

September 2022

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St. Augustine OBSERVER

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

National Night Out at the Beach



St. Augustine Beach Chief of Police announced the "National Night Out at the Beach" will take place Tuesday, October 4th, 2022 from 5pm - 8pm. The event takes place at the St. Augustine Beach Pier Park 350 A1A Beach Blvd, St. Augustine Beach, FL 32080.

The City of St. Augustine Beach Police Department is partnering with multiple Law Enforcement Agencies, Fire Departments, and Non-Profit Organizations to present the annual event. Every year on a first Tuesday, this year on September 4th, the United

States and Canada celebrate National Night Out day. Civilians, organizations, and the Metropolitan Police Department join hands to enhance the relationship between neighborhoods and communities. They look at this as a great way to bring everyone together for a positive cause. There will be Emergency Vehicles, food, drinks, exhibitors, child safety education information, Music, Goodie bags for the kids, and Bike Raffles for the first 300 kids and more.

National Night Out, is a yearlong community building campaign, is designed to: (1) heighten crime prevention awareness, (2) generate support for, and participation in, local anticrime programs, (3) strengthen neighborhood spirit and police-community partnerships, and (4) send a message to criminals letting them know that neighborhoods are organized and fighting back. Most cities and towns celebrate National Night Out with a variety of special citywide and neighborhood events such as block parties, cookouts, parades, festivals, visits from local officials and law enforcement, safety fairs, and youth events. For more information contact Melinda Conlon at events pio@cityofsab.org.



Since 2016, Sing Out Loud has brought hundreds of local, regional, and nationally recognized musicians to various stages and parks, making September the Month of Music in St. Johns County.

Music lovers can enjoy free and ticketed concerts featuring local and world-class acts at venues like the St. Augustine Amphitheatre's Backyard Stage, Colonial Oak Music Park, and Dog Rose Brewing Co.

Sing Out Loud has grown into more than a music festival that takes over St. Augustine each September. In addition to bringing an abundance of live music to town, Sing Out Loud 2022 features The St. Augustine Songwriters Festival and multiple elements focused on elevating our music community and developing local talent.

Learn more about the industry at the Music Business Panel and meet the artists behind some of your favorite tunes at the Songwriters Festival.

The St. Augustine Songwriters Festival provides a unique perspective on the music scene by bringing hit songwriters to historic downtown St. Augustine. In addition to performing their chart-topping hits, songwriters will share testimonies, and offer a rare behind-the-scenes glimpse into their writing processes.

This year's songwriters include Mac McAnally, a longtime member of Jimmy Buffett's Coral Reefer Band and a 10-time CMA Musician of the Year award winner (Once in a Lifetime), Grammy Award-winner Casey Beathard, who has written songs for Kenny Chesney, George Strait & Dolly Parton ("There Was Us"), Chris Tompkins (Carrie Underwood's "Before He Cheats", Luke Bryan's "Drunk on You"), Chris DeStefano (Carrie Underwood's "Good Girl", Dan + Shay's "From the Ground Up), Mark Irwin (Alan Jackson's "Here in the Real World", Blake Shelton's "Neon Light", and many more.

Participating venues include Colonial Oak Music Park, Prohibition Kitchen, St. Augustine Distillery, and Tradewinds Lounge. For an up to date schedule and to learn more about each songwriter and their work, download the Apple/Android App on your mobile device or visit St. Augustine Songwriters Festival.



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St. Augustine Observer

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

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Tatiana Diaz
Sales & Media

(904) 894-0204

Email: TatianaObserver@gmail.com

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

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

Information should be received by the 15th of the month in order to appear in the following month's issue. Articles or information may be sent

"Follow us on Instagram and Facebook: @staugustineobserver"

St. Augustine Shores Community Calendar

The Shores Service Corporation
Shores Homeowners Association
(904) 794-2000

www.staugshores.org

Shores Monthly Meetings

- **Shores Service Corporation's** monthly meetings are held on the second Thursday of each month. Meetings are at 6 p.m. at the Riverview Club.

- **Conquistador Condominium** Board meetings are held on the fourth Monday of each month at 6 p.m. at the Riverview Club.

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

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

- **Casa Bella Condominium** Board Meetings are 3rd Mondays of each month at 6pm. Meeting location will be determined & posted on bulletin board 48 hours prior to each meeting. (March 21, April 18, May 16, June 20, July 18, August 15, September 19, October 17, November 21, December 19). For Information contact Property Manager Debby Bisogno at 904-461-5556.

St. Augustine South Community Calendar

St. Augustine South Improvement Assoc.

709 Royal Rd. St Augustine, 32086

email: info@staugsouth.com

www.staugsouth.com

(904) 615-6916

SASIA Meeting 3rd Wed at 7PM

There will be no Community Meetings during the summer. Normally they are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse except for July and August. You are welcome to join us in September for our monthly community meeting on Wednesday, September 21st at 7:00pm

SASIA Board Members

President - Jerri Sue Dawson
1st V.P. - Nicolette Soucy
2nd V.P. - Doris Taylor
Secretary - Open
Treasurer - Margo Geer
Mike Oliver
Robert Kennedy
Oonna & Mick Jones
Alan Chappell

Distribution Locations for the Observer

- Shores Riverview Club
- Anastasia Island Library
- St. Johns County Pier Park
- Shores Golf Course
- YMCA
- Main Library
- Southeast Library
- Shores Deltona Realty

Classes at Clubhouse

Line Dancing - Wednesdays 1:00-2:30pm: Join instructors Diane and JJ for a beginning level class. All age ranges are invited to join. A \$5.00 donation is requested.

Cane Self-Defense Classes - Tuesdays at 11:30am/Thursdays at 10:00am: Taught by Katie Monahan and Saxann Hinman. Contact Katie by text (904) 377-3390 or email her at KatieMonahanTaiChi@gmail.com

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

Low Impact Zumba with Melinda - Tuesday and Thursdays 8:30-9:30am. A \$5.00 donation is requested. Contact Melinda at slidermomma@yahoo.com.

Residents interested in joining SASIA may do so on our website: www.staugsouth.com

Community Classifieds

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

Business, Service, seeking work, etc. may be placed in the classified section: (1-4 lines) \$5, (5-8 lines) \$10, (9-12 lines) \$15, (13-16 lines) \$20. These Ads should be paid in advance before placed. Send your listing and payment, if required, to Observer, 2465 US1 South PMB#8, St. Augustine, 32086. You may email your ad to clifflogsdon@att.net. Deadline for all listings or ads is the 15th of every month for the next monthly issue.

