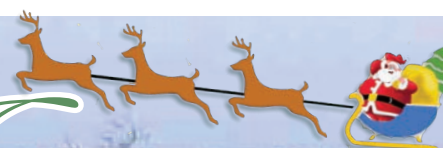


December
2020



St. Augustine OBSERVER

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



US MAIL Home Delivery to over
7,250 Southern St. Johns County
Area Communities Monthly!!
St. Augustine Shores
St. Augustine South
Vail Point
Southwood
Grand Ravine
Winding Creek
Summer Breeze
Crescent Cove
South Walk
and others

Nights of Lights Extended & Free Shuttle Service Added



One of Florida's most popular holiday events, Nights of Lights in St. Augustine, has been extended through February 2, 2020. Millions of tiny white lights will set the stage for many exciting events taking place this holiday season. And now with added free shuttle service, there are more reasons to enjoy the holiday festivities.

December 6 **Castillo by Candlelight: Enemy at the Gates** - A candlelight tour of the Castillo de San Marcos invites visitors to step back in time and observe British and Spanish officers as they prepare for the siege of 1740.

December 7 **Colonial Night Watch Weekend** - This parade and celebration invites you to take part at the Castillo de San Marcos as it becomes

Fort St. Marks for the weekend in honor of the 1763-1784 British influence in St. Augustine.

December 7 **St. Augustine Christmas Parade** - This display of floats, bands, cars, horses, and Santa will travel downtown from the Mission Nombre de Dios.

December 7 & 8 **10th Annual Villa Zorayda Candlelight Tours** - Tour the beautiful Villa Zorayda showcasing stunning Christmas decorations for the holidays.

December 14 **Holiday Regatta of Lights** - The Victory III invites visitors to brighten up the waters as part of its holiday boat parade.

December 14 **Castillo Holiday Open House** - Lit by lantern light, the Castillo de San Marcos offers an opportunity to interact with over 300 years of living history, complete with reenactors and cannon firings.

December 14 & 15 **26th Annual B&B Holiday Tour** - This weekend tour showcases more than 20 inns and 11 Cultural Heritage properties decorated with the theme Movies of Christmas.

December 21, 28 & 30 **St. Augustine Ballet's The Nutcracker** - Enjoy this family friendly holiday classic production comprised of student and professional dancers.

Free Nights of Lights Park and Ride Shuttle returns offering transportation into the heart of downtown within easy walking distance to San Marco Ave., St. George St., The Bayfront and Avilés St. during one of the busiest times of the year. Free Nights of Lights Park & Ride Shuttle Friday, November 29; Saturday, November 30 and Saturdays in December for 8:00 a.m. - 11:00 p.m. You can park at St. Johns County Health Department, 200 San Sebastian View and at the The San Marco Lot, 301 San Marco Ave.

St. Augustine South Reflections

by Ruth Hope, SASIA

As of this writing, we have survived the general election which is now all over bar the legal challenges and recounts. Polling in St Johns County went smoothly, and our thanks go to Supervisor of Elections, Vicky Oakes, for that. We have also survived what turned

out to be a damp squib with Storm Eta. The run up to Eta was surprisingly stressful with great doubt about its track. First it was projected to come straight across the Florida peninsular through St. Augustine. Then, perhaps, Eta's route was projected further west with Pensacola, Alabama and Mississippi expecting landfall. But then, it was back to "Plan A" with St Augustine in the direct path. Although Eta had hung around over the Caribbean deluging Jamaica in its first iteration, it came through

NE Florida at quite a pace. Fortunately, it had spent its energy en route. Now, the National Hurricane Center warns that there is another storm, Theta, brewing in the Atlantic. Fortunately, Theta is heading east and we can collectively sigh with relief as we approach the end of this year's Atlantic Hurricane Season

It was a particular relief to SASIA organizers of the Hidden Gems Tour of St Augustine South Gardens that Eta came through a day earlier than first projected and did not wreak havoc with our gardens. The little tree debris and dead palm fronds that fell were quickly cleared up and taken away by Advanced Disposal on the Friday before the Tour. Many of our gardeners say that their yards are at their best in the Spring with more color and more garden art, which they had already packed away by the time of the November 14, Hidden Gems Tour of Gardens. Of course, gardening is always a work in progress, and other gardeners tend their yards for fall and winter color, or to provide cover and sustenance for wildlife over winter. One garden tour cannot meet everyone's desires but perhaps a Spring Flowers Tour in 2021 will celebrate the end of coronavirus as well as yards bursting into bloom after the winter.

