

July  
2021

Have a Happy & Safe 4th of July

7,500 US MAIL Home & Business  
Delivery to Southern St. Johns  
County Communities Monthly!!

St. Augustine Shores  
St. Augustine South  
Vail Point  
Southwood  
Grand Ravine  
Winding Creek  
Summer Breeze  
Crescent Cove  
South Walk  
and others

# St. Augustine OBSERVER

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

## Then & Now: 50 Years of Veterans Experiences Art Exhibit Opens July 2



“Saddle Up” by Skip Rohde

The St. Augustine Art Association is proud to provide a voice and stage for Veterans with a raw and emotionally-charged exhibition, THEN & NOW: 50 Years of Veterans Experiences, opening on Friday, July 2. This exhibit demonstrates the healing power of art by showcasing eight individuals who use painting, sculpture, poetry and other creative outlets to work through the grief and trauma incurred during their service. They share their experiences from subtle murmurs of anguish to cries for support and understanding. Then and Now merges St. Augustine’s art and history with today’s global military awareness and experiences, providing both an educational narrative and outreach.

A focal point of the exhibit is a replicated five-by-eight-foot holding cell—a special “shout out” to Army Major (RET) Theodore Gostas who was captured during the 1968 Tet Offensive in Vietnam. He was held in captivity for over five years, four-and-a-half spent in solitary confinement.

With eight Veteran artists—five men and three women—the exhibit exudes a powerful message of support, strength and self-help. Together, these artists represent more than (continued on page 8)

## St Augustine South Reflections

Provided by Ruth Hope, SASIA Board



As we move into the 1950s, the history of St Augustine South moves into the realms of living memory. While the original property owners may have passed away, there are several original owners’ children who grew up in the South

and are now themselves property owners in the neighborhood. Of course, memories fade and youthful interpretations of events are framed in a limited general understanding of the world. This review is based in contemporary documentation rather than oral history, although memories might add greater vibrancy.

In 1950, Lewis Point Properties Inc., of Jacksonville acquired the tract of land owned then by Lily Lewis Seneff, inherited from Albert and Lily Lewis. Lewis Point Properties expanded its land holdings from the north bank of Moultrie Creek to almost where SR 312 passes, now. This began the push to develop our neighborhood from the marsh-front forest that bordered the Matanzas River. Houses were sporadically built in the South including 2602 Shore Drive in 1950, and 1002, 1510, 1810 and 2510 Shore Drive in 1954. The St Augustine South acreage was purchased and platted by Florida Speaks Corp. of St Petersburg in 1954. The Corporation began (continued on page 5)

*an original brochure*

Solve Your Winter Vacation  
And Retirement Problems  
FOREVER!

**Really LIVE**  
at  
**ST. AUGUSTINE SOUTH**  
ON FLORIDA'S  
FABULOUS EAST COAST

PRSR SDT  
US POSTAGE PAID  
ST. AUGUSTINE, FL  
PERMIT #132

St. Augustine Observer  
1965 A1A South #120  
St. Augustine, FL 32080-6509



Fireworks over the Matanzas

What better place to celebrate Independence Day than the Nation's Oldest City? The highly-anticipated, widely-loved fireworks show returns to St. Augustine on July 4, 2021. Starting at 6 PM, enjoy live entertainment from the All Star Orchestra in the Plaza de la Constitucion, then head over to the Matanzas Bayfront near the Castillo de San Marcos and the Bridge of Lions at 9:30 PM for the best view of one of the largest fireworks displays on the East Coast.

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

- **St. Augustine Shores:**  
Social Dances Continue in July  
Activity Program Continues  
Board meetings at 6 pm Virtually
- **St. Augustine South:**  
SASIA Meetings Continue  
Club House Rental Continues  
July 4th event postponed to 2022
- **Computer Corner:** Photo -  
From Cell Phone to Computer
- **Financial Focus:** Don't let  
Investments go on Vacation
- **Health Focus:** Dry Needling  
Q&A
- **Sea Turtle Nesting Season**
- **Diaries of a Shores Grand-Dad**
- **Wildflower Meadow**



**Physical Therapy**

- Orthopedic Conditions
- Pre & Post Surgical
- Sports Injuries
- Neurological Conditions
- Vestibular Rehabilitation
- TMJ Disorders
- Dry Needling Certified
- 6 Manual Therapy Certified
- 7 Board Certified Orthopedic Clinical Specialist

**Lymphedema Therapy**

- Certified Lymphedema Therapist
- Cancer Rehabilitation

**Parkinson's Rehab & Wellness Classes**

- PWR Certified Therapist
- Park Avenue Grant

**Speech Therapy**

- Dysphagia
- VitalStim Therapy
- Cognitive Therapy

**1:1 45 minute sessions**

**www.STARSREHAB.org**

**Follow @starsrehab**  

**LOCATIONS**

**South Clinic**

105 Mariner Health Way,  
Ste 213  
p. 904.217.4259  
f. 904.217.4251

**Central Clinic**

(2nd Floor of Solomon Services)  
65 Strongway Court  
p. 904.679.3204  
f. 904.547.2307


**Island Clinic**

4320 A1A South, Ste 7  
p. 904.679.3449  
f. 904.679.3436

**The Parkinson's Health Center**

4320 A1A South, Ste 3  
p. 904.679.3449  
f. 904.679.3436

**STRICTLY SENIOR SERVICES, INC.**





**904-481-6786**  
[www.StrictlySeniors.org](http://www.StrictlySeniors.org)

**Wheelchair Accessible Transportation for Seniors**  
*All with a Caring Advocate in the Drivers Seat!*

Offering both short and long distance trips to/from:

- Medical Appointments
- Community Activities
- Special Occasions with friends and family.
- Airports ( pick up, drop off and flight companions.)



**Residential Matchmaker**

-25+years of experience helping seniors and those who love them find the right care based on personal needs..

-Assistance in finding the most appropriate and affordable assisted living communities and Alzheimer's care.

Call to discuss the best options for you or a loved one!



*Tracey Kuczinski*  
*The Senior Advocate*



*Growing Health Pets and Happy People Together*

# Happy Summer Everyone!

We work to make your visit a positive experience!



**880 Santa Maria Blvd., Suite 10**  
**Saint Augustine, FL 32086**  
**(904) 496-0400**  
**YourVet@ShoresAnimalHospital.com**



# St. Augustine Observer

Published monthly for residents and visitors of St. Augustine, Florida area  
1965 A1A South #120 • St. Augustine, FL 32080-6509  
Email: clifflogsdon@att.net • Online: www.StAugustineObserverOnline.com

**Cliff Logsdon**  
Publisher/Editor

(904) 607-1410  
Email: clifflogsdon@att.net



**Tatiana Diaz**  
Sales & Media

(616) 214-6608  
Email: TatianaObserver@gmail.com



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

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

Information should be received by the 15th of the month in order to appear in the following "Follow us on Instagram and Facebook: @staugustineobserver"

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

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

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

## St. Augustine Shores Community Calendar

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

### Shores Monthly Meetings

- Shores Service Corporation monthly meetings are held on the second Thursday of each month. Virtual Meetings are at 6 p.m. at the Riverview Club due to the COVID-19 virus until further notice.
- Conquistador Condominium Board meetings are held on the fourth Monday of each month at 6

- p.m. at the Riverview Club.
- Fairview Condominium Board meetings are held on the second Tuesday of every other month at 4 p.m. at the Fairview Condo club house.
- Greens Condominium Board meetings will vary. Contact Jeff Edwards at Sovereign-Jacobs at 904-461-5556.
- Casa Bella Condominium 2020 Board Meetings: March 16th- 6pm (Annual Meeting), April 20th- 6pm, May 4th- 6pm, June 15th- 6pm, July 20th- 6pm, August 17th- 6pm, September 21st- 6pm, October 19th- 6pm, November 9th- 6pm, December 21st- 6pm. For Information contact Ellen Lumpkin at 904-461-5556.

## St. Augustine South Community Calendar

**St. Augustine South Improvement Assoc.**  
709 Royal Rd. St Augustine, 32086  
email: staugsouthimpassoc@gmail.com  
www.staugsouth.com  
(904) 794-5129

**SASIA Meeting 3rd wed at 7:00 PM**  
Please join us and bring your ideas on how to improve our wonderful neighborhood! Connect with us on our Facebook.com and NextDoor.com pages: St. Augustine South Improvement Association.

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

### Monthly Meetings at Clubhouse

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

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

### SASIA Board Members

- President - Alan Chappell
- 1st V.P. - Robert Kennedy
- 2nd V.P. - Josh Silcox
- Secretary - Kate Anreise
- Treasurer - Jerri Sue Dawson
- Board Member - Ruth Hope
- Board Member - Cindy Zimmerman
- Board Member - Nicolette Soucy

# Community Classifieds

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

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

**FOR SALE:** Entire house of brand new furniture! Living Room, Dining Room, Bedroom Set with new mattress, All brand new from Babcock. Kitchen appliances, microwave & more. Call 904-687-3362.