FOR SALE: 1. Antique Travel Trunk \$50. 2. Antique Love Seat \$75. 3. Ethan Allen Hutch \$95. 4. David Winter Cottages \$5 each. 5. Antique Anatolian Carpet \$150. Call 904-417-3210.

FOR SALE: MacPro 2006 "Quad Core" 2.0 ghz Xeon 5130 x 2. Model A1186 (EMC 2113) 4 gb memory. One 500 gig hard drive with OS 10.7 Lion and one 80 gig hard drive with OS 10.10 Yosemite. Only computer and power cord include. No keyboard or mouse. Works as intended. Pick up or delivery in local area. 904-607-1410.

FOR SALE: Wicker hanging lamp \$35, Set of Beige Living Room Lamps \$30, All Wood Broyhill Furniture: Coffee Table \$55, 2 End Tables \$40 ea. and Console/Window Table \$70. Please call 904-687-3002.

FORSALE: 1. Singer professional sewing machine (antique circa 1951) good working cond. \$200.00.

2. Lowary Orchestral Holiday home organ. Free. Call 904-251-5481.

FOR SALE: Nordictack Gx 2.0 Exercise Bike. Pick up only. \$20. Call 904-797-2452

FOR SALE: 1990 Big Country 5th Wheel by Heartland with 2 AC's. New carpet in Livingroom and new recliners. Exceptionally clean inside. For further information call 904-540-0683.

NOTICE: Can you help Lucy find her hero? She is looking for someone who would be willing to donate the lifesaving gift of a healthy kidney. Details at www.akidney4lucy.info ... (904) 201-9889

WANTED: Cleaning person wanted, also lawn person, handy man. References. Please call 904-687-3362.

Retired LPN Caregiver

Inhome companion or sitter service available 24 hours. Reasonable rates and professional references. Call Sierra 904-377-7227

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Caregiver/CNA for seniors

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

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publication possible...
Thank you!



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Evening Services 5:30 p.m.

Wednesday Night Services 7 p.m.

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St. Augustine Shores & South News & Events

Shores Riverview Club Activities September 2022

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

EARLY SOCIAL CANCELLED
PARKING LOT WORK

MAIN SOCIAL Southern Style
Saturday, September 24th
7:00 pm to 10:00 pm

GUESTS \$5/pp/class

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

Barre Workout Class led by Mary, **Tuesdays at 5:30 pm.** Classic Barre is dance-based fitness class designed to sculpt, stretch, and strengthen. Please wear sneakers or supportive fitness shoes and bring a yoga mat and water. Class size is limited.

Tai-Chi Class led by Robin, **Tuesdays at 5:00 pm.** Learn the principles of Tai Chi and help your overall health and well-being!

Chair Yoga Class led by Nancy, **Mondays, Wednesdays & Fridays at 10:45 am.** A gentler form of yoga for those whom balance is an issue.

Yoga Class led by Nancy, **Mondays, Wednesdays & Fridays at 9:00 am.** Class is geared to all levels. Bring a non-skid mat & wear comfortable clothing.

Evening Yoga Class led by Annamarie, **Wednesdays at 5:30 pm.**

Line Dancing Class led by Jinny, **Mondays at 6:30 pm and Wednesdays at 1:00 pm.**

Art Group Class led by Una, **Wednesdays at 1:30-4 pm.** Bring your current project and share expertise and ideas on all aspects of drawing/painting, including composition, perspective, color, mediums, etc.

Dance Class Class led by Shawn, **Mondays at 1-2pm.** Bring your dancing shoes and a partner!

Dance Synergy Class led by Mary, **Thursdays at 10:30.** Learn the fundamentals of dance while strengthening your core.



Upcoming Events

Early Social
Tim Rippey
Sunday, October 16
6-9pm



Main Social
Soulfire
Sun, October 30
6-9pm



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Graduation Party


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904.794.2000



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

Is It A Sign?

Signs are a means of imparting information. In the early days of mankind, signs were few and mostly natural. People travelled using the stars as a guide, moss growing on one side of a tree trunk indicated north and hunters were guided by the signs left by animals. As civilization became more complex, people started to create signs. These were often trade signs and, because people were mostly illiterate, they were usually pictorial signs depicting the nature of the business.

Fast forward to the present day and the proliferation of signage that we now have to deal with. And we are not immune from it in St. Augustine Shores despite being a deed restricted community. Signs have three major purposes:

We have instructional signs that inform us of something we may want to know. Street signs, directions to the school or the Riverview Club would fall into this category.

We also have warning signs of various types, both permanent and temporary such as speed limits, pedestrian crossings and road works. Information that people need to heed.

The third type of signs can be a little more controversial. These are the signs that are posted by individuals to advertise something. These can be many and varied. They can promote a political candidate or a specific business; they can be realtor boards, yard sale signs or are promoting a specific event. The county refers to these as snipe signs when posted on Rights-Of-Way and they are covered by specific regulations. County Code Enforcement and DOT will collect up these signs in accordance with county Article VII part 7.00.00. However, within the Shores the County Code Enforcement has delegated that authority to the Shores Service Corporation to act on their behalf. This allows corporation representatives to collect up any unauthorized signs that are posted on the swales, medians or common areas within the Shores only.

Signs posted on individual properties are covered in the deed restrictions which state that only one professional sign or one "for sale" or "for rent" sign of not more than 40 square inches may be placed on a property.

Please help to keep the Shores looking clean and inviting so that we can all benefit from living in this exceptional community.

St. Augustine Shores Service Corp., 790 Christina Drive, St. Augustine, FL 32086, 904.794.2000 www.staugshores.org

St. Augustine Travel Club

The St. Augustine Travel Club resumes on Wednesday, September 14, at 3pm at the Southeast Branch Public Library, 6670 US 1 South in St. Augustine. Our topic will be SWEDEN and STOCKHOLM -

Discover a nature beauty of this Scandinavian country and cruise around its capital Stockholm's archipelago. See a preserved 17th century warship and much more.

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.

The Riverview Club Sponsors the
7th Annual Craft Fair - 2022

Beautiful indoor venue

SUNDAY
OCT 2nd
1 - 4pm

Holiday craft

Craft Fair

Riverview Club
St. Augustine Shores | 790 Christina Drive
St. Augustine, FL 32086
For more info, call 904-794-2000

Sunday, October 2nd
1pm - 4pm

SASIA News and Calendar of Events

September 2022

Check out our Facebook page www.facebook.com/staugsouth and our Nextdoor page (search for St. Augustine South Improvement Association). Like and follow us so you can see what is happening at the SASIA clubhouse each week.

