

January 2019



# St. Augustine OBSERVER

NEWS INFORMATION FOR & ABOUT RESIDENTS OF ST. AUGUSTINE, FL

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Area Communities Monthly!!  
St. Augustine Shores  
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and others

## Beach Blast Off

The Saint Augustine Beach Civic Association is again a proud sponsor of the Southeast's biggest and best New Years Eve celebration! Join thousands of friends at the Saint Johns County Pier Park for Beach Blast Off on December 31st. Food, fireworks, live music, a Kids Zone, beer, wine and soft drinks! It's a great evening of family friendly fun. Please visit the event website for details on parking, shuttles and more!

**ENTERTAINMENT SCHEDULE:**  
5:00 – 5:55PM – 105.5 The Beach  
6:00 – 6:55PM – Old Enough to Know Better  
7:00 – 7:55PM – Slang Band  
8:00 – 8:25PM – The Prom Kings  
8:25PM – Countdown announcements start  
8:30 – 9:00PM – FIREWORKS  
8:50 – 10:00PM – The Prom Kings  
Comfort Zone Area  
Pavilion seating with Champagne, Beer and Wine  
Kids Zone Area, Face Painting and Bounce Houses



## St. Johns County United Way 2019 Givers Gala January 25th

by Melissa Nelson

United Way of St. Johns County's Givers Gala was imagined to celebrate the strong spirit and history of giving in St. Johns County. Artifacts or personalities of the past are integral in the First Coast story, but equally important is the history of giving. Seeded in a tradition of generosity, this legacy continues today. The Givers Gala celebrates the heart of philanthropy in St. Johns County in a way only United Way-SJC can do by bringing together local givers from all walks of life for a festive night of fellowship and inspiring stories. United Way-SJC highlights the cause and message: You live here. You give here. It stays here.

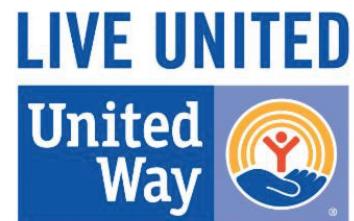
The 2018 sold-out inaugural event was attended by philanthropic residents from across St. Johns County. Awards in 2018 were given to the following:

- Corporate Philanthropic Award - Ring Power Corporation
- Emerging Philanthropist Award - Jeff Young of Board Ford Lincoln
- Philanthropic Trailblazer - Steve and Christine Chapman of All American Air
- Philanthropic Legacy Award - Alan and Delores Lastinger

2019 recipients will be announced prior to the January event.

United Way of St. Johns County is honored to announce that two new awards will be presented at the 2019 Givers Gala. "I am so very pleased that the John and Peggy Bailey Community Leadership Award, presented by Mark Bailey, Sr. will be given for the first time this year," said Bobby Crum, Chairman. "Honoring John Bailey, Sr., a founding member and past president of United Way-SJC, along with his wife, Peggy, the award was established because the Bailey's exemplified community leadership. Like the namesake, the recipient(s) must have a heartfelt desire to make this community a better place and demonstrate leadership by diving in headfirst, but more importantly by bringing others to the cause."

Also new this year is an award for the Nonprofit of the Year. The four awards that were presented last year will return: Corporate, Emerging Philanthropist, Trailblazer and the Legacy Award. Nominations for any or all awards can be submitted electronically or on paper. A brief description that includes the award name, (continued on page 12)



## Ballroom Dance Association Black & White Ball at the Riverview Club

The St. Augustine Ballroom Dance Association starts off the New Year on Saturday, January 12th at 7pm, with a Black and White Ball at the Riverview Club, 790 Christina Drive, in St. Augustine Shores.

The highlight of this first dance of the year is the installation of officers and the traditional Grand March. Joe Burch will lead the board this year as the association's new president. Other board members taking the oath of office include Jay Abel, Vice President; Peggy Berrier, Treasurer; Mary Ellen Hernandez, Recording Secretary; Darlene Van Tiem, Corresponding Secretary; Fred Hathorn and Dennis Larimore, Past Presidents Ex-Officio.

Dance the night away to beautiful dance music and enjoy hors d'oeuvres, desserts and coffee, which will be served throughout the evening.

Guests pay \$20 per person. Appropriate guest attire is a dark business suit with tie, or a tuxedo for the men and a cocktail dress or gown for the women. For a reservation, call Dennis or Mary Larimore at 904-825-4902.



Pictured Above: From the left, Lynda Hathorn, Hatsue Wright and Margaret Dillion enjoying a break from all the dancing at a recent dance

## What's Inside The Observer This Month...

- *St. Augustine Shores: November Board Minutes*
- *St. Augustine South: New S.A.S.I.A Board Elected*
- *Health Update: Gamer's Thumb*
- *Computer Corner: What Should I do with my Old Computer?*
- *Financial Focus: Financial Tips for Snowbirds Present & Past*
- *In the Law: 5 Reasons to Stop Avoiding Estate Planning*
- *Sheriff's Corner: Ghosts of Sheriffs' Past*
- *Diaries of a Shores Grand-Dad*

**Happy New Year!!**

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# St. Augustine Observer

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

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

Information should be received by the 15th of the

month in order to appear in the following month's issue. Articles or information may be sent to the St. Augustine Observer, 1965 A1A South #180, St. Augustine Florida 32080-6509. Information may also be e-mailed to clifflogsdon@att.net.

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

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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 Penny Chamberlain at Sovereign-Jacobs at 904-461-5556.

- **Casa Bella Condominium** Board 2018 meetings- March 14th (Annual Meeting) - 6:30 pm, April 11th, 6:30 pm, May 9th, - 6:30 pm, September 12 - 6:30 pm, October 10th, - 6:30 pm, November 11th - 6:30 pm, December 12th - 6:30 pm. For Information Contact Penny Chamberlain at 904-461-5556.

## Monthly Meetings at Clubhouse

**DAV Meeting** -3rd Tuesday of the month DAV monthly meeting at 7pm.

**Vietnam Vets Meeting** - 4th Tuesday of the month Vietnam Vets meet at 7pm.

**Bingo** - Every Thursday at 1pm except Holidays, light lunch, from 11:30 to 12:30. Open to the Public.

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

## New Board Elected at Christmas Party

The St Augustine South Improvement Association enjoyed a festive and delicious annual Christmas party on Wednesday, December 12, that included traditional and spiritual Christmas songs by S.A.S. resident Libby Johnson and celebration of the winners of the first-ever S.A.S. Neighborhood Holiday Decoration contest.

Following the party, the S.A.S.I.A. members in attendance elected a 2019 Board of Directors.

## St. Augustine South Community Calendar

St. Augustine South Improvement Assoc.  
709 Royal Rd  
email: staugsouthimpassoc@gmail.com  
www.staugsouth.com

### SASIA Board Members

President - Julie Bruijn  
1st VP - Alan Chappell  
2nd VP - Dave Whitaker  
Secretary - Ruth Hope  
Treasurer - Margo Geer  
Board Member - Ryan Flagler  
Board Member - Suzanne Godbout  
Board Member - Robert Kennedy  
Board Member - Daniel Kennedy  
Board Member - Frances Lundberg  
Board Member - Joe Satterelli

### SASIA Meeting 3rd Wednesday 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.

## Did You Get Your Copy of the Observer?

The St. Augustine Observer newspaper is delivered *free* to *Shores & South Communities* and other selected neighborhoods in Southern St. Augustine area by U.S. Mail. Current mailing postal routes are C007, C015, C017, C028, C035, R031, R014, R015, R006, R043, and R039 to about 7,200 homes. Routes do change occasionally, call or email me if you do not get your paper.