Other community news that should perhaps have been shared sooner, is that the remodeled "Tot Lot" at 709 Royal Rd is now open for fun and games. The facility is up to the improved current code, provides screening from the sun, and has an ADA compliant entrance walkway from the SASIA car park. It provides a treat for all our younger neighbors; their squeals of pleasure are a delight to hear.

Looking to the future, we all have a role to play in making St Augustine South a delightful place to live for everyone—young and old. While we are not doing Holiday Baskets this year, we will be giving gift bags to our oldest neighbors. While SASIA facilitates

this Holiday activity, the gifts are from neighbor to neighbor and depend on your donations. Similarly, the SASIA Board facilitates social events throughout the year. We need more volunteers to join the Social Committee to make these events happen. Our 2020 calendar of social events was hit hard by coronavirus restrictions but we cautiously restarted Food Truck Fridays (without the movie screening) and have held two plant swaps this year. We are hopeful that in 2021, we will have left

behind the Coronavirus epidemic and will be able to resume a full calendar of events and schedule activities inside the Clubhouse. We need volunteers to run Bingo in the Clubhouse as soon as it is safe for people to come together inside. If you can volunteer a few hours each month or want to make a \$5 donation for the Giftbags for our Senior Neighbors, please email me at ruthsasia@aol.com.



What's Inside The Observer This Month...

- **St. Augustine Shores:**
All events and meetings cancelled
Board regular meeting will be held at 6 pm monthly Virtually
- **St. Augustine South:**
SASIA Meeting Continue
Club House Rental Continues
- **Computer Corner: New Technology this Season?**
- **Financial Focus: Investment Lessons from 2020**
- **Health Focus: Pandiculation**
- **Diaries of a Shores Grand-Dad**
- **Ring in Trinity Parish's Bicentennial**
- **Flagler College Virtual Spring Courses**
- **Wildflower Meadow**

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

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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

"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** 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) 794-4214.

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. - Dave Whitaker
Secretary - Kate Anreise
Treasurer - Margo Geer
Board Member - Suzanne Godbout
Board Member - Ruth Hope
Board Member - Cindy Zimmerman
Board Member - Brad Hernandez
Board Member - Jerri Sue Dawson
Board Member - Dan Kelly
Board Member - Josh Silcox



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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: House Full Furniture! Household furniture & various item in storage for about 2 years: Black cherry dining room table & chairs, Bedroom queen complete, dresser, tables, lamps: Living room couch, chairs, TV, Consoles, Kitchen: microwave, toaster, pot & pans etc. Sale together. Value over \$10,000. Call 904-797-5662 or 904-687-3362

FOR SALE: (1) 5 piece set of cymbals including: 1 16 in ride, 1 14 in crash, 1 10 in splash, 2 14 in high hat, 1 soft carry case-\$100.00 (2) Singer 1951 antique commercial sewing machine on large work table very good working condition-\$350.00 (3) DTX400 Yamaha electronic drum set complete w/Roland KC 150 amp, like new \$600.00 (4) Regal Bread Machine. \$30 Call 904-794-5637.

FOR SALE: (1.) Like NEW, Tag still on, Rocker Glider by "BEST" \$125. (2.) Rattan Patio Set Loveseat, coffee table, 2 chairs, As New" \$200. (3.) Gator Garden & Lawn Wagon \$80. (4.) Porter Cable Pancake Compressor with Hose \$80. (5.) Krups Toaster Oven \$25. Call 904-534-3357.

FOR SALE: Antique grand piano. 1879 Knabe "Parlor" Brazilian (unconfirmed) Rosewood \$6,995 firm. Call 904-797-6501

FOR SALE: 1998 white Jeep Sahara. Low miles 135,000. Hard and soft top, 5 speed 4.0L great condition. \$10,000. Call this # (904) 794-9151.

FOR SALE: Make your own Christmas gifts. Beads, Semi-precious stone, and tools to make your own earrings, bracelets and necklaces. BIG SET, \$100.00 Call 214-642-6068.

FOR SALE: 2008 Volkswagan EOS hardtop convertible. 145,000 miles. Excellent condition. \$4,000 OBO. Call 904-797-5662.

WANTED: Lenox Christmas China. Call 904-347-9878.

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.

St. Johns County Public Library Hosts St. Johns CARES, Inc. Giving Trees

The St. Johns County Public Library is hosting St. Johns CARES, Inc. Giving Trees at four branch library locations through December 9. Each Giving Tree contains wish ornaments that are submitted by local nonprofit organizations serving veterans, senior citizens, children, the homeless, and animals. Collection boxes and Giving Trees are located at the Anastasia Island Branch, Bartram Trail Branch, Ponte Vedra Beach Branch, and Southeast Branch libraries. Donations will be collected, sorted, and boxed for the nonprofit organizations by St. Johns CARES, Inc. Monetary donations are accepted and will be used to purchase unfulfilled wishes and needs.