Visit our website www.staugsouth.com to sign up for our monthly newsletter and community event reminders. Everyone is welcome to subscribe, you do not have to be in a member. If you'd like to join SASIA or rent our clubhouse you can do so online: www.staugsouth.com, or contact us at info@staugsouth.com or 904-615-6916.

Trunk Sale – Saturday, September 17th – 9am-1pm Resell-Recycle-Reuse and Reduce!

Come shop at our trunk sale! Numerous families will be set up selling their goods in one location. There is still time to sign up and join us. This is a great way to clean out your house and reach a larger buying audience. We have 8-foot long tables you can rent, or you can sell from the trunk of your car! This event has a cost of \$10.00 to secure your space. If you need a table, they are available for \$5.00. Reserve your spot: staugsouth.com/trunk-sale

Food Truck Night with Saucy Pig - Friday, September 23rd - 5-7pm

Grab a bite to eat after a busy week at work. Get some delicious BBQ from Saucy Pig, one of our own neighbors in the South.

Arts & Crafts Fair

SASIA is looking for artists & crafters to participate in our Arts & Crafts Fair on Saturday, November 5, 2022 from 10:00am-2:00pm. Interested vendors can sign up online: staugsouth.com/arts-and-crafts-fair or contact us at info@staugsouth.com. Our entry fees are reasonable and artists keep 100% of their profits. We welcome vendors from all neighborhoods.

Upcoming Events

Trunk Sale – Saturday, September 17 - 9am-1pm

Community Meeting - Wednesday, September 21st - 7:00pm

Food Truck Night with Saucy Pig - Friday, September 23rd - 5-7pm

Food Truck Night with Luvin O-Van - Friday, October 14th - 5-7pm

Fall Festival - Saturday, October 29th

Fall Arts & Crafts Fair - Saturday, November 5th

Holiday Celebration with Santa - Saturday, December 10th

The Calendar of Events is posted and updated on our website. We will update future events at our September meeting.

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

St. Augustine Archaeological Association

On Tuesday, September 6, 2022, the St. Augustine Archaeological Association (SAAA) will kick off its monthly lecture series with a talk given by Dr. Keith Ashley of the Department of Sociology, Anthropology, and Social Work, University of North Florida. The talk will begin at 7 PM in the Flagler Room at Flagler College. It is entitled "A RETURN TO SARABAY: UNF FIELD SCHOOL EXCAVATIONS AT A MOCAMA INDIAN COMMUNITY".

Located on Big Talbot Island, Sarabay was one of a dozen or so Timucua-speaking Mocama communities distributed across the Indigenous landscape of far northeastern Florida during the late 16th century. By 1587, a single Spanish friar lived nearby at the Mocama town of Alimacani, which served as a Spanish mission (San Juan del Puerto). Building on testing conducted in 1998-1999, the University of North Florida (UNF) returned to the site of Sarabay in 2020. Over the past three years, field school excavations at this Mocama town have unearthed Native and Spanish artifacts and exposed the partial outline of a large Indigenous building dating to ca. 1580-1620. This presentation discusses ongoing UNF excavations at Sarabay and considers the community within the broader mission system.

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



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



Trunk Sale 9am to 1pm
Resell - Recycle - Reuse & Reduce
Saturday, September 17th
SASIA Clubhouse, 709 Royal Rd, 32086

Come shop at our trunk sale. Numerous families will be set up selling their goods in one location.

Sign up to participate: staugsouth.com/trunk-sale

St Augustine Genealogical Society

Unless otherwise noted, the general meeting of the St Augustine Genealogical Society meets the 2nd Saturday of each month in the public room of the Southeast Branch of the St Johns County Library.

The library is located at 6670 US 1 South, St Augustine, FL. Check-in begins at 12:45, September 10th and our meeting starts at 1:00 PM. Our Genealogical Society is open to all. We encourage visitors, as well as current and former members to join us.

Our program for July will be "Final Resting Places" presented by Charles Tingley. This program will discuss the various types of cemeteries that you may find while searching for ancestors. For additional information, you may contact Georgia Horsley 770-337-6137 Refreshments are served.

Shores Water Aerobics Classes

We make torture fun! LOL Join the Miss Elsa and her Amazing and Awesome Water Aerobics Classes! The classes are free for pool members of the Riverview Club. Classes are every Monday, Wednesday and Friday from 9:00 - 10:00am and Tuesday at 5:30pm through October 31st (weather permitting).

Come join us as we exercise, stretch and sing - Daisy, Daisy, Row, Row, Row Your Boat and many more - on our way to a fun and happy experience. Any questions, please contact our very special certified instructor, Elsa at 904-377-3731

Butterfield Garage Per Hans Romnes Photos

"As I See It" Photography of Per Hans Romnes is featured at Butterfield Garage in September. The exhibit is on display the entire month, and Per Hans will present an artist's talk September 2 at 6:00pm, during artwalk at the Gallery.

Per Hans Romnes has been a lifelong artist/photographer, and a promoter of Arts Education his entire adult life. His relentless enthusiasm and curiosity results in varied and often surprising presentations of his photography. Per is always exploring and pushing the boundaries of photography. Assemblages, overlapping images and sculptures regularly turn up in his work. October's collection on display is aptly titled "As I See It." This display feature unique images from his travels around the world that visually demonstrate his personal approach and vision to the medium of photography. Several of his St. Augustine Art Association 2-D and 3-D award-winning works will be in the gallery as well.

Per Hans Romnes holds a BS Degree in Art Education from the University of Wisconsin, and an MFA Degree in Photography from the Savannah College of Art and Design. Since his retirement after a 30-year career as an art/photography teacher in Volusia County and his move to the St. Augustine area he has been an active participant in numerous local arts organizations, and a multi-time winner of awards from the St. Augustine Art Association. He has continued his lifelong passion for the promotion of the arts serving as a juror for area art exhibitions and most recently as a workshop leader for area art teachers. Picture: Endless Summer 1



The Queen's Cartoonist

Presented by EMMA Concert Association

Six members from Queens, NY, bring music from classic cartoons and contemporary animation, synchronized to video projections of the original films, and the band leads the audience through a world of virtuosic musicianship, multi-instrumental mayhem, and comedy. A concert for everybody – regardless of age, gender, or familiarity with the concert hall.

EMMA Concert Association presents this program on Saturday, September 10th at 7:30 PM at Flagler College's Lewis Auditorium. Tickets are \$50 for adults, \$10 for students. Please contact EMMA website: <https://emmaconcerts.com> for information and tickets.

