

St. Augustine Beaches NEWS JOURNAL

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



St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)

Local Black History Month events

The Lincolnville Museum and Cultural Center will host a series of Black History Month programs including one aimed at the lives of local Black women.

The American Association of University Women, St. Augustine Chapter, Diversity Committee, led by Carolyn Wilson, will present "Black Women in St. Augustine Speak Out," at 11:30 a.m. on February 9. Panel members will include Jean Swann, Clerene Romeo Jackson, Pearl Smith, Mildred Williams and St. Augustine Beach resident Dr. Dorothy Headley Israel. The discussion will focus on Black women of their experiences in life.

Israel is one of a handful of Blacks (also known as Afro-Americans) who reside in St. Augustine Beach. In January 2018 she was honored at the Lincolnville Museum and Cultural Center and named a "Living Legend," a person who has given of themselves for the St. John's County Community. She is the author of "From Harlem to the Sea--a Life Well Lived," which traces her life from New York during the days of the Harlem Renaissance to her retirement in St. Augustine Beach.

Lincolnville Museum and Cultural Center (formerly Excelsior Museum and Cultural Center) is an African American history museum located at 102 Martin Luther King Avenue in St. Augustine, Florida. It is 102 Martin Luther King Avenue located in the former Excelsior School, St. Augustine's first Black public high school. The museum opened in 2005.

Local Civil Rights history

Much has been written about events that took place in the City of St. Augustine that contributed to the passage of the Civil Rights Act of 1964 which outlawed racial segregation in hotels, motels, restaurants and other public accommodations, and job discrimination against Blacks and women. Efforts by Blacks included the much publicized sit-in at Woolworth's lunch counter in 1963 and the swim-in at the whites-only pool at the Monson Motor Lodge in 1964. Both were located in downtown St. Augustine.

Events that took place on Anastasia Island, although not as widely publicized, also added to the successful passage of the Civil Rights Act. In the summer of 1964, wade-ins were conducted at what had historically been a beach area in St. Augustine Beach reserved for "Whites Only". Black and white supporters came from different parts of the country during a campaign, organized locally by Dr. Robert B. Hayling that brought Dr. Martin Luther King, Jr. and members



of the Southern Christian Leadership Conference to St. Augustine. The many rallies, marches, sit-ins, and wade-ins that took place here contributed directly to the passage and signing of the landmark Civil Rights Act of 1964.

Long before Martin Luther King Jr. and his followers were pressing for civil rights equality, Frank B. Butler, a local Black businessman and a leader in the St. Augustine movement, was charting his own civil rights course. St. Augustine beaches were desegregated by law at the time, however, the oceanfront area owned by Butler, was the only beach area where Blacks were actually permitted not only locally, but also between Jacksonville and Daytona, during segregation. Butler, who owned the Palace Market in the Lincolnville district of St. Augustine, began buying land on Anastasia Island in 1927. Over time, he developed a residential subdivision, casino, motel, and beach park resort for Blacks. Butler hosted Martin Luther King, Jr. and associates in his motel in 1964 during the widely publicized civil rights visit to St. Augustine.

The beach park was first operated by the Florida Park Service. In 1980 the State of Florida turned over the management of the park to St. Johns County. Now designated as the Frank B. Butler County Park and maintained by St. Johns County Parks & Recreation, the oceanfront area, located off the Mary Street Ramp, provides restrooms, off-beach parking, a dunes walkover, picnic tables and showers and welcomes beach visitors of all races.

The Lincolnville Museum and Cultural Center will feature a celebration of African American History in St. Augustine from February 9 to 14 highlighting the history of Anna Murray Douglass, wife of Fredrick Douglass. The museum is open from 10:30 a.m. to 4:30 p.m., Tuesday through Saturday. For information visit www.lincolnvillemuseum.org, or contact lmccstaug@gmail.com or you can call (904) 824-1191.



Don Samora (Seat 5)



Undine George (Seat 3)



Beth Sweeny (Seat 1)



Virginia Morgan (Seat 4)



City of St. Augustine Beach Swears in Commissioners

At the City Commission meeting on January 9th, the following Commissioners were sworn in for their respective terms. Don Samora, (Seat 5), Beth Sweeny (Seat 1), Undine George (Seat 3), and Virginia Morgan, (Seat 4).

Mr. Samora and Mr. Rumrell were also re-appointed as Mayor and Vice Mayor respectively.

Dylan Rumrell (Seat 2), and Beth Sweeny's terms will end on December 31, 2024. Don Samora, Undine George, and Virginia Morgan's terms will end on December 31, 2026. For more information, please visit www.staugbch.com

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Tatiana Diaz

**Media Consultant
Editor/Sales**

(904) 894-0204

TatianaObserver@gmail.com



Cliff Logsdon

Publisher

Managing Editor

(904) 607-1410

clifflogsdon@att.net



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Distribution Locations for the Beaches News Journal

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

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

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

Information and ads should be received by the 15th of the month in order to appear in the following month's issue. Articles or information may be sent to the Beaches News Journal, 2465 US1 South PMB #8, St. Augustine Florida 32086. Information may also be e-mailed to clifflogsdon@att.net or clogsdon1@yahoo.com.

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

Information, articles and other materials published are believed to be accurate at time of publishing. Acceptance of advertising does not constitute an endorsement or approval of any content, product, or services by the New Journal or its staff or contractors.

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Susan Phillips Named President and Chief Executive Officer of St. Augustine, Ponte Vedra & The Beaches Visitors and Convention Bureau

The St. Augustine, Ponte Vedra & The Beaches Visitors and Convention Bureau (VCB) Board of Directors is pleased to announce the appointment of Susan Phillips as President and Chief Executive Officer of the Bureau. Ms. Phillips will fill the role following Richard Goldman's recent retirement.

Ms. Phillips joined the Bureau in January 2018 as Director of Tourism Promotion & Strategic Alliances, where she successfully worked to enhance Florida's Historic Coast as a popular tourism and meetings destination through promotion and strategic partnerships with corporate, media, and governmental projects to bring TV production, film, and other promotional opportunities to the destination. She has been responsible for the VCB's strategic planning; involved in brand development; and provided marketing agency supervision and oversight of the VCB's advertising agency, interactive website marketing agency, Hispanic PR media agency, and fulfillment and distribution agency.

“The VCB Board's Executive Committee reviewed numerous applications and resumes of very qualified candidates throughout the United States,” stated Kimberly Wilson, Chair of the VCB Board of Directors. “What stood out to us is that Ms. Phillips has a proven track record of success during her 35+ year career, and she has earned the confidence and respect of the local tourism industry during the past five years. With such an extensive experience in the travel, hospitality, and destination marketing industries, as well as her knowledge and love of our destination, we are confident that Ms. Phillips is the right person to lead the VCB to continued success in the years ahead.”

Prior to joining the VCB, Ms. Phillips served as Senior Vice President of Operations for 73 Deville, a creative marketing, advertising, and public relations agency specializing in the tourism, hospitality, and real estate development industries. She also spent several years as the Director of Marketing for Visit Myrtle Beach (Myrtle Beach Area Chamber of Commerce / Convention & Visitors Bureau) and as the Director of Marketing and Executive Committee team member at The Grove Park Inn Resort & Spa in Asheville, NC.

In addition, Ms. Phillips served in key executive leadership and marketing roles at North Carolina's HomeTrust Bank and with the Asheville (NC) Regional Airport Authority. Before moving to Asheville, she spent nearly 15 years of her career at Delta Air Lines in Atlanta, Georgia, overseeing the strategic development, pricing, marketing, and overall management of the Delta Vacations worldwide tour product, representing \$350 million in annual gross revenue.

