

October
2020

Have a Safe & Happy Halloween!

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St. Augustine OBSERVER

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

Shores Resident Gives Communities A “Spooktacular” Halloween Display



Shores resident Arch Rivenbark continues again this year shows off his annual Halloween display in front of his house at 223 Estancia Street. Drive by and see the display soon after the last week in September.

Shores and South residents don't need to look at their calendar or notice a change to fall weather to realize its nearing Halloween again....they just drive by Shores resident Arch Rivenbark's house and see his annual Halloween display to know trick or treat time is on its way. Arch, who starts planning his display months in advance, has 30 - 40 humorous tombstones for neighbors and friends. Each year, Arch entertains his neighbors with the much anticipated display and has them all asking him “What are you going to put on my tombstone this year?” He invites everyone to drive by 223 Estancia Street to enjoy his display. You can find him off Lilly or Alhambra streets.

Kiwanis Delivers for Brandts Kids

On Tuesday, August 18, the kids at Brandts Child Care Center were visited by Pete the Cat and Bucky Beaver as part of a fun event at the Center. The Kiwanis Club of St. Augustine organized the event, which included reading a story that was acted out by Pete the Cat, followed by a Pete the Cat song. Each child then got a fun bag with a Pete the Cat book, a coloring book, markers, and some smaller toys. The event finished up with a Kona Ice shaved ice treat.

The gift bags were donated by the Kiwanis Club. Beaver Toyota graciously underwrote the Kona Ice treat. Beaver Toyota has been a consistent supporter of the Kiwanis Club's children events in the St. Augustine area. The Kiwanis Club also helps support the Ferst Reading program at Brandts that supplies a new, age appropriate book every month to each child up to 5 years old.

Kiwanis is an international 100+ year old service club, with a primary mission of Serving the Children of the World. The St. Augustine Club sponsors 8 different student clubs in elementary, middle and senior high schools in St. Johns county, including 2 Key Clubs. For more information on how you can be a part of this fulfilling mission, contact Nancy West at nwest@beavertoyota.com.

Brandts Child Care provides day care to about 50 children. About 30 kids age 4 to 10 participated in the event Tuesday. Brandts also has separate care areas for infants and toddlers.



St Augustine South Reflections

by Ruth Hope, SASIA Board Member

Living in Florida, we expect to have wet summers. However, this summer the heavens have rained and then rained a whole lot more on St Augustine! Our neighborhood is lush but, as all gardeners know, the lawns and the weeds are growing a mile a minute. And that is not the only garden problem. There have been plagues of snails drawn to our salad crops, vegetables, and even orchids and cacti, with each deluge. My own rain lilies have been flowering nigh on full time from the end of June.

It has been a great relief to note that in St Johns County, the numbers of new coronavirus infections peaked during the third week in July, and the number of deaths from COVID-19 began to fall two to three weeks later. After the madness around Memorial Day weekend, after the stay at home order was relaxed, it was inevitable that there would be increasing transmission of infection. It jeopardized all we had achieved in the weeks of staying safer at home. However, the assiduous wearing of masks inside public buildings has paid off. It is clear from the data presented on the Florida Department of Health COVID-19 Dashboard, that neighbors aged 65 and older are still sheltering at home. Their infection rate is lower than other adult age-groups despite being more vulnerable. To keep the transmission low, we must not let our guard down. It is vitally important that we wear masks inside (continued on page 3)



What's Inside The Observer This Month...

- **St. Augustine Shores:**
All events and meetings cancelled
Pool reopen with social distancing
- **St. Augustine South:**
SASIA Meeting Continue
Club House Rental Continues
Food Truck Firdays Continue
South Garden Tour in November
- **Computer Corner:** Scams, more Scams and #\$\$! Scams!
- **Financial Focus:** Avoid Financial Mistakes During Retirement
- **Health Focus:** Headaches
- **Diaries of a Shores Grand-Dad**
- **Covid-19 Situation Report**
- **Free Drive-tru Covid-19 at FlaglerHospital**
- **Early Voting by October 31st**

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St. Augustine Observer

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Cliff Logsdon
Publisher/Editor
(904) 607-1410

Email: clifflogsdon@att.net



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



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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

"Follow us on Instagram and Facebook: @staugustineobserver"

The South Reopens but the Shores Riverclub Club Continues to be Closed For October Meetings

Due to continued concerns with COVID-19, most events and meetings that are normally posted in the Observer news section have been cancelled or postponed until further notice. That included the events scheduled for *Augustine Shores*. Teh SASIA South clubhouse has reopened. Hopefully, very soon the regular meetings and events will resume throughout our communities. The Observer will continue to be published as long as sponsor support continues. Whenever you can, please support their products and services. They make this publication possible.

Please refer to Community websites to contact them individually regarding their schedules. A good source is our Tourist & Convention website: <https://floridashistoriccoast.com/>. Go on line at www.StAugustineObserverOnline.com and download issues if you do not get our mailed issues.

This is a trying time for all of us. Please take extra care to protect yourself and your family with masks and safe distancing. Stay informed and follow the guidelines that are set to help protect us. BE SAFE!

St. Augustine Shores Community Calendar

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

Shores Monthly Meetings

• **Shores Service Corporation** monthly meetings are held on the second Thursday of each month. Meetings are at 7 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.

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

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

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

St. Augustine South Community Calendar

St. Augustine South Improvement Assoc.
709 Royal Rd. St Augustine, 32086
email: staugsouthimpassoc@gmail.com
www.staugsouth.com
(904)

SASIA Meeting 3rd wed at 7:00 PM

Please join us and bring your ideas on how to improve our wonderful neighborhood! Connect with us on our Facebook.com and NextDoor.com pages: St. Augustine South Improvement Association.

Residents interested in joining SASIA please see for application below:
<https://www.joinit.org/o/st-augustine-south-improvement-association>

Monthly Meetings at Clubhouse

Yoga - Join Registered Yoga Teacher Emily Flagler for Gentle Flow Yoga on Thursdays 5:30 - 6:30! Just bring your yoga mat, towel, and water. Try your first class for free!