Free Estimates References Available

- Cabinets
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News From Around St. Johns County



**St. Johns
County Pier**
Wednesday Evening
7pm - 9pm

August 31st	Amy Alysia & Soul Operation	R & B, Jazz, Blues
September 7th	Romona & The Riot	Jazz - Blues - Dance
September 14th	Those Guys	Classic & Southern Rock
September 21st	All Star Jam	Eciectic Mix

Jewish Historical Society Presents Lee Weaver in his play "The Secret"

"The Secret," a one-man play by award winning playwright and actor Lee Weaver will be staged at the St. Augustine Waterworks, 184 San Marco Ave., St. Augustine, FL, 32084, 7 pm on September 8th as part of the St. Augustine Jewish Historical Society's celebration of the 457th anniversary of the founding of St. Augustine, Florida. Weaver will portray a man in search of Jews, forbidden in the New World by the tribunals of the Spanish Inquisition.

This program is made possible through the generosity of the St. Johns Cultural Council and the City of St. Augustine.

All are welcome, there is no charge. For further information contact SAJHS at www.sajhs.com, sajhs1565@gmail.com or 804-914-4460

The mission of the St. Augustine Jewish Historical Society--now in celebrating its tenth year-- is to promote greater knowledge and understanding of the Jewish experience in St. Augustine within a broad cultural context from the founding of the City in 1565 to the present.

Gamble Rogers Concert Series

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

<https://www.eventbrite.com/d/united-states--florida/live-from-the-waterworks/>

- Oct. 22: Doyle Dykes with Ruth Wyand
- Nov. 19: Jim Carrick and Charley Simmons with Charlie Robertson
- Dec. 17: Michael Reno Harrell with Bob Patterson

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

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

A VIP concert pass for \$100 includes premium seating for the October, November and December shows, one free beverage at each show, and sponsor recognition in the event program.

First Annual Gamble Rogers Gala

- Live Music • Live & Silent Auction • Hors d'oeuvres and drinks

October 8th 6 pm - 9 pm at St. Johns County Agricultural Center

Medicine Springs will perform during the event. Band members are Lon & Liz Williamson, Scott Anderson, Gabe Valla, and Christian Ward.

Our gala committee is collecting amazing items for the auctions, and the raffle will feature an incredible grand prize! \$25 per guest will benefit the nonprofit Gamble Rogers Music Festival. For tickets and information 541-914-4849.

Mah Jongg Tournament

Mah Jongg Tournament coming up September 15, 2022!

Get your reservations in today!

Deadline to Enter is September 8, 2022!

On Thursday, September 15, 2022, Temple Bet Yam is sponsoring the Mah Jongg Tournament at the St. Augustine Duplicate Bridge Club, 10 Fairbanks Street in St. A. Your \$30 donation per person includes cash prizes and a lunch. Please make out your check to Temple Bet Yam and note Mah Jongg Tournament in the memo. Send to Temple Bet Yam at PO Box 860098, St. Augustine, FL, 32086. Contact Teresa Freedman at 774-994-2066 with any questions.

Thursday, September 15, 2022
10:30 am - registration
11:00 am tournament starts

Mah Jongg Tournament

Cash Prizes and lunch included
\$30 donation sponsored by Temple Bet Yam

St. Augustine Duplicate Bridge Club
10 Fairbanks Street - St. Augustine, FL Exit 1-95 at SR 16 (exit 318). East to US 1. North 2 blocks to Fairbanks Street. Turn left between Red Carpet Inn and Depot Plaza. Club is behind the strip mall.

Questions?
Contact Teresa Freedman at 774-994-2066

Deadline to enter is September 8, 2022

No walk ins!

Mah Jongg Tournament Reservation Form

Name: _____

Phone (home): _____ (cell): _____

Email: _____

of people: _____ I will bring my Mah Jongg set: Yes ___ No ___

Amount enclosed: \$ _____ check # _____

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

St. Augustine Port, Waterway, and Beach District to contribute \$1.5 million toward Genovar Property Purchase

In a unanimous vote by the St. Augustine Port, Waterway, and Beach District, during its August 9, 2022 meeting, \$1.5 million will now go toward funding the purchase of the Genovar property. The contribution by the St. Augustine Port, Waterway, and Beach District demonstrates the widespread support behind St. Johns County's decision to acquire approximately 31 acres on the San Sebastian River, known as the Genovar property, for the future development of a public boat ramp and related uses. During the St. Johns County Board of County Commissioners meeting on Aug. 2, 2022, commissioners voted to purchase the property for \$17.5 million.

"I'm thankful for the continued support and partnership from the St. Augustine Port, Waterway, and Beach District. The generous contribution toward purchasing the Genovar property ensures our vision for greater deep-water access and recreational facilities becomes a reality," said St. Johns County Board Chairman Henry Dean, District 5 Commissioner.

The funding sources for the purchase: Waterway Access Fund \$5,250,000, Tree Bank Fund \$2,000,000, St. Augustine Port Waterway & Beach District \$1,500,000, Impact Fee Parks Zone C \$1,125,000, Tourist Development Tax Category V \$1,125,000, General Fund/Short Term Financing* \$6,500,000 (*Recommendation for General Fund / Short-Term Financing to be reimbursed, over successive fiscal years, by a combination of TDT Cat V, Impact Fee Parks Zone C, and grant opportunities, including the Florida Inland Navigation District).

"This is a once-in-a-lifetime opportunity to benefit the residents of our District as well as the County as a whole, not just by improving waterway access, but also by adding to the County's growing stock of outstanding public parks, and by ensuring that this extraordinary property remains largely preserved in its beautiful, undeveloped state. We applaud the County for their vision and tenacity in securing the Genovar property for public use and look forward to working together on future improvements," said Matt Brown, Chairman of the St. Augustine Port, Waterway, and Beach District. Closing on the property could occur as early as December 2022. Once the property is under County ownership, staff will begin the process of conceptual planning of the site, including community and stakeholder input to ensure the best use for the vast property.



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The Wildflower Meadow Group

by Cindy Taylor

In August the wildflower meadow is between summer and fall. It's the down side of one, before the upside of the other, and the transition is part of Nature's Plan. We can't go from night into day without a sunrise nor can we go from day into night without a sunset. So you see? There's beauty in all phases of nature, and if you open your mind to each phase, you'll see what is, no matter what it isn't.

As I write this, the beebalm (horsemint) seem more numerous than other flowers in the meadow and it's only beginning to spread and bloom. But I'm getting ahead of myself. When I look closer to the ground I see many kinds of tiny flowers, like frog fruit, and wonder if there are more of them than horsemint. Just because the smaller ones are harder to see and aren't "tooting their horns" doesn't mean their numbers are fewer. The lesson here is not to under estimate what's small. There may be more of them than you think.