Ms. Phillips is a member of VISIT FLORIDA®, SKÅL International, the Florida Attractions Association, the St. Augustine Attractions Association, and the Women's Food Alliance. She is also a past member and secretary of the South Carolina Association of Tourism Regions (SCATR), as well as a graduate of the Leadership South Carolina Class of 2014. Prior to that, she was a member of Historic Hotels of America, the North Carolina Bankers Association, the North Carolina Airports Council, the American Association of Airport Executives, and the Public Relations Association of Western North Carolina, in addition to serving on various tourism, public relations, transportation, and economic development committees with the Asheville Convention & Visitors Bureau.

Ms. Phillips earned a Bachelor of Business Administration degree from Georgia State University in Atlanta, Georgia. She resides in St. Augustine, Florida. Her four adult children (which includes a set of 23-year-old triplets) live in Washington D.C., North Carolina, and Florida.



Do You Have Community News to Share?

Do you have news, events or personal interest information that are relevant to our communities in and around St. Augustine Beach? Please forward them to the Editor for consideration for the monthly News Journal. Please contact Editor clifflogsdon@att.net or call 904-607-1410.

Mah Jongg Tournament

Thursday, February 23, 2023

10:30 am - registration

11:00 am tournament starts

New Location

CASH PRIZES

Cash Prizes and lunch included

\$30 donation sponsored by **Temple Bet Yam**

Deadline to enter is February 16, 2023

The Tournament will be held at Temple Bet Yam

2055 Wildwood Drive
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Questions?
Contact Carol Levy (954) 895-7332

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

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News & Events From Around the Beaches & the Island

St. Augustine Beach City Hall Update

The St. Augustine Beach City Commission met on January 9, 2023. Here is a summary of the actions the Commission took at that meeting.

1. Witnessed the swearing in office of Beth Sweeny, Undine George, Virginia Morgan and Don Samora to begin their respective terms as Commissioners.

2. Choose Commissioner Don Samora and Commissioner Dylan Rumrell as Mayor and Vice Mayor, respectively, for 2023. They served as Mayor and Vice Mayor in 2022.

3. Heard a presentation by Mr. Jason Harrah of the U.S. Army Corps of Engineers of the beach restoration project scheduled for 2023. It will likely start in late June and end in late December 2023.

4. Approved a proclamation to acknowledge that human trafficking should be eradicated.

5. Approved a budget resolution to appropriate \$33,000 to provide

project management services by a civil engineering consultant for the construction of 2nd Street west of 2nd Avenue.

6. Approved a resolution to declare items of City property as surplus and to authorize their disposal.

7. Decided that the citizens who have requested that the Ocean Hammock Park beach access walkway be relocated to make a formal, written proposal to the City for review by the City Attorney and the City Manager.

8. Decided that money for consulting services for the proposal to underground electric power lines along A1A Beach Boulevard should be put in the Fiscal Year 2024 budget, which will be adopted next October.

The City Commission will hold its next meeting on Monday, February 6, 2023, in the city hall at 2200 A1A South. The meeting will begin at 6 p.m. and the public is invited to attend. The meeting can be viewed online at staugbch.com.



St. Augustine Travel Club

The St. Augustine Travel Club will hold their next meeting on Wednesday, February 8, 2023, at 3pm at the Southeast Branch Public Library. We will be covering FRANCE'S BORDEAUX, DORDOGNE, CARCASSONE AND THE PYRENEES - Visit the famous Bordeaux wine region, cruise the Dordogne and Lot Rivers to see the chateaux, old watermills and small villages along the way. See the largest fortress in Europe at Carcassonne, then the natural wonders of the Pyrenees mountain range, stretching between France and Spain.



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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.

St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Sunday, December 10 - 17, 2023 on the beautiful new Italian ship MSC SEASHORE out of Port Canaveral to the Caribbean and Mexico, to the ports of Ocean Cay (MSC private island and Marine Reserve in the Bahamas), Costa Maya and Cozumel (Mexico) for a 7-day cruise. Prices start from \$619 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 \$199 p.p. deposit and receive \$50 per stateroom On Board Credit, Free Beverage Package, Wi-Fi and more. Call Peter, St. Augustine Travel Club at (904) 797-3736.

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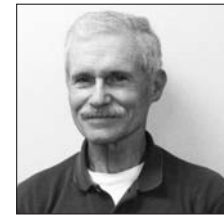
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Maxims

By Max Royle
St. Augustine Beach City Manager



According to the Merriam-Webster dictionary, a maxim is "a short, pithy statement expressing a general truth or rule of conduct." And here I thought for years that my first name was bestowed on me to make me special. To be sure, I am height challenged, but whether pithy and expressing a general truth/rule of conduct, that's open to question. Especially the pithy part.

The subject of maxims came to mind because of what happened in November 2022 involving the now-former Tampa police chief. One evening, she was in a golf cart driven by her husband in their Pinellas County neighborhood west of Tampa. A county deputy stopped them because the cart lacked a license tag. Wearing civilian clothes, the Tampa police chief identified herself, showed her badge and said as recorded by the deputy's body camera, "I'm hoping you'll just let us go tonight." Which was, despite its brevity (or pithiness), a humongous/colossal, career-destroying request. A few weeks later, Tampa's mayor made this pithy demand to the chief: resign.

What was wrong with the former chief's request? Many things: abuse of authority, position and power; failure to set an example; expectation of special treatment not given to others; personal bias; putting a subordinate, even though not a Tampa police officer, in a potentially compromised position; and, finally, a failure of leadership.

That failure made me wonder what marks a true leader. Is it university degrees, certificates in whatever best management practices are trendy, the

ability to "bark" orders, or all of the preceding? Or is it something much more fundamental? I suggest true leaders have what some might label old-fashioned but that is actually eternally modern. It's called character, which can be defined as the inner compass that guides persons, especially those appointed to government leadership positions, to embrace what's right and behave accordingly. Character is shown by adherence to several maxims.

Such as: A government leader never uses his/her position for a personal benefit. That free cup of coffee at a store can make easier the taking of freebies at other businesses, which can lead to a moral erosion that makes even easier the acceptance of more significant freebies, such as cash or pricey tickets to sporting events. Also, by accepting such, a compromised public official risks having to use his/her position to do favors, such as bending the rules, for the freebie givers and their relatives/friends.

Government leaders also: 1. Treat others as they would like to be treated. Yes, the still untarnished Golden Rule. Are tyrants who rule by fear and fiat leaders? In a dictatorship, maybe and uneasily but not in a representative democracy. 2. Don't micromanage. 3. Emphasize the positive. 4. Lead by transparency, which includes admitting mistakes, such as driving an unlicensed golf cart.

When stopped by the deputy, all the ex-Tampa police chief had to do was not show her badge, not state her rank, and accept the citation if one were issued. That's what a true leader would have done.

Single & Parenting Support Group

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

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

Mah Jongg Tournament Is Happening! Temple Bet Yam

Registration is now open for our February 23, 2023 Mah Jongg Tournament. WE HAVE A NEW LOCATION! We are now playing in our building at 2055 Wildwood Drive, St. Augustine, FL 32086 at the corner of S.R. 207 and Wildwood Drive.

For a \$30 donation, come join us for a continental breakfast and registration at 10:30 am. Lunch will be served at 12 noon followed by dessert and snacks. Cash prizes for each round, door prizes and a 50/50 raffle await you!

