

December 2022

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St. Augustine OBSERVER



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

Christmas Fantastique



**Claudia Mueckay
Jake Karger**

The Nutcracker like you have never seen it before! December 22nd

Christmas FANTASTIQUE will be presented on Thursday, December 22nd at 2 p.m. and 7 p.m. at Lewis Auditorium in downtown St. Augustine during its famous Nights of Lights festival. The original production by Zoika's Dance reimagines the classic holiday story of "The Nutcracker" and features contemporary dance styles including hip hop, tap, jazz, acro, and modern dance, as well as classical ballet. A choir of young vocalists will perform before each show, with signing provided by deaf interpreter Amanda Villalobos.

Join in young Clara's Christmas Eve dream as her toys come to life and she travels with a young prince to the Land of Sweets. Marvel at the beautiful Sugar Plum Fairy as she dances ballet en pointe with her Cavalier. Revel in Tchaikovsky's famous "Nutcracker" holiday musical score with the entire family.

Director and choreographer Zoika Garcia is a former professional ballet dancer and owner of Zoika's Dance school in St. Augustine.

"I feel very strongly that dancers of contemporary genres deserve a

St Augustine South Reflections

by Ruth Hope

That was not the twofer that anyone wanted!!!! We in St Augustine South had just cleared up from Hurricane Ian, and St Johns County had barely finished clearing the piles of debris from the streets when we were hit with the second whammy. Hurricane Nicole. She may have been a tropical storm when she got to us, but we were on the right of the eye, and the storm was drawing and dropping water from the Atlantic. Nicole couldn't have timed it better, coming by with king tides. Flooding started along Shore Drive the day before Nicole, and continued with the high tides on Thursday November 10 as the storm passed by. Fortunately, while our Waterfront park and Shore Drive were flooded, and the water made it into front gardens, flood water did not enter homes at the southern end of the Waterfront park.



Some neighbors have markers on their walls indicating the flood levels in 2016 and 2017 with Matthew and Irma. Sadly, we lost several prominent trees along the Waterfront park that were blown over with roots torn up from the ground. Many a neighbor had significant tree damage, too. It's safe to say we are storm weary in 2022. Some homes are not tempting fate and are keeping their storm panels up until the official end of the hurricane season.



Although the SASIA Autumn Festival was hit with bad weather on the last Saturday in October, the children's fancy dress parade went forward inside the clubhouse. The costumes were delightful and fun was had by all as the children were led by Ingrid, St Augustine South's own Pied Piper, in a Hallowe'en dance. The Autumn Craft Fair, the first Saturday in November, was blessed with perfect weather [despite a lackluster forecast]. The Craft Fair is a perfect event to smooze – meeting friends and neighbors and checking out the locally produced arts and crafts.

Many a perfect Holiday present was acquired by the shoppers with a great variety to chose.

While autumn hasn't come to the Virginia creeper growing in garden that is generally a blaze of beautiful dark maroon and orange by November, fall colors are now evident in our Waterfront park. Shining sumac has turned bright red and the myriad of fungi are various shaded of brown, orange and yellow. There is something new to see each day in the park along Moultrie Creek, which seems to have been sheltered from the worst effects of Nicole. Let us count our blessings.



Nutcracker of their own," Garcia explained. "Our production is inclusive of many exhilarating contemporary dance forms including hip hop, tap, and modern, as well as classical ballet."

Garcia has called upon the talents of professional dancers to join the cast of young dancers on stage. Professional dancers, Jenne Vermes (tap, contemporary), Sean Mansfield (tap, hip hop), Amaani Grant (hip hop, tap, contemporary) and Katie DeAcutis (hip hop, contemporary) are featured in the production.

Young St. Augustine dancers Sophia Budd and Emmett Kelly will dance the roles of Clara and the Prince. Claudia Mueckay and Jake Karger will dance the roles of Sugar Plum Fairy and Cavalier.

Garcia and the cast of 65 performers are also looking forward to sharing the magic of Christmas Fantastique with local foster children, children from the Betty Griffin House, and students from the Florida School for the Deaf and Blind. Thanks to the generous support of local sponsors in the community, Zoika's Dance is providing complimentary tickets for these children with the help of partners including nonprofit Fostering Connections.

"Sharing dance with the community gives us so much joy," Garcia explained. "And sharing this holiday experience with children who might not otherwise be able to attend makes it so much sweeter." (continued on page 6)

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St. Augustine Observer

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Cliff Logsdon
Publisher/Editor

(904) 607-1410

Email: clifflogsdon@att.net



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

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Tatiana Diaz
Sales & Media

(904) 894-0204

Email: TatianaObserver@gmail.com

The purpose of the St. Augustine Observer is to serve residents of St. Augustine area Communities.

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

Information should be received by the 15th of the month in order to appear in the following 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.

- **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, December 21st at 7:00pm for our holiday dinner which is open to all members and residents. 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! RSVP to membership@staugsouth.com.

SASIA Board Members

President - Jerri Sue Dawson

1st V.P. - Nicolette Soucy

2nd V.P. - Doris Taylor

Secretary - Open

Treasurer - Margo Geer

Directors:

Mike Oliver, Robert Kennedy,

Oonna Hueck, Mick Jones,

Alan Chappell, Sarah Pierce

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

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 her at KatieMonahanTaiChi@gmail.com

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

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. Antique Oak Table/4 chairs \$95. 2. Television Concole \$90 3. Antique Rocker \$95. 4. Antique loveseat \$45. 5. Ethan Allen Hutch \$95. Call 904-417-3210.