The meadow group is waiting for the summer heat to mellow into something closer to fall temperatures, before we have any more hikes. Surprisingly that isn't too far off. Will wonders never cease?

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.

Thanks again to Marlene for her photo contributions. Call Cindy at 904-797-3931 or Marlene at 305-968-0447 for more information. If we can't answer, leave a message and we'll call you back. Also feel free to call if you're interested in sharing your photos of the meadow.



Harvest Moon Luau at Pier Park! Saturday September 10th

Join the City of St. Augustine Beach and the St. Johns Cultural Council for an evening in paradise. Come with the spirit of "aloha" as we celebrate the Harvest Moon, the last full moon of the Summer, at our 2nd annual Luau event Saturday, September 10th, from 6:00 P.M.-9:00 P.M. at Pier Park Pavilion, 350 A1A Beach Blvd., St. Augustine Beach.

Travel with Prince Pele and his Polynesians on an imaginary trip throughout the South Pacific as they perform in a variety of colorful costumes, many traditional songs and dances.

Join in the fun as they teach the audience "how to hula" from the island of Hawaii, "swing the poi balls" from New Zealand and "gather the tropical fruits" from Tahiti.

Take a stroll down A1A Beach Blvd. and visit the historic Beach Pier, enjoy some tasty treats, and peruse the local artist booths offering one-of-a-kind goods.

For more information visit: www.staugbch.com.

Prince Pele's Polynesian Review performance sponsored by the St. Johns Cultural Council and the Florida Division of Cultural Affairs (www.stjohnsculture.com)



Historic Downtown Parking Facility Construction Rehabilitation Project

Beginning Monday, July 18, 2022 and continuing through the end of October, the Historic Downtown Parking Facility (HDPF) will undergo a construction rehabilitation project focusing on the second floor. During this time, portions of the first and second floors of the HDPF will not be available for use. The City has contracted with Restocon Co. to complete concrete maintenance, joint replacements, and various other repairs.

Expect partial facility closure. For more information, contact the Historic Downtown Parking Facility at 904.484.5160. Media inquiries may be directed to Melissa Wissel, Communications Director at 904.293.3307.



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The 457th Anniversary Founder's Day Celebration

Juan Ponce de León was born into Spanish nobility and may have accompanied Christopher Columbus on the 1493 voyage to the New World.

Upon hearing rumors of the Fountain of Youth, he launched an expedition of three vessels on March 27, 1513, and on April 2, Ponce de León became the first explorer to document landing on Florida's coast.



Checked against navigation tables, a noon sighting of the sun taken with an astrolabe by his crew established a latitude reading of 30-8'. This reading is the most scientifically accurate fix for Ponce's landing place on the Florida coast, placing it just north of the boundaries of the Guana Tolomato Matanzas National Estuarine Research Reserve. (continued on page 11)

ECO Cinema Environmental Film Series

ECO Cinema - Environmental Film Series is presented by Beaches Go Green and The St. Augustine Film Society, Tuesday September 13th at the St. Augustine Yacht Club; 442 Ocean Vista Ave. across from the Lighthouse. FREE and open to the public. Event is outdoors on the covered porch of the yacht club.

Doors open at 6:00 PM. Musical entertainment presented by Katherine Archer at around 6:20. Film "Endangered Mermaids" detailing the plight of Florida's Manatees at 7:00 PM. Panel discussion, with speakers from the Jacksonville Zoo and FL Fish & Wildlife starts around 8:00. Environmental organizations will have marketing material available.

Food trucks will have meals for sale. Contact Joe Marx (904) 254-9524

Email: staugustinefilmsociety@gmail.com for further information.



TICKETS \$175/person

We expect this event to sell out quickly so purchase your tickets online today.

3RD ANNUAL BALLOON GLOW gala

Don't Miss the Event of the Season! The 3rd Annual Balloon Glow Gala to benefit St Francis House at Tringali Barn 7310 US-1, St. Augustine, 32086

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by Paul Slava

First Friday in September falls on the 2nd and we will be Hosting our Ceramic Artists in a group exhibit. You can See The Pottery and Ceramic Showcase along with our Brand New Member's Show all starting at 5pm. Music, Refreshments and snacks will be available.



One of our special Instruction and Class offerings is being taught by Stacey McCann.

Stacey McCann is a healer and evolutionist. She didn't intend to start out that way but when her youngest son was born, he was diagnosed as borderline asthmatic. Stacey was alone supporting three children and had to find a creative way to make her son better. She thought if she put her hands on him with the intent to draw out the infection it would work. And it did, every time. Her son was only 6 months old so she knew it wasn't a placebo effect.

Stacey began a lifelong journey to find what it was that helped her son. She searched and sought out many different avenues to come to the understanding that all of our

answers come from within. She found that the more she knew about herself the more she knew about others and was able to help them. It wasn't because she was healing them it was because she was helping them evolve. Evolution is our natural way to heal and as we evolve, we resolve the pain and struggles that keep us stuck and limited.

Stacey wanted to help others learn to move past their pain and struggles so she created an evolution process called Mindkeeping. Mindkeeping teaches you how to S.O.A.R. Setup, Organize, Analyze and Repair your mind. When you understand how the mind, body, spirit system works you have the power to move beyond situations and circumstances that are limiting and into a new version of you with greater intelligence, wisdom, understanding and the ability to heal yourself and those around you.

Mindkeeping is easy and can be done by anyone, anywhere, at anytime with proven measurable results.

Mindkeeping class starts September 20th at 7 PM at the Art Studio. For more information on upcoming classes and gatherings, please visit mindkeeping.com or call Stacey at 904-466-9223

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.



Shores Resident wins at Regional & National Plastic Modeling Competitions



Rick Ostman (left) and Andy Caldwell (right) present Jim Jenson (center) the "Best of Show" Award at the IPMS Space Coast Regional Competition

St. Augustine and Shores Resident, Jim Jenson, has recently won multiple awards in regional and national International Plastic Modelers Society (IPMS) Competitions.