Free copies are also available at the *Riverview Club* office and the *Main & Southeast Libraries* or download from [www.observer.vpweb.com](http://www.observer.vpweb.com) or [StAugustineObserverOnline.com](http://StAugustineObserverOnline.com).

If you are not in the current mailing areas, contact [clifflogsdon@att.net](mailto:clifflogsdon@att.net) or 904-607-1410 for an annual agreement for one year postage of \$12. The paper is free and made possible by our advertisers. Visit and thank them whenever possible. I wish you a Happy New Year!!!

Cliff Logsdon, Publisher/Editor

## Community Classifieds

The Observer offers *free community classified ads to Shores and South residents*. Classified ads will not be printed without a name, address and phone number included with the request. *Free ads Are Not to Promote a Business or Personal Service.*

**Business, Services, seeking work and others may be placed** in the classified section according to the following rate schedule: 1/2" (1-4 lines) \$5, 1" (5-8 lines) \$10, 1 1/2" (9-12 lines) \$15, 2" (13-16 lines) \$20. These Ads should be paid in advance before placed.

Send your ad and payment if required to Observer, 1965 A1A South #180, St. Augustine, 32080-6509. You may email your ad to [clifflogsdon@att.net](mailto:clifflogsdon@att.net). Deadline for all ads is the 15th of every month for the next month's issue. Free ads up to 5 items only should be sent.

**FOR SALE:** (1.) Sharp Blu-Ray Disc Player Mod: BD-HP20U. New-in-box Never Used. Has manual, remote, cable connections and 110V cable. \$45. (2.) HP INK #902 all 4 colors. Still in box, never used. \$20. Call Ron. (904)814-8682

**FOR SALE:** (1.) Knee Scooter \$35. (2.) Travel wheelchair \$15. (3.) New crutches \$8. (4.) Walker and basket \$10. Call 904-217-8707.

**FOR SALE:** Craftsman 22 inch self propelled mower with bag attachment. Excellent condition. \$60.00. Cannon printer/copier. Used once. \$20.00. Large tournament style fishing tackle box. \$20.00. Call Roy at 904-808-0171.

**FOR SALE:** HQQ Supply heated Grow Lights \$90 a piece or 4 for \$300. Call 904-797-5933.

**FOR SALE:** Motor cycle saddle bags. like new. \$60.00 Call 904-797-9874.

**SERVICE OFFERED:** Don't stress out your cat or you taking your furry family member to the vet for a nail trim. I am a Certified Veterinary Nurse with over 25 years experience. I will come to you. Carson's Clip A Claw-Lynne Carson. Call or text 516-319-9688 or email [lclvt@optonline.net](mailto:lclvt@optonline.net).

**FOR SALE:** Motor cycle saddle bags. like new. \$60. Call 904-797-9874.

**FREE:** Sofa, cream color, 72 inches long. Call 305-968-0447.

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**Thank you!**

# St. Augustine Shores Club News

## January 2019 Riverview Club Calendar

**JANUARY DANCE RSVP:** call 904-794-2000 or at [www.staugshores.org/dance-rsvp](http://www.staugshores.org/dance-rsvp)

**MAIN SOCIAL:** Friday, January 18th 7:00 pm to 10:00 pm. Entertainment by Billy Buchanan

\*BYOB\* Hosted by: Jerry & Robin Rocha

Dance Club free; Guests: \$15.00/pp

FREE for Activity Members, guests are \$5.00/pp/class.



**No Classes on Tuesday, January 1st, the Riverview Club will be closed.**

**Bridge:** Fridays 1:00 pm.

**Bridge Lesson:** The class is geared to all levels. Thursdays at 10:00 -11:30 am.

**Chicago Bridge:** Must have a partner to play, Monday and Thursday at 12:30 pm.

**Card Game:** Card game group on Tuesdays, at 3:30 pm - 6:00 pm; Come and share your favorite card game: 500, Euchre, Pitch, Pinochle, Canasta, etc.

**Mah Jongg:** Tuesday at 1:00 pm & Wednesday at 10:30 am.

**Chair Yoga:** Monday, Wednesday & Friday at 10:45 am. A gentler form of yoga for those whom balance is an issue. Wednesdays class offers a 30-minute floor stretches after class!

**Yoga:** Mondays, Wednesdays and Fridays at 9:00 am. Bring a non-skid mat & wear comfortable clothing. The class is geared to all levels.

**Exercise Class:** Class led by Marcia Tuesday and Thursday at 10:00 am.

**Tai-Chi:** Beginner classes Tuesday at 9:00 am. Tuesday am Classes will resume on Jan 8, 15 & 29th - no class Jan 22nd. Thursday evening class will resume on Feb 7th.

**Dance Class:** Social dance class with Dennis, Thursday at 2:00 pm. Dance Class is FREE for Activities & Dance Club Members. Classes will resume Thursday, January 17th.

**Line Dancing:** Every Monday at 6:30 pm and Wednesday at 10:00 am. Classes will resume on Jan 2nd.

**Zumba:** Tuesdays at 5:30 pm. Low-impact Zumba with Mary Beth. Come sweat, lose weight, meet people, and have a blast!

**Writers in the Shores:** Tuesday January 8th and 22nd at 1:00 pm in the Library. For information call Donna at the Shores 794-0789.

### Upcoming Events at the Riverview Club

**Early Social:** Friday, February 1st (7pm to 10pm) – Entertainment by ZigZag Duo

**Main Social:** Saturday, February 16th (7pm to 10pm) – Entertainment by Southern Style

### Riverview Club Events

**JANUARY DANCE RSVP:** call 904-794-2000 or at [www.staugshores.org/dance-rsvp](http://www.staugshores.org/dance-rsvp)

**MAIN SOCIAL:** Friday, January 18th 7:00 pm to 10:00 pm. Entertainment by Billy Buchanan. \*BYOB\* Hosted by Jerry & Robin Rocha. Dance Club free; Guests: \$15.00/pp

**Dennis Salvati's Social Dance:** Class will resume Thursday, January 17th at 2:00 pm. Free for Activities & Dance members!

**Line Dancing:** Monday at 7:00 pm and Wednesday at 10:00 am. Classes will resume on Jan 2nd.

**Tai-Chi Class:** Beginner classes Tuesday at 9:00 am will resume on Jan 8, 15 & 29th - no class Jan 22nd. Thursday evening class will resume on Feb 7th at 6:30 pm

**Exercise Class led by Marcia:** Tuesday and Thursday at 10:00 am. Low impact standing and chair exercises.

**Bridge Lesson:** The class is geared to all levels. Thursdays at 10:00 -11:30 am.

**FREE Introductory Fitness Pole Walking Clinic with Sheila Vidamour:**

- Wednesday, January 9th at 12:30 pm – Meet at the Riverview Club.

- Pre-registration is required. To register call 904-540-1067, or email Sheila: [walkyourpath406@aol.com](mailto:walkyourpath406@aol.com).

- Pole Walking is a fun and easy way to get a very effective and efficient total body aerobic workout!

- Please wear comfortable walking shoes and demo Walking Poles will be provided.