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 Machiine \$15. Call 904-687-9149.

FOR SALE: ELLIPTICAL - Sole E35 with floor mat, one owner, very good condition, have not used in 5 years. text 516-319-9688.

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: 2005 Fender Acoustasonic Strat. Crimson Red transparent with hard

case perfect condition. \$900. Call 904-669-5536.

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. 904-607-1410.

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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Caregiver/CNA for seniors

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

Retired LPN Caregiver

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

Coins, Gold & Jewelry

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

"Shorts and Giggles"

A Classic Theatre at The Waterworks

A Classic Theatre presents an evening of comedies combines wit, intellect, satire and just plain fun. Smartly curated, these short plays and monologues are unique, absurd, irreverent, and enormous enjoyment for actors and audiences alike.

Forget the serious stuff going on and just have an evening of irreverent fun! This production features some of ACT's favorite performers including Francesca Bellavista (The Dining Room, The Lifespan of a Fact), Dexter McDaniel (The Immigrant, The Lifespan of a Fact), Stephen Mitchell (Murderers), Harolyn Sharpe (Murderers, The Immigrant) and more!

ADMISSION INFO: Tickets are \$22, \$12 for Students, available online or at the door. Contact: 954-444-0045. Email: act@aclassictheatre.org

* Event durations (if noted) are approximate. Please check with the presenting organization or venue to confirm start times and duration.

184 San Marco Avenue, St. Augustine, FL 32084

• Dec 2, 2022 at 07:30 pm (Fri) • Dec 3, 2022 at 07:30 pm (Sat)

• Dec 4, 2022 at 02:00 pm (Sun) • Dec 9, 2022 at 07:30 pm (Fri)

• Dec 10, 2022 at 07:30 pm (Sat) • Dec 11, 2022 at 02:00 pm (Sun)

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St. Augustine Shores & South News & Events

Shores Riverview Club Activities December 2022

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

EARLY SOCIAL Nostalgia **MAIN SOCIAL** Frank Saffi
Saturday, December 17th Friday, December 30th
7:00pm to 10:00pm 7:00pm to 10:00 pm

GUESTS \$5/pp/class

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

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

Chair Yoga 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

Main Social



Debbie Owen and Tony T
Saturday, January 21st
7-10pm

Happy Holidays!

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the businesses in the Observer!
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Thank you and Have a Great
Holiday Season!



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Wedding
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Holiday Party
Class Reunion
Graduation Party



790 Christina Drive
St. Augustine, FL 32086
904.794.2000



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

The End of One Year.....

As we move into the Holiday Season and a time of celebration for people of many cultures and varying beliefs, it is that time of goodwill to all people. The St. Augustine Shores Service Corporation board and staff wish all Shores residents, their families and the larger community a wonderful holiday and health and prosperity for the coming year.

As the Service Corporation looks towards the New Year it is time to consider the budget for 2023/24 and what changes need to be made. The Riverview Club is still recovering from the damage wrought by Hurricane Ian and this must remain a focus. This is also a time to take stock and consider our collective future.

Three years ago the country was in lock down due to the COVID pandemic. As a result, all activities at the Riverview Club and pool were suspended. This year, as we slowly emerged from that state, things have gradually returned to "normal" and many of the activities at the Riverview Club have resumed – just as they were before the pandemic. The question is "how has the Shores population changed in the last three years and are their needs the same as before, or are they now different? There is little doubt that there has been a significant turnover of residents in those years - do we still know their "needs" and "wants"? Young people and families with children must make up a significant portion of our community but we rarely hear from them or see them at our meetings. What are their thoughts? How do they view the Shores and visualize its future? Before we make plans and spend our members' money, we need to hear more from the membership, especially from those with the quietest voices. We need to be ready to serve ALL our community and can only do that if they talk to us.

So, please tell us who you are and what would make your lives better. After all, communication is a two way street. Please remember that we have limited resources and need to use them effectively so if you ask us to shoot for the moon, it might not be a big rocket!

St. Augustine Shores Service Corp.

790 Christina Drive | St. Augustine, FL 32086, 904.794.2000

2022 Nutcracker Ballet!

Saint Augustine Ballet presents the 14th annual Nutcracker — a timeless classic featuring professional ballet dancers and dance students from St. Augustine and surrounding areas. This holiday favorite will be staged December 17-18, 2022 in Lewis Auditorium at Flagler College, 14 Granada St., downtown St. Augustine.

Tickets are \$20-\$50.
Contact: 877-313-1877.
Email: info@myboxoffice.us and saintaugustineballet.org. Presentations are Dec 17, 2022 at 01:30 pm (Sat), Dec 17, 2022 at 07:00 pm (Sat), Dec 18, 2022 at 02:00 pm (Sun), Flagler College - Lewis Auditorium, 14 Granada Street, St. Augustine, FL 32084.



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SASIA News and Calendar of Events

December 2022

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

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.

Food Truck Nights:

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

• **Friday, December 9th – Heart & Soulfood** - Comfort food with a Southern flavor and Caribbean twist

• **Friday, January 27th - El Hombre's Tacos**- Mexican Style tacos and more!

We 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.

