olson
Physical Therapist
Manual Therapist
Dry Needling
Balance / Vestibular Specialist
& Sports Rehab



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



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



Matthew Sheltz
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Dry Needling
Vestibular Specialist



Sarah Sudheimer
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Women's Health &
Pelvic Floor Pain Specialist



Cheryl Wynn
Physical Therapist
Manual Therapist
Vestibular Specialist



Beverly Bass
Occupational Therapist
Certified Hand Therapist
Certified Lymphedema
Specialist



Jamie Vernaglia
Physical Therapist
Manual Therapist
Vestibular Specialist

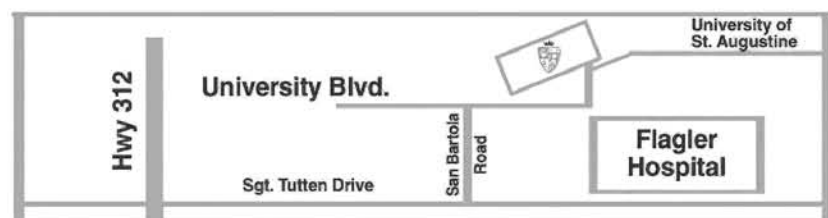
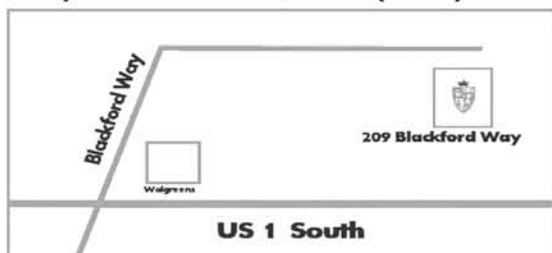


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Another Year

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



It's hard to believe we are into twenty, twenty-three - 2023. I can remember the hype that preceded 2000 and here we are 23 years later. Many things have changed, and some things remain the same. It is during these transitional times we tend to take stock of where we are, where we've been and where we'd like to go. That said, such retrospection and planning often involves an element of our physical well-being. As a physical therapist, this is very familiar territory.

One of the things that has not changed is the way our bodies respond to the forces that act upon them. I have written many times regarding forces and our bodies, i.e. lifting weights increases muscle mass, aerobic activities challenge the cardiovascular system and thereby increasing stamina or endurance, and stretching promotes flexibility.

Unfortunately, the opposite is true. Our bodies respond to a lack of activity and lack of applied forces. A sedentary lifestyle can result in weakness and muscle atrophy, decreased endurance and general stiffness. I have seen the consequences of the inactive lifestyle, not just this past year, but especially the last two years. I have also recently seen a resurgence of people trying to make their way back to previous fitness, condition, balance and function.

As you set your New Year's resolutions to increase activity, lose weight and regain lost function, start as we do at First Coast Rehabilitation. Start with slow. Allow your body to heal and adapt between activities. Start with success. Start with what you can do now, not worrying about what you used to be able to do. You'll get there.

If you have a heavy work schedule, start with simple exercises you can do while sitting at your desk, driving, or

waiting for copies. If you have night and day family commitments, get the family involved and make movement a family event. One of my favorite exercises for shoulder rehab is the countertop push-up. When I was rehabbing my shoulders, I started with three each time I entered the bathroom or kitchen. Anyone can do them at any age, provided they can reach the counter. Try taking the stairs one extra time. Try parking a little further away. Try to lift your groceries a few extra times - 1, 2, 3 - then put them in the trunk or on the counter.

When it comes to exercise and rehabilitation, the phrase "no pain, no gain" has been one of the most misunderstood and misapplied phrases since the 1980. And did I say this is twenty, twenty-three?

Regardless of why "we", me included, have been moving less, even a year older, - it's always a good time to start moving again, just like now. If you need help, reach out to us at First Coast Rehabilitation.

Here's to a good and Happy New Year!

Rob Stanborough was one of the first PT's to be permitted to use DN in FL 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.



January 2023 Events at COA's River House

The following programs will be held at COA's River House, 179 Marine Street, St. Augustine, FL, beginning in January 2023. Classes are 4 to 7 weeks long and begin the first week of January. For questions, please call 904-209-3655 or email tharris@coasjc.org. For more information, please visit www.coasjc.org/river-house:

One-on-One Tech Help - 5 weeks starting Tuesday, January 3, from 10 a.m. to 2 p.m. Call 904-209-3655 to reserve a spot. Participation is free.