For questions and reservations contact Carol Levy at (954) 895-7332 BY FEBRUARY 16TH. We hope to see you there!

GriefShare Program Crescent Beach Baptist Church

GriefShare, a weekly seminar designed to help you rebuild your life after the loss of a loved one. Learn in a warm, caring environment. We see folks attending these sessions who have suffered the loss of a loved one. Program starts February 15, 2023 and continues until May 10, 2023.

We meet Wednesdays 6pm-7:30 pm at Crescent Beach Baptist Church, St. Augustine, FL 32086. You are welcome to join at any point during the 13 weeks. Contact Melanie, 904-759-1054 or email rscoggn@gmail.com or GriefShare.org under Find a group to register.

Anastasia Library February Events

BILINGUAL LITTLE ONES CLASSES (Storytimes) Fridays @ 10:30 AM

Young children and their caretakers can join Ms. Nicole in a storytime featuring engaging stories, songs, and finger plays in both English and Spanish. Space is limited in the kids area of the branch, so please leave your strollers outside the library.

PREK & TODDLER CRAFT TIMES - Fridays @ 11 AM

Craft time is open to all children and focuses on teaching scissor, glue, and coloring skills. Children of all ages and abilities are welcome at this craft time. Each week we will work on different skills for children to develop, including scissor skills, fine motor skills, gluing, exploration and others. Materials are generously provided by the Friends of the Library.

DROP-IN KIDS CRAFTS - Fridays @ 4 PM

We will be holding a fun afternoon crafting session where kids and tweens can come in to make their own holiday ornament crafts following our directions, or ones from their own imagination!

STEM: CODING WITH SCRATCH - Wednesdays, February 1, 8, 15 @ 3 PM

Registration required. Learn to code and use computer science to change the world! Join Ms. Nicole in this free coding program for students who are entering grades 2-6. Some of the concepts we will be covering in these classes includes input, output, functions, and introduction to scratch commands and menus. Students will need to have their parents create a Scratch account for these classes and will need to bring their own tablets if possible. Scratch account is required. Due to limitations on our WiFi, space is limited to 10 students. *Classes are to be taken in sequence, as each class will build on the previous week. Email njebbia@sjcfl.us to sign up or ask any questions.



SOLVE THE MURDER: THE GLASSHOUSE GHOST - Thurs, Feb 2 @ 5 PM

Teens and adults can come into the Anastasia Library to solve a spooky mystery. Unlock the secrets and strange events of the Winchester Mystery House. Use the house archives and Sarah Winchester's grimoire to solve the case of The Glasshouse Ghost! Space is limited. Sign up online or email njebbia@sjcfl.us to sign up.

KIDS ART: TRADE BEADS - Wednesday, February 25 @ 3 PM

Kids can come into the library to learn more about the history of trade beads. Trade beads have been around for thousands of years and remains a significant part of people's cultures world-wide. Students will have a short lesson, after, we will have a hands on activity where kids can make their own beads from recycled materials! This class is open to homeschoolers as well as traditional students! Just bring your imagination!

TEEN BOOK CLUB - Thursdays, February 9 & 23 @ 5 PM

Teens (grades 7 and up) can join us in our book club in person or via Zoom. After discussions, we will have a hands on activity. This month's read is, Rules for Vanishing by Kate Marshall. Email njebbia@sjcfl.us to sign up.

For additional information please contact Nicole Jebbia, Anastasia Island Branch, 124 Seagrove Main St., St. Augustine Beach, FL 32080, 904-209-3730, email: njebbia@sjcfl.us www.sjcpls.org

St. Augustine Beach Community Garden

St. Augustine Beach Community Garden, a non-profit organic community garden, has boxes available for a few new members. Lease a box for \$40 annually, which provides you with water, organic fertilizer, compost, and camaraderie with other gardeners. Go to [facebook.com/ronparkerpark](https://www.facebook.com/ronparkerpark) and click the "sign up" button if you are interested in participating. Someone will then get back to you.

Black Women of St. Augustine Speak Out

In recognition of Black History Month, the AAUW St. Augustine Branch has assembled five black women from St. Augustine to speak about their diverse life experiences. This discussion will take place on Thursday, February 9, 2023, at 11:30 a.m. at the Lincolnville Museum and Cultural Center, 102 Martin Luther King Ave. St. Augustine. The public is encouraged to attend the free forum.

After the discussion at 12:30 p.m., there will be a luncheon catered by Roux Organics, a newly opened breakfast/ brunch café in Lincolnville. The charge for the luncheon is \$20. Reservations with a check should be sent to Karen Hayes, 361 Hefferon Dr, St. Augustine, by Friday, February 3, 2023.

The local AAUW branch offers scholarships each year to local college or university students, male or female, who are residents of St. Johns County. The branch also sponsors 8th graders from St. Johns County middle schools to attend the AAUW Florida Tech Trek camp for girls. In addition, this year the branch held an Human Trafficking Awareness and Prevention Panel Discussion for the public. Monies for their initiatives are raised by the annual LUNAFEST festival that will be held at the Lincolnville Museum on Saturday, April 15, 2023.

The American Association of University Women (AAUW) is the nation's leading voice promoting equity and education for women and girls. Since its founding in 1881, AAUW members have examined and taken positions on the fundamental issues of the day — educational, social, economic, and political. Information about the St. Augustine branch is available at www.staugustine-fl.aauw.net. Membership information can be obtained from Maxine Burns, Director for Membership, at 847-917-6350 or mmburns@yahoo.com.

Temple Bet Yam - "Deli Nite Is Back!"

After two years, our famous stuffed corned beef, pastrami or turkey sandwiches are BACK! Those crazy kids on the Ways and Means Committee are driving down to Deerfield Beach in South Florida to pick up authentic New York deli corned beef and pastrami from Kline Meats. Their deli meat is outstanding!

In addition to the corned beef and pastrami, we are once again offering roast turkey and veggie sandwiches. For the low price of \$32 you'll get a stuffed sandwich, cole slaw, potato salad, sour pickles, beverages and dessert. We will also be selling meat and rye bread at the end of the night as usual.

We hope you can join us at the temple for this event on Thursday evening, February 16 beginning at 6 PM.. The deadline for registering is Monday, February 6th. Call Carol Levy, 954-895-7332, for info and reservations.

As with all of our Ways and Means events, this is a fundraiser. TBY put the "fun" in fundraiser! Eat a classic deli sandwich while enjoying our resident (and fun) magician, Bill Rosenthal, who is developing a new act for this event. See you there!

Food for Fines Program Collects More Than 3,600 Items for Families in Need

St. Johns County Public Library patrons were exceptionally generous over the holiday season, donating more than 3,600 non-perishable food items for St. Johns County's Health and Human Services Food Pantry through Food for Fines. The Food for Fines annual program enables patrons to donate food to local families in need and help "pay down" their overdue fines during the holiday season.

"It's a real benefit to the community we serve to have the Food for Fines program," said Tracy Dillon, Social Services Manager for St. Johns County. "The food donated by library patrons replenishes our dwindling food supplies and allows us to operate our Food Pantry for nearly the whole year."

Health and Human Services provides a wide variety of services for approximately 10,000 clients in St. Johns County throughout the year.

"Since we first implemented Food for Fines in 2007, the community has really gotten behind the program," said Library System Director Debra Rhodes Gibson. "For each item of food donated, a dollar of fines is taken off on their account. It's even supported by our patrons who don't have fines."

Food for Fines is one of several collaborative programs that the St. Johns County Public Library System participates in with other County departments, extending its reach to St. Johns County residents. To learn more about the library system and programming, visit www.sjcpls.org.