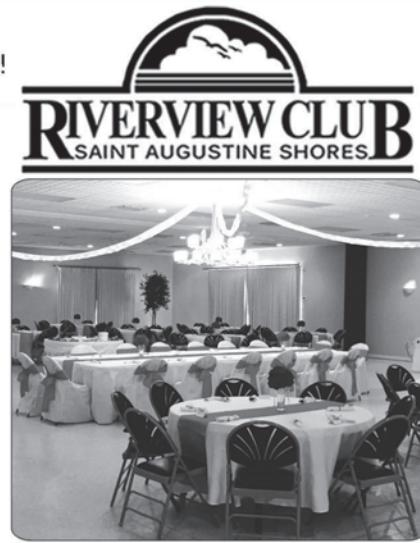
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- Graduation Party
- Retirement Party
- Memorial Service
- Engagement Party

Riverview Club  
790 Christina Drive  
St. Augustine, FL 32086

904.794.2000

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



## St. Augustine Shores Service Corporation November 8th Board Meeting Summary

"This Summary is an overview by the Observer Editor and is not the complete meeting minutes. Minutes are to be approved and posted at the Riverview Club and Association Website."

The St. Augustine Shores Service Corporation's Board of Directors meeting was called to order at 7:00 P.M. A quorum established. The Invocation and Pledge of Allegiance given. September 13, 2018 and October 11, 2018 minutes were approved. Treasurers Report accepted for audit. General Manager Smith explained the decrease in the operating fund and the increase in the reserve fund.

**Managers' Report - Joseph H. Smith III**

### Progress on Board Goals

**Curb Appeal:** We will be installing pine straw in the medians and mulch around the Riverview Facility in the month of November. We will also rye seed the medians and the common areas which will help strengthen the St. Augustine grass. We will be hanging Christmas lights next week at the entrances and the Riverview Facility. The water line to the pier is installed, the spickets were installed, the table has been installed, and we will be installing the sink and stainless-steel pipe clamps to complete the project.

**Safety and Security:** The chain and combination lock were placed on the gate at the parking lot for entrance to the tennis courts. The key card reader project is in progress.

**Operations:** The Board was provided a copy of the current bid policy. The current bid policy that was approved in September 2015 was read. Comment made to add Tree Squad to the preferred vendor list. Comment that any bids that are between \$15000 and \$50000 should be sealed and opened at the Board meeting. Comment that bids are sealed unless there is an emergency as stated in the policy. Comment ast to why bids need to be sealed if they are presented to the Board. The current policy follows normal accounting procedures and is working fine so why change the policy. Motion made to change the bid policy to sealed bids opened at the Board meetings. President Dietly a motion to change the second tier of the bid policy to sealed bids to match the verbiage for bids of over \$50,000. The motion was seconded and passed by 4 yes and 2 no and carried.

**Pool Deck Litigation:** Parry Pools insurance company denied their claim on the project. They hired a new attorney who filed a motion to dismiss received by counsel November 7th. We are going to set it for hearing and move the case along.

**Agreement with St. Johns County:** Concerns about drainage with all the new development and committee needed to address this and other issues addressed. Obtain copies of the original Master plan of the Shores community with all exhibits. The zoning maps are not consistent. Need to build a committee of Board members and members of the association to look at the original documentation to bring up to date. President Dietly stated that Jeremiah Mulligan will be attending the December 6th meeting to express his opinion on the subject in an open meeting. No decisions on this subject without legal counsel present.

**Donations by Baker Company:** A picture of the gazebo being donated and the cost sheet breaking down the components was distributed to the Board. The gazebo will be delivered in the next couple weeks and placed in a strategic location to promote wedding rentals.

### Committee Reports

**ACC Committee:** The ACC held one meeting in the month of October and approved: 5 fences, 1 sidewalk, 1 swimming pool, 1 swimming pool enclosure, 1 utility shed. A total of 9 approved. Total YTD 38. Motion made, second and approved to Richard Nowell and Gina Ross as co-chairs of the ACC committee. Motion made, seconded, and approved to the ACC committee Todd Osborne, and Greg Mills. President Dietly pointed out a potential conflict with one of the new members. Motion made, seconded, and approved Laura Amato to the ACC committee.

**Riverview Building and Grounds Committee:** General Manager Smith distributed an updated spreadsheet with cost estimates for the different projects as requested.

**Deed Restriction Amendment Committee:** Board update and informed the Board that they were passing out new fliers and speaking with members at the yard sale was a success.

### Committee Reports

**Internal Audit Committee:** Motion made, seconded, and approved to add Joan Stanton, Don Reed, and President Dietly to the Internal Audit Committee.

**Search and Election Committees:** Motion made, seconded, and approved Director DiTomaso as chair of the Search committee, add Ellie Romais as chair of the Election committee, and add Brad Smith as member of the election committee.

**PUD Committee:** Motion made, seconded, and approved Secretary Arocha to chair the newly named PUD committee which combines the Parks, Trails, Recreation and Open Space committee and the agreement with St. Johns County project/committee and add John Ward, Director DiTomaso and Chris Nourse to the committee.

**Deed Violation Report:** General Manager Smith presented the report and brought the office files for the past two months as requested. A Blight ordinance was discussed.

### Directors & Member Comments

President Dietly stated that all Board members were legal with signed affidavits and if any member would like to take the class in the future, they are more than welcome to but as of now all members are legal. Some displeasure expressed with our current legal counsel because takes a long time getting back on matters. Joe Watson commented on renting the hall. A request for cameras at the pier with facial recognition. Meeting Adjourned.

## The Shores Hair Salon

By Appointment/Walk-ins Welcome

Gina Daniels, Owner  
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St. Augustine, FL 32086



Jack Best, Manager  
39 Years' Experience  
Master Colorist

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# News Around Southern St. Augustine

## St. Augustine Travel Club Meeting

by Peter Dytrych

The St. Augustine Travel Club will hold its next gathering on Monday, January 7, at 3:00 pm at the Southeast Branch Public Library, on U.S. 1 near SR 206. We look forward to seeing you as we will cover GREAT RAILWAY JOURNEYS IN FRANCE, CORSICA AND SPAIN.

Journey by rail through the south of France from Mediterranean villages to historical cities, the beautiful island of Corsica and the south of Spain and its wonderful Andalusia. No reservations are required. Any questions, please call Peter Dytrych at 904 797-3736.

## St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Saturday, April 6–13, 2019 on the beautiful Carnival Breeze out of Port Canaveral

to the Western Caribbean ports of Cozumel, Belize, Mahogany Bay (Roatan, Honduras) and Costa Maya for a 7-day cruise. Prices start from \$672.65 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Balconies and oceanviews are also available at additional cost. Book now with a \$250 p.p. deposit and receive \$50 per stateroom On Board Credit. Call Peter, St. Augustine Travel Club at (904) 797-3736.

## Wags and Whiskers Pet Rescue and Adoption

Address is 1967 Old Moultrie Road, Wags 'n Whiskers Parking Lot. The pet shelter is a volunteer organization sheltering and fostering pets (dogs and cats), and works with Petco as a venue for their adoption days. They are always looking for ways to raise funds as they neuter and provide all the pets with their necessary medical needs and tests before any pet is released to a new home. Also included is a chip for each pet. If you are ready to adopt a pet, please check their website for your next companion. Their website is [www.wwpetsrescue.org](http://www.wwpetsrescue.org).

The next "Garage Sale" will be in March. If you are interested in selling, we ask for your \$10.00 donation. Bring your own table or tarp/blanket to display your merchandise. (There may be some tables available to borrow as a nice lady offered to bring extra tables for those of you who don't have one - limited.) Please call Lana Bandy at 317-450-0505 to reserve a spot. Would love to have buyers as well....we need you! Thank you and hope to see you there.