St. Johns CARES, Inc. is a nonprofit organization established in 2007 that is committed to assisting local charities in St. Johns County. To learn more about St. Johns CARES, Inc., or to make a monetary donation, please visit www.stjohnscares.org. For more information about this partnership, please visit www.sjcpls.org or call your local branch library.



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St. Augustine Shores & South News & Events

Shores Service Corp Monthly Meeting Change

Due to CDC guidelines and Covid-19, the Shores Service Corporation Board will meet virtually until further notice. The virtual meeting will be at 6 pm on the second Thursday of each month. Please go to our website <https://www.staugshores.org/calendar> for updates. If you have any questions, please call 904-794-2000.

St Augustine South Improvement Association December Meetings & Events

by Ruth Hope

The last SASIA General Meeting of the Year will be Wednesday December 16, 2020. We will hold the meeting outside, weather permitting.

There will be no SASIA Holiday Party in the Clubhouse, because of the Coronavirus situation. However, we will be sharing pizza at the General Meeting on the 16th!

We will be Holiday gifting the most senior members of our community this year, but in a modified format, as we do not want to put our most senior and vulnerable neighbors at risk, no matter how small a risk. We are not collecting baskets; SASIA will provide gift bags. A neighbor has very generously spent 2020 making quilts for each of our senior neighbors. We are soliciting \$5 donations from neighbors for purchase of a few small items to go into the gift bags with the quilts.

Cash/check donations will be accepted at the December 16 General Meeting. Please make checks payable to SASIA with "gift for the elderly" in the memo line. Checks can also be mailed to: St Augustine South Improvement Association, PO Box 80277, St Augustine, FL 32086. If you can not attend the meeting and you wish to donate cash contact me by email at: ruthSASIA@aol.com.

October SASIA Meeting Shore Drive Park Maintenance

by Handly Caraway

The September meeting of the St. Augustine South Improvement Association, detailed in the October issue of The Observer, featured a meeting with Doug Bataille, Director of County Parks and Recreation. Included in the discussion about park improvements was a plan to outsource mowing of Shore Drive Park to a private mowing company. In the past, many homeowners on Shore Drive have maintained the properties opposite their homes. At the September meeting, Dave Hankla, a resident of Shore Drive since 2014, suggested that the homeowners currently maintaining sections could continue to do so with county approval.

The October meeting, with about thirty residents and members present, was held in the pavilion area outside the clubhouse. Hankla returned and suggested that by becoming county volunteers, homeowners could continue to assist in maintenance of the park grounds. His suggestion seemed to have the general approval of the group, some of whom were already maintaining sections.

In the November meeting of the association Doug Bataille is scheduled to return to further discuss park maintenance with residents. More information about SASIA may be found at www.staugsouth.com.

Community Christmas Eve Service at Homeport Christian Church

Come join us for our Family Christmas Eve Service Thursday, Dec. 24th at Homeport Christian Church. We are located at 5605 US 1 South. Please call 904-797-8921 or visit our website www.homeportcc.org for the service time or email info@homeportcc.org.

St. Augustine Travel Club

Hi everyone. As you already are aware, we have not convened our meetings at the library due to the coronavirus; and having asked the library staff, there is no commitment as to when our Travel Club gatherings will resume. We will issue an email to everyone when we will be able to resume. In the meantime, please keep yourselves safe; and let's all do the best we can under these challenging times.

We look forward to seeing you back. Peter Dytrych, 904 797-3736.

Parks & Recreation December Activities

Provided by Brian James email: bjames@sjcfl.us or 904.669.6460

"Phone Calls from Santa"

St. Johns County Parks & Recreation has teamed up with the North Pole Telephone Company to bring you "Phone Calls from Santa"! Parents with children eight years of age or younger who reside in St. Johns County may sign their kids up to receive a special call from Santa Claus. Please note, each child in a household must be registered separately.

For more information, including signup requirements and how calls are made call (904) 209-0379.

"Winter Break Camp"

Parents, sign your kids up for a week of fun with the Parks and Recreation staff at the Ketterlinus Gym! From 7:30 a.m. to 5:30 p.m. on December 28 through 31, kids grades Kindergarten through eighth will spend the day playing games, participating in hands-on activities, and visiting the playground (weather permitted). Please note, snacks and lunch will not be provided. For more information, including cost and COVID-19 guidelines, please contact Ashley Brown at abrown@sjcfl.us or call 904.209.0379. Winter Break Camp Registration. Brian James at bjames@sjcfl.us or 904.669.6460.