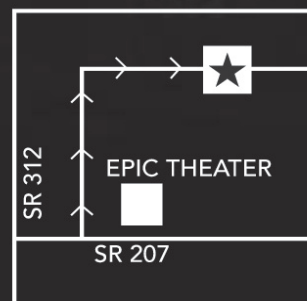
The St. Johns County Public Library system serves the community by providing access to technology, facilities, collections, programs, and services that help people meet our mission: Connect, Learn, Enjoy @ Your Library. For more information on the St. Johns County Public Library System, visit sjcpls.org.

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St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)

What's Comming up.....

Anastasia State Park invites visitors as well as residents to its monthly bird walks from 8:15 to 10 a.m. on Tuesday February 14 and Sunday, February 26. Participants will observe a diverse variety of shore birds, marsh birds, and hammock birds by walking the beach, boardwalks, nature trails, and other areas. Dress for the weather and bring binoculars, water, comfortable walking shoes, and a field guide if you have one. Meet at the Island Beach Shop & Grill parking lot at the end of the main park drive. This event is weather permitting and subject to cancellation.

The park is located at 300 Anastasia Park Road. The program is free with regular park admission fee. (\$8.00 per vehicle. Limit 2-8 people per vehicle. \$4.00 per single-occupant vehicle. \$2.00 per pedestrians, bicyclists, extra passengers, passengers in vehicle with holder of Annual Individual Entrance Pass). For more information contact the park at (904) 461-2033. For more about Anastasia State Park or Florida State Parks visit, www.FloridaStateParks.org.

Sons of Italy's scholarship applications are now available to current St. Johns County high school seniors who have a demonstrable Italian American heritage (of any proportion). Applicants must also be residents of St. Johns County and plan to be in a program of study in the fall of 2023 in an accredited educational institution above high school. Two \$1,000 scholarships will be awarded. For applications and other information call 904-461-4911 or email: thebronx40@yahoo.com and provide the student's name, address, email address and phone number.

Evenings at Whitney Lecture Series hosted by the University of Florida Whitney Laboratory for Marine Bioscience continues at 7 p.m. on February 9, with a presentation on Circadian Clocks in Muscle: Time Does Matter by Dr. Karyn Esser, Professor and Chair, Department of Physiology and Aging University of Florida. Other lectures in the series include:

March 9—How to Build an Animal: Learning from the Embryo with Dr. Paula Murphy, Professor in developmental Biology, Head of Zoology Trinity College Dublin.

April 13--Fountains of Youth Discovered Through the Biology of Aging with Dr. Christiaan Leeuwenburgh, Professor of Physiology and Aging, College of Medicine, University of Florida

May 11—The Evolution of Two Trasmissible Cancers in Tasmanian Devils with Dr. Max Stammnitz, EMBO Postdoctoral Fellow, Center for Genomic Regulation. Lectures take place at Whitney Laboratory for Marine Studies Center, Lohman Auditorium, 9505 Ocean Shore Blvd. at Marineland. Lectures and parking are free, and registration or reservations are not necessary. For further details, call (904) 461-4000 or email wmb@whitney.ufl.edu.

28th Annual Artisan Market will be held from 9 a.m. to 3 p.m. March 4, with a sneak preview from 5 to 7 p.m. on March 3, at St. Anastasia Catholic Church, 5205 A1A South. Admission and parking are free. More than 40 artisans will offer locally made jewelry, pottery, paintings and other works of art. Additional artisans are welcome to participate. For information contact artisans@accfl.org. Proceeds benefit the church's missionary programs.

Finally! A Lazy Run for Everyone!

by Susan Johnson

Have you ever wanted to sign up for a race but don't really like to run? Don't sweat! The 904 Now has you covered. Join us for a lazy run for everyone!

The 904 Now presents the first-ever .5 K Beer Run! (Yes, you read that right – Point .5K - or about 3 three tenths of a mile!) Slated for February 25, the 'run' begins at 9:04 sharp, starts at one end of St. George St., and finishes at the other. There will be rest stops along the route, entertainment to keep you on track and, thanks to Ancient City Brewing, beer (or a beer alternative) to keep you motivated. Choosing the VIP ticket option gets you champagne and charcuterie at Bin 39, and shuttle service to the finish line by Old Town Cart. Even better, proceeds will go to support Jimmy Jam Community Outreach, a 501 ©3 organization that offers hard-working people a helping hand. (www.jimmyjamoutreach.com). Over the years, Jimmy Jam has assisted St. Johns County folks with everything from purchasing laptops, to paying unexpected medical or utility bills, to helping struggling families make their mortgage payments. Now you can help, too – just by strolling down St. George Street! So, quash that competitive spirit, grab your walking shoes and a refreshing beverage, and prepare to participate in the best "run" ever! And don't worry about training - the slower you go, the better you'll be!

To sign up, visit www.the904now.com/race. It's the 904 Now first-ever Point .5K Beer Run! February 25, 2023, beginning at 9:04 am! This could be the best race you'll never run!

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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.bcskofstaug.com or email bcsgofsa@gmail.com.

Restorative Yoga: Rest, Heal, Restore

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

Restorative yoga encourages physical, mental and emotional relaxation. Ease into this yoga session with gentle stretching and breathing techniques that allow you to experience the following benefits that Restorative Yoga offers: - Relax the mind and body - Enhance your mood - Soothe the nervous system - Reduce chronic pain - Improve sleep. Please call the Cancer Education and Support Center at 904-819-4793 for information about any of these programs.



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Flagler
Hospital

Living with Cancer Support Group

3rd Wednesday of each month at 11:00 am at Care Connect (3rd floor of the Whetstone building)

Our Living with Cancer support group is moving to Cancer Specialists of North Florida. 121 Whitehall Drive, St. Augustine 32086. Same day and time-the third Wednesday of every month at 11:00. We still have the ability to ZOOM in if needed.

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.

St. Augustine Archaeological Association Lecture Series February 7th

On Tuesday, February 7th 2023 at 7PM, the monthly meeting of the St. Augustine Archaeological Association (SAAA) will be at the Markland House, Flagler College located at 102 King Street. A talk will be given by Jon Endonino, Ph.D. Associate Professor of Anthropology at Eastern Kentucky University titled: **"The Coontie Island Collection: Exchange Networks and Social Landscapes During the Late Archaic Period"**.

In March 1939 teenagers LeRoy and William Stevens and their uncle Raymond McQuaig beached their boat on the shore of Coontie, or "Coony" island as some called it, to roast oysters and clams while fishing. Eroding from the sand bank and washing out of the beach were hundreds of exceptional and exotic stone artifacts. Others too soon went to the island to search for artifacts. Ultimately John Thompson and Harold Ryman, the island's owners purchased and traded to secure the artifacts.

Archaeologists took note and considered the collection unusual and exceptional, but little else was known about them or the site. In May 2022 archaeologists from Eastern Kentucky University and the Florida Public Archaeology Network – Northeast analyzed and documented the Coontie Island Collection, recording an abundance of data for every artifact and creating 3-D models for many. In this presentation, Dr. Jon Endonino will share the history of the collection, its contents, and the far-flung origins for many, revealing the interconnections among prehistoric Native Americans and the social networks that brought them to St. Augustine during the Late Archaic period 5600-4700 years ago.