Tai Chi - Join Instructor Katie Monaghan for a donation based Tai Chi class on Tuesday's at 6:00PM. For more information please contact Katie at (904) 377-3390 or email at KatieMonahanTaiChi@gmail.com

SASIA Board Members

President - Alan Chappell
1st V.P. - Robert Kennedy
2nd V.P. - Dave Whitaker
Secretary - Kate Anreise
Treasurer - Margo Geer
Board Member - Suzanne Godbout
Board Member - Ruth Hope
Board Member - Cindy Zimmerman
Board Member - Brad Hernandez
Board Member - Jerri Sue Dawson
Board Member - Dan Kelly
Board Member - Josh Silcox

Community Classifieds

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

Business, Service, seeking work, etc. may be placed in the classified section: (1-4 lines) \$5, (5-8 lines) \$10, (9-12 lines) \$15, (13-16 lines) \$20. These Ads should be paid in advance before placed. Send your listing and payment, if required, to Observer, 1965 A1A South #120, St. Augustine, 32080-6509. You may email your ad to clifflogsdon@att.net. Deadline for all listings or ads is the 15th of every month for the next monthly issue.

FOR SALE: Brand new toaster oven \$15; 4-pc. canister set \$10; 2-drawer green metal filing cabinet w/key \$10; man's size Large black leather jacket \$40. All in excellent condition. Call/DO NOT TEXT 216-759-56340.

FOR SALE: Oster Food Dehydrator in excellent condition. \$20.00. Make your own meat jerky, dried fruit,vegetables or herbs. Call 904-687-9028.

FOR SALE: 1998 white Jeep Sahara. Low miles 135,000. Hard and soft top, 5 speed 4.0L great condition. \$11,000 Firm. Call (904) 795-9151.

FOR SALE: 20-inch, 16-string mountain lap dulcimer, great condition \$60. Includes instrument, how to play book, and 2 sets of sheet music. Call: 216-759-5634 NO TEXTING.

FOR SALE: 1992 Chevy Conversion Van, 96,000 miles. Asking \$3,500. Call 904-364-0934.

FOR SALE: (1.) Adjustable Bed. Twin EL with massager includes linens.

\$750. (2.) Electric body icing machine for injuries & post operative. \$25. (3.) Handmade colorful hammock, never used. \$85. (4.) Electric scooter, needs computer reset. New batteries last year. \$200. (5.) 5 disc RCA CD player with 2 speakers. \$50. Call 904-501-5200.

FOR SALE: Veteran teacher retiring, selling books, educational materials, 20 binders, and school supplies for Spanish, French, English, ESL, and Social Studies Grades 7-12 and college. Call/DO NOT TEXT 216-759-5634.

WANTED: VCR in good contition to run old movies. Call 904-797-7939.

WANTED: Lenox Christmas China. Call 904-347-9878.

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

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

Reach The Shores & The South By U.S. MAIL!

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 - Documented delivery By U.S. Postal Service
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- call 904-607-1410

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St Augustine South Reflections

(continued from page 1)

public buildings, avoid crowds and congested situations, and continue to practice increased hand hygiene. We must avoid a second wave of coronavirus infections coinciding with the expected 'flu epidemic if we are to avoid overwhelming our local health facilities this winter. Getting 'flu our shots is even more important this year than in prior years.

Finally, it's time to be counted in the US Census 2020. Your confidential answers shape funding and representation for Florida for the next 10 years. As mandated by the U.S. Constitution, the information collected is used to determine the distribution of Congressional seats to states; and to make decisions about what community services to provide. Changes in our community are crucial to many planning decisions, such as where to provide services for the elderly and where to build new roads and schools, or where to locate job training centers and the like. It's not too late to complete your 2020 Census. Please complete your form online, by phone, or by mail before the end of October if you have not yet done so. <https://2020census.gov/en/ways-to-respond.html> #GetCounted or call 844-330-2020, to complete your questionnaire by phone.



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St. Augustine Shores *Club News* October 2020 Riverview Club Calendar

Due to CDC guidelines and Covid-19, the Shores Service Corporation Board will continue the closure of the Riverview Club for October 2020. Please go to our website <https://www.staugshores.org/calendar> for updates.

Sorry for any inconvenience this may have caused. If you have any questions, please call 904-794-2000.

SASIA Membership Meeting with St. Johns County Parks and Recreation

by Handly Caraway

The September meeting of the St. Augustine South Improvement Association featured Doug Bataille, Director of County Parks and Recreation, who came well prepared with a power point presentation of his department's planned activities within the subdivision.

The planned activities covered the Royal Road Park and adjacent association properties, the Doug Crane Boat Ramp on Shore Drive, and plans for the extended park area of Shore Drive itself.

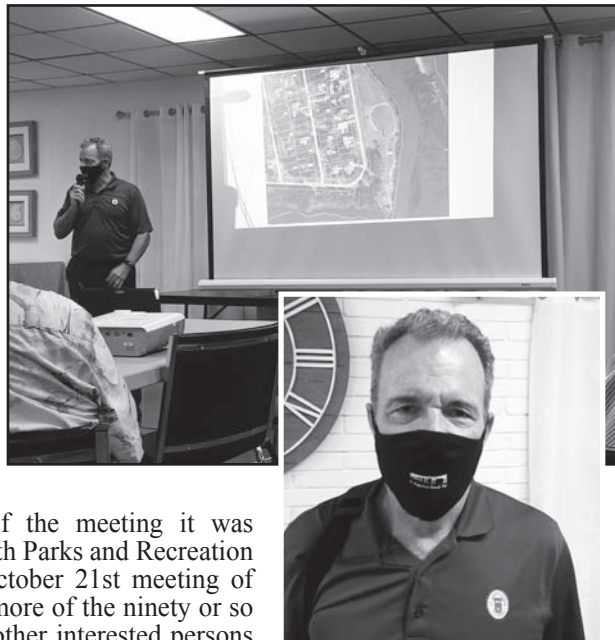
Over the summer the department has completed the new kiddie playground at the Royal Road Park. A sidewalk has also been constructed to make the play area accessible from the adjacent clubhouse parking area. Re-stripping of the paved parking area is scheduled for this September. The little used tennis/pickle ball courts may be moved from the current location to an area nearer to the clubhouse and will include a basketball half-court.