Jim Jenson, an airplane model enthusiast, has always been interested in researching the history of World War II aircraft, learning about the men who flew them and then building model aircraft in their likeness. After reigniting his hobby a few years ago, Jim entered his first IPMS competition in Orlando in 2021 and won a gold medal for his II-2 Sturmovik shown below:

Jim then set a personal goal to further refine his modeling skills and to construct high quality airplane models to meet the high standards of IPMS competitions. In February of 2022, Jim entered several

aircraft into the IPMS, First Coast Chapter Competition, JAXCON. There he won 4 gold medals and 2 silver medals for his entries, including Best Aircraft, Best Naval Aircraft and The Judges Grand Award (Best of Show) for his F4U-1A Corsair, shown below:

In April of 2022, Jim entered several model aircraft into the IPMS Space Coast Regional Modelfest Competition, where his entries won multiple first and second place awards including Best Aircraft and Best of Show for his Dornier Do 17Z-2, shown below:

Most recently, Jim traveled to Omaha, Nebraska for the National IPMS Competition. There he received 7 awards including 2 first place awards for the Fw 190A-8 and P-51D Mustang shown below.



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ONLY YOU KNOW & I KNOW

You are more likely to be informed when you have local FACTS and STATISTICS rather than when you hear OPINIONS and RUMORS. One of the reasons that I do not advertise properties in The Observer is to make sure locals stay informed.

Zillow left the home buying business after losing money and alienating Buyers; it's a void waiting to be filled by other players. OpenDoor is one of those players - they just got hit with a \$65 Million fine by the FTC for "Tricking" sellers. Zillow just partnered with OpenDoor: you reach your own conclusions about that relationship. At least, now, YOU KNOW!

What's new in the St. Johns County market?

INTEREST RATES at 4.99% or 4.25% for and adjustable rate (on 8/9/22)

CLOSED SALES are no longer spiking in the

same numbers as 2021 -

- YTD 2022 NEW HOME SALES/UNITS (JAN TO JUNE VS. YTD 2021) - UP 8.6% & IN DOLLAR VOLUME - UP 33%.

- REALES (SAME TIME AS ABOVE) - DOWN 14% IN NUMBER OF SALES/UNITS & IN DOLLAR VOLUME - UP 5%.

- RESIDENTIAL LOTS - DOWN 4% IN NUMBER OF SALES/UNITS & UP 7.6% IN VOLUME

Get the FACTS - Stay in The KNOW
- Avoid RUMORS - Don't be Tricked.

Get a REALTOR - Stay with KNOWLEDGE and EXPERTISE

- Avoid the Scuttlebutt. (check out the Diaries this Issue for more real estate info)



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

"Diaries of a Shores Grand-Dad"

by Dirk Schroeder

It's a "Changing Market" is what "they're" saying about real estate. To me that expression is too generic and I would like to stay focused on informing buyers and sellers about facts that influence our local real estate market. I'd rather be writing about more fun or philosophical topics but I hear way too much scuttlebutt not to share what I know in this issue. Anyone who reads my "Only You Know and I Know" ads knows that I'm a facts-based guy.

Let's start with some basic facts like the wealth gap between renters and buyers. According to the National Association of Realtors (NAR), Renters in 2021 have a Net Worth of around \$8,000 whereas Homeowners average around \$320,000. If you are still renting - think about buying. What about the market? Chief Economist, Lawrence Yun on a August 9th Livestream talked about the fact that he does not see home prices declining. He sees 2022 finishing out the year with almost the same statistical data regarding the number of Residential Units and Dollar Volume sold as in 2019, the major difference between these two years being the average price of a home. So we're back to pre-pandemic levels of sales.

Interestingly, the average homebuyer keeps their home approximately 10 years. Upon closer analysis, NAR looked at appreciation rates for homebuyers and here's a handy fact: 93% of home owners come out ahead after 10 years - another "win" for those buying/owning.

The bigger question is, what is Lawrence Yun predicting for 2023. In terms of the number of Units predicted to sell in 2023, the number is predicted to be the same as in

2022. The average Home Price in 2023 is expected to increase only by 2% and Dollar Volume is expected to increase by the same amount - 2% Nationally. If you want to know how that compares to St. Johns County, I invite you to read my "Only You Know and I Know" ad which is typically on the opposite page of this Observer.

Locally, St. Johns County is performing better than the National market - unit sales are well above pre-pandemic 2019 levels and dollar volume of residential sales is way above 2019 levels (and 2022 levels for that matter). Yes, the pandemic has created distortions in so many facets of our US markets but, at least in the real estate market we are returning to a normalcy and picking up where we left off in 2019 despite inflation, gas prices and the Ukrainian conflict.

In order to balance facts with just one opinion, here is my sage advice: stop selling to Institutional Buyers and sell to Owner Occupants. These Institutional Buyers, when they get enough inventory, they could influence and possibly control price levels in the years ahead, contradicting free markets. Market prices are not set by them nor by analytics - prices are set in free markets by supply and demand. Don't let the American Dream become sleep apnea in the future. Sell to someone that wants to live in your home; there's a pretty steady supply of home buyers. Speaking of supply, our County is expecting an additional 39,000 more residents in the next 5 years. You can opine whether that is a good or bad fact. Next month, I'll stay off my real estate soapbox and on that note, I wish everyone, as always, a Sunshine State of Mind.

457th Anniversary

(continued fromn pager 8)

On April 2, 2013, a fifteen-foot statue of Ponce de León gazing over the dunes was dedicated near Ponte Vedra Beach, just north of St. Augustine. This permanent addition to the visitor experience recognizes the only surviving navigational reading of Ponce de León's "Journey of Discovery."

Join the annual commemoration of the founding of the city of St. Augustine. On September 8, 1565, Spanish Admiral Pedro Menendez and his fleet made landfall and were greeted by the indigenous Timucuan tribes. At 10 a.m. there will be a historical reenactment of the 1565 landing at Mission Nombre de Dios, followed by a celebration of Catholic Mass at the outdoor rustic altar. Admission is free. At noon, guests to the Fountain of Youth Park are able to witness a reenactment of the first Thanksgiving meal. The Fountain of Youth is open from 9 a.m. to 5 p.m. Regular admission and St. Johns County resident prices are applicable. 904-824-2809. Mission Nombre de Dios, 27 Ocean Ave.; Fountain of Youth Archaeological Park, 11 Magnolia Ave., St. Augustine. www.missionandshrine.org

St. Augustine South Reflections

by Ruth Hope, SAS

My brief history of St Augustine South was waylaid a few months ago by current events. I have taken a final read of the SASIA records with an eye to where are the parallels between neighborhood events in the past and now. Neighbors have recently experienced theft of pink flamingos and even plants from their gardens. Such petty larceny is so dispiriting, but back in the 1960s and early 1970, when all residents were dependent on well water, there was a spate of thieving of water pumps. In October 1984 a giant flag flown by Gate 2, St Augustine South Drive, was stolen for third time in 5 months. This infuriated the SASIA Board of Directors.