St. Johns County Public Library "Food for Fines" to Benefit Food Pantry

The St. Johns County Public Library System is excited to announce that it will once again offer patrons a way to lower or eliminate library fines, while providing much needed assistance to the Health and Human Services Food Pantry through the "Food for Fines" program. This program will run from November 16 through December 21. A donation of one non-perishable, unexpired food item or pet supply item will remove \$1 of fines from a patron's library record. This fine-reduction program applies only to overdue fines and patrons may bring in as many items as needed to reduce overdue fines. Fees related to damaged or lost items are not included in the Food for Fines program.

Food donations and pet supplies/food may be dropped off at any St. Johns County Library branch or with one of our Bookmobiles. Last year, St. Johns County residents provided more than 9,000 non-perishable items through the "Food for Fines" program. All food collected will remain in St. Johns County for the benefit of local residents. For more information, please visit www.sjcpls.org or call your local branch library.

First Coast Card & Newcomers Club

DECEMBER

1) First Coast Florida Lifestyles Newcomers Cards & Games Club Event Dates:

Tuesday, December 15th. Christmas Party Lunch/Cinco De Mayo Mexican. Cards Next Door at Coffee Cafe, St. Augustine. Arrive: 1:15P. Cards Start: 2:30P-5:00P. Please... No Snacks, Refreshments, nor Food eaten while playing cards. Please buy a Beverage which can sit on our playing tables. Masks worn.

Sunday, December 27th. Coffee Cafe, St. Augustine. Arrive: 2:00P. Cards start 2:15P. Please...No Snacks, Refreshments, nor Food eaten while playing cards. Please buy a Beverage which can sit on our playing tables. Masks worn.

Please Contact Our Club Organizers for further information & To Yes RSVP In Advance: 904-829-0643. Phone Calls Welcome. No Texts. Open To Both Men/Women. Smoke/Drug Free Club.

2) First Coast Florida Lifestyles Newcomers Recreation Activities Club Event Dates:

Tuesday, December 1st. Yoga Classes-Community Center-Flagler County. Tuesdays & Thursdays. Times: 8:30A-9:30A. Cost Per Class: \$5.

Friday, December 4th. Opening Night. Nutcracker & Mouse King Musical. Clay County. Arrival: 7:30P. Show: 8PM. Cost Per Person: \$25.

Tuesday, December 8th. Ballroom Dance Lesson. Community Center. Flagler County. No Partner Needed. Times: 6:30P-7:00P. FREE. Other Lessons available.

Friday, December 11th. Choral Arts Society Holiday Music Concert-"The Sound of Christmas". Flagler County.Arrival:6:20PM. Concert: 7PM. Masks Worn. FREE.

Friday December 18th. Night Of Twinkle Lights. 2 Locations. Flagler County. Arrival: 5:30PM. A Drive Thru & A Walk Thru Light Shows Exhibits. Club's Van Carpool-Cost: \$6.75 Per Person With 6 Attendees.

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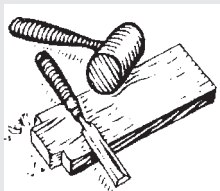
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The Wildflower Meadow

by Cindy Taylor

Our wildflower meadow group had two field-trips since my last article, I'm glad to say. One was in Moses Creek Woods north and the second was our annual picnic in Faver Dykes State Park. Maybe by the time I write the next article there will be another outing to report. There are many near-by parks where a person can see and learn about things beyond their own backyards, or even from a local wildflower meadow, and why limit ourselves?

We'll be asking Baker and Company to do the annual mowing in December or January but, for now, we're waiting for the bushy aster to have their days in the sun, if they so choose.

Thanks to Janet for cutting back some of the Fakahatchee and to Cheryl for her donation of spider lilies. Thanks to Russel for clearing lawn grasses away from the indigo and the salt and



pepper bushes and to Marlene for some of the photos this month. Thanks to all who come and help. And thanks to all of you who walk by and appreciate the meadow for what it is and understand Nature makes changes from season to season and year to year.

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 outside in the fresh air. And we now 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 for more information.



Sertoma Club On Par Again with Woo-Fest

On Saturday October 17th, the St. Augustine Sertoma Club hosted the WOO (Wide Open Open) charity golf tournament for the fourth straight year. The event was held at the Shores Golf Club on Shores Blvd. This year's theme was Woo-Stock, with participants encouraged to dress in their best 60s and 70s clothing. 70 golfers participated in the shotgun start event, with fun, food and music provided throughout the event. The participation by the primary event sponsors, Endless Summer Realty, Futch's Tractor Depot, Conkey's Hound & Hunting Supplies, and Viola's Italian Restaurant was especially appreciated. More event sponsors and information can be found at the club website, www.saintaugustinesertoma.org.