Significant improvements at the Doug Crane boat ramp are planned. Adjacent to the boat ramp itself, a fence or wooden posts will replace the PVC bollards now in place, and the parking area traffic flow will be improved. The overall look of the area will be upgraded, and landscaping will be done to prevent the headlights from the boat ramp from shining into residents homes. Fences or wood posts will be placed in the informal overflow parking area to the north of the ramp to better utilize the space for boat parking and prevent vehicles from parking too close to the water or out of sight.

Plans for Shore Drive itself, the land between the Matanzas River and the road, garnered the most animated conversation. As the existing docks, many now in varying states of disrepair, were not originally permitted, some will likely be maintained by the county for public use; the fate of the rest is uncertain. There has been a long tradition of Shore Drive residents maintaining the county property across the road from their homes. The county has been concerned about potential issues involving protected species such as mangroves and liability, should any injuries occur on county property incident to residents mowing. To resolve this concern the department proposed contracting to have the mowing done approximately 25 times a year; anywhere from once to three times a month depending on the growing season, at a cost of about \$36,000 a year. Several Shore Drive residents at the meeting proposed alternate solutions which would permit homeowners to continue to maintain the county property, perhaps as Parks and Recreation volunteers who would be trained and monitored by the department.

At the conclusion of the meeting it was decided that this discussion with Parks and Recreation would be continued in the October 21st meeting of the association, with perhaps more of the ninety or so residents of Shore Drive and other interested persons attending.

The St. Augustine South Improvement Association meets on the third Wednesday of each month at the Community Center, 709 Royal Road, at 7:00 pm. Coffee and snacks are complimentary. More information about the association may be found on the web at www.staugsouth.com or by emailing staugsouthimpassoc@gmail.com.



St. Augustine South Improvement Association (SASIA)

St Augustine South Improvement Assoc. (SASIA) Upcoming Schedule of Events 2020

SASIA Board is cautiously restarting meetings at the Club House, 709 Royal Rd, observing mandatory mask wearing indoors, social distancing where possible, and increased cleaning/sanitization. Mask wearing for outdoor events is optional

- St Augustine South Community are encouraged to join us on the 3rd Wednesday of each month at 7pm for our monthly general meeting. Please watch for agenda announcements on NextDoor and Facebook.

- We will be organizing Food Truck Fridays, and an outdoor community event during October in the Club House grounds – watch for street signs and notices on NextDoor and Facebook

- Private hire of the Club House: The occupancy is limited to 50% capacity, with appropriate sanitization, mask wearing, and social distancing

- Garden Tour: SASIA proposes a tour of St Augustine South Gardens in early November with prizes awarded for:

1. Most colorful garden
2. Best kitchen garden
3. Best wildlife garden / pollinator garden
4. Most interesting garden if you are interested in opening your garden to neighbors in early November, please email RuthSASIA@aol.com or message Ruth Hope via NextDoor.

SASIA Tour of Neighborhood Gardens

St. Augustine South and SASIA would like to organize a tour of neighbors' gardens at the beginning of November. Prizes will be offered for:

- Most colorful garden
- Best wildlife garden or pollinator garden
- Best kitchen garden
- Most interesting garden

To do this, I need gardeners to get in touch and let me know that you would like to participate. I need a list of participating gardens by mid-October. Please contact me if you would like to participate. Also, contact me if you know of a garden that ought to be on the tour, so that I can visit the gardener and talk with them about the garden tour. I think this will be a fun and interesting event – and safe for participating neighbors as it will be outside in the fresh air. Visitors will be asked to wear masks before they go into any garden and talk with the gardener in residence.

Please, email me: ruthSASIA@aol.com or message me via NextDoor. Alternatively, text message me on 703-283-6157. As I don't answer calls from unknown persons, please use this number for text messages only. I am looking forward to hearing from you interesting gardeners!

St Augustine
South
Improvement
Association
Tour of
Neighborhood
Gardens

Do You Have Community News to Share?

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

Please contact Cliff Logsdon

email: clifflogsdon@att.net or call 904-607-1410



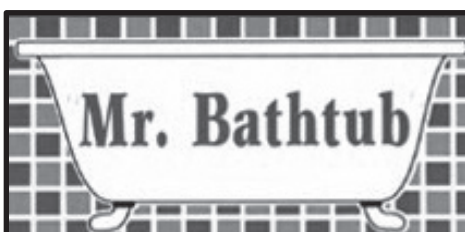
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News Around Southern St. Augustine Area

St. Johns County Public Libraries Introduced Evening Hours September 15

The St. Johns County Public Library System is introducing evening hours at all facilities to accommodate the needs of working families and students beginning Tuesday, September 15. The Main Branch, Ponte Vedra Beach Branch, and Southeast Branch libraries will now be open from 2 to 7 p.m. on Tuesdays, and the Anastasia Island Branch, Bartram Trail Branch, and Hastings Branch libraries will now be open from 2 to 7 p.m. on Thursdays.

All other library hours will remain the same, and libraries will remain closed on Sundays and Mondays. To further assist patrons, the library's online reference service, Ask a Librarian, is also extending service hours to 7 p.m. on Tuesdays and Thursdays. For more information, please visit www.sjcpls.org or call your local branch library.

First Coast Card & Newcomers Club

OCTOBER

1) First Coast Florida Lifestyles Newcomers Adult Games/Card Playing Club Event Dates:

Friday, October 2nd. Coffee Cafe-St. Augustine. Arrive: 4:15PM. Cards Start: 4:30PM. Please...No Snacks, Refreshments, nor Food while playing cards. Buy a Beverage which can sit on our playing tables. Masks worn.

Tuesday, October 13th. Coffee Cafe-St Augustine. Arrive: 2:15P. Cards Start: 2:30PM. Please...No Snacks, Refreshments, nor Food while playing cards. Buy a Beverage which can sit on our playing tables. Masks worn.