**FOR SALE:** (1) Nearly new "Pride" Wedgewood blue lift chair - was \$900 new selling for \$300. (2) Hospital bed in excellent condition best offer over \$100. (3) New H200 "Up Walker" Cost \$600 selling for \$250. (4) motorized hancicap scooter very lightly used \$350 (5) Assorted walkers and exercise equipment available for a best offer. Contact 904-599-3800 for arrangements and directions.

**FOR SALE:** Classic 1971 Triumph Tiger 650 motor cycle. Good condition, second owner. Needs minor work, call for details, \$2500. Serious inquiries only please. Call 904-797-8210.

**FOR SALE:** 2004 Chrysler Sebring Conv. Ltd. 69,000 original mileage, well maintained, 2nd owner, excellent running. \$3000. Please call 904 347-3395.

**FOR SALE:** Friedrich electrostatic electronic air cleaner (model C90B). Used less than a year. Good for 500+ square foot room - makes the air smell sweet! \$200. Will deliver locally. 904-495-4524.

**FOR SALE:** (1) Large "Have-A-Heart" critter trap (2) Jeep Wrangler "NEW" Accessories '07-'17 (3) Sherwin Williams New-Unopened Deck Stain-Light Gray (4) New 25' 30 Amp Briggs & Stratton Generator Adapter Cord Set (5) Stihl Accessories. Call 904-534-3357.

**FOR SALE:** Classic 1988 Chevy S-10 pickup, 56,241 actual miles, mechanically good, new battery, very low mileage since new brakes and tires installed, excellent original upholstery and headliner, needs paint. \$3,000. Call to make arrangements to see: 904-797-1984.

**FOR SALE:** 16-foot fiberglass canoe. No leaks in good condition. \$75. Call 860-460-8609. If no answer leave a message.

**FOR SALE:** (1) Bell South 2.4 GHZ Analog Cordless Phone, never used \$15.00 (2) Bell Quick Mount Bike Carrier, fits 2 bikes \$15.00 used once (3) Ozark Trail Twin Size Bed for camping, stay overs \$5.00 (4) Northwest Territory Manual Air Pump with different adapters \$3.00 Please call Betty (904-797-5275).

**FOR SALE:** (1) Vive Health 3 wheel battery charged mobility scooter like new now selling half price for \$350. (A brand new one costs \$700) Top speed 3.7 mph. (2) 2014 GE Countertop 1200 Watt Microwave Oven. 2.0 cu. ft. capacity with 16" turntable. Works great! \$100. (3) Standing 5 foot tall elegant floor lamp with Tiffany style shade and 2 lights. \$50. Call Scott 904-794-1299.

**WANTED:** Female seeks waking partner in the Shores. Please call 904-687-3362.

**WANTED:** Used camping equipment. Cooking equipment, gas stove, gass grill, cooler, pots & pans. Call Nancy 904-806-2060.

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

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

**WANTED:** Part time babysitter for 3 year old boy. My home or yours (prefer a little one in their home). Call Nancy at 904-806-2060.

**House Cleaning & Pressure Washing:** We are a new to the Shores couple who are available for house cleaning and most outdoor jobs. Excellent references upon request. Mature, with years of experience. We look forward to hearing from you! Call Linda at 904-615-3489.

**SERVICES OFFERED:** Upholstery, Drapes, Throw Pillows or simply need dining room chair seats recovered. Please call Deborah 916-316-1155.

Please support the  
businesses in the  
Observer!

They make this  
publication possible...  
Thank you!



**Will Russell**

- Shores Resident
- Real Estate Agent
- Whether Buying or Selling I can help make it happen!

Call Now for a Free Market Analysis of your Property!!!!  
**(904) 814-7305**  
will@EndlessSummerRealty.com  
"Helping Dreams Come True"



521 A1A Beach Blvd.  
St. Augustine, FL 32080  
Office (904) 461-8878  
Fax (904) 461-8879

## DRYWALL FINISHING

Repairs and Texture  
40 years experience  
Reliable and Local  
Small Business

**CALL GARY MAGGIO**  
**(904) 377-5173**

## Mass Rock LLC

Lawn Service  
Landscaping  
Pavers  
Pressure Wash  
Handyman Services

**904-392-9630**  
Licensed & Insured

# St. Augustine Shores & South News & Events

## Shores Riverview Club Activities

**JULY DANCES:** RSVP required: Call 904.794.2000 or [www.staugshores.org/dance-rsvp](http://www.staugshores.org/dance-rsvp).

**Guests: \$15.00/pp.** Dance Club Members: Free **\*\*BYOB\*\***



**Early Social  
Soul Fire**  
Saturday, July 10<sup>th</sup>  
7 pm to 10 pm



**Main Social  
Tim Rippey**  
Friday, July 23<sup>rd</sup>  
7 pm to 10 pm

**FREE for Activity Members, guests are \$5.00/pp/class** (unless specified).

<b>Bridge</b>	Will resume in September
<b>Chicago Bridge</b>	Will resume in September
<b>Card Game</b>	Will resume in September
<b>Mah Jongg</b>	Will resume in September
<b>Chair Yoga</b>	Class led by Nancy, Mon, Wed & Fri at 10:45 am. A gentler form of yoga for those whom balance is an issue.
<b>Yoga</b>	Class led by Nancy, Mon, Wed & Fri at 9:00 am.
<b>Evening Yoga</b>	Class led by Crystal, Wednesday at 5:30 pm.
<b>Exercise Class</b>	Led by Marcia Tuesday and Thursday at 9:00 am.
<b>Dance Class</b>	Class is cancelled until further notice.
<b>Line Dancing</b>	Monday at 6:30 pm and Wednesday at 10:00 am.
<b>Tai-Chi</b>	Class is cancelled until further notice
<b>Zumba</b>	Tuesday at 5:30 pm Zumba with Mary Beth.

### Upcoming Events at the Riverview Club

**Early Social: Zig-Zag, Saturday, August 7 - 7 pm to 10 pm**

**Main Social: Nostalgia, Sunday, August 22 - 6 pm to 9 pm**

## 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. All are welcome!

Meetings are the Third Wednesday of every month at 11:00 am. Our next meeting will be on July 21, 2021. Location: Suite 1010 Flagler Hospital (Cancer Education and Support Center) and via ZOOM. Please call 904-819-4742 for zoom invite or for more information.



## SASIA News and Calendar of Events

by Ruth Hope, SASIA Board

Along with many neighbors, SASIA will take a summer vacation in July and August 2021 with no meetings and events. The next SASIA General Meeting will be Wednesday September 15, at 7pm in the Clubhouse 709, Royal Rd

- SASIA Fourth of July Celebration: Postponed until 2022
- St Augustine South Fall Festival: Cookout, local live band, children's bouncy castle etc. Saturday October 16, 12 noon to 4pm. in the Clubhouse grounds, 709 Royal Rd
- Huge Community Sale: Clear out your garage or attic -- sell your no longer needed gear from your car trunk or on stall in the SASIA Clubhouse grounds. Food truck and beverages on sale. One Saturday in October -- date will be finalized once the Fall Festival date is decided
- Fall Plant & Seed Swap: one Saturday end October/beginning November in the picnic pavilion 709 Royal Rd. Date to be decided; will be announced on NextDoor
- SASIA Arts & Crafts Fair: Saturday November 13, at the Clubhouse 709 Royal Rd. A great opportunity to find Holiday gifts for family and friends, from local arts & crafters
- SASIA Holiday Event: December 4. Santa's arrival and Holiday tree lighting, hot apple cider from 5pm to 6-30pm; Live music, mulled wine and adult social from 7pm. SASIA Clubhouse

**Clubhouse Rentals:** The SASIA Clubhouse at 709 Royal Road is available for private hire. Call Theresa on (904) 794-5129 to make your booking.

SASIA needs new members to join the Board in 2022, and volunteers for the subcommittees and social events. Everyone in 'The South' is welcome.

Connect with us on our [www.Facebook.com](http://www.Facebook.com) and our [www.NextDoor.com](http://www.NextDoor.com) pages: St Augustine South Improvement Association.



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

### Summer Is Here – So What Shall We do?

Now that the warm, sunny weather is here (well, mostly) and we all emerge from a long, hard year of lockdowns and isolation, you may be asking yourselves "what shall we do today?" We are blessed to live in a state and city which offer a myriad of attractions but if you do not want to travel far from home, we have a great deal to offer right here in the community.

The Riverview Club is now re-opening and yoga and line dancing classes are filling fast. Access to the library is available during normal office hours for those who enjoy a good read. The swimming pool is open and very busy and the water aerobics are taking place again.

For those who enjoy a little physical exercise, there are miles of walking and cycling trails around the community, many of them through the more picturesque areas and around our attractive lakes. Canopy Shores Park and Vail Point Park, both maintained by St. Johns County, offer walking paths, pavilions, exercise equipment, canoe launch, and children's play area. There is also a play area behind the Riverview Club along with 2 horseshoe pits (bring your own pins and horseshoes).