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

First Coast Opera "Opéra Mystique"

Opéra Mystique will be performed in February 3rd - 12th, 2023 at The Waterworks, 184 San Marco Ave., in uptown St. Augustine. Opera and the supernatural combine in FCO's inaugural production at the renovated historic Waterworks building. This other-worldly program features staged performances with orchestra of Menotti's séance-filled *The Medium* and Holst's *Sāvitri*, based on an episode from the Sanskrit epic *Mahābhārata*.

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

Lighthouse 5K & Fun Run and Night Fest February 18

Presented by Florida Power and Light (FPL), The Junior Service League of St. Augustine (JSL) will hold the 39th annual Lighthouse 5k Run/Walk & Fun Run on Saturday, February 18, 2023. Registration for the event is available at jslofstaugustine.org



In an effort to continue support for the St. Augustine Lighthouse & Maritime Museum, along with other area nonprofits, the League hosts the Lighthouse 5K & Fun Run each year.

“We are thrilled to offer this annual race, starting and finishing at the beautiful St. Augustine Lighthouse on Anastasia Island,” said Carice Schuster, President of The Junior Service League of St. Augustine. “We are fortunate to host one of St. Augustine’s oldest 5Ks at this important landmark.”

The inaugural race in 1983 was originally titled the “Bud Light Twilight Lighthouse Run.”

The Lighthouse 5K is a chipped race that serves as a qualifier for the famed Gate River Run. Proceeds from the Lighthouse 5K Run/Walk & Fun Run benefit numerous JSL service projects and provide financial support for local nonprofit organizations in St. Augustine and the St. Johns County community.

In addition to the race, Night Fest is offered to the community from 3-7 p.m. February 18, a free event that includes children’s activities, museum exhibits, and a chance to climb the lighthouse in the evening. Activities for children will include face painting, arts and crafts, STEAM projects, and photos with pirates. The event will also include live music, pizza, wine, and beer.

Race registration is available at <https://runsignup.com/race/fl/staugustine/lighthouse5krunwalkandfunrun> Find more details about The Junior Service League of St. Augustine at jslofstaugustine.org

The Junior Service League of St. Augustine is an organization of women dedicated to volunteerism. Founded in 1935, the organization is committed to bettering the St. Augustine community through service, fundraising, and charitable projects. Each year members donate nearly 5,000 hours of time to local nonprofits, including the Lighthouse, Lightner Museum, The Children’s Museum, Kids Bridge, St. Augustine Youth Services, The Homeless Coalition, Pie in the Sky, The Betty Griffin House and many others. jslofstaugustine.org

A unique landmark of St. Augustine for over 148 years, the St. Augustine Light Station is host to centuries of the Nation’s Oldest Port® history and educational programs. Through interactive exhibits, guided tours, and maritime research, the nonprofit St. Augustine Lighthouse & Maritime Museum is on a mission to discover, preserve, present, and keep alive the stories of the Nation’s Oldest Port® as symbolized by our working lighthouse. Today, the Museum keeps the light shining as a private aid-to-navigation. We are the parent organization to the Lighthouse Archaeological Maritime Program (LAMP), and together our two nonprofits are an affiliate of the Smithsonian Institution. staugustinelighthouse.org



Through interactive exhibits, guided tours, and maritime research, the nonprofit St. Augustine Lighthouse & Maritime Museum is on a mission to discover, preserve, present, and keep alive the stories of the Nation’s Oldest Port® as symbolized by our working lighthouse. Today, the Museum keeps the light shining as a private aid-to-navigation. We are the parent organization to the Lighthouse Archaeological Maritime Program (LAMP), and together our two nonprofits are an affiliate of the Smithsonian Institution. staugustinelighthouse.org

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The Art Studio
of St. Augustine Beach, FL
Art Studio News
by Paul Slava



This Month’s First Friday Lands on Friday, February 3rd. at 5pm to 8pm and Features G.G. Northington as well as our Member’s Show.

G.G. grew up surfing and racing motorcycles in Southern California. She loves the Beach, the Ocean, and the Dodgers. And, oh yes, her husband Rob and their dingo dog Bella.

Living on the beach in Laguna Beach California, they spent a lot of time walking on the beach collecting sea shells and when they were lucky, sea glass. Sea glass is created when a glass item is tossed in the ocean, and over years, it is tumbled millions of times by the ocean, smoothing it out and turning the pieces into little jewels. We have literally found thousands of these little naturally

made jewels. As people stopped treating the ocean like a landfill, less and less of these beautiful glass jewels have become available.

To make her art, she learned how to re-create the ocean’s smoothing out and polishing of glass. Using vintage glass, she cut it into small pieces and tumbled it for several weeks, turning it into beautiful curated sea glass. She use this curated sea glass in addition to naturally occurring sea glass to produce her Art. Her Show will available to see from the Opening on First Friday, then throughout the Month of February.

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.



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Financial Focus

Information Provided by
Edward Jones



Time for New Year's financial resolutions

In the past year, we've seen some big swings in the financial markets. This volatility may make you feel as if you have little control over your investment success. But the truth is, you do have more control than you might think — as long as you don't let fear guide your decisions.

Investment-related fear can manifest itself in a few different ways:

* **Fear of loss** – Some investors may emphasize avoiding losses more than achieving gains. Consequently, they might build portfolios they consider very low in risk, possibly containing a high percentage of certificates of deposit (CDs) and U.S. Treasury securities. Yet, a highly conservative approach carries its own risk — the risk of not achieving enough growth to stay ahead of inflation, much less meet long-term goals such as a comfortable retirement. To reach these goals, you'll want to construct a diversified portfolio containing different types of assets and investments — each of which may perform differently at different times. Your objective shouldn't be to avoid all risk — which is impossible — but to create an investment strategy that accommodates your personal risk tolerance and time horizon.

* **Fear of missing out** – You're probably familiar with the term "herd mentality" — the idea that people will follow the lead of others for fear of missing out on something. This behavior is responsible for fads or the sudden emergence of "hot" products, and it's also relevant to investing. In fact, herd mentality may contribute to sharp jumps in the financial markets as investors drive up prices by buying stocks to avoid being left behind. And the same may be true in reverse — when the market starts dropping, skittish investors may accelerate the decline by selling stocks so they, too, can get out before it's too late. Buying or selling investments should be considered

as needed to help advance your long-term financial strategy — not in response to what others are doing.

* **Fear of the unknown** – Some investors fall victim to "familiarity bias" — the tendency to invest only in what they know, such as local or domestic companies. But this behavior can lead to under-diversified portfolios. If your portfolio is dominated by just a few investments, and these investments are fairly similar to each other, you could experience some losses when the inevitable market downturn occurs. To help reduce the impact of market volatility, it's a good idea to spread your investment dollars across large and small companies in a range of industries and geographical regions. And that's just on the equities side — it's also wise to consider further diversifying your portfolio by owning bonds and government securities. (Keep in mind, though, that diversification can't guarantee profits or protect against all losses.)

* **Fear of admitting failure** – Some individuals don't like to admit when they've been wrong about something, and they may continue the same failed activities, hoping for eventual success. This behavior can be costly in the investment arena. Sometimes, a particular investment, or even an investment strategy, just doesn't work out, but an investor is determined to stick with it — even if it ultimately means considerable financial loss. Don't let this happen to you — if it becomes apparent you need to change your investment approach, move on to something better.

Fear can hold us back in many walks of life — but don't let it keep you from making appropriate investment moves.

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

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St. Augustine Yacht Club, Inc. Youth Sailing Center Ground Breaking

The Saint Augustine Yacht Club will hosted a ground-breaking ceremony for their new youth sailing center January 21, 2023. The sailing center is being made possible through a generous donation from Stanley and Catherine Paris. It will provide a waterfront location adjacent to the current yacht club. The site has space for building a pier & floating dock for sailing craft, ample space for boat repair and storage and a handicap accessible training center.