Please Contact Our Club Organizers for further information & To Yes RSVP In Advance: 904-829-0643. Phone Calls Welcome. No Texts. Open To Both Men/Women. Smoke/Drug Free Club.

2) First Coast Florida Lifestyles Newcomers Adult Recreation Club Event Dates:

Saturday, October 3rd. Mustang Horse Branded Show. Duval Co. Arrival Time: 11AM. Free.

Monday, October 5th. Dora Canal/Lake Eustis Boat Excursion/Lunch Afterward At The Dock Rest. Lake Co. Arrival Time: 10:30AM. \$20.

Saturday, October 10th. Classic Car & Museum Tour \$10./Lunch Afterward-Asian Rest. St Johns Co. Arrival Time: 11AM. Mask worn inside.

Friday, October 30th. Halloween Holiday Dinner. Mexican Rest. St Johns Co. Arrival Time: 6:30PM. Prizes Offered For Costumes.

Please Contact Our Club Organizer To RSVP Yes, How To Join Our Club, for the Venues & Addresses To: 904-814-9612. Days/Evenings. Phone Calls And Texts Welcome. Open To Both Men/Women. Smoke/Drug Free Club.



St. Augusting Beach ArtCan Project

The ArtCan Project is a call to all professional local artists who are members of AGOSA (Art Galleries of St. Augustine) to paint the blue trash barrels that are on St. Augustine Beach. This project is on a first come, first serve basis. If you are interested in participating, please email AGOSA@artgalleriesofstaugustine.com or call 904.373.8697 to get started! Pictured is Dolphin ArtCan by Erin Frazier.

GriefShare

GriefShare is a weekly seminar and support group designed to help you rebuild your life after losing a loved one. Discover a warm, caring environment as an "oasis" on your journey through grief.

Wednesdays, 6pm-730pm

August 12 – November 4, 2020

Crescent Beach Baptist Church, St. Augustine FL 32086

Contact, Melanie 904-759-1054 or email rscogn@gmail.com or GriefShare.org, under Find a Group to register. You are welcome to join any time during the 13 week period.

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St. Johns County Situation Report Monday September 21st

by Richard Goldman, , President, Visitors & Convention Center

Since the beginning of the outbreak until today, there have been 5,112 confirmed cases of COVID-19 in St. Johns County (up 210 since last Monday) with 267 hospitalizations (up 11) and 67 deaths (up four).

All bars may be open at 50% of indoor capacity, serving seated patrons at tables and bars while observing appropriate social distancing prescribed by Governor DeSantis' Phase 2 of the Safe. Smart. Step-by-Step. Plan for Florida's Recovery.

The St. Johns County CARES Program is operational providing grants to businesses, residents and non-profit organizations to help them respond to and recover from the impacts of COVID-19. Deadline for non-profits applying is this Friday.

Two webinars conducted for the education of tourism stakeholders on how to best use the Google My Business and Google Maps platforms are available for those who could not attend. We urge all stakeholders who were not able to attend the webinars to go to the Partner Recovery Toolkit (PRT) to view the recordings of the webinars. They will improve your businesses' online performance without any cost to you.

The Cities of St. Augustine and St. Augustine Beach require the wearing of face coverings by everyone indoors where social distancing is not possible and St. Johns County requires that masks be worn in all of its facilities.

There is FREE COVID-19 testing available --regardless of the presence of symptoms-- at Lot B of Flagler Hospital from 7am to 11am Monday-Friday. Adults need only bring a photo ID.

St. Johns County offers a COVID-19 Business Assistance hotline to answer questions about Federal, State and Local loan, grant and tax incentives related to COVID-19 from 8am to 5pm at 904.209.6050

Re-opening guidelines for restaurants, lodging, attractions and retail stores can be found on the Partner Recovery Toolkit (PRT) on our website. We are regularly adding resources and useful information including the latest research on traveler sentiments, so visit the PRT often.

Tourism businesses' should be kept up to date. Email EMasters@FloridasHistoricCoast.com and BNguyen@FloridasHistoricCoast.com with your businesses' status so that the listings can be kept current on the heavily trafficked What's Open? Page.

You can also access relevant and up-to-date information on business resources at the Chamber site: <https://www.sjcchamber.com/business-continuity-recovery>.

Stay informed. Stay positive. Stay safe.

An Invitation to the Living With Cancer Support Group



Whether you're a patient, survivor or caregiver, this is your opportunity to talk about the day-to-day challenges of living with cancer in a group of people who can inspire, relate to and support you along your journey.

Meetings are the Third Wednesday of every month at 11:00 am. Our next meeting will be on October 21, 2020. Currently being held remotely in a zoom platform.

Please call 904-819-4742 for zoom invite or for more information.

St. Augustine Travel Club

Hi everyone. As you already are aware, we have not convened our meetings at the library due to the coronavirus; and having asked the library staff, there is no commitment as to when our Travel Club gatherings will resume. We will issue an email to everyone when we will be able to resume. In the meantime, please keep yourselves safe; and let's all do the best we can under these challenging times.

We look forward to seeing you back. Peter Dytrych, 904 797-3736.

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News From Around St. Johns County

Veterans Administration Offers Drive-thru & Walk-Up Flu Vaccinations

In an effort to reduce the impact of the seasonal flu and to save you time, drive-thru and walk-up flu vaccination clinics have been established at sites of care within the North Florida/South Georgia Veterans Health System (NF/SGVHS).

To view a complete listing of all the flu vaccination clinics, visit the NF/SGVHS Seasonal Flu page at https://www.northflorida.va.gov/NORTHFLORIDA/services/Season_Flu.asp. No appointment required to obtain your flu vaccine. High dose flu vaccines available to those ages 65 & older.



Veterans may also choose from more than 60,000 community locations to get a no cost flu vaccine. Visit <https://www.va.gov/COMMUNITYCARE/flushot.asp> to find a current in-network location near you. Thousands of new sites available this year. Veterans must present your government-issued ID to receive a no-cost flu shot at an in-network location. #FIGHTFLU (To ensure availability of the flu vaccine at the in-network location of your choice, please call ahead)

Many people suffer severe consequences from the flu. It is very important for every Veteran to get his or her flu shot. The flu shot is the only measure of protection from the

influenza virus. If you have not had your flu shot yet for the year, ensure you receive one as soon as possible.