The baseball park on Shores Blvd. seems to be favored by dog walkers and golfers practicing their swings – don't forget to visit the golf club when you have had enough practice! Sadly, the ballpark does not seem to get used much for baseball. Anyone interested in starting a league? However, the tennis courts remain popular.

If your interests lean more towards fishing, the pier is accessible by key card and the lakes appear well stocked – don't forget to check the Florida fishing license requirements.

Further information for many of the available activities can be found on the St. Augustine Shores website.

It just remains to wish you all an active, enjoyable and safe summer. Take Care.  
St. Augustine Shores Service Corp. 790 Christina Drive | St. Augustine, FL 32086  
904-797-6441 | [www.staugshores.org](http://www.staugshores.org)

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

- Not thrown on lawns or driveways
  - Documented delivery By U.S. Postal Service
  - No Subscription Required in some areas...
- call 904-607-1410  
to advertise your business or service.



## JORGE'S HANDYMAN SERVICE, INC.

### TRIM & FINE FINISH CARPENTRY

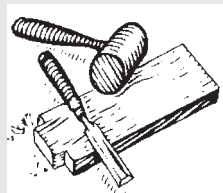
Custom Interior Woodwork

Cabinets • Closets • Shelves • Doors  
REMODELING AND RESTORATION

Free Estimates (904) 315-8550

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

Shores References Available



Lic. # ST-7256



## TEMPLE BET YAM

A Reform Congregation

Led by Rabbi Dr Nadia Siritsky

2055 Wildwood Dr., St. Augustine, FL 32086

Religious School

904-819-1875 • [www.templebetyam.org](http://www.templebetyam.org)

# St Augustine South Reflections

(continued from page 1)

subdividing its land holdings and selling off chunks of property to speculators and corporate entities. Harry Russo, staff writer of the St Augustine Record, reported in 1988 when there were approximately 1800 homes in the South that the Corporation sold 40-by-100 foot lots through an international advertising campaign. The South became “the original melting pot” of St Johns County where non-Floridian settled in mass numbers and lots were owned by citizens of Spain Germany, and South America.

Photographs from 1954 show bulldozing and digging. Brochures advertised the South as the solution to winter vacation and retirement problems FOREVER! Emphasis was on Florida sunshine and that the full price was only \$250 per lot which were all 40 feet by 100 feet. A minimum of two lots and no more than five lots were to be sold to a purchaser, with a requirement for a minimum of 3 lots for corner homesites. Best of all, purchasers could put \$25 down and then pay \$5 per month. Unbelievable as it may seem now, people bought lots by mail order without seeing the property. Some invested in homesites for their children as well as for themselves. However, Florida Speaks offered the potential to exchange lots for the same number of other available lots, without additional cost, at any time prior to delivery of property deeds. There was no obligation to build on lots purchased, but under the contract of sale, purchasers were required to obtain approval for any building they wished to erect on their property.

The Sales Office was on US1 immediately south of the first entrance to the South, which looked barren and dusty compared to the lush growth currently on undeveloped lots near gate 1.



## St. Augustine Travel Club

### St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas – well, not right now but planning - on Saturday, March 26 –April 2, 2022 on the beautiful Norwegian Escape out of Port Canaveral to the Eastern Caribbean ports of Puerto Plata (Dominican Republic), Tortola (British Virgin Islands), St. Thomas and Norwegian’s private island Great Stirrup Cay in the Bahamas for a 7-day cruise. Prices start from \$1059.39 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Balconies, Oceanviews and Studio Singles are also available at additional cost. Book now with a \$250 p.p. deposit and receive \$100 per stateroom On Board Credit, Free Beverage Package and more. Should NCL have to cancel the cruise, full refund would be issued by NCL. Call Peter, St. Augustine Travel Club at (904) 797-3736.

### St. Augustine Travel Club Meeting

Good news from the Southeast Branch Library. We will resume our travel club meetings in September. July and August are recess months for the travel club, as many snowbirds go north, and others on vacation. 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. Also, some of our participants have provided a presentation based on their own travel experiences. Look for the announcement in an upcoming paper and on the library website for the September meeting. We also organize a cruise in the Caribbean region once a year. Till then, enjoy your summer and we look forward to resuming our gatherings at the Southeast Branch Library, 6670 US 1 South. If you wish to contact, call Peter Dytrych at (904) 797-3736.

# JOY

*Find Joy at Shores*  
**United Methodist Church!**  
724 Shores Boulevard  
St. Augustine, Florida 32086  
(904) 797-4416  
Visit [www.shoresumc.org](http://www.shoresumc.org)  
for online services  
**Drive-In Worship Service**  
(Rain or Shine) – 9:00 am  
**Inside Worship Service – 11:00 AM**

## County Commissioners Approve Dune Enrichment Project

The St. Johns County Board of County Commissioners unanimously approved an approximately \$34 million Federal Emergency Management Agency (FEMA) dune enhancement project on Tuesday, June 15.

The project will focus on strengthening the coastline dunes in Ponte Vedra Beach, South Ponte Vedra Beach, and the southern three-quarters of a mile in Crescent Beach. The emergency dune enhancements will provide extra protection to homes, businesses, and infrastructure, and will be an added defense for our coastline against future storm events. The project is currently in the permitting phase, with work anticipated to begin in September and completed in December. Due to the volume of sand authorized by FEMA, trucking has been identified as the only viable construction option. There may be intermittent beach closures within designated work areas due to sand placement, tidal conditions, and other public safety-related factors.

Residents and visitors can expect to see project preparations beginning in July.

St. Johns County is currently accepting voluntary temporary easements from property owners in the approved project areas who wish to participate in receiving additional dune protection. Easements will be accepted throughout the project, as long as the request is made within two weeks of the project reaching the property related to that particular easement. The deadline to rescind easements is July 1.

A portion of Cornerstone Park in Ponte Vedra will be used as a staging area for the project. This project will also utilize access points at Mickler’s Landing Beachfront Park and other suitable private lots. Access to Mickler’s Landing Beachfront Park will be restricted for beach visitors Monday through Friday. A portion of the parking lot and the beach walkway will remain open on weekends. All project areas will be continually monitored for protected species and environmental impact. For additional information, please visit [www.sjcf1.us/CoastalProjects/FEMADunes](http://www.sjcf1.us/CoastalProjects/FEMADunes), email [coastalprojects@sjcf1.us](mailto:coastalprojects@sjcf1.us), or call 904.209.0260

## St. Johns County Art in Public Spaces Exhibit Features Members of the Foster Care Community

St. Johns County’s Art in Public Spaces program is excited to host the “Experience and Expression” art exhibition through July 5 at the County Administration Building, 500 San Sebastian View.

Launching during National Foster Care Month, this exhibition features artwork by youth in St. Johns County’s foster care community and is hosted in partnership with the St. Johns County Cultural Council, the St. Johns County Family Integrity Program, St. Augustine Youth Services, Fostering Connections St. Johns, and the Florida Guardian ad Litem Program.

Visitors are invited to view the exhibit from 8 a.m. to 5 p.m., Monday through Friday.

To learn more about the St. Johns Cultural Council, please visit [www.historiccoastculture.com](http://www.historiccoastculture.com).

## Do You Have Community News to Share?

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

Please contact Editor

email: [clifflogsdon@att.net](mailto:clifflogsdon@att.net) or call 904-607-1410

OPEN!

OPEN!

### Fran’s Knitting Boutique

“Quality Yarns & Accessories”

- Hand Knitting
- Crochet
- Machine Knitting
- Classes Available

904-797-9951

2765 US 1 S., St. Augustine 32086

### Heritage Baptist Church

*“A Warm & Friendly Fellowship”*

Sunday School	9:30 a.m.
Morning Service	10:30 a.m.
Evening Services	5:30 p.m.
Wednesday Night Services	7 p.m.

1480 Wildwood Drive  
St. Augustine, FL 32086  
904-824-8888

## News From Around St. Johns County

### First Coast Card & Newcomers Club

#### JULY

##### 1) First Coast Florida Lifestyles Newcomers Card/Games Club Events:

Tues., July 6th. Kookaburra Coffee. St. Augustine. Arrival: 2P. Start: 2:15P. Buy 1 Item for Mgmt. sitting time. Masks Worn.

Sat. July 10th. Lunch/Cards. Cafe, Vilano Beach, St. Augustine. Lunch Arrival: 11:45A. Cards: Approx. 12:30P-3:15P. Buy Entree for Dining Room time. Masks Worn.

Sun., July 18th. Board Games-Rummykub or Suggestions. Kookaburra Coffee S., St. Augustine, FL. Arrival: 2:15P. Games: 2:30P. Buy 1 Item for Mgmt. sitting time. Masks Worn.

Sat., July 31st. Dunkins. St. Augustine, FL Arrival: 2:00P. Cards: 2:15P. Buy 1 Item for Mgmt. sitting time. Masks Worn.