Holiday Celebration with Santa

Saturday, December 10th, 5pm

Santa is coming to the clubhouse! We will have activities and treats for the kids while they wait for their turn to talk to Santa. Last year we had photo opportunities outside in order to follow health guidelines at the time. This year we will be set up inside with proper lighting so you can get those wonderful holiday photos with Santa! We hope to see you there!

December Community Meeting / Holiday Dinner Wednesday, December 21st

We would like to invite SASIA members to our holiday dinner on Wednesday, December 21st. The December community meeting is traditionally a dinner hosted by the SASIA officers and open to all members and residents. 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.

Upcoming Events

Heart & Soulfood Food Truck - Friday, December 9th – 5-7pm

Holiday Celebration with Santa - Saturday, December 10th – 5:00pm

SASIA Community Meeting/Christmas dinner - Wed, Dec 21st - 7:00 pm

El Hombre's Tacos Food Truck - Friday, January 27th – 5-7pm

• 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.

Holiday Arts Events at COA's River House

The following holiday arts events will be held at COA's River House, 179 Marine Street, St. Augustine, FL, in December 2022. For questions, please call 904-209-3655 or contact tharris@stjohnscoa.com. There is no charge for these programs. Donations are gratefully accepted.

Gift of Stories: The Tale Tellers of St. Augustine will share stories and songs of the holiday season on Tuesday, December 20 at 10 a.m.

Winter Wonderland Dance Show: Come enjoy a dance performance presented by the River House Belly Dance and Tap Dance dancers on Wednesday, December 21 at 10:30 a.m.

Music and Dancing at River House with Reminisce: Join us for music, provided by Reminisce, and dancing at River House on Thursday, December 22 from 10 a.m. to 11:30 a.m.

Acrylic Art Show: Paintings by students in the River House acrylic painting classes will be on display on Thursday, December 22 from 10 a.m. to noon.





SASIA
St. Augustine South Improvement Association
709 Royal Road, St. Augustine, FL 32086 (904) 615-6916



SANTA IS COMING!
Saturday, December 10th
5pm at the
SASIA Clubhouse
Activities, treats and inside photo opportunities with Santa!

709 Royal Road
32086

Delegation Chair, Representative Stevenson Announces Legislative Delegation

Florida State Representative Cyndi Stevenson, Chair of the St. Johns County Legislative Delegation, announces that the St. Johns County Legislative Delegation meeting will be held on **MONDAY, DECEMBER 19, 2020** from 9:00AM to 12:00 PM at the St. Johns County Commission Chamber Auditorium, located at 500 San Sebastian View, St. Augustine, Florida. The proceedings will be available on GTV to watch live. If you would like to participate in the meeting during the public comment section, please contact Representative Stevenson's office.

To be placed on the agenda for the December 19th meeting please contact Representative Stevenson's District Office staff listed above prior to December 15th, 2022. Those that would like to provide materials or handouts to the St. Johns County Delegation members may mail or hand deliver them to Representative Stevenson's District Office, located at 309 Kingsley Lake Drive Suite 902, St. Augustine, FL 32092. These materials may also be emailed to Shorty Robbins at the above email address. All handouts or materials must be received by 12:00 PM on December 15th, 2022.

Discussion of issues regarding local legislation for the 2023 Legislative Session will be held at this time. St. Johns County Delegation meetings are open to the public.

In accordance with the Americans with disabilities act (ADA), and Chapter 286.26, Florida Statutes, persons in need of special accommodations to participate in the meeting, including agendas, interpreters or assisted listening devices, should contact Representative Stevenson's District Office staff at (904) 823-2300 before December 15th, 2020. Compliance with current CDC guidelines is required for the health and safety of all those in attendance.

Temple Bet Yam's
20th Annual Card Party
Wednesday, January 18th, 2023

Hammock Dunes Country Club
30 Avenue Royale
Palm Coast, FL 32137






RSVP & CHECK RECEIVED BY
DECEMBER 20TH, 2022

Continental Breakfast at 10 am
Buffet Lunch with desserts at 12 noon
Games: Mah Jongg, Bridge, Rummy Cube, Canasta, Hand-knee and foot, etc.
❖ 50/50 Raffle
❖ Silent Auction
❖ Door Prizes

RSVP TO:

Ellen Miller at
rehsm@yahoo.com
or (561) 234-0950

Teresa Freedman at
teresa.freedman@gmail.com
or (774) 994-2066

\$36.00 FOR A FUN FILLED TIME WITH FRIENDS

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

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News From Around St. Johns County

Gamble Rogers Concert Series Continues

Gamble Rogers Folk Festival and St. Johns Cultural Council have partnered to present a new concert series, Live from The Waterworks, celebrating the legendary recording artist Gamble Rogers, whose balladry and storytelling shaped American folk music. Events will be held on the third Saturday of each month from October through June. Purchase tickets for the first three concerts online at:

<https://www.eventbrite.com/d/united-states--florida/live-from-the-waterworks/>
• Dec. 17: Michael Reno Harrell with Bob Patterson

Concerts are limited to 100 seats at each concert at The Waterworks, 184 San Marco Avenue in St. Augustine, Florida. Doors for each show open at 7 p.m. and the opening act will start at 7:30 p.m.

General admission tickets are available for individual concerts for \$20.00 + a \$2.85 ticket fee.

Buy a BRICK - Save a YOUTH!