New Hours for Free Drive-thru COVID-19 Testing at Flagler Hospital

The COVID-19 testing site offered at Flagler Hospital will now be available from 7 to 11 a.m. on Mondays, Wednesdays, and Fridays. Located in Parking Lot B at 400 Health Park Blvd., the testing site will remain open through 11 a.m., or until the maximum number of daily tests are collected. Testing is available for all ages, and patients do not need to exhibit symptoms, possess a doctor's note, or make an appointment. A parent or guardian must be present for children under 18 to be tested. While insurance cards are not needed, a photo ID is required.

The testing site is being funded through the CARES Act. Results will be provided via telephone within seven to ten days. To expedite the process, patients are encouraged to pre-register by downloading the Flagler Health+ Anywhere app, accepting the terms and conditions, clicking on "See a Provider", and selecting the laboratory icon. Patients can then virtually "get in line" for the drive-thru test site. For more information, please call the St. Johns County Citizens Information Hotline at 904.824.5550.

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St. Johns County Committee/Board Vacancies

The County is accepting applications for volunteer Board and Committee vacancies. Please call (904) 209-0300 for more information or to obtain an application.

Tourist Development Council (3)

Recommends funding of facilities, programs, or contracts which are primarily for the purpose of and related to the development, advancement, furtherance, improvement, or promotion of tourism. Seeking applicants who are an owner or operator of motels, hotels, or other tourist accommodations subject to the bed tax and persons involved in tourist related businesses other than accommodations. Applicants must be registered voters in St. Johns County. Members serve a term of four (4) years. This Council meets the 3rd Monday of every month at 1:30pm in the County Auditorium, 500 San Sebastian Way. St Augustine FL 32084. Questions can be directed to Lovinue Taylor, Administrative Coordinator, at 904-209-0308, or lataylor@sjcfl.us. Application Submission Deadline is October 15, 2020.

Value Adjustment Board (1)

Hears petitions relating to assessments filed, complaints relating to homestead exemptions, appeals from exemptions denied or disputes arising from exemptions granted, and appeals concerning ad valorem tax deferrals and classifications. Must be a citizen owning homestead property within St. Johns County. The citizen member appointed may not be a member or employee of any taxing authority, and may not be a person who represents property owners in any administrative or judicial review of property taxes. This Board meets on an as needed basis up to four or five times a year in the County Auditorium, 500 San Sebastian View. Questions can be directed to Melissa Lundquist, Assistant to the Board of County Commissioners, at (904) 209-0538, or mlundquist@sjcfl.us. Application Submission until filled.

Adjustment and Appeals Board (4 - 2 Regular and 2 Alternates)

The Adjustment and Appeals Board is to hear requests for code interpretation and cases for unsafe building abatement codes. The Adjustment and Appeals Board primary responsibility is to hear and decide appeals of orders, decision or determinations made by the building official relative to the application and interpretation of the Building Code. Seeking two applicants who reside within St. Johns County and have knowledge and experience in the technical codes that are regulated by the Florida Building Code. Also seeking two Alternate members, one representing the general public, and one representing the building industry. Term: Regular Members serve a term of four (4) years. (NOTE: One position will be fulfilling an expired term.) This Board meets on call as needed in Conference Room 1A/1B of the County Permit Center, 4040 Lewis Speedway. Questions can be directed to Lovinue Taylor Administrative Coordinator, at (904) 209-0308, or lataylor@sjcfl.us. Application Submission Deadline is October 09, 2020.

South Anastasia Design Review Board (2 Members and 2 Alternates)

The Board is to protect and preserve the "Old Florida" style, rural beach community in the South Anastasia Overlay District and achieve specific goals and objective of the St. Johns County Comprehensive Plan. The Design Review Board's (DRB) primary responsibility is to determine compliance with Part 3.07.00 South Anastasia Overlay of the St. Johns County Land Development Code, Ordinance 99-51, as amended. Must be a St. Johns County resident who has shown an interest in the history and design of the Anastasia Community. Prefer at least one regular member who owns or operates an active business with a physical presence within the District and meet the Membership Area overlay residency requirements. In the event there are no qualified applicants for this position, an applicant that meets the Membership Area overlay residency requirements may be appointed. All other members shall meet the Membership Area overlay residency requirements which are to reside on Anastasia Island south of Dondanville Road. Members are required to file a financial disclosure. All members shall serve a term of four (4) years. This Board meets the fourth Thursday of each month at 3:00 p.m. in the County Permits Center, 4040 Lewis Speedway. Questions can be directed to Lovinue Taylor, Administrative Coordinator, at (904) 209-0308, or lataylor@sjcfl.us. Application Submission Deadline is September 28, 2020.

Mid-Anastasia Design Review Board (6 - 4 Regular and 2 Alternate)

Purpose of Committee: The purpose of the Mid-Anastasia Design Review Board is to protect natural resources, maintain and enhance the diverse and unique character of the Mid-Anastasia Overlay District and achieve specific goals and objective of the St. Johns County Comprehensive Plan. The Design Review Board's (DRB) primary responsibility is to determine compliance with Part 3.08.00 Mid-Anastasia Overlay District of the St. Johns County Land Development Code, Ordinance 99-51, as amended. Must be a St. Johns County resident demonstrating interest in the history and design of the Anastasia Community. Appointees to the Design Review Board shall be qualified through the demonstration of special interest, experience or education in design, architecture or history of the Mid-Anastasia community. Seeking (4) regular and (2) alternate applicants residing within the Overlay District, on Anastasia Island and north of Weff Road and Satsuma Avenue. Regular members as well as alternates serve a term of four (4) years. Members are required to file a financial disclosure. This Board meets the second Thursday of every month at 3:00pm in the County Permit Center, 4040 Lewis Speedway. Questions can be directed to Lovinue Taylor, Administrative Coordinator, at (904) 209-0308, or lataylor@sjcfl.us. Application Submission Deadline is October 9, 2020. For info contact email mlundquist@sjcfl.us or dlange@sjcfl.us or call (904) 209-0300.