Please Contact Our Club Organizers To RSVP Yes In Advance and to receive the Venues & Addresses To: 904-829-0643. Days/Evenings. Phone Calls Only. Open To Both Men/Women. Smoke/Drug Free.

##### 2) First Coast Florida Lifestyles Newcomers Recreation & Activities Club Events:

Fri. July 2nd. Dinner/Top Shelf Classic Rock N Roll Band. Classic Diner Cafe, Orange Park, FL. Arrival: 7PM. No Cover.

Sat., July 3rd. Independence Day Holiday Event. Dinner-Golden Corral. Celebration-By Town Ctr. Lake after eating. Palm Coast, FL. Dinner Arrival: 5PM. Music/Fireworks. Bring your own snacks/beverages. No Food Provided. No Alcohol. BEST in NE Florida! FREE.

Fri. July 9th. Food Trucks-Classic Rock N Roll Band. Outside Park Gazebo. Green Cove Springs, FL Arrival: 4:30P. FREE.

Thurs. July 22nd. Classic Rock N Roll Band Concert. Outside. St. Augustine FL. Arrival: 6P. Bring Your Chair, Beverage/Snacks. FREE.

Thurs., July 29th. Classic Rock N Roll Band Concert-70's. Outside. St. Augustine FL. Arrival: 6P. Bring Your Chair, Beverage/Snacks. FREE.

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

### PAM Jam 2021

by Tatiana Diaz

Poets, artists and musicians are reuniting this summer for another jam session during the grand opening of the Cultural Center of Ponte Vedra Beach from 10 a.m. to 8 p.m., Thursday, July 15, 2021 at The Link, located at 425 Town Plaza Ave, Ponte Vedra Beach, FL 32081.

During its inaugural jam session, PAM Jam STA brought together St. Augustine's finest artists in music, poetry and art for an interactive art exhibit. This summer and fall the organizers of PAM Jam STA hope to bring the same energy and experience to Ponte Vedra Beach and Jacksonville.

"PAM Jam is a platform where poets, artists, and musicians come together to inspire, collaborate and create a video that showcases their talents," said PAM Jam Coordinator Loretta Leto in a press release. Other PAM Jam events are slated to take place in the fall. For more information on where to catch the next PAM Jam, visit pam-jam.com.



### Food Distribution At Awaken City Church

Awaken City Church distributes food every Tuesday evening from 5:30-7:30 pm at 84 Theater Drive suite 400 (two doors down from Epic Theater in St Augustine) - no requirements.

**"I only want cremation."**

**Flagler Memorial Cremation Society**

**669-1809**

2600 Old Moultrie Road • St. Augustine

### July Poetry News

by Chris Bodor

On the last Sunday of this month, July 25th, read two or three of your polished poems or share fresh ink from your notebook during St. Augustine, Florida's longest running open mic poetry event.

Please share your words and embrace the local poetry scene. The theme will be "Summer Daze." Think days of the beach, and opportunities just out of reach. Think of hazy days outside, and living outside of the box. The writing prompts are always just a suggestion, and you are free to follow it or not. What is important is that the audience gets to know you and your creative words. If you would like to share a poem, please show up at 2:30 p.m. on Sunday, July 25th, and get your name on the list. There is room on the list for 15 poets at five minutes each. At 3 p.m. the readers will be called to the podium in the order their names appear on the sign-up sheet.

Please go to Ancient City Poets website to get up-to-the-minute information on the downtown location of the reading in St. Augustine. Pop-up coffee and sweet treats for sale by Ancient City Brunch Bar. For more info, please go to the group's website at [www.bodor.org](http://www.bodor.org).

### Art Studio News

from Paul Slava

We have some great things Happening for July. Our First Friday, July 2nd Artist of the Month will showcase Member Melodye Stimpel. Her love of color and texture has developed into many styles and themes over the years. In daily life

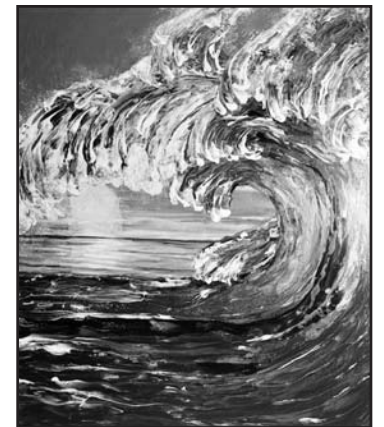
she is a clinical research professional who runs global trails from her St Augustine home office ... an office that is also her art studio! Melodye is constantly researching new methods to incorporate in her art. Her focus shifts from time to time, meandering between watercolor, pastels, oils, pallet work and even some pen & ink. More

recently most of her work is in acrylics using a pour method, then embellishing with a brush. She often incorporates elements of the natural world in her art, including leaf prints, sea fans and shells.

Her works and the Member's Show Opens with a reception Friday evening at 5pm until 8pm, join us for a beverage and snacks and meet the artist. The show runs through July.

We are also proud to be a partner in The Saint Augustine Beach Civic Association's weekly event "Music and Art by the Sea". Which happens every Wednesday evening the Studio will be open for its regular hours of 12pm to 5pm, but on Wednesdays will be open late until 7:00pm or even later if there are visitors...we will have extra exhibitions and also set up outside the Studio as well. Stay afterwards to enjoy a Free Concert in the County Pavilion. This series runs to September.

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 Cultural to the community and offers classes, special events, exhibitions and rental space. For more information visit us at [www.beachartstudio.org](http://www.beachartstudio.org), Facebook or call 904-295-4428.



Rent our spacious & elegant ballroom space for your next event!



Wedding  
Birthday  
Baby Shower  
Fund Raisers  
Holiday Party  
Class Reunion  
Graduation Party

**RIVERVIEW CLUB**  
SAINT AUGUSTINE SHORES  
790 Christina Drive  
St. Augustine, FL 32086  
904.794.2000

## The Wildflower Meadow Group

The swamp sunflowers Pat Piccione donated to the meadow have taken root and are growing well. Here's hoping they continue and will bloom in the fall. Thanks to Janet and Russel for diligently watering them.

In May our group hiked in Matanzas Forest and thanks, again, to Marlene for some of her photos.

While pulling out lawn grasses by the roots early one morning, I discovered I was also pulling out a lot of tiny little vines attached to the grasses. Those vines are tiny but, let me tell you, they are as much a threat to wildflowers as lawn grasses. In the area where I worked I uncovered several coreopsis, horsemint, and some gallardia which now have the sunlight they need to grow and bloom.

And now for the Yucca filamentosa (also called Adams Needle, Yucca Curly leaf, Yucca Spanish Bayonet, Spoon leaf Yucca): there's one in the meadow that has a stem about 8 feet tall, as I write this, and its flowers are about to bloom for the first time since we planted it fifteen years ago. How often does a yucca bloom? I looked it up on Google. It's a slow growing plant, thus the fifteen year wait, but once it blooms it should bloom every year thereafter. Yucca is a perennial succulent and native to hot and dry areas in the southeast.

We meet at the meadow near the Riverview clubhouse at about 8:30 the first Saturday of each month and usually work for a couple of hours. We also try to have a hike once a month. We're an informal group without officers or dues and hope you will join us. You can join us for hikes only, work in the meadow only, or both.

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



Yucca



Sabatia Grandiflora



Wild Petunia

## Elks Care. Elks Share.

by Tatiana Diaz



Pictured L to R: Kevin Walsh - Trustee, Joe Cinney of St. Gerards, Kathy Walsh - Outreach Chairperson, Rich Bastedo Member, Elizabeth Bastedo Member

The local Elks Lodge #829 members delivered approximately nearly \$900 worth of diapers, baby clothes and other baby care items and money to the St. Gerard Campus to support mothers and pregnant women in need in St. Augustine back on late May.

The St. Augustine Elks Lodge 829 is a "non-political, non-sectarian fraternity, and strictly American fraternity," according to their website elks829.com. The purpose of the fraternity is "to promote and practice the four cardinal virtues of charity, justice, brotherly love and fidelity; to promote the welfare and enhance the happiness of its members; to quicken the spirit of American patriotism and cultivate good fellowship."

For more information on the St. Augustine Elks Lodge 829, visit their website elks829.com or call (904) 471-2829.