The St. Augustine Sertoma Club is a 501 (c) (3) nonprofit organization that works to help people in need from falling through the cracks as they work to put their lives back together. The Club works with agencies such as Flagler Hospital Care Connect and Home Again St. Johns, assisting folks with immediate needs such as medical assistance, housing issues, and financial aid, to name a few. The local Sertoma Club also runs the popular Second Time Around Thrift Store on Old Moultrie Road. All proceeds from fund raising events and the Thrift Store go to helping people within the St. Johns County community.

Sertoma, Inc. (short for Service to Mankind), is a 100+ year old service organization with clubs throughout North America. The local St Augustine chapter is one of the most prominent service clubs in the county. It was Sertoma that originally founded the Nights of Lights in St. Augustine.

For more information on how you can be a part of this very fulfilling mission, whether it's to make a donation, inquire about joining the club, or volunteer at our Second Time Around thrift store, please contact Bob Salgado at bob.salgado@gmail.com.

St. Augustine Art Association and Music Festival Chamber Orchestra Concert Fundraiser

On Sunday, December 6th, STAAA and SAMF will come together to uplift the spirits of the community with an amazing art exhibit and concert fundraiser celebrating the Impressionist style. The world-class musicians of the St. Augustine Music Festival Chamber Orchestra will perform works from Claude Debussy and Maurice Ravel, two of the major Impressionist composers. This fundraising performance will feature Gabriela Peña-Kim and Siyu Zhang on Violin, Aaron Lenrian on Piano, Jorge A. Peña on Viola, and Jin Kim on Cello.

The fundraising exhibition and concert will take place at the St. Augustine Art Association, 22 Marine St., St. Augustine 32084 at 1 pm on December 6. Register and purchase tickets for \$50 a person at <http://www.staaa.org/impressionism-in-art-music/>

Seating is limited and Covid social distancing regulations will be used, including wearing face coverings. For more information, call St. Augustine Art Association at 904.824.2310.




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Flagler College Lifelong Learning Announces Virtual Spring Courses

by Christine Rodenbaugh



Explore arts, language, science and health on the ACE Virtual Campus. The Flagler College Adult and Continuing Education (ACE) program is excited to announce Virtual Campus registration is open for the Lifelong Learning Spring A 2021 Term with classes beginning the week of Jan. 11. Let's put a turbulent 2020 behind us and look forward to a robust 2021.

Lifelong Learning courses are being presented via Zoom, an online platform created for virtual learning opportunities. Much like the traditional classroom, instructors lecture or lead discussions which can be supported by PowerPoint slides, video, or live demonstrations. Students can see and hear the instructor, interact with classmates, and even raise their hands to ask a question.

The Spring courses include arts, language, science, and health. Class sizes are limited, so register soon. Instructor John Nolton returns with Counterintelligence 101 which investigates the spy world, and adds a level 102 course that critically evaluates the election process from a global perspective. Grab a cup of coffee (or glass of wine) and practice Spanish with Dr. Susan Herrera in Café Latino, a casual conversational experience for all levels.

Express your creative side with guitar lessons by Dennis Fermin, writing with Lisa Mahoney, or drawing with Robin Borland. Look inward with Pat Foley to contemplate

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radiant well-being or learn to communicate mindfully with Dr. Judy Hammon-Holmes. On the science front, discuss renewable energy with instructor Gajendra Tulsian.

We look forward to “seeing” you on the ACE Virtual Campus for the first term of 2021! For full course descriptions and to register, go to www.flagler.edu/adulted/lifelonglearning and click Virtual Lifelong Learning. For information, email lifelonglearning@flagler.edu. Courses will be added as they become available, so check the website often or follow us on Facebook at www.facebook.com/FCAdultEd.

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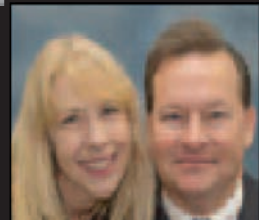
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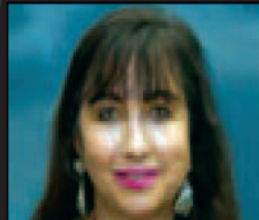
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What is going on in this, Our Year of the Pandemic? Shelter, one of the essential needs of humans beings in the United States has become a priority for Americans and in particular in ST. JOHNS COUNTY, FLORIDA. Only you Know and I Know in "Know-Vember" what is happening:

- Residential Single Family Homes (Jan. - Sept. YTD 2020) jumped 16% over 2019
- Condo Sales up 16% over 2019
- Mobile Homes up 25% over 2019
- Lot Sales up 33%
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- Total Sales Dollar Volume (all numbers above are in Dollar Volume) - up 19.84%

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What is happening? New projects being announced left and right - the Parrish Farms project with 3,300 homes plus mixed use. The Flea Market disappears to make way for Baptist South and the new Beaver Auto-Mall. Costco is going next to Buccee's at the WGV. It's a mad, mad, mad, mad world out there and if you own real estate and are thinking of selling or want to acquire some real estate here in St. Johns County - you need answers from a LOCAL 36 YEAR VETERAN of REAL ESTATE. That would be me - Dirk Schroeder, Broker. 904-540-2360.