Upon reviewing the project plan Stanley Paris commented "...both Catherine and I are elated to participate in a project that advances the growth of sailing in Saint Augustine!"



The Saint Augustine Yacht Club currently provides sailing instruction at its present location utilizing the beach and public boat ramp for access in and out of the water. Justin Muller, 2021-22 commodore of the club remarked "We have successfully provided sailing instruction for more than 2,000 participants since the start of the program without serious injury at the ramp. However, small sailing craft transported across the busy parking lot is not ideal."

SAYC, established in 1873 and recognized as the oldest yacht club in Florida, negotiated the deed of gift from the Parises and a ninety-nine year lease back from the City of St. Augustine. David Patrick the incoming commodore for 2023 explains "The new sailing center is aligned with our mission and we will support it for current and future generations."

For additional information about SAYC please contact Roy Jaeger at jaegernj@aol.com or Linda Bond at lhb47@icloud.com.

Pin-Up Paws 2023 Calendar Now Available

The St. Augustine Humane Society's 2023 Pin-Up Paws Calendar is now available for purchase and it truly is Pin-Up Perfection! Renowned photographer Addison Fitzgerald donated his talents - and a lot of studio time - to capture the unique personalities of each of the 13 calendar models. Fine artist Maribel Angel took things a few steps further by contributing her artistry to create a one-of-a-kind, keepsake calendar featuring each pet as a Pop-Art superstar! Pictured here are: cover king Sir Thomas of the Swamp (available for adoption from Swamp Haven Rescue), the marvelous Murray, the notorious Nacho, the beautiful Brut and the sultry Miss Scarlett, one of our favorite felines! But all our perfectly-posed models are positioned to make every month memorable - we can promise you that!



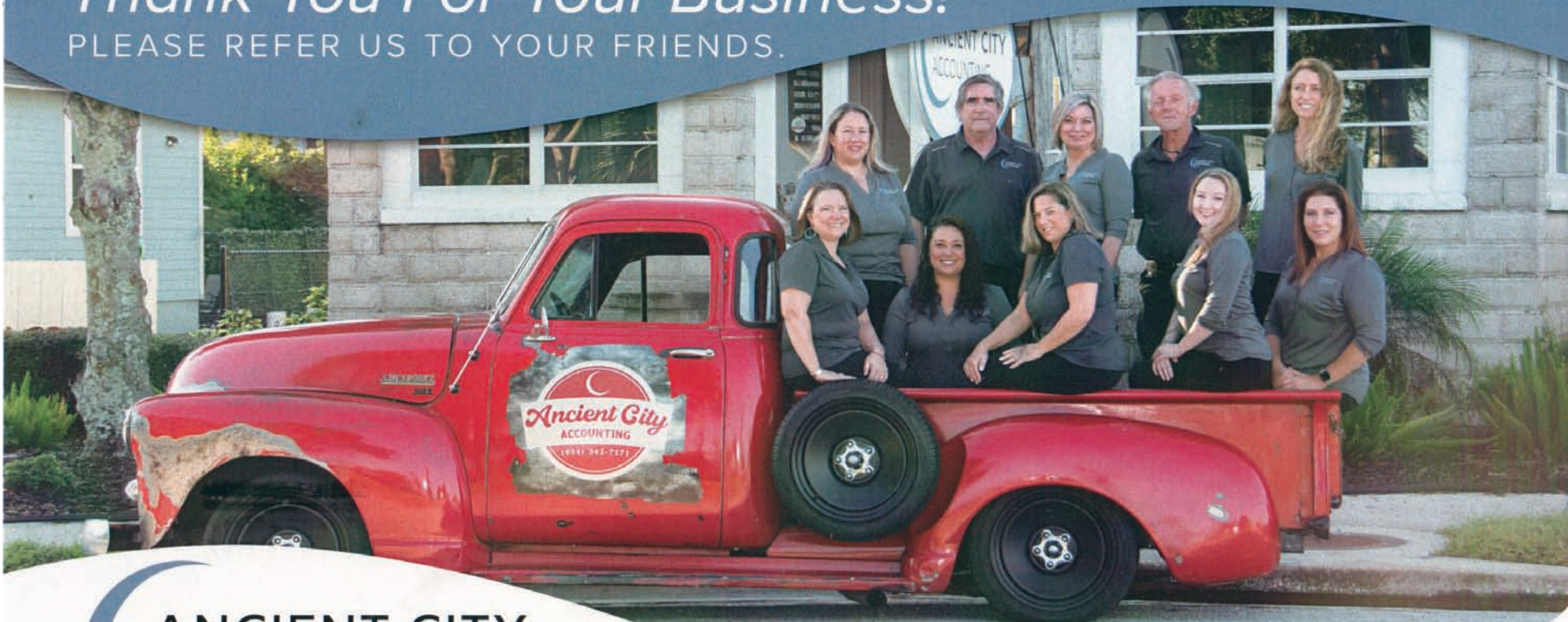
The Pin-Up Paws Calendars are \$12 each, plus shipping and handling where applicable. You can purchase online at www.staughumane.org or in person at the St. Augustine Humane Society, 1665 Old Moultrie Rd in St. Augustine. All proceeds support the services of the St. Augustine Humane Society, including our low cost spay/neuter program and our weekly pet food pantry. The St. Augustine Humane Society - keeping pets and their humans together - forever! For more information, please call (904) 829-2737.



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Lightner Museum Announces New Exhibitions to Celebrate 75th Anniversary

In 2023, the Lightner Museum celebrates the 75th anniversary of its founding, and the 135th anniversary of its iconic St. Augustine building. Throughout 2023, the museum’s diamond anniversary celebration will feature a series of new exhibitions, events, and opportunities to connect with art, history, culture, and community.

Opening on February 2, the Lightner Museum presents three new exhibitions, Ride On! Historic Bicycles from the Collection of Keith Pariani, 75 for 75: Lightner Museum Diamond Anniversary Exhibition, and St. Augustine Through the Lens of William Henry Jackson. St. Augustine residents and Lightner Museum members can preview the exhibitions at a Community Open House on February 2 from 6:00 p.m. – 7:30 p.m.

Ride On! Historic Bicycles from the Collection of Keith Pariani

February 2, 2023 – September 30, 2023

In the 1890s the bicycle took over the hearts and minds of Americans. By the early twentieth century, almost 300 bicycle manufacturing firms were established in the US. Drawn from the private collection of St. Augustine bicycle aficionado Keith Pariani, Ride On! presents the American bicycle as an object of beauty and engineering ingenuity, featuring important innovations in bicycle design from the late-nineteenth and early-twentieth centuries.

75 for 75: Lightner Museum Diamond Anniversary Exhibition

February 2, 2023 – February 16, 2024

Founded in 1948 as the Lightner Museum of Hobbies, the Lightner Museum has its origins in the hobby boom that swept America in the early twentieth century. At the heart of the museum’s offerings are its compelling collections. From lamps by Louis Comfort Tiffany and exquisite shells and geological specimens from around the world, to porcelain produced at Sèvres and Victorian mechanical musical instruments, the museum’s collections are rich, eclectic, and always engaging. In celebration of the museum’s 75th anniversary, 75 for 75 features a selection of artwork and objects from the museum’s permanent collection.