Do you need a gift for someone special? No need to worry about size or style or color. A gift that will not only bring a smile to the recipient but will give hope to a homeless youth. Who wouldn't want to help a homeless youth? Purchase a personalized brick for Port in the Storm Rotary Outdoor Learning Center patio at Port in the Storm. Your gift brick will be engraved and placed in the patio creating a lasting legacy for the recipient. A card will be provided or sent to the recipient of the gift brick to let them know of the gift in their honor.

Do something different!
Do something amazing!
Deadline to purchase to ensure recipient notification is December 15th. Contact Karen Correale at karen.correale@stfrancisshelter.org



First Coast Opera "Die Fledermaus (The Bat)"

Ring in the New Year with this fully-staged orchestra production of Johann Strauss Jr's classic 19th Century Viennese Operetta. Performed in English with complimentary champagne at intermission. Nelson Sheeley (The Marriage of Figaro, H.M.S Pinafore) directs and FCO Artistic Director Curtis Tucker conducts.

Performances: Dec 31, 2022 at 07:00 pm - 09:00 pm (Sat) & Jan 1, 2023 at 03:00 pm - 05:00 pm (Sun) at Flagler College - Lewis Auditorium, 14 Granada Street, St. Augustine, FL 32084. Contact: 904-417-5555. Email: admin@firstcoastopera.com.

JOY
Find Joy at Shores
United Methodist Church!
724 Shores Boulevard
St. Augustine, Florida 32086
(904) 797-4416
Traditional Worship Service
9:00 am
Contemporary Worship Service
11:00 am
Online Worship Service visit
www.shoresumc.org

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Flagler Hospital Free Monthly Education

Living with Cancer Support Group

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

Breast Cancer Support Group

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

Restorative Yoga: Rest, Heal, Restore

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Tel: 904-819-4793
www.flaglerhealth.org



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St. Augustine Travel Club

The St. Augustine Travel Club will have its next gathering on Wednesday, December 7, at 3:00 pm at the Southeast Branch Library (nearby SR 206) Our topic will be AUSTRALIA TO THE AMERICAS: Exploring the splendors of the world from Australia to Hawaii, the West Coast USA, then South America and finally, Vermont's foliage and Christmas season in New York.



gg92176354 GoGraph.com

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.

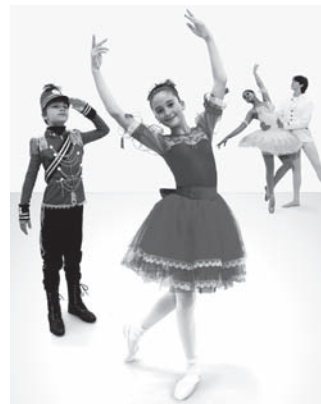
Christmas Fantastique

(continued from page 1)

Many sponsorship and marketing opportunities are available to support the production and its community outreach. For more information on becoming a sponsor, please visit www.zoikasdance.com/sponsors.

Performances will be held at 2 p.m. and 7 p.m. on Thursday, December 22, 2022 at Lewis Auditorium, Flagler College, 14 Granada St., St. Augustine, Florida. Tickets are \$20 and \$30, and may be purchased online at www.zoikasdance.com.

Photo: EmmettKelly, Sophia Budd, Clauda Mueckay, & Jake Karger. (Photo Credit: Julie Abella Photography)



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The Wildflower Meadow Group

by Cindy Taylor

Hurricane Nicole left more debris in the lower meadow covering the railroad vine again, after the Matanzas River flooded and retreated - again. Thanks to Russel for clearing the debris so the railroad vine could see the light of day. The few swamp sunflowers that survived hurricane Ian gave up this time BUT we have hope their foundations, the roots, are surviving underground and next year will grow and bloom again.

After Hurricane Ian, Russell observed how the small flood debris not removed sunk into the ground as if it was fertilizer. We speculate it will nourish the native plants while they rest during the winter and next year there might be more and they'll be stronger. Out of hard times come better times because of strength required to get through the bad times.

As of this writing early in November, the bushy asters have begun to bloom and there are still some golden aster. There are also rattle boxes and the Muhly and Elliott love grasses are thriving and unaffected by the hurricane, maybe even beneficiaries of it.

The key to nourishing a wildflower meadow, at least one of them, is to learn what it's trying to teach you. For years we've been pulling flattop golden rod from the upper meadow because they were growing plentifully elsewhere in the meadow and we wanted to provide space for other native flora. The thing is what we wanted and tried to encourage didn't happen. This year we let the meadow do what it does and there was a beautiful profusion of tiny yellow blooms from flattop golden rod in the upper meadow.

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.



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December 10 **Holiday Market**
 St. Augustine Beach Pier Park
 350 A1A Beach Blvd.
 3 pm - 7 pm

December 14 **Christmas with Cops & Claus - SABPD Event**
 St. Augustine Beach Police Department
 2300 A1A South
 5:30pm - 7:30pm

December 31 **Light Up the Night Fireworks Show**
 8:30 pm Fireworks Show - Various areas on
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4 to 11 to make their own ornaments and cards. Please Pre-Register with Carole Foster at 904-797-3067.

And, finally, join us on New Year's Eve. We will be open late, with plenty of end of December Sales on all Holiday Items. We will have Hot Cider and then stick around for the best viewing spot in the house for the Fireworks.