## FREE Quit Smoking Now class

Start the New Year off Tobacco Free! Join us for a FREE Quit Smoking Now class at the Flagler Hospital Wellness Center. Classes meet once a week for six weeks starting on Tuesday, January 8, 2019 from 6:00pm-7:00pm. FREE patches, lozenges, and gum! FREE quit plan, workbook, water bottle, stress ball and more! Call Northeast Florida AHEC at (904) 482-0189 to register and learn more about classes near you.

## Children's 13-Week Winter Camp "Treasure Seekers"

The Children's Ministry of Shores United Methodist Church is offering a new 13-week winter camp "Treasure Seekers." Join us where the fun and excitement of a tropical island is combined with the thrill of treasure hunting and discovering God as the greatest treasure of all! Children are introduced to 13 of God's attributes: God Creates, God Knows me, God Is Wise and Good, God Keeps his promises, etc.

Each Wednesday from 6:00 p.m. to 7:30 p.m. in the Christian Education Building, your child is invited to a time of Bible Stories, Games Galore, Crafts, Creative Art, Missions and more! Children will enjoy an evening meal of pizza, fruit, dessert and drinks.

Treasure Seekers begins Wednesday, January 9, 2019 and is for children in Pre-K 4 to 6th grade. Sign up your child today by calling the church office at (904)797-4416 or visit our website [www.shoresumc.org](http://www.shoresumc.org). Shores United Methodist Church is located at 724 Shores Blvd, between the Shores Golf Course and Hartley Elementary.

## Shores United Methodist High Tea & Crafts

The Sunset Circle at Shores United Methodist Church is hosting its annual "High Tea & Crafts" on Saturday, February 16, 2019 between 10 a.m. and 2 p.m. This very popular, free event will allow participants to sample a variety of traditional tea sandwiches, desserts, coffee and tea AND to learn a new craft or two. Areas will be set aside for crafting different items that could be used as gifts. The event is free, and reservations are appreciated but not necessary. Call the church at 797-4416 to save your seat!

Shores United Methodist Church is located at 724 Shores Blvd, between the Shores Golf Course and Hartley Elementary. Rev. Carolyn Westlake is the pastor. [www.shoresumc.org](http://www.shoresumc.org)

## 2019 St. Johns County Annual Beach Driving Passes

St. Johns County Beach Driving Passes are on sale. St. Johns County resident passes are \$50, non-resident passes are \$100, and handicap passes are \$40. Passes will be available during normal business hours at the following locations through March 1, 2019:

- Tax Collector's Main Office – 4030 Lewis Speedway, St. Augustine
- Tax Collector's DuPont Center – 6658 US1 South, St. Augustine
- Tax Collector's Julington Creek Office – 725 Flora Branch Blvd., St. Johns
- Tax Collector's Ponte Vedra Office – 5430 Palm Valley Rd., Ponte Vedra Beach
- St. Johns County Beach Services Office – 901 Pope Rd., St. Augustine
- St. Johns County Ocean and Fishing Pier Gift Shop – 350 A1A Blvd., St. Augustine

Residents must present a valid I.D. with a St. Johns County address or present proof of property tax payments in St. Johns County to purchase a resident pass. When requesting a handicap pass, a handicap hangtag or proof of qualification must be presented. Disabled military are eligible for a free annual pass by presenting military I.D. or a letter from Veterans Affairs verifying disabled status. Vehicles accessing the beach do not need a beach pass until March 1, 2019. After March 1, 2019, beach passes will be available for purchase (at the same rate) at tollbooth locations only.

For more information about annual beach driving passes, please call the St. Johns County Beach Services Office at 904-209-0341. Visit the Reach the Beach Mobile App or <http://www.sjcfl.us/beaches> for current beach access updates and beach driving conditions.

## Cheryll Robertson Clinical Hypnotherapist

"Manifest your dreams through the use of Hypnotherapy"

I am hosting an event at the Riverview Club on January 12, 2019 from 10am to 12pm. The event will be a power house of energy work using your mind to manifest what you desire. Before the event, set your intention for the group hypnosis session. Remember, you have to be specific in your desire and I will guide you with Hypnotherapy to help you manifest your goal.

Please bring a yoga mat, small pillow and a blanket to ensure your comfort, as you will be laying on the floor. Please RSVP by January 5th, 2019. I can be reached at [cheryllrobertsonhypnosis@gmail.com](mailto:cheryllrobertsonhypnosis@gmail.com). Keep in mind that this event will be heavily attended.



## Writers In The Shores

By Donna Johnson

The January meetings for Writers in the Shores will be on Tuesday the 8th and again on the 22nd. The chosen subject is to be "In a dream I .....," and, is suggested for this month's topic to write about on the 22nd. Come join us, you just might like us! Everyone is welcome and we would like to invite anyone who loves to write. You do not have to be a member. We meet on the 2nd and 4th Tuesday each month, at 1pm here at the Riverview Club Library. We are a casual group who enjoy sharing their work and related discussion with each other. There are no officers, dues or requirements. All genres are encompassed. For information call Donna at 794-0789.

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# News From Around St. Johns County

## 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 on the first floor of the main hospital building Suite 1010. Please call 904-819-4693 (or 4742) for more information or to RSVP.



## FREE Quit Smoking Now Class at Flagler Hospital Wellness Center

Start the New Year off Tobacco Free! Join us for a FREE Quit Smoking Now class at the Flagler Hospital Wellness Center. Classes meet once a week for six weeks starting on Tuesday, January 8, 2019 from 6:00pm-7:00pm. FREE patches, lozenges, and gum! FREE quit plan, workbook, water bottle, stress ball and more! Call Northeast Florida AHEC at (904) 482-0189 to register and learn more about classes near you.

## St. Augustine Orchid Society January Meetings

Our meeting has been rescheduled so we can feature Dave Off of Waldor Orchids, who is traveling down to Tamiami for the big show. Known on his blog as the OrchidNerd and sometimes as the action hero Captain Orchid Plants, Dave is focused on the best cultural practices for the heirloom catteya collection he manages. He will talk about the methods and reasoning in building your catteya collection.

Dave Off is the third generation of Offs specializing in growing cayleyas, cymbidiums and other orchids at Waldor Orchids in Linwood, New Jersey. Waldor Orchids mission: to continue George Off's legacy by preserving his old-time collection and selecting the very best of anything new. Waldor Orchids not only is growing in this century but continues the traditions of the family, growing well and being inventive.

**DATE & TIME:** Wednesday January 9, 6:30 p.m. **WHERE:** Watson Realty Conference Room by back parking lot 3505 US 1 South, St. Augustine

Our mentoring program pairs experienced growers, acting as mentors, to new growers and growers new to St. Augustine. We will have a meet and greet at Sue and Terry's to introduce you to your mentor and talk about your goals. Contact us if you would like to join the program as either a mentor or mentee.

Meet Your Mentor January 27, 1-3 pm. **MODERATOR:** Susan Smith **WHERE:** Sue & Terry Bottom's Home, 6916 Cypress Lake Court, St. Augustine 32086.

## St. Augustine Lions Seafood Festival March 22-24

The 38th St. Augustine Lions Seafood Festival is bringing boatloads of seafood, live entertainment and nearly 100 artisans to the Ancient City for three days of food, shopping, and fun March 22 - 24, 2019.

The festival will serve up traditional festival fare plus fish and shrimp, lobster rolls, conch salad, grilled octopus, crab cakes, chowder, Cajun specialties and much more. This a charity fund-raiser for the St. Augustine Lions Foundation. Admission to the festival is \$5 for adults and free for active duty military and age 15 and under.