**Anderson**  
**PRESSURE WASHING**  
**HOMES, BOATS, POOLS**  
**DECKS & RV'S** *Call Doug!*  
 LICENSED, INSURED, LOCALLY OWNED  
**PH: (386) 385-2706**

**Neptune Society™**  
 AMERICA'S MOST TRUSTED  
 CREMATION SERVICES  
**COLEEN CURTIN**  
 CERTIFIED PRE-ARRANGEMENT ADVISOR  
**904.460.4845**  
 Email: [coleen.curtin@sci-us.com](mailto:coleen.curtin@sci-us.com)  
 "Servicing the St. Augustine, Palm Coast and Jacksonville areas"

**MORRELL PLUMBING**  
 OVER 35 YEARS EXPERIENCE!

**WILLIAM MORRELL**  
 74 OCEAN CAY BLVD  
 ST. AUGUSTINE FL 32080  
 609-827-8570  
 609-634-6781  
[WILLIAMJ MORRELLJR@COMCAST.NET](mailto:WILLIAMJ MORRELLJR@COMCAST.NET)

RE-PIPING  
 NEW CONSTRUCTION  
 CUSTOM HOUSES  
 REMODELS  
 GAS PIPING  
 NO JOB TOO BIG OR TOO SMALL!  
 LICENSE # BL-6049

*Melissa McCall Owen*  
 REALTOR

Happy 4th July

**Melissa McCall Owens, PA**  
**Realtor**  
**904-377-3960**  
[melissa@melissaowen.com](mailto:melissa@melissaowen.com)



## • ST. AUGUSTINE • ART ASSOCIATION

### Then & Now: 50 Years of Veterans Experiences Art Exhibit Opens July 2

50 years of military history from the Cold War to recent Middle East hostilities. They have served around the world—Europe, Vietnam, Cuba, Iraq, Afghanistan, Japan, Bosnia to name a few, and their backgrounds are diverse in both civilian life and military service.

The exhibit, sponsored by Nissan of St. Augustine, opens on Friday, July 2, and will be on display through August 22, 2021. The Veteran artists will be on hand from 5-8pm during First Friday Art Walk to meet with patrons and share the stories behind their work.

The St. Augustine Art Association gallery is located at 22 Marine Street and open free to the public Tuesdays through Sundays 1:00pm to 4:00pm. For complete details on THEN & NOW, visit [www.staaa.org](http://www.staaa.org) or call (904) 824-2310 during gallery hours.



“Julian Woods” by Cliff Leinard



“Stigma by Sssaon Murphy

## Parks & Recreation Summer Exploration Camps

Looking for an opportunity that will allow your children a chance to explore the outdoors and gain valuable educational experience? Registration is now open for our summer Explorations Camps for both elementary and middle school age children. Camp for kids ages 5 to 8 will be from 7:30 a.m. to 5:30 p.m., August 2 through 6. Camp for kids ages 9 to 12 will be from 7:30 a.m. to 5:30 p.m., August 9 through 13. Camp for kids in grades 6 through 9 will be from 9 a.m. to 4:30 p.m., July 19 through 23. Campers will explore our local ecosystems, study native wildlife, and attend a variety of field trips. Call 904-209-0365 or email [sjcparksandrec@sjcfl.us](mailto:sjcparksandrec@sjcfl.us) to learn more about these camps or to register.



## Butterfield Garage's Feature Artist for July 2021 is Photographer Dan Voellinger



He will present an artist talk First Friday July 4, at p.m., and host a workshop later in the month.

Dan Voellinger has developed an eye for recognizing and composing the “money” shot before he even lifts the camera. His experienced eye, and questioning mind observes the world as he moves thru it, looking for the unique perspective of an iconic scene. Dan is often seen roaming the streets of St. Augustine and surrounding areas, with a camera in his hand. His photographs have become popular with collectors and visitors alike.

Dan is also offering a free “BYOC (Bring Your Own Camera) Workshop” to share his expertise on Friday July 16, from 9-11:00am, at Butterfield Garage. This workshop is open to the public, and offers the opportunity to ask camera questions from an expert, and learn new techniques on how to capture the best images with your camera. Computers will be available with large monitors to provide feedback on what can be done in Photoshop to improve your photos. Seating is limited to 15 people. Call the Butterfield Garage Art Gallery at 904-825-4577 to register.

Dan is one of the Directors at the Butterfield Garage Art Gallery, which carries the works of four photographers, making this gallery a “must see” gallery in St. Augustine, Florida if you have a deep interest in photography. The gallery is open 7 days a week from 11am-5pm, and til 9pm on First Fridays.

**“A TRUE IN-LAW SUITE”**  
This 3/2 home, with in-ground screened pool, is connected by breezeway to the 728 sq. ft., fully equipped, in-law apartment.

**\$389,900**  
MLS# 267654

**CUI REAL ESTATE**

Charles Umpenhour, Inc  
Sue Poleski, Realtor 386-338-4567  
Bill Paterson, Realtor 386-500-3036

**Massage Therapy**  
“Neuromuscular Therapy, Integrative, Myofascial Release, Relaxation”  
Nancy Lavin LMT  
904-323-2842  
[nancyreply@gmail.com](mailto:nancyreply@gmail.com)  
4475 US Hwy 1 South, Suite 401  
# MA19606 # MM20376

**Casa Benedetto's Ristorante**  
“Authentic Homemade Italian Specialties and Desserts”  
Open 12 pm - 8 pm Mon -Thurs, 12 pm - 9 pm Fri & Sat  
Trays of food and baked goods available for catering.  
#1 restaurant in St Augustine per Tripadvisor  
**(904) 471-5999**  
197 Blackford Way Unit F  
Shores Village Plaza US 1 behind Walgreens

**CRAIG**  
FUNERAL HOME • CREMATORY • MEMORIAL PARK  
**(904) 824-1672**  
[www.CraigFuneralHome.com](http://www.CraigFuneralHome.com)





**MOHAWK**

**MORE QUIET  
MOMENTS  
ARE MADE ON  
MOHAWK**



**904-824-4311 • 1670 U.S. 1 South**  
Next to RE/MAX 100 Realty

CARPET • VINYL • TILE • WOOD • LAMINATE

[www.staugustineflooring.com](http://www.staugustineflooring.com)  
[info@staugustineflooring.com](mailto:info@staugustineflooring.com)



Family-founded and family owned, Riverside Cottages is the caring choice for your beloved one's assisted living or memory care needs.

With our tranquil neighborhood setting, world-class dining, and high staff-to-resident ratio, you can be confident that your family member is receiving attentive care and engaging lifestyle activities in a homelike environment.



# EYE CENTER OF ST. AUGUSTINE

THE EYE SURGERY CENTER OF ST. AUGUSTINE



Paul W. Hund III M.D.



Todd P. Thompson M.D.



N. Patrick Hale M.D.



Russell W. Nelligan M.D.\*  
\*Cornea Specialist



Michael A. Dagostino O.D.



Todd S. Hockett O.D.

- Cataract & Lens Implant Surgery
- Diabetic Eye Exams
- Glaucoma/Retinal Disease
- All Eye Laser Procedures
- Ophthalmic Plastic Surgery
- Optical Shop On Premises

1400 US Highway 1 South  
St. Augustine, FL 32084  
Just North of Target  
**904.829.2286**

319 West Town Place, Ste 8  
St. Augustine, FL 32092  
World Golf Village  
**904.940.9200**

10 Florida Park Drive, Ste A  
Palm Coast, FL 32137  
**386.445.1279**

800 Zeagler Dr., Ste 120  
Palatka, FL 32177  
**386.328.8369**

Best Vision Center  
12 Years

AAAHC Accredited  
Surgery Center



Visit Us On The Web At [www.eyecenterstaug.com](http://www.eyecenterstaug.com)

Physicians Dedicated To The Care Of Your Eyes

**(904) 342-2590**

**471 Shores Blvd • St. Augustine 32086**  
**riversidecottagesALF.com**

License # AL12763

Call us today!

# ST. AUGUSTINE'S PREMIER AGENCY FOR HOMEOWNERS INSURANCE



Now is the time to **RESHOP** your Home Insurance

Home • Rental • Condo • Short Term Rental • Auto  
Shores & South Communities  
Premier Agency for HOME Insurance

Desired Coverage	Yearly Premium*
Personal Property at actual cash value possible	
\$150,000	\$1,050
\$160,000	\$1,095
\$170,000	\$1,145
\$180,000	\$1,190
\$190,000	\$1,240
\$200,000	\$1,285
\$210,000	\$1,335
\$220,000	\$1,380
\$230,000	\$1,425
\$250,000	\$1,520

**DISCLAIMER:** \*Based on 1984 Masonry Home, Hip roof less the 15 years old, \$2,500/2% deductibles, \$100,000 liability, home at replacements cost.



Barbara & Norman Sapp



Vipula Patel



**FIRST FLORIDA INSURANCE**  
**“QUOTE CHALLENGE”**  
**CALL, CLICK FOR INFORMATION**

904-540-1499 • [www.firstfloridainsurance.com](http://www.firstfloridainsurance.com) • [vipula@firstfloridainsurance.com](mailto:vipula@firstfloridainsurance.com)

MEMBER (FAIA) • AFFILIATE MEMBER BOARD OF REALTORS • A&B RATED CARRIERS WITH AM-BEST Trusted Choice

## ONLY YOU KNOW & I KNOW

You often hear Realtors talking about the MLS like it's something that everyone should have intimate knowledge about. This "Only You Know" will de-mystify the MLS.