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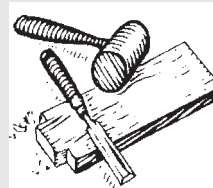
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ONLY YOU KNOW & I KNOW

So now that another month has passed what has been happening in the Real Estate market in St. Augustine? In June, we know that the market had recovered somewhat from the downturn that we had in April/May. With the "partial" opening up of the economy in May, how did the real estate market fare? It typically takes 30-60 days to close once you go under contract so what happened in July?

- The Total Dollar Volume Year-to-Date (YTD) is up by 13% over 2019.
- The Total Number of Sales YTD is up 5.4% over 2019
- The Month over Month Comparisons (July 2019 vs. July 2020) are staggering - Single Family Number of

Sales up by 16% and in Dollar Volume by 9%.

- Commercial Property went from 33 sales in July '19 down to 29 sales in July '20 (down 12%) but made up for it in Dollar Volume: from \$16 Million in sales to \$41.4 Million (up 159%) - WOW!
- Residential Lot Sales are up YTD by 23% over 2019.
- Condominium re-sales are relatively unchanged from last year down 3% in number of sales and up 3% in dollar volume.

These are County statistics. If you need more detailed information about any specific property, please call me to get the facts. Not everyone in real estate has the facts.



Dirk Schroeder
Direct: 904-540-2360
2820 US 1 S. St. Augustine FL 32086

"Diaries of a Shores Grand-Dad"

by Dirk Schroeder

Hopefully everyone received the last issue of the Diaries. Please let me know if you did not since I did not get an issue at my house. You can always see the current and all of the past issues at <https://observer.vpweb.com/>.

I am glad to be back home after a week's vacation with my wife. My lawn is happy to see me back home since it desperately needed a haircut. We went to Chattanooga, Tennessee and to Blue Ridge, Georgia. We would recommend both of these destinations to any of our Florida Flatlander friends. There was plenty to do for at least a couple of days in each of these two destinations. You could tell that Fall was trying to muscle in there and yet it was still unseasonably warm for this time of year. Locals are saying that they expect the leaves to change at least 2 weeks early this year but I'm not so sure that was backed up with a Science degree. I can say this without a PHD; taking a vacation after Labor Day was a good bet since most of the points of interest were not crowded at all.

An advantage to living in North Florida is that going to the mountains is a day trip. For that matter, going to the Keys and to New Orleans is a day trip. I'm just glad that my wife made plans for our trip because, if left for me to do, it would not happen otherwise. Paint me guilty. She knows that I love to work and my biggest weakness is not taking enough time off. It would have been ideal if we would have been able to join our son and his family as they made a very similar trip about a month ago when the kids were out of school but we were

extremely busy at work.

Going through Georgia, I have a new appreciation for Florida Interstate highways; the billboards in Georgia are atrocious. It does take the boredom out of driving but man, are they ugly! Speaking of ugly, I hope that the evening news gets to be better looking soon. Between fires, riots, pandemics, hurricanes and politics it is hard to figure out which is the ugliest of them all but I guess I'd have to put my money on the pandemic coming in first followed by politics. Now that I have mentioned it, we have an election coming up so I hope that everyone will exercise their privilege of voting for whoever you think will serve the best interest of all citizens. You should know that I am a believer in term limits so I never vote for anyone more than twice. If they run for a different office then I will consider voting for them once or twice again. Our founding fathers, even though they put term limits on the President, they also made it a point (for the most part) not to sit in the same seat for decades. They got in, did their best and then went home to their families and their day jobs. They didn't seek to be on the government payroll the rest of their lives either. Term limits may never become law (since most members of Congress tend to be self-serving) but you could make it your law.

The next issue will come out just prior to the election so I will leave any further political commentary out of the next issue otherwise you may not be in a Sunshine State of Mind. May your October be spectacular. Until next month...

Voting Early by October 31 for 2020 Election

In person voting for the 2020 general election is November 3rd. Residents in zip code 32086 will be voting in the following precincts. Your registration will list your voting location.

- 302 at Good News Church, 1357 Wildwood Drive
 - 303 at St. Augustine South Improvement Assoc. Building, 709 Royal Rd
 - 304 at Community Bible Church, 3150 US 1 South
 - 305 at Hartley Elementary School, 260 Cacique Drive
 - 306 at Good News Church, 1357 Wildwood Drive
 - 307 at Southeast Branch Library, 6670 US 1 South
- Below is important information about early voting for the November 3rd general election:

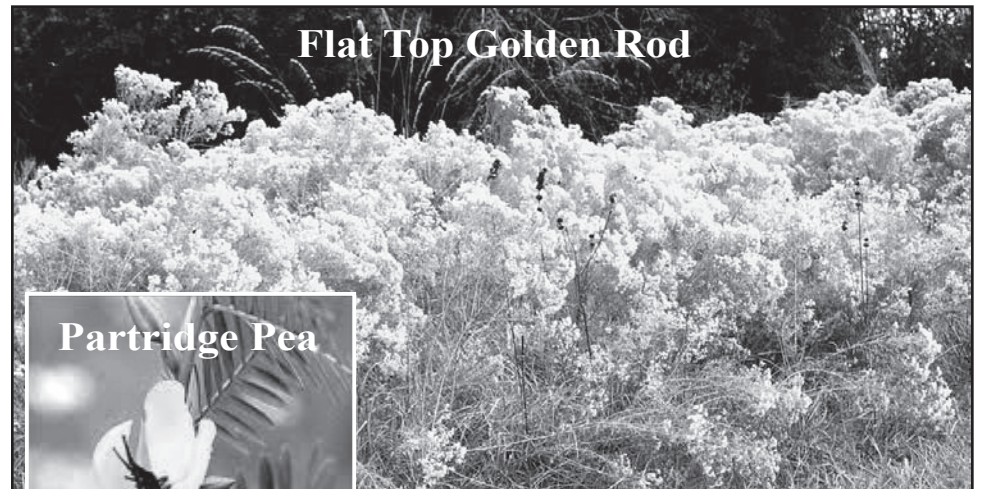
• "Voters may return their ballot by mail. Alternatively, they may deliver it or have it delivered to any one of the secure drop boxes available at the main office of the supervisor, each branch office of the supervisor, and each early voting site. Drop boxes also may be placed at any site that is eligible to be designated as an early voting site, such as City Hall, a public library, or a civic center, if the site is staffed during the county's early voting hours of operation by an employee of the supervisor's office or a sworn law enforcement officer. For voters in nursing homes and assisted living facilities, "supervised voting" may be carried out on-site at the request of the institution or on the supervisor of elections' own initiative. In such cases, the voter may return the voted ballot to the supervised voting team, which delivers the ballots to the supervisor of elections, or retain the ballot and return it on their own." - Fla. Stat. § 101.69(2); Fla. Stat. § 101.65(9); Fla. Stat. § 101.655(1), (2), (6), (8)