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"Diaries of a Shores Grand-Dad"

by Dirk Schroeder

This is the Christmas issue of The Diaries since you are getting this Observer a day or two after Thanksgiving and the next issue will come out just before New Year's 2021 (after Christmas). So what did you say you were grateful for last week at Thanksgiving? Were you grateful that you were alive and well? Grateful to be with family and/or to have family? Grateful to be loved and to love someone? Grateful to have a warm meal and a warm bed? Or maybe grateful for your Smart Phone and Internet service? Grateful for Social Media and Web Browsers, lol? If 2020 has forced us to do anything at all, it has caused us to re-think our priorities and the things that we are grateful for. The SARS/COVID virus (and the elections) was a wake-up call for many, if not all, Americans.

Let's stay on the topic Thanksgiving. If the virus is surging as it is said to be surging (I am writing this issue on 11/13) then many states may be in lockdown again. Gatherings like Thanksgiving may, in many States, be limited in the number of people allowed to gather, limited to the number of family groups allowed to gather or even limited to gathering at all. By Christmas time, it will be about whether places of worship will be allowed to open. Of course, a lot could change between now and then. We will have to think about how we prioritize the holidays. Will the Times Square ball not drop at all this New Year's (like a giant replica of the COVID Virus)? We will soon find out.

One upside is that, with all of the hand washing, sanitizing, masking and distancing, the likelihood of catching the flu or other airborne infections has to decrease this winter season. Whereas, ordinarily in any flu season between 40-80,000 people die from the flu, I'm going to predict that these numbers will be lower by thousands if not tens of thousands. It is also likely that more people will get the flu shot this year and that should only help the situation. Getting the

flu shot and/or the Coronavirus vaccine may be the priority you should be focused on.

Priorities for anyone who is over the age of 65, especially if they have pre-existing conditions or serious compromise to their existing health/immune systems, is to be extra careful. They are in the crosshairs of the virus - they are in the group where 1 in a 1,000 Americans could die from this virus. Priorities for everyone else is to be extremely careful when you are around anyone in that group.

Human priorities will be what we perceive them to be. In the Genetic Tree of Life, humans are but one branch on a tree that has three main limbs. We are so vastly outnumbered by the other creatures on the Genetic Tree that we are about as much of a priority to this earth as earth is to our galaxy. We think of ourselves, with our precious lives, as the intelligent ones. Yet, creatures too vast to count will be on earth long after we're done carrying out our trivial priorities. Just saying!

Speaking of mistaken ideas: Thank God we're all Human! When it comes to prioritizing, let's start with acknowledging mistakes we have made and that we need to set things right amongst ourselves. That might have been a nice activity over Thanksgiving (and it's not too late for Christmas). How about, instead of writing one of those gloating Christmas letters about how your family had an audience with the Pope or how your kids have all graduated from Harvard and how you all travelled the world (you know the letters), write something sincere to a friend where you recall doing something ugly and you want to apologize. Or maybe write to a friend or family member and tell them how proud you are of them and how much you love and respect them. Maybe cheer them up with some funny limericks or stories. Re-examine your priorities for Christmas and for 2021. On that note, I will leave you thinking and wish everyone a Sunshine State of Mind.

Ring in Trinity Parish's Bicentennial

By Tatiana Diaz

Florida's oldest Episcopal church, Trinity Parish, is slated to begin its bicentennial celebration with the ringing of the church's original bell on Jan. 3, 2021.

Locals and visitors alike have doubtlessly passed by Trinity Parish while strolling through the streets of downtown. Located on the corner of St. George and King stands the church with its impressive stained glass windows and demanding presence in the nation's oldest city.

With less than a month away the church is busy preparing for the festivities planned in 2021, the ringing of the bell being the first to kick off the yearlong celebration. In August the bell was removed from the church and sent to a company in Cincinnati to be refurbished in preparation for the bicentennial year.