Let's start with this: even though MLS is a Trademark of Major League Soccer, we are not talking about that. We are talking about the "Multiple Listing Service". Realtors are engaged by Sellers to market their properties and enter into "Listing Agreements" whereby Realtors will "cooperate" with one another to sell each other's listings. A Realtor working with the buyer will be offered a rate of compensation that is disclosed in the MLS system. Since the late 1980's/early 1990's (before many of today's young Realtors were born, lol), Realtors would enter property information with photos and facts and a creative descriptions into the "Computerized MLS system". That system is still here today and is better than ever. **Here is why the MLS of today is critical to Buyers and Sellers alike:**

- The local St. Augustine & St. Johns County MLS has over 800 members. (Our local MLS uses "Paragon" for its MLS system). For sellers this info is important - **now you know** how many potential Realtors may be working with buyers to sell your home. Also, the MLS contains a **Competitive Market Analysis (CMA)** program with which a skilled Realtor can produce excellent written evaluations for your property. Various Realtors have very different skill sets when it comes

to using the Paragon MLS and when it comes to properly marketing properties. Get the right Realtor that will explain how it all works. For **Buyers**, the Paragon MLS system gives Realtors far **superior searching capabilities** than any other website that you have access to – this is the reason to get with someone who knows how to use Paragon MLS. I'm a Certified Paragon Trainer - so you can call me please!

- The Northeast Florida MLS has well over 7,000 members (many of them are members of our local St. Aug. MLS). For **Sellers** this is important - **now you know** that you have an even larger reach to more potential Realtors and their buyers. For **Buyers**, the "Real MLS" (formerly known as Flex) will sometimes have listings in our local area that have not been entered into the local Paragon MLS system. This means that **you need someone with access and knowledge of both systems** (or access to the best app that cuts through both systems – I can get you access to that app).

Whether you are Buying or Selling, you really need a professional Realtor to explain to you how things work and demystify technology for you. Call me please to find out how your experience can be – "Always Better".



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

## "Diaries of a Shores Grand-Dad"

by Dirk Schroeder

This issue of the Diaries will come out just before the 4th of July – Independence Day. It seems like, few people celebrate the history of our Independence. Instead, many people see it as a day off or a long weekend to get together with family and friends, go have some fun, go to the beach or out on the waterways, share some All-American food and watch the fireworks (not that there's anything wrong with that). History may not be the focal point of the 4th of July but it could be. When you wake up on July 4th, celebrate that we are the United States of America (if we had lost the fight with the British we could be a colony of theirs today and be speaking with a British accent). Maybe you can start the day with the Pledge of Allegiance. As a kid, I remember reciting the Pledge every morning in school.

Our Independence wasn't given to us - our Patriots had to fight the British for it. "The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States." This quote can be found in the Preamble to the Declaration of Independence. You may want to read that Document on Independence Day. When was the last time you did that (if ever).

If you've planned ahead, you probably have an American Flag that you can fly proudly on your property. If you don't have one or yours is old and tattered then buy yours now before there's a run on them - look for the ones Made in USA. Annin is the largest US manufacturer of American

Flags.

Show your pride by wearing something red, white and blue on Sunday. If you're grilling out, before you take a bite, how about taking out a moment to say a prayer to God for always providing for us. Thank and bless the farmers and all of the workers who made our meal possible. Pray for our friends and family and pray for our country and our soldiers and all of our first responders and public servants. Celebrate the good that is the United States of America! Celebrate our rich history with all of its warts and barnacles because it has caused us to become "always better".

In our Promised Land, you can be a Prisoner or a President - the choice is yours. The Land of Opportunity is free for all Americans. Anyone can flourish here with an open mind and a will to work harder and work smarter.

As an immigrant, I love the USA. When I watch the fireworks, I am thinking about all of those who made it possible, who have sacrificed their lives in the fight for Independence, created our Declaration of Independence and made our country the envy of the world. I gladly put my hand on my heart and sing God bless America and the Star Spangled Banner. When I take a knee – it's in my place of worship and I thank God for my first Amendment.

On this day, may you enjoy your freedom and your blessings. Love your country. Celebrate what unites us! On that patriotic note, I wish you, as always, a Sunshine State of Mind!

## American Flag Rescue (AFR) Program

The American Flag Rescue (AFR) program was initiated in 2019 after St. Johns County Solid Waste Management staff observed worn and damaged American flags in drop-off garbage containers at the Tillman Ridge facility. Although some flag collection containers already were in place in several stores that sell American flags, more collection points were clearly needed. The initial shipment of new flag collection boxes was funded by local radio personality Kevin Geddings. These units were placed in St. Johns County libraries. Of the nearly 1,000 flags collected in 2020, about 10% were reusable and these are available to the public. Damaged flags are retired according to established protocols by local Scout troops and veteran's organizations.



An American Flag booklet provided by Supervisor of Elections Vicky Oakes is also available.

For information about flag collection/retirement or site participation, contact Chris Benjamin at (904) 827-6980 or cbenjamin@sjcfl.us. Flags can be dropped off at City of St. Augustine Beach City Hall.

## Robert C. Kelsey MD

Accepting New Patients

Board Certified  
Cardiology and Internal Medicine

(904) 827-0078

2720 U.S. HWY 1 SOUTH, STE B  
ST. AUGUSTINE, FL 32086

## Financial Focus

Information Provided by

Edward Jones

### Don't let Investments Go on Vacation



Now that we've gained at least some space from the COVID-19 pandemic, summer travel is heating up. But while you might be eager to hit the road, you won't want your investments to take a vacation – you need them to work hard for you consistently. But how can you make this happen? Here are some ideas:

- Know your destination. "If you don't know where you want to go, then it doesn't matter which path you take." This bit of wisdom, paraphrased from the classic children's book, Alice's Adventures in Wonderland, may be appropriate for, say, hikers exploring a new landscape. But as an investor, it matters a great deal which path you take. If you only dabble in investing, occasionally putting some money into one investment or another, it will be difficult to build a portfolio that's consistently working in your best interest. It's important to create a long-term investment strategy based on where you want to go in life – that is, how long you plan to work, what sort of retirement lifestyle you envision, and so on.

- Match goals with investments. Some investments are designed to achieve certain goals. To illustrate: When you contribute to an IRA and a 401(k) or similar employer-sponsored plan, you're investing for one specific, long-term goal: a comfortable retirement. While you can tap into these accounts for other purposes – though doing so might incur immediate taxes and penalties – they are designed to provide you with income during your retirement years. Similarly, you may have other investments for other purposes, such as a 529 education savings plan. Here's the key point: Goals-based investing, by its nature, can help ensure your portfolio is always working on your behalf, in the way you intended.

- Invest for growth. Ideally, hard work produces results, and one of the main results you want from your investments is growth – that is, you want your investments to appreciate in value so they can eventually help you meet your goals. But if you are overconcentrated in vehicles such as certificates of deposit (CDs)

and government securities, you may end up lowering your growth potential. That's not to say that CDs and Treasury bills are in some sense "lazy." They can provide you with income and help you reduce the impact of market volatility on your portfolio. But to achieve most of your goals, you'll need a reasonable number of growth-oriented investments working for you, with the exact percentage based on your needs and life stages.

- Check your progress.

How else can you ensure your investments aren't just taking it easy? By checking up on them. If you follow a buy-and-hold strategy, your portfolio shouldn't require many changes if it already reflects your goals, risk tolerance and time horizon. Too much buying and selling could jeopardize your ability to follow a consistent, long-term strategy. However, "buy and hold" doesn't mean "buy and forget."

By reviewing your portfolio at least once a year, you can determine if your investments are performing as they should. If they're not working for you as you'd like, you may need to make some changes.

If you're traveling this summer, relax and enjoy yourself – but keep those investments working hard.

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

**Happy Independence Day**  
Wishing you and your family a safe and festive July Fourth holiday.

**Geoffrey S Nadler**  
Financial Advisor  
4255 Us 1 South Suite 7  
St Augustine, FL 32086  
904-794-2012

edwardjones.com  
Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING

Please support the businesses in the Observer!  
They make this publication possible...Thank you!