The festival takes place on Francis Field located at 25 W. Castillo Dr., St. Augustine. The hours are Friday 3-9 p.m., Saturday 10 a.m.-9 p.m. and Sunday 11 a.m.-5 pm. Info online at [www.lionsfestival.com](http://www.lionsfestival.com) and [www.facebook.com/staugstinelionsfestival](https://www.facebook.com/staugustinelionsfestival).

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## First Coast Card & Newcomers Club

### First Coast Card Club Playing Dates-Join Us-5 Years:

Saturday, January 5th. Lunch/Cards. Mexican Rest., Ponte Vedra Beach. 12:30P. RSVP Required.

Tuesday, January 8th. Main Library, 1960 N. Ponce De Leon Blvd., St. Augustine. 1P. Refreshments.

Tuesday, January 15th. Coffee Cafe. St. Augustine. 1PM. Refreshments. RSVP Required.

Tuesday, January 22nd. Main Library, 1960 N. Ponce De Leon Blvd., St. Augustine. 12:30P.

Tuesday, January 29th. Anastasia Island Library, 124 Seagrove Main St., St. Augustine Beach. 1P.

Meet more card players at our Community Libraries and Events every month. Club Contact: 904-829-0643 for further Events information.

### First Coast Newcomers Club Of Northeast Florida-Join Us-9 Years:

Wednesday, January 2nd. January Monthly Trivia Games: 6:30P. Murabella Pkwy., WGV, St. Augustine. Dinner Arrival: 5:30P. Limited #. RSVPs Required.

Friday, January 18th. January Monthly Games Day: 1PM-Cafe-Murabella Plaza-WGV-Bring games to review. Games Start: 2P-Venue-WGV, St. Augustine. Refreshments. Limited #. RSVPs Required.

Friday, January 25th. Robber Bridegroom-Hilarious Comedy Musical. Abet. Arrival: 7:30P. Cost: \$24. Refreshments.

Saturday, January 26th. Manatee Festival-Large #s/Mansion Tour/Music/Vendors. Arrival: 10:30A. Cost: \$8.

Sunday, January 27th. Encore Music Concert Ragtime Pianist-Top Reviews. St. Augustine. 3PM. Free.

Meet your new friends in our community every month. Contact Our Club On How To Join And Verification of All Club Events. Club Contact: 904-829-0643.

## "Living With Cancer" Support Group Meetings

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 on the first floor of the main hospital building Suite 1010. Please call 904-819-4693 (or 4742) for more information or to RSVP.

## Vote for Your Favorite Business' Holiday Light Display

Voting is now open for your favorite holiday lights display in Old Town Trolley's 6th annual Light Up The Night! contest. It's all part of the Nights of Lights 25-year milestone celebration in St. Augustine. Three businesses will win cash and prizes for having the best holiday light displays in St. Augustine. Voting ends February 3, 2019.

## Jewish Historical Society Meeting

Historian Scott Grant to report on 1964 St. Augustine Movement project at St. Augustine Jewish Historical Society January meeting

Historian Scott Grant, developing a documentary on the events of the St. Augustine Civil Rights Movement of 1964, including the largest mass arrest of Rabbis in U.S. history, will be the guest speaker at the January 23rd meeting of the St. Augustine Jewish Historical Society scheduled to begin at 4:30 p.m. Grant, who holds an undergraduate degree from Cornell University and a Law Degree from Rutgers University will report on his progress and the forces impelling him to tell the much under-told story of the Rabbis who came to the First Coast in support of the Reverend Dr. Martin Luther King, Jr.

Grant's presentation will take place at the Main Branch of the St. Johns County Public Library, 1960 N. Ponce De Leon Boulevard (Route US 1), St. Augustine, Florida 32084. Call (904)827-6940 for best directions. This hour-long program is free, open to the public and no advance arrangements need be made. All are welcome. Call 804-914-4460 for further information.



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## Bellydance Classes with Gina Marie!

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## Wildflower Meadow Group

The meadow group had our annual picnic in Faver Dykes Park on Veteran's Day and the weather and flora were beautiful. My camera was working right but I managed to save at least one picture. Going to Faver Dykes Park on Veteran's Day has been our tradition for over fifteen years and we welcome anyone interested to join us next year. Put it on your calendar for next November and, when the day is close, give us a call to learn where and when to meet.

In fact we'd be grateful if those interested would join us on the first Saturday of each month to visit and work in the meadow. We'd appreciate a few more hands and the meadow would too.

In November bushy asters were the highlight of the meadow, sprinkling over almost everything like a light snowfall.

We're beginning now to prepare the meadow for its winter rest. Already a couple of our members cut back some of the fakahatchee grasses and will

soon cut back the rest. This allows the energy of the plant to go into strengthening the roots and next spring the plants will grow back more healthy and full.

Sometime early in January Baker and Company will do its annual mowing making way for what will bloom next spring. That's the thing about a meadow: not only are there differences with each season of the year; there are differences in the same season from year to year. And? Nature decides what those differences are.

We occasionally visit state and county parks and welcome newcomers, even if you want to come only on outings. Our group meets the first Saturday of each month at 8:30 AM by the Riverview Club House. Our goal is to preserve the wildflower meadow and learn about native plants, especially those that grow in this location. We're an informal group without officers or dues and hope you will join us. Call Claire at 904-826-5366 for more information.



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## Council On Aging Activities

Volunteers Needed at St. Johns County Council on Aging

Volunteer needed for Meals on Wheels route on Tuesdays. Call (904) 209-3686 or email aleach@stjohnscoa.com

Volunteers needed to help with activities and craft projects at Sunshine Center adult daycare Monday & Wednesday. Call (904) 209-3686 or email aleach@stjohnscoa.com

Volunteer needed to help answer phones, etc. three hours a week at Council on Aging Transportation Department. Call (904) 209-3686 or email aleach@stjohnscoa.com

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### Meals on Wheels Share the Love Event

We are thrilled to partner once again with The 2018 Subaru Share the Love® Event!! For every new Subaru vehicle purchased or leased at participating Subaru retailers from November 15th 2018 to January 2nd 2019, Subaru will donate \$250 to a customer's choice of selected charities\*. By choosing Meals on Wheels America®, COA Council On Aging's Meals on Wheels program will benefit, and more St Johns County seniors will be able to receive the nutritious meals they need!

So please remember to Share the Love and select Meals on Wheels America® when you purchase or lease from Subaru! Because COA Council On Aging's Meals on Wheels program serves meals made with LOVE!!

\*Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 15, 2018, through January 2, 2019, to four national charities designated by the purchaser or lessee. Preapproved Hometown Charities may be selected for donation depending on retailer participation. Certain participating retailers will make an additional donation to the Hometown Charities selected. Purchasers/lessees must make their charity designations by January 31, 2019. The four national charities will receive a guaranteed minimum donation of \$250,000 each. See your local Subaru retailer for details or visit subaru.com/share. All donations made by Subaru of America, Inc.