"We have had in our attic a bell that the women of the church had raised the money to buy," said Bicentennial Co-Chair Nancy Birchall. "It was dated 1842. So we have just had a company from Ohio... lift it up through the roof and do all this stuff. We've got a campaign to raise the \$40,000 it's going to cost to fix it, and we hope now to ring it on January 3rd. That will be the first Sunday in our bicentennial year."

Among the festivities planned for the bicentennial celebration are a tea service for the ladies of the church, a founder's day picnic, a gala and plenty of other events scattered through the year all with the same purpose.

"To have fun, a good time together," said Bicentennial Co-Chair Ron Birchall. "Hopefully it'll be a good time and joyous."

The church has a long history, but it starts in the midst of an epidemic - something we can all relate to 200 years later. During the yellow fever epidemic in 1821, the parish's founding missionary, Reverend Andrew Fowler, was asked to visit St. Augustine to help the dying men and women. During his time in St. Augustine, Fowler ministered last rites to those who were sick and dying, mostly of whom were of a different faith. In his short stay in St. Augustine, Fowler held services in the old government house in the second story courtroom.

"We had the most fun going through the archives, going back to 1821 and seeing an original copy of the letter asking reverend Fowler to make a congregation," Nancy said.

As the parishioners get ready to ring in the bicentennial, they welcome the public to join in on the celebration of this longstanding community church with its rich history, welcoming community and proud parishioners. For more information the church's bicentennial, a list of events, or how to get involved with the church, visit Trinity Parish's website www.trinitysta.org.



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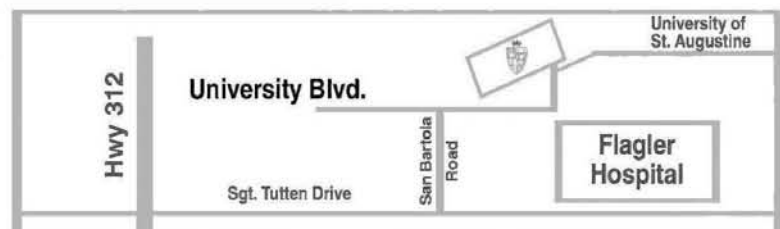
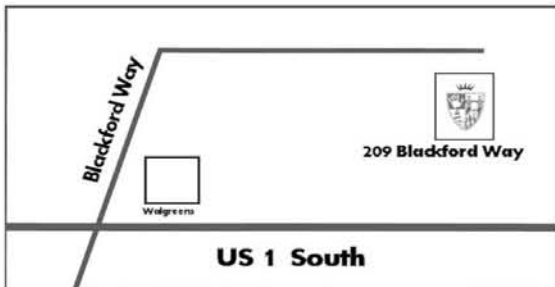


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Pandiculation

By Rob Stanborough
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT
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Pandicu...what? Pandiculation is involuntary stretching of soft tissues. You've probably seen your dog or cat perform such stretches after waking from a nap. You may have experienced the refreshing feeling yourself in the way of a yawn and early morning "good" stretch. Such morning stretches are perfect examples of pandiculation – arms stretched over head, back arched, muscles tightened. It's a stretch that can't be stopped. But why do our bodies do such strange things? One current hypothesis is that it helps regulate our locomotor or musculoskeletal system.

Most people know muscles move bones, creating movement. But few have heard about fascia. Fascia is the fabric that helps hold us together and more, also known as connective tissue. Current research tells us fascia not only holds us together but also plays an integral role with the force distribution of muscles. It helps distribute these forces as we move and in that way, assist in locomotion.

So why stretch or pandiculate? Although fascia is a durable connective tissue and remains lubricated and mobile with movement, it can become sticky and stiff with lack of movement, such as after sleeping all night. We arise with the need to 'pandiculate' or yawn. Such stretches are thought to reverse the affects of the stillness of sleeping.

The purpose of this column is to emphasize our need to stretch. Chances are the last time many of you stretched with a specific goal in mind was when you participated in "hips, ankles, knees and toes" during elementary school PE. The fact is, stretching should be a regular part of our lives. Gentle stretches to the neck, shoulders, back, hips and legs are thought to decrease compressive forces to the joints and only take a few minutes.

Daily, habitual postures, in part, dictate how

we hold ourselves and move. If you tend to sit at the computer much of the day, its good to reverse its rounding effects by stretching your shoulders back as you walk through doorway, grabbing the door jam, or stretch your front hip muscles by placing your hands on your hips and bending backwards.

Your body will automatically attempt to maintain the mobility of soft tissue gained via pandiculation (involuntary stretches). Voluntary and routine stretching, when done regularly will have a greater and longer lasting effect.

If you are getting stiffer or feel you are losing range of motion, perhaps you should consult your physician or physical therapist regarding a stretching program. One could certainly be designed specifically for you. There are also many online group exercise programs offered during this time of limited outings. They are easy to find – look one up and start pandiculating.