**One Therapist - One Patient  
One Plan - One Goal  
Since 2006**



**Rob Stanborough**  
Physical Therapist / Fellow  
Manual Therapist  
Dry Needling  
Orthopaedics &  
Chronic Pain Specialist



**Jim Viti**  
Physical Therapist / Fellow  
Manual Therapist  
Certified Orthopaedic &  
Spine Specialist



**Bobbi Blancq**  
Physical Therapist  
Manual Therapist  
Lymphedema &  
Vestibular Specialist



**Bryan Olson**  
Physical Therapist  
Manual Therapist  
Dry Needling  
Balance & Vestibular Specialists  
Sports Rehab



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



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



**Nick November**  
Physical Therapist  
Manual Therapist  
Dry Needling  
Orthopaedic & Spine  
Specialist



**Angela Cicchino**  
Physical Therapist  
Orthopaedic & Spine  
Vestibular Specialist



**Sarah Sudheimer**  
Physical Therapist  
Vestibular Therapist  
Women's Health &  
Pelvic Floor Pain Specialist



**Zach DeVirgilio**  
Physical Therapist  
Manual Therapist  
Orthopaedics



**Beverly Bass**  
Occupational Therapist  
Certified Hand Therapist  
Certified Lymphedema  
Specialist



**Adrian Bland**  
Physical Therapist  
Occupational Therapist  
Balance &  
Vestibular Specialist

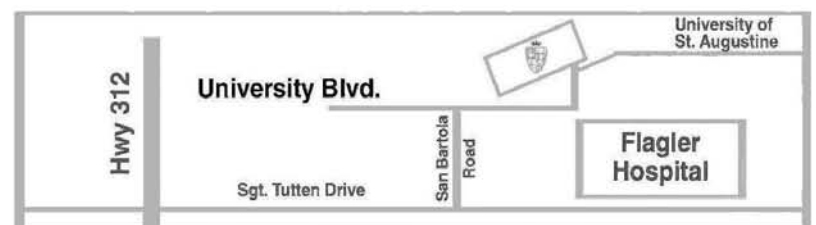
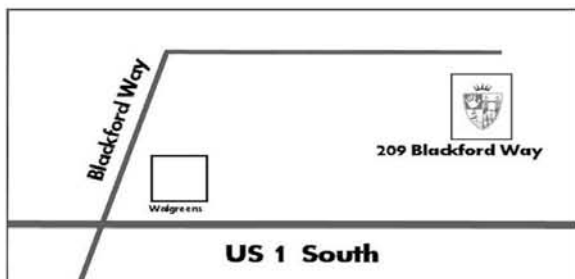


**Beth Olson**  
Physical Therapist  
Manual Therapist  
Women's Health &  
Pelvic Floor Pain Specialist

**Our team of Specialists**

209 Blackford Way / St. Augustine, FL 32086  
Ph: (904) 907-1122 / Fx: (904) 907-1123

1 University Blvd / St. Augustine, FL 32086  
Ph: (904) 829-3411 / Fx: (904) 829-3412



For a list of services as well as info sessions (online and inhouse) see [firstcoastrehab.com](http://firstcoastrehab.com).



## Dry Needling Q&A

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

I have written on Dry Needling (DN) before but continue to receive questions regarding this intervention. The purpose of this column is to answer as many of those questions in the space allowed (500 words or less) but more info can be found on our website or can be answered with a phone call at 904-829-3411 by any of our DN clinicians (see ad).

### Is DN new?

No, DN is not new. It has been growing in popularity since the 1960's when Janet Travell, MD coined the term Myofascial Pain Syndrome and used it to treat myofascial trigger points. It has been utilized for years by European physical therapists, which was my first exposure and was first approved in 1984 for use by US/Maryland physical therapists.

First Coast Rehabilitation (FCR) therapists have been teaching DN nationally and internationally since 2010, were approved in 2017 by the state PT Board to use in 2017, testified before the FL PT Board on behalf of all FL PT's, which was approved in 2020, and have since trained many others in St. Augustine, Florida and across the nation (see myopainseminars.com).

### Why utilize DN?

The benefit of DN is multifactorial and rooted in pain science research. At its root, a trigger point, or hyper-irritable nodule within a taut band of muscle, develops when the muscle is overloaded. This can happen in several ways, but poor posture or unaccustomed activities are two primary. When this happens, the basic contractile elements of the muscle lock up, causing compression of the vascularity, thereby depriving the tissues of oxygen, resulting in tissue damage and the release of noxious (pain stimulating) chemicals = pain.

When treating the trigger point with DN, a twitch response is elicited, which is protective response to the stimuli via a spinal reflex loop. The "twitch" is an indication the trigger point has been treated and the noxious stimuli have been flushed out. It may leave some muscle soreness but can result in an immediate analgesic effect, increase motion, strength and function. And because no medication is involved, there are not medicinal side-effects.

### What kind of problems can be treated with DN?

Almost anyone. It can help with nearly all types of headaches, Ehlers-Danlos syndrome, shoulder, neck, back, hip, leg, foot, and hand pain, where trigger points are involved. TMJ, jaw pain, and ringing of the ears caused by trigger points can also be treated. It can be used for orthopaedic and neurological problems where pain, muscle inhibition and loss of range of motion are a result of trigger points. It can also be used to treat scar tissue, pelvic pain and more.

### Is it safe?

Yes. All needles are sterile. In a 2013 multi-site study in Ireland, which included 39 PT's in nearly 8,000 treatments, proved with proper training and practice, DN is safe. (Therapist at FCR have been trained in the same techniques used in this study.) The major side effects were soreness, fatigue, an occasional bruising.

There are many more questions but limited space. What to do after treatment? How may session will it require? Once the trigger points are treated, are they gone forever?

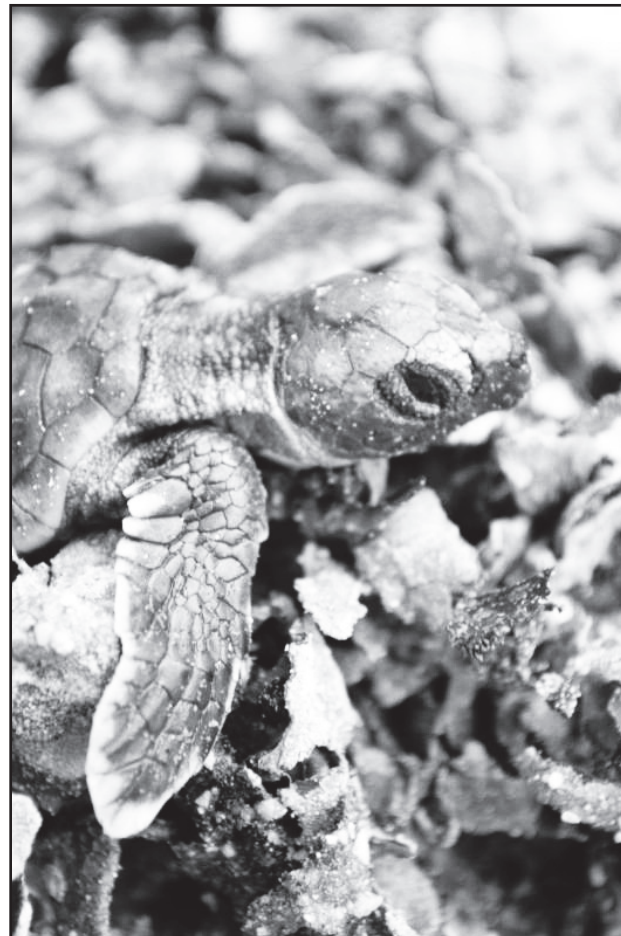
Please visit [firstcoastrehab.com](http://firstcoastrehab.com) for more answers or call if you don't find an answer to your question or to see if DN could work for you.

*Rob Stanborough was one of the first PT's to be permitted to use DN in FL and doing so since 2017. He has trained others in DN since 2010 both nationally and internationally as a Senior Instructor for Myopain Seminars ([www.myopainseminars.com](http://www.myopainseminars.com)). He is a co-owner of First Coast Rehabilitation, est 2006 ([www.firstcoastrehab.com](http://www.firstcoastrehab.com)), has presented and published regarding DN and co-authored *Myofascial Manipulation: Theory & Application, 3rd ed* by Proed Inc.*



## Sea Turtle Nesting Season Underway

2021 Sea Turtle Nesting Season began in May. The beaches of St. Johns County are home to several species of endangered or threatened sea turtles. St. Johns County officials are asking residents, visitors, and businesses to help protect natural habitat by observing all nesting season laws and regulations.



Nesting Season Rules – To comply with regulations that protect the turtles, beach driving and lighting rules are in effect to October 31. Do your part to help protect this endangered species by picking up trash, limiting flashlight use, filling in holes, and keeping your distance. If you see an animal in distress, please call the St. Johns County Sheriff's Office at 904.824.8304.

All beachfront properties are required to reduce the impact of interior and exterior lighting which may impact nesting sea turtles. Volunteer Opportunities and Share the Beach. Sea Turtle and Beach Steward Program Volunteers Needed – St. Johns County is seeking volunteers to survey wrack lines to recover stranded washback sea turtles and conduct beach cleanups from August through November. Be a Sea Turtle Washback Program Volunteer. For more information please call 904-209-0331.