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.

'Tis the Season! This First Friday will kick off our Holiday Show and Sale. Give the Gift of Art and join us Friday, December 2nd from 5pm until 8pm. and then ALL Month Long.

Every week will be a special event as well, right in our Front Yard. The Civic Association's "Surf Illumination", The whole month of the City of St. Augustine Beach "Light Up the Beach", including The Holiday Market and culminating with New Year's Eve and Fireworks in the "Light Up the Night" celebration.

In addition to our beautiful member's exhibit, the Studio will also be filled with extra Holiday and Gift items. A Tree filled with handmade artful ornaments for sale from \$1 to \$10. Holiday cards and St. Augustine Calendars.

We have another Free Children's Workshop on Saturday, December 10th from 10am to 12 pm and we will have all the supplies for your Children from ages

St Augustine Lions Club Serves!

Lion John "JD" Decknick

The St. Augustine Lions Club has collected approximately 10,000 pairs of used eyeglasses from St Johns County residents over the past twelve months to assist those in need to enjoy a better quality of life with improved vision, and providing historic support to vision improvement. The club collects from 500 - 4000 glasses a month, depending on the time of year. It's estimated over 120 million people throughout the world have far or near sightedness. Club members and volunteers pick up used eyeglasses at 25+ locations around St Johns County. The glasses are then sorted and transported to Lion regional sorting sites, then on to the people who need them. Locations to drop off glasses are everywhere! Pick up locations vary from local eye doctors, to the Coconut Barrel, from St Augustine Flooring (Hasty's) to the Council on Aging, from the libraries, to the tax collector (look for our Lions Club donation boxes). Donation locations are key to collecting glasses to help people with their vision needs. Thanks to you, the community of St Johns and surrounding counties, your Lions club is thriving and doing great things for those in need.

The eyeglass collection is just one of the many ways we help others in

a positive way. The St Augustine Lions Club is part of Lions International, whose motto is "We Serve". In 1925, Helen Keller challenged Lions to adopt vision needs as the Lions primary service focus. Since then, Lions across the world have focused efforts on serving visual needs and many other charitable projects. The club, in close coordination with St. Johns County Schools, conducts children vision screening. We bring in portable eye screening machines, and identify children with potential vision issues for their parents and providers to assess.

The St. Augustine Lions Club supports many charitable organizations throughout St Johns County. The club supports food relief to farm workers, St Johns Ecumenical Services, and Catholic Charities (delivering thousands of dollars of food to the needy), St Augustine Youth Services, Florida School for Deaf and Blind, Investing in Kids, Vets4Vets, veterans court, Pie in the Sky, SJSO

(providing stuffed animals for on duty deputies to provide to children), Take Stock In Children (Investing in Kids), Ability Tree, Alpha Omega, St Francis House and Habitat for Humanity are just a few of the charities the Lions have supported over the years. For statewide charities, the St. Augustine Lions Club supports Southeast Guide Dogs, Lions Eye Bank, Leader Dogs for the Blind, and many more. To request funding for your charitable organization, contact a St. Augustine Lions Club member through our website or in person.

Globally, Lions International is a massive force for good, helping those who are in need. Service projects focus on vision, diabetes awareness, childhood cancer, youth, disaster relief, humanitarian missions and more. In 2021-2022, Lions International supported over 495 million people with over 1.4 million service projects. Your St Johns County Lions Club is an active, vibrant and critical part of supporting charities across St Johns County. Kindness matters.

We are proud of the support we have been able to offer support organizations over the years and we will continue to do so. The St. Augustine Lions Club is primarily funded by sponsoring and working the "St. Augustine Lions Seafood Festival". Over the last 40 years the festival has brought in over a \$1,000,000 to support the needy in St Johns County. The next St Augustine Seafood Festival is Saturday and Sunday, March 25-26, 2023 at Francis Field downtown. "We're having fun now!"

If you would like to join the St Augustine Lions Club, please see us online at <https://e-clubhouse.org/sites/staugustine/index.php>, Google "St Augustine Lions Club", or email Lion Judy Decker, dbldecker60@gmail.com. We meet at the Village Inn at 900 N. Ponce de Leon Blvd. St. Augustine 32084 on the second and fourth Monday of the month at 6:30 p.m. Visitors are welcome. "We Serve!"



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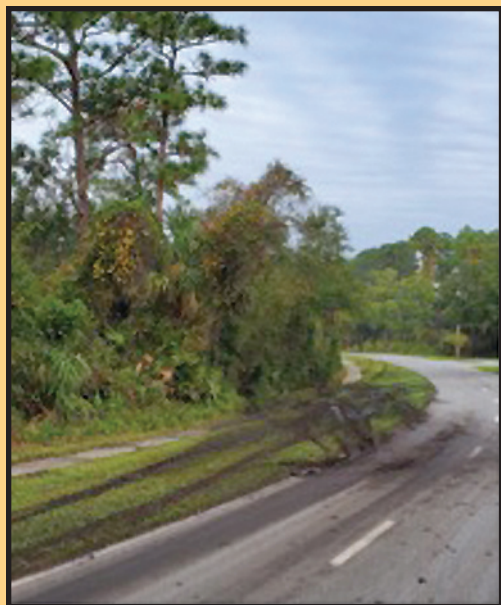
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This photo shows what people do when they disregard the right of enjoyment of everyone in the neighborhood. You may have people who trash up YOUR subdivision in other ways. This kind of thing is what is referred to as the "broken window" - if left alone, it could result in the entire neighborhood suffering degradation which could eventually negatively impact property values if left unchecked.