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

- Legal Lecture Series: What Happens When You Die Without a Will - Led by Megan Wall of St. Johns County Legal Aid, Friday, January 27, at 10:00 a.m.
- Travel Club - Presentation of upcoming travel opportunities on Monday, January 9, from 2 p.m. to 3 p.m.
- Healing Hearts - After the loss of a loved one, coping with daily living can be hard. Knowing you are not alone in your difficult journey can make all the difference. Meets the 2nd and 4th Tuesday of each month from 9:30 a.m. to 10:30 a.m.
- Happy Hookers - Come join this social group as they crochet, knit, etc. Every Tuesday from 10 a.m. to 12 p.m.
- Open Art Studio - Bring your art project to work on while you socialize with other artists! Every Tuesday from 10 a.m. to 12 p.m.
- Mahjong - Bring your mahjong game and come play with others. Every Tuesday from 1 p.m. to 3 p.m.
- STA Strong BHOFF (Bone Health & Osteoporosis Foundation) Education Group - This group meets bi-monthly to learn about prevention, diagnosis, and treatment of osteoporosis. The first meeting is Wednesday, January 11, from 1:30 to 2:30 p.m.
- Widow to Widow - Join us for a support group by widows for widows. Every Wednesday from 11:30 a.m. to 12:30 p.m.
- Scrabble Open Play - Come socialize with others while playing this popular spelling game. Every Wednesday from 1 p.m. to 4 p.m.
- Book Club - Come join others in reading and discussing various books. First Wednesday of the month from 2 p.m. to 3:30 p.m.
- Downsizing and Rightsizing - What issues do longtime homeowners and downsizing seniors face? Thursday, January 26, from 10:30 a.m. to 12 p.m.
- Open Card Play - Bring your deck of cards and socialize over a friendly card game of your choosing. Every Thursday from 12:15 p.m. to 3:15 p.m.

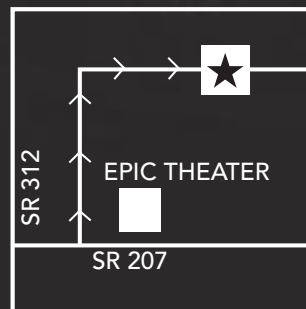
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Flagler Hospital Free Monthly Education Classes & Support Groups

For more information on any of the following, please call the Cancer Education and Support Center at 904-819-4793.

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

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

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



scanfor info

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St. Johns County to Provide Annual Christmas Treecycling

St. Johns County Parks and Recreation and St. Johns County Solid Waste Division are teaming up once again to provide the County's Annual Christmas Treecycling. Help reduce the amount of waste that ends up in landfills during the holidays by bringing your real Christmas tree to a designated County site to be recycled. Recycled trees will be converted to mulch for use in County parks.

Please note that only clean, real trees free of decorations will be accepted. When: Now through January 4th from 9 a.m. – 4 p.m. For more info, please contact Parks and Recreation at 904.209.0333. Locations:

- Ron Parker Park: 607 Old Beach Road, St. Augustine
- Mills Field: 1805 Racetrack Road, St. Johns
- First Tee Site at St Johns County Golf Club: 4401 Cypress Links Blvd., Elkton
- Davis Park: 210 Davis Park Road, Ponte Vedra Beach
- Tillman Ridge Transfer Station: 3005 Allen Nease Road, Elkton
- Stratton Road Transfer Station: 250 N. Stratton Road, St. Augustine

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Computer Corner

by Steven Aldrich
904-479-5661



Anti-Virus - More is not better

When we consider protection, we tend to think that more is better. In many cases this is true. Such as your car having locks plus an alarm, your money in a bank plus FDIC insurance on those bank deposits, or a 300+ pound center plus several large linesmen guarding your favorite quarterback on an important play.

Computer virus protection is different, and more than one application is actually much worse. They will fight one another in several ways, which can prevent the virus protection you need, and slow your computer down.

Anti-virus applications can be very "resource intensive", meaning that they slow your computer down. All Anti-virus applications make your computer slower than it would be without them. Some anti-virus advertising campaigns brag about their product having less impact on performance than the competitors.

If you have more than one, not only are they both using resources and slowing you down, but they are actually fighting one another, and in some cases you may see dramatically slower computer speeds.

Each application you have running on your computer requires computing power, and the more you have running the less efficient each will be. Then, if you have applications that fight each

other, it spirals into a very inefficient situation.

Many of my customers are unaware that they are running more than one anti-virus application and surprised at the difference it makes when we clean up the mess.

If more than one is not better, you might ask which is best. That depends on your specific needs. If you are a business that holds customer financial information, you will need more protection than a home user that seldom uses their computer. Do you primarily use your computer to check email, or are you checking your financial assets and retirement accounts? The latter needs more protection than the former.

No matter what anti-virus you choose, be certain that you only have one installed. Any qualified computer tech can help you in this regard, and I would be happy to discuss your specific needs, and help you make the choice.

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



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Testimonial:

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