St. Augustine Through the Lens of William Henry Jackson

New permanent exhibition

In the decades following the Civil War, the photographer William Henry Jackson (1843-1942) played a major role in shaping public perception of the American landscape. In the 1890s, Jackson was commissioned by Henry Flagler’s East Coast Railroad to produce a set of images to promote St. Augustine as a tourist destination. Today, Jackson’s photographs remain a remarkable record of turn-of-the-century life in this historic city, offering a striking portrait of Gilded Age St. Augustine. (continue page 11)

BEST IN SHOW! ACT and S.A.F.E. Team Up for a Great Cause

A Classic Theatre is excited to announce that it will be collaborating with SAFE (Saving Animals from Euthanasia) for the upcoming run of SYLVIA, a play involving a man in mid-life crisis, his beleaguered wife and the sassy, lively and insightful dog he rescues. Or does she rescue him? Sylvia is a funny, poignant, reflective look at ourselves and the importance of the bonds that keep us grounded.

SAFE was founded in 2008 with the goal of rescuing animals from kill shelters when they are facing euthanasia. To date, SAFE has rescued over 27,000 wonderful, precious pets who, through no fault of their own, became homeless. Each has a story, a heart, and feelings, and deserves a chance to have the home they want so desperately.

SAFE will have a table at each performance to provide information, photos of pets in need of adoption and fostering, and opportunities for donating to this wonderful organization. If you have a beloved pet you have rescued, please bring a photo to display on our Wall of Whiskers!

Sylvia performance dates are March 3, 4, 10 and 11 at 7:30 pm. On March 5, 12 at 2:00 pm. To purchase tickets, go to aclassictheatre.org



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Lightner Museum 75th Anniversary

(continued from page 10)

Community Open House

February 2, 6:00 p.m. – 7:30 p.m.

Free to museum members and residents of St. Augustine. Enjoy the museum's new exhibitions, visit our Museum Store, and enjoy the Radzinski Family Garden at this free Community Open House. Lightner Museum Members are invited to an early preview of these exhibitions at 5:15 p.m.

Support for the Lightner Museum's 75th Anniversary comes from the Crisp-Ellert Fund at the Community Foundation for Northeast Florida; the State of Florida, Department of State, Division of Arts and Culture, the Florida Council of Arts and Culture, and the National Endowment for the Arts; the St. Johns County Tourist Development Council and the St. Johns Cultural Council; Len Weeks General Contractors; Thompson Baker Insurance Agency; Tucker Cycles and Art Bikes Jax.

The Lightner Museum is dedicated to enriching the lives of visitors through our extraordinary collection, historic building, and dynamic exhibitions and programs. Founded in 1948 by Chicago publisher, collector, and professional hobbyist Otto C. Lightner, the museum offers an immersive experience of art, architecture, history, and design. At the heart of the museum's offerings are its compelling collections. From lamps by Tiffany and exquisite shells and geological samples from around the world, to porcelain produced at Sèvres and Victorian mechanical musical instruments, the Lightner Museum's collections are rich, eclectic, and always engaging. The Lightner Museum is open seven days a week, 9:00 a.m. to 5:00 p.m. at 75 King Street St. Augustine, Florida 32084. Visit www.lightnermuseum.org or call 904-824-2874.

SAB Democrat Club

The SAB Democrat Club will have its next gathering on Tuesday, February 7, 5:30 pm at the Anastasia Island Branch Library. The St Augustine Beach Democrat Club's focus is on current local issues affecting those living in St Augustine Beach. These meetings provide an excellent opportunity to get to know the elected representatives, mingle with Democratic candidates and socialize with our Democratic neighbors. February's speakers are Damon Douglas, Coastal Manager for St Johns County Disaster and Recovery and Jason Harrah, Project Manager, Army Corps of Engineers. The Club meets on the first Tuesday of the month at the Anastasia Island Branch Library, 124 Sea Grove Main Street, 5:30 pm, plenty of parking available. For additional information, please contact sabdems511@gmail.com.

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Hey, We're Havin' Fun Now!

Blue Star Memorial Marker Dedication

by Steve Davies

On November 11, 2022, the Garden Club of St Augustine (GCSA) hosted a Veterans Day dedication of a new living garden at the Blue Star Memorial Marker located along US1 in south St Augustine.

The installation of the garden was sponsored by the Hibiscus Circle of the GCSA and was supported by various local businesses and the National Garden Club (NGC) & Florida Federation of Garden Clubs (FFGC). St Johns County Master Gardener Valerie Constantino designed the garden and guided its implementation. Boy Scouts from BSA Troop 345 and cadets from the Jr ROTC battalion at St Augustine High School provided the physical support to prepare and plant the gardens. These young men and women were also integral to the ceremony by providing military escorts, color guards, leading the Pledge of Allegiance and the playing of taps at the closing.

Marjorie Hendon, President of FFGC spoke heartfully about the history and importance of the Blue Star program. It began in 1944 as a local community project in New Jersey and has evolved into a nationally recognized program that strives to honor the memory of all American Veterans. BSA Life Scout Josh Rasmussen read a Proclamation issued by the St Johns County Board of Commissioners which detailed the history of this particular road side marker from its original dedication in 1950 to its current location and condition. Once the Marker was unveiled by FFGC officers (Rosita Arisoff and Connie Gladding), the President of the NGC, Mary Warshauer, formally dedicated the Marker and gardens. Kathy Hicks, on behalf of the Hibiscus Circle, graciously accepted the responsibility to faithfully maintain the Marker and the surrounding garden. LTC Peter Jennison of the Florida National Guard provided a moving tribute to veterans, reminding all of our debt of gratitude to them. ROTC Cadet Gabe Ashley played a profound rendition of taps followed by the retiring of the Colors.

Guests and Club members attended a reception afterwards at the clubhouse of the GCSA on Old Moultrie Road. Many of them brought pictures of their favorite veteran to display during the reception. ROTC Cadet Collin Smithson, whose father passed away during military operations in 2013, spoke about the importance of support for the military community.

Those individuals interested in learning more about the Blue and Gold Star Memorial Program and/or supporting other similar programs in the local area contact the GCSA project coordinator, Steve Davies at dogoodthings904@gmail.com.



FFSGC Presidnet Marjorie Herdon
SAHS Color Guard



Gold Star Reception



Final Garden Installation



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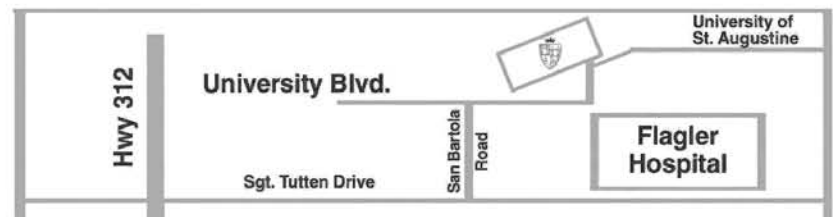
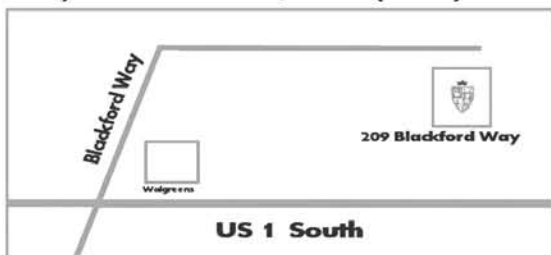


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What have you mastered?

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

Webster defines becoming a master as “a person with exceptional skill at a certain thing” or mastering as “becoming proficient in the use of something”. During the span of our lives, all of us becomes a master of compensation, do one degree or another. What I mean is, we all have great proficiency in making small, subtle changes in the way we move enabling us to master any and all tasks at hand.