This photo is an example of the "DESTRUCTION OF PUBLIC PROPERTY" and is a MISDEMEANOR and, in more severe cases, could be classified a FELONY punishable with jail time.

Let's be INTELLIGENT and not litter or be destructive in our neighborhoods. PLEASE respect public and private property - it pays to be good stewards and make wise choices. Wishing everyone a Happy HOLY DAYS and an exciting 2023!

If you need help with your REAL ESTATE - please reach out to me at 904-540-2360. Thank You!



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Diaries of a Shores Grand-Dad

by Dirk Schroeder

"Take-aways" are always important. Case in point - the last Edition of The Diaries was NOT what I had written but, instead of sending the typical "Diaries", I mistakenly attached a memo for our Century 21 agents on how to use Social Media. The article/notes may have been of interest to some readers but the "take-away" for me is that I need to be more thorough in verifying attachments. After all, in the actual Social Media article, I made reference to "read twice and post once". Of course, it turns out, we are always the last to take our own advice.

Arriving after Thanksgiving and before Christmas means that this Edition of The Diaries will be Christmas-themed. It's time to celebrate these Holy Days (also known as "Holidays") and a time to internalize the wisdom bestowed upon us by our Creator. Thinking about the last words of his life is very revealing: "Forgive them, father, for they know not what they do." We think that we have intelligence and we believe that we are wise and yet, there is a distinction between having intelligence and having wisdom - smart people can have bad judgment. We can also be agreeable with all of the "intelligent" people around us (or in large numbers online) and yet, we need to think for ourselves and THINK

TWICE before we ACT or SPEAK ONCE. Even then, we may not know - what we do. I have heard is said that, sometimes when we stare into the abyss too long and too deep, it stares back at us. Let the lessons of the Son of God, be the lessons and the wisdom that keeps us out of the abyss.

It is time to celebrate; the Spirit of the Season is upon us. Gift giving began with the three Wise Men so you can blame them for all of the Commercialism of the Holidays (they knew not what they did). They were wise enough to provide symbolic gifts for the Savior. Maybe a teddy bear may have been more useful. It feels great to give and, even if you don't like your gift, make sure to be appreciative of the good intentions. Keep in mind that all gifts are not symbolic gifts given by wise people or intelligent gifts that are practical. They may just be fun. Remember, "they know not what they do."

"For unto us a child is born. To us a Son is given", the son who would end up forgiving the sins of the world (his GIFT of grace) - if we have the wisdom to believe in him. On this note, I wish everyone; Merry Christmas, joyful Holy Days and, as always, a Sunshine State of Mind!

STARS Rehab Receives Community Grant Awards for Local Parkinson's Community

The Parkinson's Health Center at STARS Rehab has been Awarded 28k for The Park Avenue Project 3.0

The Parkinson's Health Center at STARS Rehab, located in St. Augustine Beach, was awarded 18k from the Parkinson's Foundation, and an additional 10k from the Florida Physical Therapy Association to sustain access to over 300 free multi-leveled group exercise and voice training classes over the calendar year. The program is in its third year of operation and helps over 60 local residents live better with Parkinson's.



All six of the weekly classes are designed and directed by Physical and Speech Therapists that have additional training and extensive experience in Parkinson's disease. Speech Therapist Debra Mullin, leads two online classes called LOUD CROWD® and SING OUT LOUD®, both are evidenced based, therapeutic group interventions to address vocal and oral-motor symptoms of Parkinson's Disease. To aid in mobility, balance and flexibility, Physical Therapists Melanie Lomaglio and Paul Hebbler, offer in-person YOGA and PWR!MOVES® classes at 3 different challenge levels.

The program caters to all ages and stages of Parkinson's disease but Melanie states that helping the newly diagnosed is especially important. Exercising both your body and voice are the only interventions that have the potential to slow disease progression. She states "many people do not know how to exercise, let alone how to do targeted exercise to fight back against the motor symptoms of Parkinson's. Thinking of exercise as medicine, and learning what type, dose and frequency of exercise you should be engaging in, is something the we teach the participants". One member, Paula, a 70 year old retired school teacher who is newly diagnosed, had this to say, "the program has introduced me to my new life in a way I could not have done on my own. Exercise and voice training is essential to my recovery and the therapists push my limits during every session". Paula also enjoys the social aspect of the classes and getting to know others who are also living with and fighting back against Parkinson's.



To keep the atmosphere fun and welcoming, the center's highly trained facility dog, Harley, is the official greeter and brings joy to all that meet him. Harley even knows some of the exercises and participants have fun calling out command. Harley loves exercising alongside them!



Melanie also offers monthly support group meetings to educate people about the health condition and to help people learn about medication management and newly available treatments. For more information and/or to join this free program contact Melanie Lomaglio, DPT, at 904-501-8779 or visit <https://starsrehab.org/parkinsons-exercise-and-wellness-program/>

About Parkinson's Disease: Affecting an estimated one million Americans and 10 million worldwide, Parkinson's disease is the second-most common neurodegenerative disease after Alzheimer's and is the 14th-leading cause of death in the United States. It is associated with a progressive loss of motor control (e.g., shaking or tremor at rest and lack of facial expression), as well as non-motor symptoms (e.g., depression and anxiety). There is no cure for Parkinson's and 60,000 new cases are diagnosed each year in the United States alone.