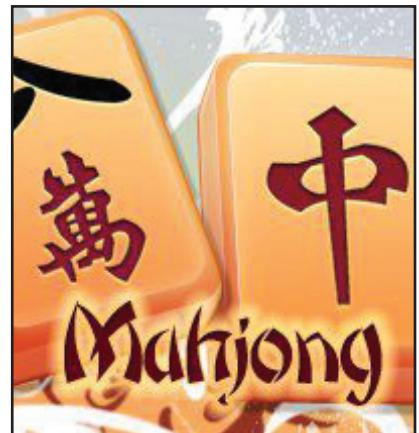


# Happy New Year!



## Temple BET YAM's 18th ANNUAL BRUNCH and CARD PARTY

Temple Bet Yam of St. Augustine is holding its ever-popular annual brunch and card party at the beautiful Hammock Dunes Club, 30 Avenue Royale, Palm Coast, FL, 32137, on Wednesday, January 30, 2019. Join your favorite game – Mah-Jongg, Bridge, Scrabble, Rummy Q, Poker, Canasta, and more. Upon arrival at 10 a.m., enjoy coffee and pastries. A buffet lunch and dessert will follow at noon. Buy a ticket for yourself and treat your spouse or a friend to a fun day! Tickets are \$30 per person which include food, games, and door prizes. For information and reservations, please call Jane Seiden at 954-319-0465 or Teresa Freedman at 774-994-2066. Please RSVP by January 18, 2019.



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## "Diaries of a Shores Grand-Dad"

by Dirk Schroeder

First off, the timing for my last Diary was really off since it came out about three weeks before Christmas and it wasn't very festive or remotely Holiday-oriented. It was written in October so I suppose a little better planning is in order next year. This Diary is themed toward the New Year as I am trying to be more conscientious about the delivery on my part.

While watching different shows on TV recently, it appears that several show writers have a similar philosophy about life. I've heard this same verbiage repeated almost verbatim in scenes on different shows or movies. Picture this: some character isn't sure about who they want to date or what they want to be so they make this generic statement, "I don't know what I want but I do know what I don't want." With this theme in mind, now that people have received and given Christmas gifts that either they "didn't want or wanted" and in anticipation of New Years, it may be time to think about those things in your life that "you know that you don't want and the things that you do want". It happens that way in home searching the same way; it's a process of elimination where most people tell me what they want and then tell me what they don't want until we are left with what they really want.

Let's begin with simple wants - your "essentials": good health, sound mind, a nice home, a warm meal, a comfy bed and some decent clothes and shoes. None of these are considered an entitlement. How about wanting a reliable mode of transportation? That sounds so basic, yet there are extremes on the "abundant" and "deficient" side of life. For example, some folks live in their car while others have a chauffeur and even

car collections. How about a family - a spouse, children and grandchildren? Here you can run into the fortunate and unfortunate sides of life again - you could experience divorce, problem children, birth defects, etc... On the other hand, you could be fortunate enough to have a happy and healthy family tree. Let's aim for the abundant and the fortunate.

How about counting our blessings? We have just about everything in the world available to us here in the US and I'm not just



talking about material things. How about your Constitutional freedoms? Even though we may not have a perfect political system it is still better than most places in the world. Let's face it - a million people from all over the world want to live in the US each year because "they know what they don't want" back in their native lands.

How about an enjoyable job? Jobs are abundant right now but not all jobs are enjoyable - be glad for what you have until you can find a better one. You may have a very long list of jobs that "you know would not want" but, if you had no other choice, you would probably take one of those jobs to avoid starvation.

So the statement about "Not knowing what you want and knowing what you don't want" should be challenged; you should "know what you want"- plain and simple. Let's start the New Year with that approach. Be glad if you have the "essentials". You are blessed to live in the US, to be an American and to stand up for your country. Be kind to the family and for the family you have. Love your job and work hard. Be grateful for loyal friends. Follow the Golden Rule. Be a person of moral character. Lend others a helping hand. Always strive to be better. After you realize how grateful you really should be maybe then you can think about what you don't want.

Even though the "list of things that you want" may be short, it's the list that matters. The list of things that you don't want- does it really matter that much? In the words of Og Mandino, you may want to start with this: "I will greet this day with love in my heart." - start with that one on your list. On that note, I wish you as always, a Sunshine State of Mind.



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## DID YOU KNOW

St. Augustine Shores is such a multi-dimensional community - created ahead of its time. Conceived by the Deltona Corporation of Miami in the 1960's, "The Shores" is yet to be finished with over 580 lots left to be built upon and a number of multi-family, commercial and community parcels that will eventually be developed. The "Planned Unit Development" (PUD) was a major news story in its day. Here are a few details about St. Augustine Shores:

- "The Shores" as it is generally known is situated on approx. 2020 Acres with 3,421 residences and at build-out approx. 10,000 residents. The Monthly dues are at \$30 and the website for the HOA is [staugshores.org](http://staugshores.org). The Shores is self-managed by a volunteer Homeowners Board of Directors, known as the St. Aug. Shores Service Corporation. Austin Dietly serves as its current President.

- The largest Condominium within The Shores is the Conquistador with 456 Units situated along the Intracoastal Waterway. It's Condominium Association Management (CAM) company is currently Sovereign Jacobs. More info at [conquistadorcondominiums.com](http://conquistadorcondominiums.com)

- The Greens has 234 units situated along the St. Augustine

Shores Golf Course. The CAM is Sovereign Jacobs and dues are \$320/mo. Minimum 6 month rentals are the rule and only 2 pets (no dangerous breeds).

- Also on the Golf Course are the oldest condos - The Fairview - situated on approx. 4 Acres. The tax rolls show 83 Units built in 1974. The Condo is self-managed and Steve Parsons is the Manager: 797-4500 for info.

- Casa Bella is another Golf Course area condominium with 56 units. The CAM is Sovereign Jacobs. All rentals must be approved. 2 pets no taller than 15" or max 25 lbs. Dues are \$1,230 per quarter.

- Two apartment complexes exist within The Shores near the South entrance - Portofino and Bella Vita.

- All condos and apartments pay in to the St. Augustine Shores HOA.

Obviously, there are many more details about The Shores. Forget Google - I tried that and a lot of erroneous sites come up on searches that will steer you wrong. Contact your Local Real Estate Expert - Dirk Schroeder at 904-540-2360.



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## 5 Reasons to Stop Avoiding Estate Planning

by Julie Ickes, J.D., LL.M.  
Jackson Law Group  
904-823-3333

With the new year around the corner, it's time to start thinking about what you have been avoiding and go ahead and tackle it. Estate planning is typically one of those things we avoid because it is uncomfortable. Experience practicing in estate planning has shown me that there are very few things in life that are certain, but we all know that one day our passing is one of those things. It is better to begin your estate planning at a time where that possibility seems distant.

Here are just 5 reasons to stop putting it off:

1. **Save Money:** While you will incur some cost upfront for the preparation of your estate plan, it can save your beneficiaries and your Personal Representative (aka executor) time and money in the future by reducing costs like probate fees, income taxes and any fees for a guardian. In addition, if you lack the mental capacity, a good plan can help avoid the expense and delay of court proceedings.

2. **Control How It Is Distributed:** Without an estate plan, all of your money, possessions and property will be distributed to your next of kin in accordance with the law, and this may not be your wish.

3. **Select Personal Representative of Your Estate:** You get to decide ahead of time who you trust the most and who will likely be alive to safeguard your property, pay your debts and distribute your estate among the beneficiaries you have named in your will.

4. **Select Guardians of Your Children:** If you have minor children, you can name who you would like to take care of your children.

5. **Financial Decision Making and Care for Lack of Mental Capacity:** Your estate plan should not only plan for what happens after you pass, but it should also address how your financial affairs, personal care and healthcare should be handled in the event that you lose mental capacity.

This year, make your #1 New Year's resolution to take care of your estate planning. As the wise saying goes, "Don't put off until tomorrow what you can do today."