Sometimes compensating or adapting movement is a good thing. All top athletes are able to make small changes in their movements or reactions to meet the needs of each play. But all too often compensations are counter-productive and can even have negative, dysfunctional side effects. Multiple compensations can turn into accumulated dysfunction.

How and why do we compensate? We compensate because we are living and we have an ever changing body. Along with everything else we learned in Kindergarten, we learned to compensate. We were told to sit and be still. Our bodies are made to move yet many of us become less and less mobile through the years and even more since covid. We sit at computers, in front of TV's, at events, in cars and the list goes on. Our pelvis supports us as gravity pushes the trunk and head forward into a varying degree of a slump. The compensation manifests when we have to stand back up. Instead of keeping our head down, looking at the ground, we pull our head up and bring the eyes to the horizon, a motion that should transition through several segments of the spine – not just the upper levels of the neck.

There are all types of compensatory masters. Which one are you?

The Limp Master: The individual who lacks full range of motion in the lower extremities following trauma or surgery. The results may be an altered gait pattern, hip knee or back pain.

The Mother Master: The mother who has difficulty restoring full motion back in the spine following pregnancy or tends to stand leaning to one side with a child resting on the hip. Both problems may hinder regaining much needed core stabilization and result in sacro-iliac dysfunction or low back pain.

The Robot Master: This is the person who lacks neck or shoulder mobility following a whiplash injury or other type of neck trauma. The movements tend to look robotic as the head is kept stiff, making up for the lack neck motion in low back rotation or extension.

The Sitting Master: This person sits at home or office a large part of the day, developing tight anterior hips, which then resist full straightening with standing putting undue pressure on the lumbar spine.

Two days prior to this writing I examined a patient who was falling. We discovered a slight weakness in his hip masked through compensation. However, it was manifesting when standing on one leg to step up or out, causing a disruption in balance and resulting in falls.

We have all become masters to one degree or another and therefore guilty of ignoring such adaptations year after year. To minimize compensations, first seek analysis or assistance. Second, move, but learn to move properly and move regularly. Improper movements may simply lead to more compensation and further dysfunction.

Becoming a master at most things takes years of practice and dedication. Becoming a master of compensation is easy - it just takes years to see what kind of master you've become.

Rob Stanborough is a physical therapist serving St. Augustine for nearly 20 years and has presented both nationally and internationally. He was one of the first PT's to be permitted to use DN in FL and doing so since 2017. He has trained others in DN since 2010 as a Senior Instructor for Myopain Seminars (www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation (www.firstcoastrehab.com), and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. Read previous columns posted on www.firstcoastrehab.com.



Computer Corner

by Steven Aldrich
904-479-5661



Are your Passwords Secure

Over the years I have recommended a few Password managers. The one I use and have been recommending for the past 2 years is called LastPass. The company was acquired by LogMeIn, Inc in 2015. In addition to being a great tool for password management, it has had stellar reviews and great success.

Late last year they reported there had been an incident earlier in the year where all Password Vaults (yes, all 33 million of them) were stolen. They are encrypted, which is good, but not going to stop determined hackers from breaking into the higher value User Vaults and obtaining all their passwords and secure notes.

If you are a LastPass user, it is highly recommended that you consider changing passwords on your most valuable logins, such as banking and retirement/investment accounts. This is not a pleasant task, but well worth the peace of mind it can afford, if large sums of money are held in these accounts that you utilized LastPass to store passwords for.

These sorts of hacks are becoming more common. It gives us pause, as we consider what can be trusted and what should be treated with the utmost caution. Passwords should be different for each service that we use and remembering

or documenting all those passwords is a pain, to say the least.

It goes without saying that any service that allows for Two Factor Authentication (2FA), we should be using 2FA for them. This means that all new logins result in a text message sent, which we must approve, or the login does not get cleared. In this way if our passwords do get compromised, we can be sure that we are still secure, since the hacker would need our cell phone too.

Bottom line: If you use LastPass, it's time to start re-securing your accounts by changing passwords. Start with the most valuable accounts and work your way toward the more mundane ones.

If you are considering a password manager or changing to a different one, LastPass may not be your first choice. Given that I have recommended LastPass, and now say what I just said, I am a bit hesitant to recommend one. Please do research and find the best tool for you with the most features that you will use.

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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Muscle Beach St Augustine

by Christy Young

Muscle Beach St Augustine, is an event that is truly inspiring and heartwarming. Fitness trainers in the community come together to help mobility challenged individuals and their support givers have a fun and enjoyable day at the beach. The trainers are there to assist with getting onto the beach, whether it be through the use of provided beach wheelchairs, ramps or by physically lifting the individuals.



Once on the beach, the trainers set up a cozy picnic area with blankets, sandwiches, and refreshing drinks. The mobility challenged individuals and their support givers are able to relax and enjoy the sun, sand, and surf just like anyone else. The trainers are there every step of the way, providing support and

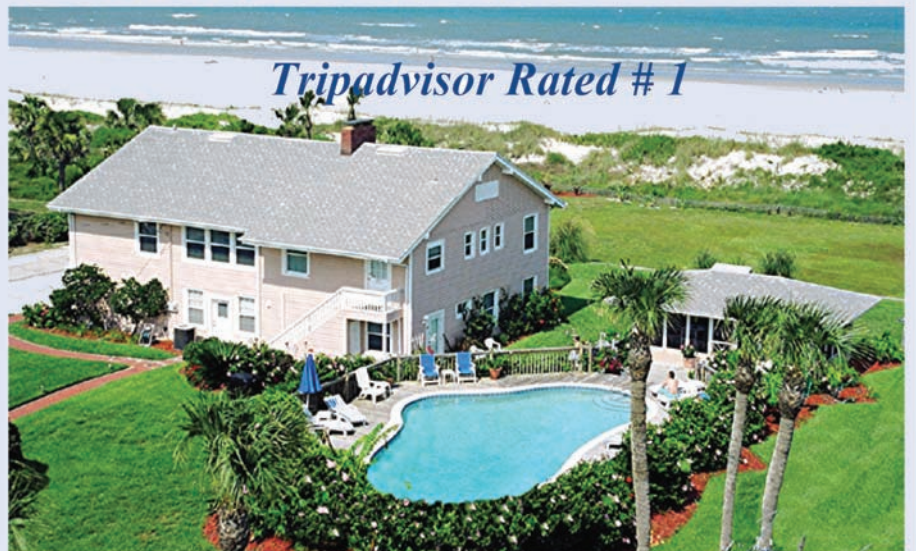
encouragement as the individuals participate in activities such as building sandcastles or playing beach games. It is a beautiful sight to see the joy and sense of accomplishment on the faces of the mobility challenged individuals as they take part in this special event. The trainers are true heroes, working tirelessly to promote inclusivity and help people of all abilities have fun and feel included. It is an event that truly touches the hearts of all who attend.

Organized by Christy Young of Dynamic Energy and Nutrition, Participating Gyms are Anastasia Fitness, with owners Marcy and Kevin Van Dyke, Trainer Lori Weiland, Jeremy Buggy Seins, Trainer Lauren Noonan and Food provided by David Johnson at Roux House STA. Wheel chairs provided by Beach Walkers Mobility rentals of Ormand Beach

The event is to be held at Mary Street Ramp at Butler Beach Sunday February 19th 12-4pm. For information to volunteer or come as a guest for future events, please call Christy Young at (904)484-8443.



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