The Parkinson's Foundation makes life better for people with PD. For more free resources and information call (800) 4PD-INFO (473-4636).

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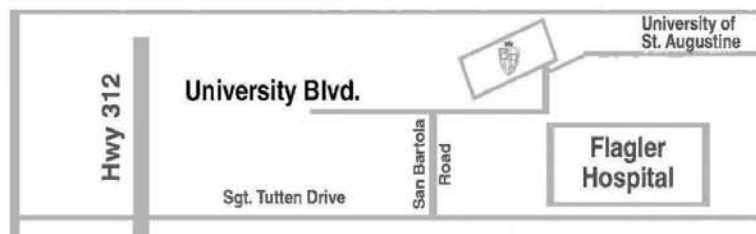
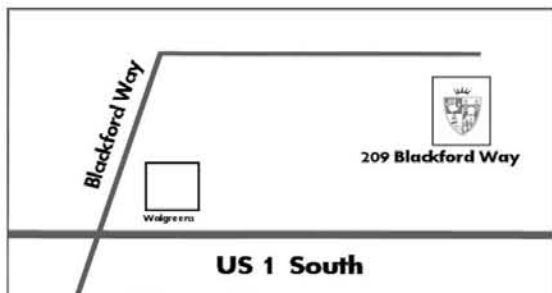
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Is there a pebble in your shoe?

By Rob Stanborough
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT
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We are typically on your feet for hours at a time—standing, walking, running and more. Sometimes we wear comfortable shoes and other times we shove them into all kinds of footwear giving little thought to the mechanics of the joints or other tissues. We rarely think about our feet until something goes wrong and they hurt and we wonder why.

Some painful foot dysfunctions are familiar such as gout, bunions, plantar warts and blisters. But one that is often missed, yet still give people trouble is the compression of interdigital nerves.

There are very small nerves between the toes that supply the muscles of the foot and neighboring tissues. When the foot functions in a normal way there is adequate space between the bones of the foot, allowing the nerves to do their job without any problem. But when the ligaments of the foot become overstretches, the foot becomes hypermobile, or the mechanics of the foot start to be altered, these nerves can get compressed and produce very specific symptoms.

One of the symptoms of interdigital nerve compression is numbness in the ball of the foot and/or into the middle toes. It may also feel like it's burning. But one of the most common symptoms that can go misdiagnosed is the sense that something is in your shoe, such as a small pebble or that your socks are all bunched up. You may take your shoe off and examine your foot, only to see there is nothing wrong.

There are a variety of conservative ways to treat this problem, in combination or isolation. First, the joints need to be checked for proper mobility and the muscles for adequate strength. The joints can be manually treated, and prescribed

exercises can help provide some intrinsic (in the foot) stability. Second, the footwear should be inspected for fit and wear patterns. Tight and restrictive shoes, even if they are your favorite, can compress the foot, its bones, and nerves, causing problems. Third, orthotics can be inserted into the shoe to help support the foot. Inserting a simple tarsal bar or tarsal post, although initially feels strange, it can lift the foot just enough to make room for the nerves, prevent compression and soon ignored.

There are simple solutions to many foot problems but its deciphering through the symptoms that can be tricky. There are 26 bones in the foot and 33 joints, some moving more than others. It is a complex structure that is taken for granted. If you have foot pain or problems, start the New Year with getting a consult and maybe treatment. Don't wait. These types of problems only get worse with time and do not go away on their own.

Rob Stanborough is a physical therapist with over 20 years of experience. He is president and co-owner of First Coast Rehabilitation, a Senior Instructor for Myopain Seminars (www.myopainseminars.com) and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He is certified in manual therapy, a Fellow of the American Academy of Orthopaedic Manual Therapists and has presented on the topic of soft tissue dysfunction in a variety of venues. Read previous columns posted on www.firstcoastrehab.com.



11th Annual Santa Suits on the Loose 5K

The 11th Annual Santa Suits on the Loose 5K presented by Bozard Ford, to benefit St. Augustine Youth Services (SAYS), is a walk/jog/run that will be held on December 10, 2022. It begins at the St. Augustine Pier at 8 AM. The race follows a flat 3.1 mile course through St. Augustine Beach neighborhoods. Last year participation was roughly 1200 "Santa" themed runners, making it the 3rd largest race in St. Johns County. This year race organizers expect an even larger turn-out.



Registration is LIVE at www.racesmith.com. Price per participant is \$35 through December 9th. Race morning registrations increase to \$40. Race registration includes your choice of a Santa Suit or a T-Shirt, finisher medal and lots of holiday cheer!

Awards are presented to top finishers. The race also features a Community Team Challenge and a School Team Challenge. Groups with the most amount of runners receive a travelling trophy to keep for the year.

All race proceeds are used to directly support SAYS' youth mental health programs and help provide "normal life experiences" to our residential foster kids and those with mental health diagnosis and non-traditional families, especially during the holidays.