*Julie Ickes is an associate at Jackson Law Group. Her primary practice areas are estate planning, trust and probate administration and guardianships. She received a Bachelor of Arts degree from Smith College. Julie earned her J.D. and LL.M. in Taxation from the University of Florida Levin College of Law.*



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## St Augustine South Improvement Association Neighborhood Holiday Decoration Contest

By Jenna Cuzick

The St Augustine South Improvement Association enjoyed a festive and delicious annual Christmas party on Wednesday, December 12, that included traditional and spiritual Christmas songs by S.A.S. resident Libby Johnson and celebration of the winners of the first-ever S.A.S. Neighborhood Holiday Decoration contest.

The St Augustine South neighborhood is FULL of holiday cheer this year! The team who selected winners for the first-ever S.A.S. holiday decoration contest realized it was NOT easy - because hundreds of yards are lit up in the community of 2,500 homes - but they did their best to spread the winners throughout the neighborhood.

Please make time this season to drive around and appreciate all of the work, energy and love that went into making each of these yards - and all the other homes not on this list - so special!

The Holiday Lights Winners

Grand Prize Winner: 304 Alicante Rd. (Winter Wonderland)

Additional Winners

578 Segovia (An Inflatable Wonderland)

119 Gentian (A Raindeer's Paradise)

330 Gentian (Santa's Tree and Workshops)

122 Jupiter (A Peek into Santa's Window)

Holiday Lights Honorable Mention

207 Orchis (The Sound of Holiday Music), 1102 Shore Drive (An Abominable Snowman Sighting), 313 Gentian (Let it Snow, Let Snow, Let it Snow), 530 Gerona Rd. (A Southern Porch Holiday), 116 Loyola (An Alpine Christmas), 132 Jasmine (Up on the Rooftop Reindeer Paws), 902 San Jose (Candy Castle), 317 St. Augustine South (Flashes of Holiday Cheer), 255 Dartmouth (Be of Good Cheer), 294 Cornell (A Snowman's vigil at the North Pole).

Following the party, the S.A.S.I.A. members in attendance elected the 2019 Board of Directors: President - Julie Bruijn, 1st VP - Alan Chappell, 2nd VP - Dave Whitaker, Secretary - Ruth Hope, Treasurer - Margo Geer, Board Members - Ryan Flagler, Suzanne Godbout, Robert Kennedy, Daniel Kennedy, Frances Lundberg, and Joe Satterelli.

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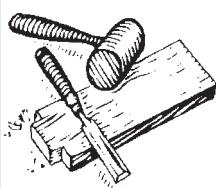
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## Computer Corner

by Steven Aldrich

904-479-5661



### What Should I do with my Old Computer?

When we buy new computers (or any technology for that matter) we are left with the old device to dispose of. In St Johns County, you are not supposed to put it in the trash, or the recycling for normal pickup.

St Johns County does have an "Obsolete Electronics" drop off at the Tillman Ridge and the Stratton Rd Transfer stations. It's free, and easy to drop off your old electronics.

There is also a free pickup service provided by Sensible Recycling which is Veteran Owned & Operated.

It is generally considered good practice to remove the hard drive as it contains personal information that needs to be guarded against wrongfull use.

For a while now, I have taken all old hard drives to Sensible Recycling's shop in Jacksonville and watched them shred them into little tiny pieces. It's amazing to see. They actually have a video of the shredder working on their website ([sensiblerecycling.com](http://sensiblerecycling.com)). Whether you go there, or call them for a free pickup, you may rest assured they responsibly remove and destroy the hard drive and recycle your old electronics, free of charge.

Before disposing of your old computer, you probably will want

to get all of your files (pictures, documents, etc.) so that you can use them on the new computer. This can normally be done quickly with an external hard drive or a high capacity USB Flash drive. If you are not sure where all of your files are located on the computer, the safest bet is to copy your entire user folder.

Computers have a folder called Users where the files for each user are stored. If you open that folder you will see folders with User names. You would want to copy the entire user folder for each of the User names that hold documents of importance.

Of course, if you are not sure or uncomfortable figuring this out, call a reputable Computer Service company (Like my company; First Coast Computer Services). I will even take away the old machine and ensure that the hard drive is properly destroyed.

*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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## St. Johns County United Way 2019 Givers Gala January 25th

(continued from page 1)

the nominee and reasons for nomination should be included. Award descriptions and how to submit nominees can be found [bit.ly/giversgalaawards](http://bit.ly/giversgalaawards).

In planning for the next Givers Gala, United Way-SJC invites sponsorship, attendance and partnership. The 2019 Gala will be held on January 25, 2019 at the new Embassy Suites by Hilton St. Augustine Beach Oceanfront Resort. To purchase event tickets and to receive information on sponsorship opportunities, visit [bit.ly/giversgala2019](http://bit.ly/giversgala2019).

Serving St. Johns County for over 60 years, in fiscal year 2017-18, United Way-SJC documented \$1.4 million in giving including \$621,000 granted to 26 partners for 36 ongoing programs during the traditional spring Community Impact process. Additional funding, grants and sponsorships totaled nearly \$78,000. Fundraising efforts led to collecting and distributing \$323,000, designated for specific organizations, programs or needs, in the community. As for the need created by Hurricane Irma, \$146,000 was pushed out in response. United Way-SJC advocated for awards and grants and has been the fiscal agent for the Long-Term Recovery Organization for both Hurricane Matthew and Irma.

Join United Way-SJC in celebrating the spirit and history of giving in St. Johns County. United Way-SJC understands that philanthropic gestures demonstrate a strong faith that we not only individually, but collectively, can make a difference. For more information contact United Way of St. Johns County, 117 Bridge Street, P.O. Box 1007, St. Augustine, FL 32085-1007. [www.unitedway-sjc.org](http://www.unitedway-sjc.org) Together, we can do so much more!

## Gamer's Thumb

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



I've written about Wii-itis, which is another name and cause for Tennis elbow or lateral epicondylitis. There is also a Gamer's Thumb, otherwise known as de Quervain's Tenosynovitis. It is a real problem and I'm not making this stuff up. Gamer's thumb or de Quervain's Tenosynovitis can be very painful and debilitating. For those who use their hands for work it may hinder such tasks.

De Quervain's Tenosynovitis occurs when a sheath around the thumb tendon gets inflamed. Two particular tendons that move the thumb are surrounded by what is called a synovial sheath. When the sheath is abnormally stressed or rubbed by the tendons, it gets inflamed and causes pain. It's called Gamer's

Thumb because it most commonly effects gamers, those who play video games, Xbox, Play Station but can also be a problem for those who text a lot or even some jobs where the hands are used a lot. For that reason it is categorized as a repetitive stress injury.

De Quervain's Tenosynovitis is often diagnosed with the Finkelstein test. The test is performed by folding the thumb down into the palm. While maintaining that position, the grasped thumb and hand are bent in the direction of the pinky, as if one were casting a fishing pole. If a sharp pain is produced over the thumb, wrist or arm, a diagnosis may be made. Other tests are done to confirm and/or rule out similar problems. The tendons are also very tender with palpation.

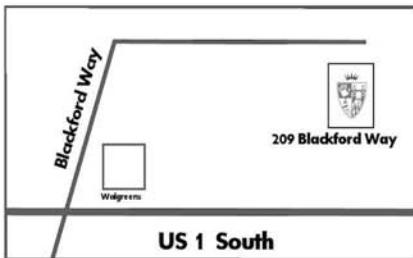
Conservative treatment can be quite easy and successful. The first thing to do, and sometimes the most challenging, is to first remove the stress from the tissues. This is something easier said than done for habitual texters or gamers. If necessary, the thumb can be taped in a way to protect the tissue or placed in a splint, which is more restrictive. Treatment may also include soft tissue manipulation or joint manipulation if they too are restrictive. Eventually stretching is performed followed by strengthening.