• **Deadline to register to vote is Oct. 5.** Register here: <https://registertovoteflorida.gov/home>



Wildflower Meadow Group

by Cindy Taylor



Flat Top Golden Rod



Partridge Pea



Rattle Box



Horse Mint

It's nice to have something to look forward to and the pictures you see, except for the horsemint, are what we hope will soon bloom. It could be that all the rain we had in August and September has something to do with their being late this year.

Feel free to join us the first Saturday of each month. We meet at the meadow near the Riverview clubhouse at about 8:30. We have a come-and-go policy so you can come later and leave when you need to. Sometimes we drive to local parks or on back country roads looking for and learning about wildflowers. We're an informal group without officers or dues and hope you will join us. Call Cindy at 904-797-3931 for more information.

• **You can apply for an absentee ballot online on your county's website,** according to FiveThirtyEight.com. Find your county's website here and apply by Oct. 24 online: <https://dos.elections.myflorida.com/supervisors/>. Ballots must be received by Nov. 3.

• **The mandatory early voting periods for 2020 are Oct. 24 – 31.** Each county Supervisor of Elections may offer more days of early voting from one or more of the following days: Oct. 19, 20, 21, 22, 23 and Nov. 1. Check with your county Supervisor of Elections for the additional days of early voting that may be offered in your county. County supervisor office locations are here: <https://dos.myflorida.com/media/703373/county-contact-labels-20200805.pdf>

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• **ID requirements for in person voting are here:** <https://dos.myflorida.com/elections/for-voters/voting/election-day-voting/>

• **Who can handle a mail ballot?** "Any elector applying to cast a vote by mail ballot in the office of the supervisor, in any election, who requires assistance to vote by reason of blindness, disability, or inability to read or write may request the assistance of some person of his or her own choice, other than the elector's employer, an agent of the employer, or an officer or agent of his or her union, in casting his or her vote-by-mail ballot." - NCSL

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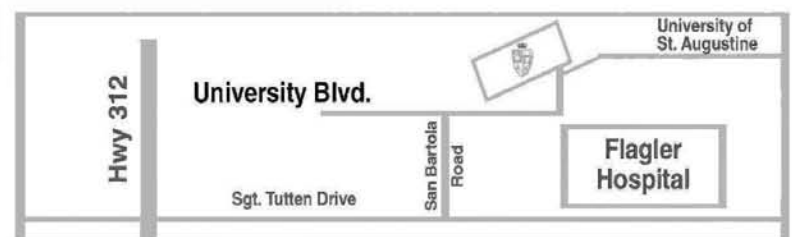
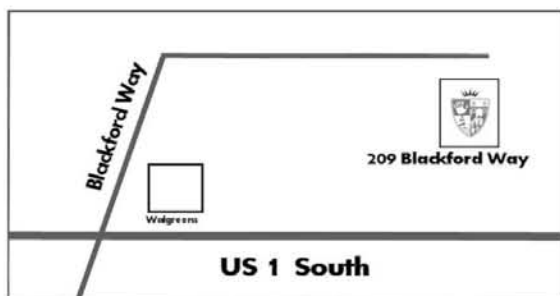


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Headaches

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

Headaches are a common problem and can be quite debilitating – just ask someone who has them on a regular basis. The treatments for headaches are a varied as the type of headache. Headaches vary in the type of pain as well as the location of pain.

Migraine type headaches, I’m told, are excruciating. I’ve been fortunate never to experience these but have heard accounts of locking oneself in a dark room for days, vomiting, missing work, avoiding friend and family, not eating and consuming strong medications in an attempt just to get some relief.

Sinus headaches can also be quite painful but the most common type headache is the tension-type headache. The tension-type headache produces varied pain. It may be intense or mild. The pain can also vary in location. It may be felt behind the eye, the top of the head, back of the head, in the temple region and even across the forehead. Sometimes the pain can be felt into the neck or jaw.

The most common cause of the tension-type headache, and tension is high in our world today. Tension, in combination of poor posture or guarding muscles can produce painful nodules in called trigger points, which are quite painful and may refer pain. Referred pain is when pain is felt in a different place than where the actual problem occurs. This is what makes diagnosis complicated. A trigger point in

the neck can refer pain to the head, eye or ear. Rubbing the location of the pain may help a little but never resolves the problem is not in the head but in the neck.

Research shows that myofascial trigger points can also contribute to “migraine-type” headache pain, so treating trigger points may help minimize or reduce the intensity of a migraine.

Myofascial trigger points are relatively small to palpation but no small problem, especially if they are the source of your headache pain. They can be treated using a variety of techniques, including dry needling.

If you have found your tension level and headaches increase, physical therapists trained in soft tissue manipulation and trigger point therapy can help. If you are suffering from headaches, stop. The solution may be a simple trigger point. Get help and make a change.

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 MyopainSeminars (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. Read previous columns posted on www.firstcoastrehab.com.