Events unparalleled in recent times occurred in 1971 and 1972, frightening many in the South, when fire threatened the neighborhood. One Saturday in the dry March of 1971, there were six fires in St Johns County, at least three maliciously set. A trash fire just south of SR207, fanned by high winds, rapidly spread eastward. It jumped Dodds Road, the FEC Railway tracks, and US 1S, and reached the Matanzas River immediately to the north of St Augustine South. Volunteers and Firefighters were able to save the neighborhood. Then again in March 1972, an arsonist started a fire along Holmes Boulevard that spread rapidly through the then forested land and pine plantations, jumped roads, and swept towards homes in St Augustine South. Firefighters from St Augustine, Hastings and Deltona joined Florida Forest Service during early stages of the fire. Early in the afternoon, additional fire crews were summoned from Jacksonville, Daytona, and St Augustine Beach. A house on Argonaut and another on Firefox were surrounded by fire but saved from all but scorching of the outsides.

There are several prominent night flowering cacti in gardens around our neighborhood. I regularly drive past three – on Argonaut, Shore Drive and Queen – that have splendid displays of large white blooms. I am sure there are others on roads I less frequently travel. Back in the 1980s, resident Nick Morrones had a night flowering cereus – a Queen of the Night – growing in his carport. A photograph showing Mr Morrones and his stunning plant was published in the St Augustine Record in July 1985 ensuring his local fame. The photograph is reproduced here ensuring Mr Morrones and his Queen of the Night are recorded as local history.

St Johns County put out solicitations to build a new Fire House in St Augustine South in 1984. Three companies offered bids and the Fire House was dedicated with an open house May 6, 1985.

Gate 2 back then was very different from now. The entrance was narrower and flagged by two towers and walls extending north and south along US 1. The entrance

layout was changed when new traffic lights were installed, with turning lanes and St Augustine South lost the towers. Resident Connie Hensley had a regular column in The St Augustine Record Tidbits of the South where she noted in regard to the changes at Gate 2, "Since our city is growing very rapidly, we must expect construction and a little inconvenience for a while. ...When I came here only four years ago, St Augustine looked entirely different." Now isn't that a current refrain?

SASIA noted that in 1988 there were about 1800 homes in St Augustine South, and each was valued at about \$60,000 to \$80,000. At that time, SASIA was promoting to realtors, developers, and builders our neighborhood's potential for construction of high value homes. We now have approximately 3,300 homes in the neighborhood. In June 2022, St. Augustine South home prices were up 7.2% compared to last year, selling for a median price of \$383,000.

The South offered many conveniences but dusty roads that turned to quagmires in rain were not convenient. SASIA's efforts throughout the 1980s focused on paving the dirt roads. The County offered a cost sharing scheme where residents had to raise one third of the cost of paving the roads. This was widely viewed as unfair as several roads including Shore Dr and St Augustine South Dr had been paved at the expense of the developer or the County. Several of our current residents contributed to the cost of paving their road, and still view it as unfair. The SASIA Clubhouse parking lot was paved in 1988 with funding raised from regular Bingo sessions held in the Clubhouse.

Some said that the long dry early summer of 2022 and hazy dawns were cause by dust from the Sahara. Then the rains came – not in 10 minute Florida downpours, but in night long deluges. Our gardens needed the rain and we again have gorgeous sunrises over the Matanzas!



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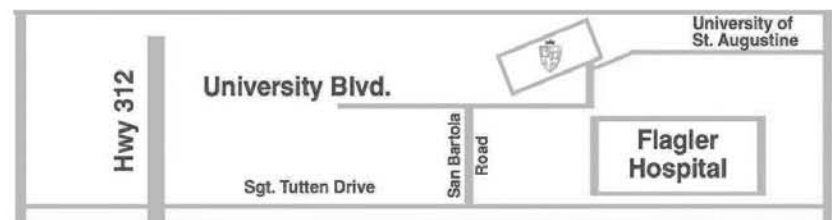
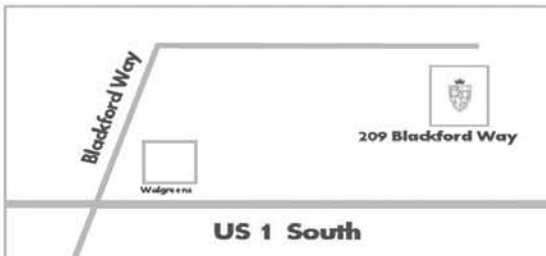
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Ehlers-Danlos Syndrome (EDS)

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



While sitting down to write this month's column on fascia and how it works, I decided to postpone that a month and thought I would first write about what happens when fascia does not work. Stretching and staying mobile is a good thing and something I usually encourage. It is important to keep our fascia mobile as many of us grow "tighter" with age and lose range of motion. Fascia can grow stiff making staying mobile or unrestricted a constant challenge. But for some the opposite is true. Fascia can become like puddy, allowing too much movement.

Imagine being Gumby the Claymation figure – able to take any form due to extremely pliability. If that analogy is dated, perhaps Mr. Fantastic of the Fantastic Four is better. After being exposed to radiation he gained the ability to stretch to any length and take any shape, which is a great skill to have if you are a superhero but not one for everyday life. Individuals diagnosed with EDS, or Ehlers-Danlos syndrome live with just that – extreme pliability. Due to a connective tissue disorder, their joints are extremely hypermobile, which can be painful and quite debilitating. Because connective tissue is found throughout the body, it affects their entire body. They are often labeled as "double-jointed".

Fascia is a type of connective tissue and can be found everywhere in our bodies. It "connects" us and holds us together. It helps give us structure as it surrounds and infiltrates muscles, joints, organs, nerves, blood vessels, etc. It also resists and transmits forces from one muscle to another, one joint to another. It can become stiff, as in a frozen shoulder, but for those who have EDS, it acts quite the opposite.

Imagine sitting in a chair reading this column. The longer you sat, the more your tissues would adapt, slowly "melting" or giving way to gravity and the force of the chair. As your joints started to gradually stretch, the muscles respond by tightening, attempting to stabilize the joints. This process takes place regardless of the structure: chair,

couch, bed or car – to name a few. Every night's sleep becomes a challenge, first to get comfortable and second, the stay comfortable. Whether you sleep on your back, side or stomach, your tissues gradually give way to the force of gravity and the mattress. Maintaining any one position for too long will produce the same result, even to the point of joint subluxation (popping out and then back in). This happens because the connective tissue lacks the inert stability it should normally provide.