Reversing the effects of Gamer's Thumb does not take long, provided the stresses through the thumb are reduced. It's just a matter of controlling the stresses, allowing the tissues to heal and then slowly working on proper function. In chronic or reoccurring cases, adaptive equipment may be prescribed such as built up grips or larger electronic devices.

The therapists at First Coast Rehabilitation are familiar with Gamer's Thumb either by diagnosis or personal experience. If you are experiencing this type of pain, please call either of our offices to schedule an appointment: (St. Augustine: 904-829-3411 or (Palatka: 386-325-2721). We're happy to help.

Rob Stanborough is a physical therapist, president and co-owner of First Coast Rehabilitation. He is co-author of *Myofascial Manipulation: Theory & Application*, 3rd ed by Proed Inc. He has been in practice for over 14 years, is a Fellow of the American Academy of Orthopaedic Manual Therapists and trained/certified in a number of soft tissue techniques.

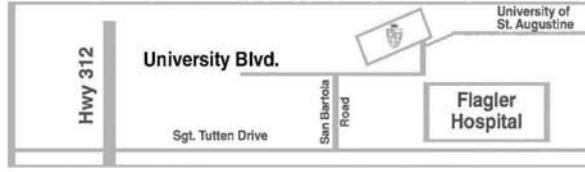
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## Financial Focus

Information Provided by  
**Edward Jones**

### Financial Tips for Snowbirds ... Present and Future



Winter is here again – which may make you wish you were somewhere else. You might be thinking how pleasant it would be to become a snowbird and move to a warmer climate for the season. Of course, your stage of life will help determine if you are prepared to be a snowbird now or if you're just hoping to be one in the future. But in either case, you'll need to be financially prepared.

So, let's look at what it would take to be a snowbird – tomorrow and today:

Snowbird tomorrow – The further ahead you plan, the more options you're likely to have when you embark on the snowbird life. If you're going to be retired, you'll need to review all your sources of retirement income – Social Security, your 401(k) or other employer-sponsored plan, your IRA, and so on – to determine if you'll have enough money available for your yearly snowbird trips without jeopardizing your retirement lifestyle. Your calculations will depend on what sort of snowbird existence you have in mind. Do you want to buy a second home or just rent? Will you be gone just a few weeks each year or several months? Clearly, to ensure a successful snowbird experience, you'll need to identify your goals and create a strategy for achieving them.

Snowbird today – If you've reached a point where you can indeed make your

snowbird dream a reality, and you're ready to pack your bags, you'll need to take action on some practical matters, such as these:

Secure your home. If you have a security system, make sure it's armed and working properly. Stop your newspapers and magazines, forward your mail, ask your neighbors to remove any stray papers, flyers and advertisements from your porch or entryway, and arrange to have your snow shoveled.

Notify your bank. To fight theft, the fraud departments of many banks are getting more aggressive in spotting and denying unusual charges. That's why it's important to give your bank your temporary address and contact information before you leave. By doing so, you can reduce the risk of your account being frozen temporarily if your financial institution can't reach you with questions about charges from an unexpected location. You also might find it useful to open a bank account at your snowbird site.

Pay your bills. If you already pay all your bills automatically through bank authorizations, you may not have to do anything when you leave. But if you still pay some bills the old-fashioned way, with checks and envelopes, look for these bills in your forwarded mail.

Track your investments. You can probably

track the progress of your investments online, and it's a good idea to do so, just as you would at your permanent address. Even if you're only gone a couple of months, you may need to make some investment moves, so stay on top of your accounts and contact your investment professional, as needed. As always, though, don't overreact to sudden market swings – ideally, you've got long-term strategies in place that can serve your needs in most investment environments.

The life of a snowbird can be a pleasant one. So take the necessary steps before you leave – and enjoy your days in the sun.

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



**Geoffrey S Nadler**

Financial Advisor

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## St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

### Ghosts of Sheriffs' Past



The nation's oldest city and county seat is famous for its ghosts, ghost walks and ghost tours. As we begin a new year, I thought it might be a bit of fun to take a look at some of my more interesting 19th Century predecessors. St. Johns County has had a host of some colorful and controversial chief law enforcement officers.

The first sheriff of what is now St. John's County was James R. Hanham who put on the badge in 1821. His qualifications included a military background from the War of 1812 and he was not elected. Perhaps he complained that there was no civilian law enforcement and he was appointed sheriff by Major General Andrew Jackson who was serving as military Governor of Florida and would eventually become the 7th President of the United States.

The fifth county sheriff has a heritage that is still a part St. Augustine today. His historic home has become a venue for beautiful weddings and other special events. Whether his ghost still resides there is an intriguing thought, but there is no doubt that Sheriff Jose Simeon Sanchez played a significant role in the development of St. Augustine, St. Johns County and Florida.

Sanchez fought in the 2nd Seminole War. Under the guise of a truce the famed Seminole Chief Osceola and his lieutenants were lured to just West of St. Augustine where they were captured by troops likely including Sanchez. Osceola and his men were locked up at the Castillo de San Marcos. The public uproar regarding the breech of military etiquette apparently did not skew his reputation and Sanchez later became county sheriff. He also served in the first legislature and signed the Florida constitution. He served as sheriff until 1847.

Sanchez was succeeded as county sheriff by the fiery publisher and editor of the East Florida Herald, James Marcus Gould. He was described as being brash and outspokenly belligerent, both in person and in print. He too was elected to the legislature and also held office as Registrar of Public Lands and Justice of the Peace.

Local civil war history involves two sheriffs of the past. William Felix Mickler was sheriff from 1864 to 1865. Earlier he represented the county in the succession convention and voted to withdraw Florida from the Union. He served in the Confederate Army, rising to the rank of Colonel and helped plant mines in the St. John's River as well as fighting in the Battle of Olustee.

A young man who opposed succession from the Union was A.N. Pacetti, a name still found frequently today in St. Johns County. He served as County Sheriff from 1877 to 1881. A sea captain by trade during the early months of the civil war Pacetti volunteered to take others opposed to succession on his boat to Key West, flying a white flag of truce. Never the less his ship was captured by the Confederates. As he was about to be tried for treason he jumped overboard and made it to land where the next day he had a change of heart and enlisted in the Confederate Navy.

I wonder what the ghosts of these pioneers of law and order in St. Johns County would think if they could see the way our office functions today as one of the most modern and progressive in the State of Florida.

We have a really fascinating section on our website at [www.SJSO.org](http://www.SJSO.org) where you can read a more detailed history of the St. Johns County Sheriff's office. Just click on the "About Us" link at the top of the page and then select the "History" tab. Under the section about 20th Century sheriffs you will find many wonderful stories including how uniforms for deputies came about. It's very interesting.

As always I appreciate your comments and suggestions concerning this column and any county law enforcement issues. Contact me by e-mail at [dshoar@sjsj.org](mailto:dshoar@sjsj.org), or be sure to follow us on our Social Media Platforms, Facebook, Twitter, Instagram, and Next Door. It is our hope from everyone here at your Sheriff's Office that you have a very safe and Happy New Year!

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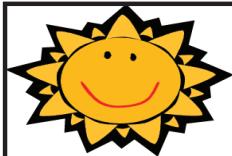
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