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.

Read previous columns posted on www.firstcoastrehab.com.



Financial Focus

Information Provided by
Edward Jones



Investment Lessons from 2020

As the year draws to a close, it's fair to say that we've all learned something about the social, political, physical and environmental forces that have affected everyone. And, in some ways, our lives will be changed, perhaps permanently. But as an investor, what lessons can you learn from 2020?

Here are some to consider:

- The markets look ahead. Here's something many investors discovered in 2020: Investment prices don't always move in the same direction as the overall economy. This might not have seemed apparent right after the COVID-19 pandemic struck in mid-February, as the overall economy and the stock market took big hits. But just about five weeks later, the markets began a rally that lasted several months. During this time, the economy also recovered somewhat, but still remains on weak footing.

- What can explain this discrepancy between the markets and economic activity? Essentially, economic numbers, such as the unemployment rate and gross domestic product (GDP), reflect what's happening today, but the markets are always looking toward tomorrow, which means they are anticipating a stronger economic recovery and the results that come with it, such as greater corporate earnings in 2021. No one can say for sure what the future holds, but you can usually know the market's opinion by its performance.

- Opportunities will always exist for investors. Although the coronavirus seems unprecedented, the equity markets have rebounded from many crises before it. From war to global financial meltdowns, the market has seen it all. But even at the height of these events, when the markets might be most affected, individual segments or industries can do well.

- For example, in the current environment, when many people have been forced to work and shop from home, and get their entertainment online, it's probably not surprising that some parts of the technology sector have seen their economic activity grow, along with their stock prices. Here's the key point: Investment opportunities always exist, especially in times of market stress – and smart investors will find them and incorporate them into their portfolios in a way that's appropriate for their goals and risk tolerance.

- Patience and discipline can pay dividends. As mentioned above, the stock market dropped sharply in the weeks immediately following the pandemic, but then gained steadily for months afterward. Investors who tried to "cut losses" and exited the market likely did so at the wrong time and missed out on the beginning of the upturn. Unfortunately, this is not uncommon – investors who overreact to market declines often find themselves on the investment sidelines just when a new rally begins. Rather than being reactive in this way, you may be better off sticking with a long-term investment strategy, and buying and selling investments only when it makes sense for your situation, such as when you need to diversify your portfolio.

For many reasons, it's unlikely that we'll see anything exactly like 2020 again. But some of the investment lessons we learned are applicable in every year – so keep them in mind for 2021 and beyond.

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

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Edward Jones
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PREMIER PROPERTIES

Merry Christmas

Computer Corner

by Steven Aldrich
904-479-5661



New Technology this Season?

Black Friday and Cyber Monday are behind us, and the holiday giving season is directly ahead. For many this means new computers, tablets, or cell phones. Now we need to address getting our important documents and files moved from an old device to the new one. It also means that we need to think about how to best dispose of the old equipment.

What about all of your stuff?

Your Files:

Moving files can be done by using an external drive, and copying the files by hand, or perhaps using automated migration software. There is even a Migration tool for moving from Windows to macOS, if you have made the jump to a Mac.

Your Applications:

Keep in mind that your applications will need to be re-installed. This can be done quickly if you have the install disks, but can be an issue if you don't. This might be a really good time to ask yourself what applications you "really use".

Your Bookmarks:

All of the top internet browsers allow you to export your bookmarks, so that you can import them on a new computer.

Your Passwords:

There is no good way to export your saved passwords. If you have passwords saved in your browser, you will have to re-enter them and save them in the new one.

How to dispose of your old equipment:

This can be tricky. You don't want all of your files and information still on the device when you dispose of it. Most devices have a factory reset capability. The issue with a factory reset is that it may not "forensically delete" everything. Your files may still be retrievable by someone with data recovery tools and time on their hands. If you want to donate it to your favorite charity, extra care should be taken to fully wipe the device. There are so many types of devices, I don't have the room to address this here. Please send me an email with the type of device, and I will provide you with secure resources for safely disposing of your equipment.

Older equipment may not be donation worthy. Please don't put it in the trash. I give these devices to Sensible Recycling in Jacksonville. They are Veteran owned & operated.

Using your new technology:

Learning how to use your new device can be an eye opener. It may be a good idea to plan to spend some time learning about the new device. If it is a brand new type of device it may take some time to figure out where everything is.

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.



Computer Problems?

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Testimonial:

Steve just finished copying all of my files over to my new computer. He showed me how to use the new machine and helped me with all of the confusing changes. I feel much better knowing that I have someone I can call on to help me get things figured out. He is patient and helpful.

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