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Edward Jones



Avoid Financial Mistakes During Retirement

When you retire, you’ve learned a lot about all sorts of things, helping you avoid some of the mistakes you made earlier in life. However, you may still be susceptible to financial missteps specifically related to your retirement years. How can you dodge these errors?

Consider these suggestions:

- **Manage your withdrawal rate carefully.** You will likely need to tap into your retirement accounts – your IRA and 401(k) or similar employer-sponsored plan. But you should establish an annual withdrawal rate that’s appropriate for your situation. By withdrawing too much each year, especially in the early years of your retirement, you risk outliving your resources. You may want to consult with a financial professional to determine the withdrawal amount that’s right for you. (Keep in mind, though, that once you turn 72, you will be required to take out at least a certain amount each year – based on your age and account balance – from your traditional IRA and 401(k) or similar plan.)
- **Don’t underestimate health care costs.** Once you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan and will probably also incur other expenses. In fact, A healthy 65-year-old couple who retired in 2019 will need nearly \$390,000 over their remaining years just to pay for health care, according to HealthView Services, which produces health-care cost projection software. Other estimates show different amounts, but they all amount to hundreds of thousands of dollars. So, when calculating your expenses during your retirement years, reserve a big space for health care.

- **Don’t take Social Security too early.** You can start receiving monthly Social Security checks when you reach age 62, but your payments will generally be

significantly larger if you wait until your “full” retirement age, which will probably be between 66 and 67. (The size of your payments will “max out” at age 70.) Of course, if you need the money at 62, you may have to take it, but if you believe you may have longevity working in your favor, and you can afford to wait, you may be better off by delaying Social Security as long as possible.)

- **Don’t invest too conservatively.** Once you’re retired, you might think that you should take as few chances as possible with your investments – after all, you simply have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it’s important to own a reasonable percentage of growth-oriented investments to help keep you ahead of inflation. Even at a low rate, which we’ve experience recently, inflation can erode your purchasing power over time.

- **Don’t be more generous than you can afford.** If you have grown children who need financial help, or grandchildren heading to college someday, you’d no doubt like to do whatever you can to provide assistance. However, the hard truth is they simply have more time than you do to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford – but don’t go beyond that. By preserving your financial independence, you’ll end up benefiting your family, as well.

Retirement can be a wonderful time of your life – and you may enjoy it more by doing what you can to avoid costly financial mistakes.

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

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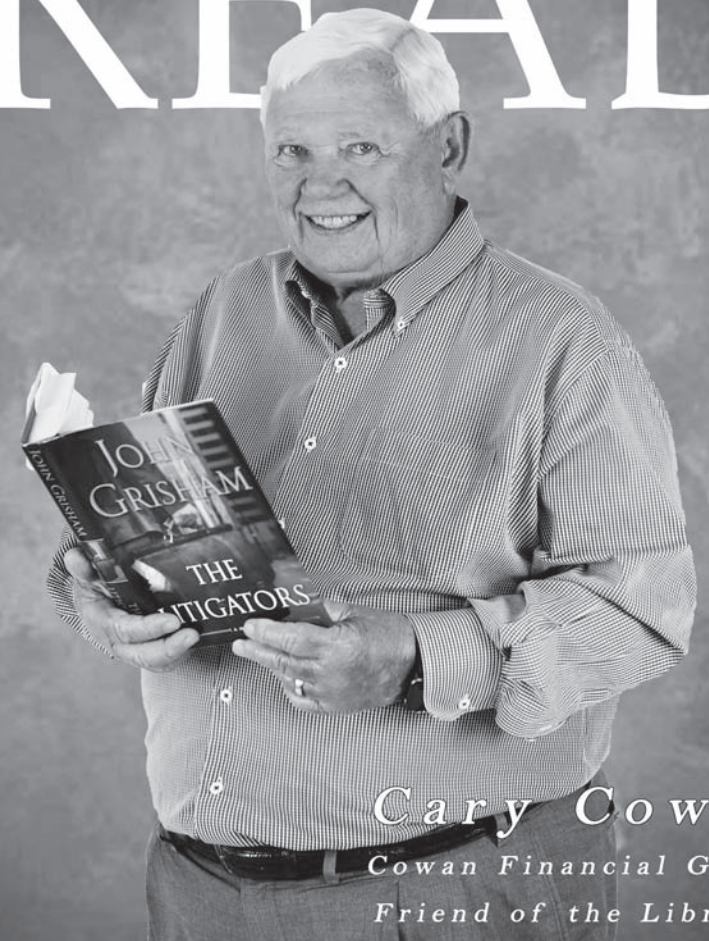
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Computer Corner

by Steven Aldrich
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Scams, more Scams and #\$\$! Scams

Just when I thought I had a handle on the fake Microsoft or Apple Phone scams...

My mother who is in her 80's told me about a phone call she had received from the "Dish Network".

The call started off with a person telling her that they were with the Dish Network, and they needed to do an update to her Network box. They asked her to turn on the box and press a few specific keys. Then they asked what she saw. When she told them that nothing had changed with the pressing of those buttons, they said there was an issue and they needed to upgrade her box.

This is when dear ol' mom got suspicious. She asked about costs, and they did not answer but rather stressed the importance of the upgrade. After pressing for costs several more times, she was finally told that this would cost several hundred dollars. This is when she hung up on the scammer.

Hardly a day goes by that I do not get a call from a client (or soon to be new client) telling me about the scam they just fell for. Quite often the scammer is still remotely logged in to their computer. This is when I interrupt them and explain that the very first thing they must do is shut off their computer, and make sure it is not on.

I am not prone to interrupt folks during typical conversations, but breaking that remote connection is critical. Many things can be going on in the background of a remote connection that are not seen by the person being scammed.

There are so many security issues with allowing anyone remote access to your computer, that I tell folks I'd rather not do a remote session until they have actually met me in person. Once we have met and established a level of trust, then I know that they understand the risks of letting anyone (even me) remote into their computer.

At least my mom's experience had nothing to do with her computer, and the risk was limited to "would she send them money, or not?"


The best policy is to question ANY unsolicited calls from a company. If you did not call them, they probably will not call you.

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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