**Gregory E. Oxford**  
**DDS, MS, PhD**  
 Dental Surgeon

**Isabell G. Oxford, DMD**  
 General Dentist

## Oxford Dental Associates

- Extractions
- Wisdom Teeth
- IV Sedation
- Implants
- Bone Grafts
- Sinus Elevations
- Gum Surgery
- Laser Therapy
- Soft Tissue Grafts

- Implant Dentistry
- Crowns & Bridges
- Veneers
- White Fillings
- Whitening
- Implant Dentures
- & Partial
- Digital Impressions
- Sedation Dentistry



100 Whetstone Place  
 Suite 308  
 St. Augustine, FL



**810-2345**  
[www.oxforddental.net](http://www.oxforddental.net)

**ROTO-ROOTER PLUMBERS**

Licensed #CF057849

**WE DO PLUMBING!**

Guaranteed Repairs & Installation  
 Prompt 7 Day Service  
 Free Estimates

**824-1836**

**\$20.00 OFF**  
 Limit one coupon per customer

**AJ'S AIRPORT TRANSPORTATION**

Serving Jacksonville/Daytona/  
 Sanford/Orlando Airports

- 24/7 Door to door Service
- Single party rides
- Experienced, safe & Courteous Drivers
- No gas or extra person surcharges
- We even provide bottled water

For rates & reservations  
 call 910-299-8441 or email:  
[ajsairporttransportation@yahoo.com](mailto:ajsairporttransportation@yahoo.com)  
 "20% off of any ride"  
 Vehicle relocation service available

## 2021 Music by the Sea Guidelines and Tips

The St Johns County Board of Commissioners has rescinded the Covid 19 mask Mandate and eliminated the limited attendance requirement so the 19th season of Music by the Sea is open to all who want to attend. No tickets will be required! Distancing requirements have also been eliminated. However, we are working on accommodating those patrons who still want to physically distance. We'll have more details on that very soon. Here are some important things to remember when attending our shows this season;



1. If you're not feeling well, please stay home. Whether you're dealing with symptoms for a common cold, flu or Covid 19, please be considerate of others and stay at home.

2. Chairs cannot be placed in the pavilion until 4 PM - no exceptions. Our permit allows us use of the pavilion beginning at 4 PM. Chairs in the pavilion before 4 PM will be removed

3. Parking is limited so please car pool. If you live nearby or are staying in a local hotel, motel or vacation rental, please walk, ride a bike or use Taxi, Uber or Lyft.

4. Local Restaurants - if you park at a restaurant near the Pier Park, your free parking is good ONLY while you dine. Do not expect to leave your car for several hours in a parking lot owned by a local business during our shows.

5. Food Truck - on site weekly! We have formed a partnership with the Village Garden Food Truck Park! One of their many great local mobile restaurants will be on site offering dinner and soft drinks. Dinner will be priced at \$10 or less and there will be at least two menu options. Food will be available starting at 5 PM each week

6. Personal Coolers - we highly recommend IceMule Coolers, the official cooler of Music by the Sea. Personal coolers are welcome! Enjoy the concerts responsibly.

7. PACK IT IN - PACK IT OUT - If you bring it - take it with you! The Pier Park should be left in better condition than when we arrived. Bag up your trash and dispose of it please!

Updates to our band and food truck schedule and any new information will be on our Civic Association Facebook page.



## Computer Corner

by Steven Aldrich  
904-479-5661



### Photo - From Cell Phone to Computer

Lately I have been getting a lot of questions about the "best" way to get photos from a cell phone to a computer.

There are two basic approaches; Direct Wired connection and Over the Air transfer.

With the Direct Wired connection, we connect the cell phone using the same USB cable that is used to charge the phone. Most cell phones come with a cable where one end fits into the phone, and the other is a standard USB connector, which will plug into your computer.

In both Windows 10 and macOS you will find an application called "Photos" (I find it interesting that both companies use the same name). They both offer the ability to import photos once the phone is connected. They only copy photos which have not previously been imported. This is a pretty handy way to quickly get all of your photos on your computer.

Over the Air Transfer is, in some ways, more challenging to get set up. The beauty is that you don't need to mess around with cables and manually clicking for photos to be imported. But once set up correctly, your photos just show up on your computer when you take them.

My personal setup is with Dropbox. I set up Dropbox on my phone to automatically upload my photos as soon as I am connected to WiFi (so I don't use my cell data up). Then on my computer I have Dropbox set up to synchronize all of them automatically. I take photos while I am out and about, and when I return home they are on to my computer. It's what I call "auto-magical" (that term makes my wife laugh, but I like it).

I started using this method before I moved to the iPhone. Now that I have the iPhone there are much easier ways to do Over the Air transfers to my computer via Apple's iCloud. But, my system is working, so I have not switched.

Having your photos so you can see them on your computer can be very rewarding, as you get to see them on a much larger screen. Plus, once they are on your computer, you can remove them from your phone.

Steven Aldrich is a technology advisor with decades of experience as an IT Director and the owner of First Coast Computer Services ([www.fccspro.com](http://www.fccspro.com)). 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](mailto:Steve@fccspro.com) or (904) 479-5661.

**ELITE GERMAN AUTO SERVICE**  
Formerly known as **JERRY'S MB**  
COMPLETE REPAIR & MAINTENANCE FOR MERCEDES AND BMW

2060 Dobbs Rd  
(behind Epic Movie - turn at McDonalds) **829.5259**

First Coast Computer Services  
**FCCS**  
904.479.5661 [FCCSPRO.COM](http://FCCSPRO.COM)

**Computer Problems?**  
\$109 Standard Service Call  
At Your Home or Business  
OR  
**\$49 REMOTE Service**  
call for details

Testimonial:  
I was really nervous about calling on someone to help me get set up with a new computer but Steve was very patient and VERY competent and I am underway with my new setup...including printer! I also feel I can call on him with questions in the future. THANKS, Steve!

(904) 479-5661  
[info@fccspro.com](mailto:info@fccspro.com) [www.fccspro.com](http://www.fccspro.com)  
Ask about our discount for Veterans



## **YOUR BRIDGE FROM HOSPITAL TO HOME**

**If you or a loved one are in need of Rehabilitation after a Hospital Stay, we know your goal is to get Home as soon as possible.**

**Our Friendly and Professional Nursing and Rehabilitation staff will get you or a loved one healthy with all the necessary skills you will need to return home.**

**Please Call or Stop by for a Tour Today!**

**(904) 797-1800**

**MOULTRIE CREEK**  
NURSING & REHAB CENTER

200 Mariner Health Way  
St. Augustine, FL 32086

**YOUR BRIDGE BETWEEN THE HOSPITAL & HOME**

**[www.MoultrieCreekRehab.com](http://www.MoultrieCreekRehab.com)**



**Berta Odom**

Cell: 904-466-0114

Office: 904-825-2700

Fax: 904-461-9501

E-Mail: [www.propertybyberta@aol.com](mailto:www.propertybyberta@aol.com)

Web: [www.bodom.buystaugustine.com](http://www.bodom.buystaugustine.com)

KNOWLEDGE. EXPERIENCE. TRUST.

1670 US 1 South St. Augustine, FL 32084  
Office: 901-825-2700  
Independently Owned & Operated



Licensed & Insured

# Cartwright & Sons

## Lawn Design

Residential & Commercial

**LANDSCAPING WEED CONTROL  
MULCHING PRESSURE WASH  
AND MORE.**

**Call today!**  
**904-826-9098**

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




## ADVANCED UROLOGY INSTITUTE



Howard Epstein, M.D.  
FACS, Board Certified



Bill Vanasupa, D.O.  
Board Certified



Katherine Gardner  
NP-C



Jonathan Baron  
PA-C

**CONDITIONS WE TREAT**

- BPH
- Erectile Dysfunction
- Bladder Cancer
- Kidney Cancer
- Kidney Stones
- Overactive Bladder
- Prostate Cancer
- Urinary Incontinence
- Vasectomy
- Space Oar

**NOW SERVING NORTH ST. JOHNS COUNTY**

TWO LOCATIONS TO SERVE YOU  
**(904) 824-1450**

WORLD GOLF VILLAGE OFFICE  
52 TUSCAN WAY, SUITE 203  
THE SHOPPES AT MURABELLA

ST. AUGUSTINE OFFICE  
240 SOUTHPARK CIRCLE EAST  
ST. AUGUSTINE, FL 32086

# ST. AUGUSTINE BEACH'S LARGEST LAW FIRM

St. Johns Law Group has lawyers focusing on specific areas of law, we put clients with the right attorney for their issue, giving them the power that comes with concentrated experience.



**DOUG BURNETT**  
MANAGING PARTNER

REAL ESTATE  
LITIGATION  
FAMILY LAW  
BUSINESS  
CONTRACTS  
CONSTRUCTION  
PROBATE

DEDICATED & RESPONSIVE



**DAVID ABRAHAM**  
COMMERCIAL REAL ESTATE • LEASING



**RACHAEL GREENE**  
FAMILY LAW • DIVORCE



**JAMES HATFIELD**  
TAX LAW • IRS DEFENSE • ELDER LAW & ESTATE PLANNING



**HILLARY MESA**  
LITIGATION - CONTRACTS



**SHAUN SALIBA**  
CONSTRUCTION • COMMERCIAL • PROPERTY LITIGATION



**JAMES WHITEHOUSE**  
COMMERCIAL LITIGATION • LAND DEVELOPMENT



**JOHN WHITEMAN**  
REAL ESTATE • BANKING • PROBATE



**AMY VO**  
REAL ESTATE • BANKING • CLOSINGS

(904) 495 - 0400  
[www.sjlawgroup.com](http://www.sjlawgroup.com)  
ST. AUGUSTINE

**ST. JOHNS LAW GROUP**