EDS may be misdiagnosed and can be very painful. If your connective tissue provides the stability its intended to, muscles work harder and longer than usual, becoming sore and riddled with myofascial trigger points. Overworked muscles and trigger points can lead to central sensitization, which is where your nervous system becomes over excited or sensitized (something I've written about in previous columns). For the patient with EDS, if left untreated, the product is chronic pain.

Fortunately manual therapy, balanced exercise and education can help. If you think you may have EDS, consult your doctor or physical therapists. It can be managed.

You can get more information at <http://www.ehlersdanlossyndrome.org/> or review EDS posts provided on the Facebook page of First Coast Rehabilitation.

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). He is a co-owner of First Coast Rehabilitation (www.firstcoastrehab.com), presented and published about DN and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc.

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Humane Society Support from Comumbia Restaurant

by Susan Johnson

It's the Columbia Community Harvest! In September, choose the Columbia Restaurant and the St. Augustine Humane Society! Simply dine at the Columbia Restaurant during the month of September, choose the St. Augustine Humane Society from the list on the ballot provided, and enjoy your meal! The Gonzmart family, founder of the Columbia Restaurant, will donate a portion of your check to the St. Augustine Humane Society. Since the program's inception, the Columbia Community Harvest has given more than \$3 million to charities in cities throughout Florida. Great food for a great cause. It's a win-win! Oh, and don't forget your doggie bag!

The St. Augustine Humane Society promotes healthy, lifelong pet ownership by serving the medical and rehabilitative needs of companion animals in our community. Executive Director Carolyn Smith explains: "Our programs are designed to strengthen human/pet relationships by reducing the need for pets to enter shelters. Through generous support from the Columbia and our community, we can continue to work diligently to encourage the humane treatment of animals, avoid overpopulation, and prevent animal suffering." For more information, please visit www.staughumane.org.



Photo: Vet techs Hannah Beregsasy & Beth Pope



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Flagler Hospital Free Monthly Education Classes & Support Groups

For more information on any of the following, please call the Cancer Education and Support Center at 904-819-4793.

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 bcsofsta@gmail.com.

Restorative Yoga: Rest, Heal, Restore Wednesdays Weekly from 1:15pm - 2:15pm at the Wellness Center Taught by Certified Yoga Instructors through the Christina Phipps Foundation

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- Enhance your mood
- Soothe the nervous system
- Reduce chronic pain
- Improve sleep



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Computer Corner

by Steven Aldrich
904-479-5661



Is it Time to Consider Windows 11

Less than 2 years ago I wrote this same question about Windows 10. Over the past several years the Windows 10 updates have caused enough havoc to keep my business growing nicely. I was concerned that Windows 11 might follow the same path. Turns out, not so much!

Windows 11 has not presented a single update failure for me to deal with. The only real issue I can see with Windows 11, is that you cannot set it up initially without an internet connection and a Microsoft account. For us here in the US, this is not an issue. We can always turn off the MS account connection later and use a local account instead.

Windows 11 is a much cleaner looking version of Windows. To my eye, it has a much better look and feel. All of the Windows 10 functionality is still there, without the annoying updates that break everything.

Many say that Windows 11 is more "Mac like". It is true that Windows 11 brings a lot more styling to how things are displayed. Smoother edges, rounder corners, shadowing that makes things feel more natural, these are elements of the look and feel. I find it mostly unchanged for the functions that I use, and I am certain you will as well.

Not all computers can run Windows 11. There is a handy tool to test your computer, and all you need to do is open Windows update in settings to run that tester. In general, if your computer is less than 3 years old, you should be fine. But the tool is a handy way to know for sure.

You'll find that all new Windows computers at the stores run windows 11. So, you may consider new if your computer is getting long in the tooth.

The biggest change is that the task bar at the bottom of the screen is centered, and not full width. So, the clock is not all the way to the right, it is closer to the middle but still at the far right of the items in the Task bar. My, oh my... those folks at Microsoft really know how to shake things up!

If you are considering upgrading to Windows 11, don't let change be a concern. Other than more reliable system updates, it has not changed that much.

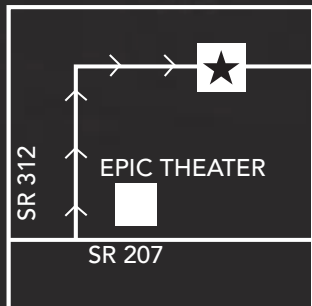
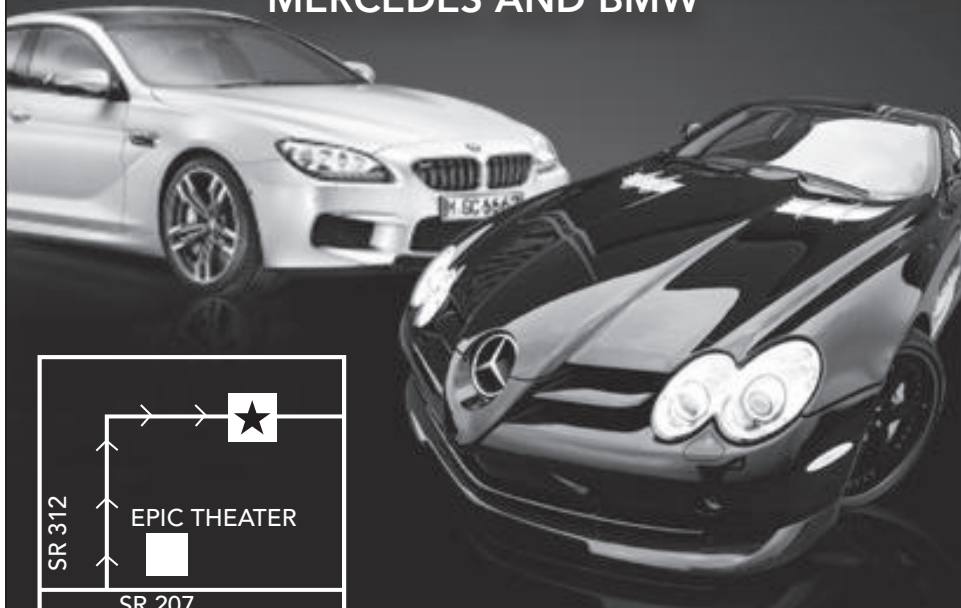
Steven Aldrich is a technology advisor with decades of experience as an IT Director and is the owner of First Coast Computer Services. Contact Steven if you need a trusted advisor to come to your business or home and help with your technology. See my ad on this page. Steve@fccspro.com or (904) 479-5661.

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