What Makes This Year Special? This year the logo was custom designed by Taylor Hillyard, a first year student at Flagler College. He donated his talent and time to design a logo and characters that the race can utilize year after year. He will also be a participant in the race. Additionally, race founder Mary Jacobs will be joining everyone at the Start/Finish line. Her return is an honor and a great way to celebrate the success of Santa Suits on the Loose and its contribution to SAYS. The committee is working hard on more entertainment, fun and cheer. The 2022 race is expected to be TREE-mendous.



Shores Riverview Club December Dances

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@staughshores.net to RSVP! Nostalgia is playing Saturday, December 17th from 7-10pm and Frank Saffi will be playing Friday, December 30th from 7-10pm. The Riverview Club, 790 Christina Dr., St. Augustine 32086.

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Junior Service League of St. Augustine hosts New Year's Eve Gala

Ring in the new year at an event hosted by the Junior Service League of St. Augustine. A New Year's Eve Gala — Party with a Purpose will be held from 8:30 p.m. to 12:30 a.m.

December 31, 2022 at the Fountain of Youth Archaeological Park, 11 Magnolia Ave., St. Augustine. VIP tickets allow early entry at 8 p.m. Tickets are available at jsgala2022.givesmart.com

Dance under the stars to the live music of St. Augustine's favorite band, Chillula. Guests will enjoy heavy hors d'oeuvres, with carving station by World Plate Caterer, and an open bar. Countdown to the New Year with a champagne toast. Other gala activities include a photo booth, charitable gambling, and an amazing silent auction.

Tickets are \$175 per guest and all proceeds go to help area nonprofits supported by the Junior Service League of St. Augustine. Each year, JSL volunteers their time and provides funding for local non profit organizations. Last year's gala raised \$40,000, which was given back to St. Augustine organizations. Tickets can be purchased at jsgala2022.givesmart.com

In addition to the New Year's Eve event, the JSL has created a 2023 Heroes and Pups Photo Calendar featuring local Law Enforcement alongside precious pups. Photographer and real estate agent Suzanne Henry donated countless hours to shooting and editing these amazing photos. Thank you also to Dennis Lockwood, who donated his time to format the calendar and prepare it for print.

All proceeds from the calendar will go towards benefiting local nonprofits in St.

Johns County. The calendar is available for purchase at <https://jslofstaugustine.org/about/events/2023-hero-calendar/>

In 1935 a group of dedicated women came together to address civic, social, and cultural needs in the Nation's Oldest City. Through world wars and personal struggles, national triumphs and family milestones, the Junior Service League of St. Augustine has triumphed in remaining a strong organization with a heritage as rich and vibrant as the historically unique community that they support. The League is committed to the traditions and legacy of their organization in promoting the privilege of volunteerism in St. Johns County. Never ones to be afraid of a challenge, League members' past and current projects include beginning and directing a speech and hearing clinic, organizing and managing a thrift store, renovating and refurbishing our St. Augustine Lighthouse and Museum, and conceptualizing and directing Willich Kids Bridge Family Visitation Center. Through the dedication of their members, both active and sustaining, along with the generous community response they continue to receive, the League has supported the aforementioned endeavors, both financially and emotionally with great pride. And so it is with honor for our traditions and joy in our accomplishments that we ask you to join with us as we proudly celebrate over eighty five years of service.

Learn more at jslofstaugustine.org and Follow on social media at www.facebook.com/JuniorServiceLeague and Instagram at [@jslofsa](https://www.instagram.com/jslofsa)

Computer Corner

by Steven Aldrich
904-479-5661



Online Security Checkup

I have helped clients who are locked out of their email accounts with increasing regularity this year. Some are easily recovered. Others cannot recall the security question answers they gave "way back then", and we have a difficult time recovering access to their account.

It is time to review and update the security section on all your online accounts. Most online accounts have a section called "Security". This includes your password, your Security Questions & Answers, and other means for ensuring that you are the rightful owner of the account.

While you review and update the security information on your accounts, it's a good idea to keep a notebook or electronic record of the security information that you have in place for each your accounts.

To add another layer of security you may opt to use "Two Factor Authentication" (2FA), if it is available on your account. Two Factor Authentication is a way to ensure that your account is being accessed by you and you alone. The idea is that your account is protected by "something you know" (your password), and "something you have" (your cell phone).

Two Factor Authentication requires that you enter a password, then the system

sends a code to your cell phone which you must enter, thus ensuring that it is you accessing the account. If a hacker had your password, they would also have to have your cell phone to access your account.

Our online security is under enormous pressure. Your email account security is very important. Some would say that it is as important as is your financial institution account security. You might be surprised by how much information can be gleaned from your email account if the bad guys gain access. Email is the linchpin of all online accounts, and the primary way that companies communicate with you about your account. This means that access to your email can expose every online account you have.

Reviewing all your online accounts and checking up on your security settings can be a daunting task. But you don't need to do them all at once. So, let's get started and do a few each day until we have them all done.

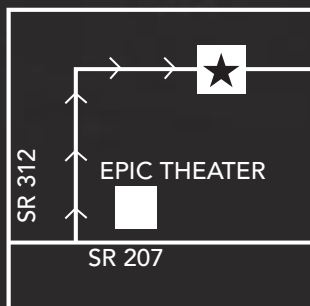
Steven Aldrich is a technology advisor with decades of experience as an IT Director and is the owner of First Coast Computer Services. Contact Steven if you need a trusted advisor to come to your business or home and help with your technology. See my ad on this page. Steve@fccspro.com or (904) 479-5661.

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