

April 2023

www.StAugustineObserverOnline.com

Easter is April 9th

Over 3,300 US MAIL Home & Business Delivery to Southern St. Johns County Communities Monthly!!

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



St. Augustine OBSERVER

NEWS INFORMATION ABOUT ST. AUGUSTINE & SOUTHERN ST. JOHNS COUNTY FL



Artists are invited to participate in the annual Plein Air Paint Out in historic St. Augustine, Florida! Be inspired by the Spanish architecture, coastal environment, small-town streets, and Old World charm of the nation's oldest city.

Artists and art lovers! You are invited to the 7th Annual St. Augustine Plein Air Paint Out in the nation's oldest city. This event, a nod to St. Augustine's art history, celebrates the town's architectural and coastal beauty through the time-honored tradition of painting en plein air (outdoors). The event starts on April 26th and runs until the 30th, with artist from here there and everywhere. Last year we had 70 artists that participated, painting in and around St. Augustine's iconic locations.

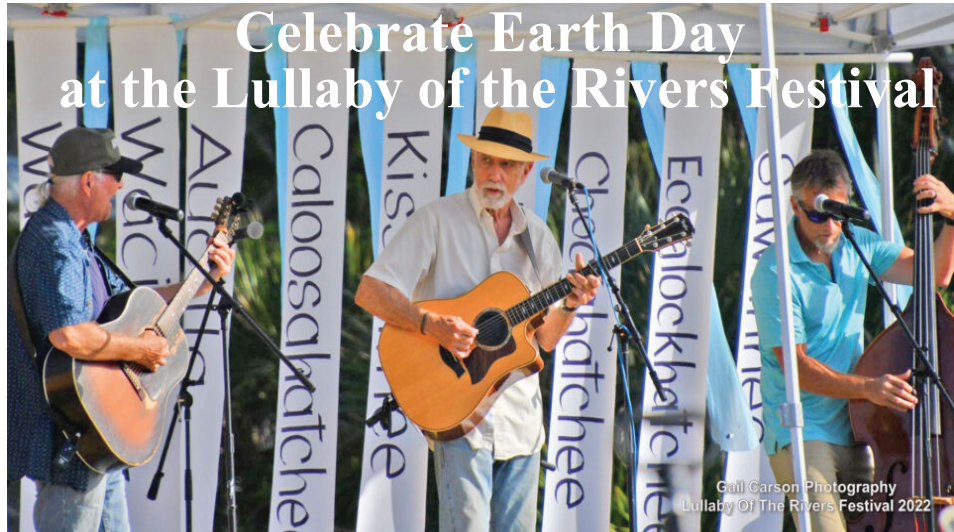
Artists will be painting in and around St. Augustine at notable locations. In addition to watching the artists paint on location, observers can visit the St. Augustine Art Association's gallery to see (or buy) works-in-progress and

finished paintings.

Painting en plein air is nothing new. Commonly originated by Great Britain's John Constable, outdoor painting became fundamental to French Impressionism around the year 1860. The birth of the French term en plein air—literally translated as outdoors—is a more elegant phrase than outdoor painting. Henry Flagler initialized the plein air movement in St. Augustine, bringing in artists from around the country to paint the historic town, and the Art Association harnessed the method in a marketing campaign—Like Painting in Europe! — which helped the organization survive during the Great Depression.

As the sun rises in the east and moves towards the west, shadows and colors transform. The plein air artist paints what they see in front of them at a particular moment in time, capturing these changing illuminations. Claude Monet is perhaps one of the most notable plein air painters and a forerunner of French Impressionism. He was notorious for painting the same scene over and over, but at different times of the day or year, to capture intricate differences in lighting and colors.

For information and to register as a participant please see: <https://www.staaa.org/plein-air-paint-out-registration/>.



April 21 - 23 Vilano Beach (North Shores Community Park)

The Lullaby of the Rivers Festival is an Earth Day event that seeks to awaken connections to nature by using music and stories as a means to inspire environmental awareness. An Earth Day Fair features booths with educational activities, and a Tasting Tent on Sunday offers samples and products from local food vendors. The emphasis is on organic, sustainably raised, recycled.

Food trucks, beverages, vendors, raffles and games add to the festive atmosphere. This festival makes getting into nature fun for everyone, with kid-friendly activities and an extraordinary lineup of performers. Bob Patterson, celebrated Florida singer-songwriter and well-known activist, has lined up some of the region's most talented performers to come and play at the third annual Lullaby of the Rivers Festival. Music, storytelling, and open mics happen throughout the weekend.

With a lineup like this they're all headliners, but of special note is the Currys, one of Florida's all-time favorites who captivate audiences with their songwriting, harmonies, and genuine good-natured fun, and Sauce Boss, the legendary Bill Wharton, who will heat it up on Sunday playing swamp-funk slide guitar while cooking gumbo right on the stage.

You can get more information at the website: www.lullabyoftherivers.com. For Tickets at Eventbrite: <https://lullabyoftheriversfestival.eventbrite.com>.



Iris DeMent, Bill and the Belles, Robin and Linda Williams, Richard Smith, and dozens more are headlining the 27th Annual Gamble Rogers Folk Festival!

Attractions include 3 days of live music on 4 stages with dozens of bands, folk workshops, food trucks, craft vendors, on-site camping, and activities for kids! Bring your lawn chairs and blankets, spread out and enjoy a weekend of music.

Single Day & 3-Day Festival passes are available in advance and at the gate. Children 16 and under are free. Tickets and overnight camping passes are available for purchase at the links below and at www.gamblerogersfest.org.

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

St. Augustine Observer
2465 US 1 South #8
St. Augustine, FL 32086

WHEELCHAIR ACCESSIBLE SENIOR TRANSPORTATION



Strictly Senior Services Inc

StrictlySeniors.org

You or your loved one can now travel with peace of mind.

My service promotes independence while providing personalized care. I offer short and long distance transportation with a kind, caring advocate in the driver's seat!

Call for escorted door-to-door transportation to/from:

- ♥ Medical Appointments ♥ Special Occasions
- with Family and Friends ♥ Community Activities
- ♥ Social Engagements ♥ Shopping Trips ♥ Salon Visits
- ♥ Airports (pick-up, drop-off and flight companions)



Tracey Kuczinski - Your Senior Advocate

StrictlySeniors.org

904.481.6786

Shores **ANIMAL HOSPITAL**

WE STRIVE TO MAKE YOUR VISIT POSITIVE

880 Santa Maria Blvd.
 St. Augustine, FL 32086
 ShoresAnimalHospital.com
 (904) 496-0400

YourVet@ShoresAnimalHospital.com

Access to a network of quality doctors in St. Augustine.

BECAUSE WE CARE.

At CarePlus, our members are like family.

We want you to get the health care you need from physicians you can trust.

**Your care is in good hands with the providers in our network.
That's why Island Doctors is in our CarePlus network.***



For care where you need it:

2460 Old Moultrie Rd., Ste. 5
St. Augustine, FL 32086

For hours, and appointments, call

877-434-4676

Or visit Island Doctors online:

www.IslandDoctors.com

Now seeing patients in your neighborhood!

Questions about CarePlus plans?

Call a licensed sales agent today:

1-855-435-3183 (TTY: 711)



CarePlusMedicare.com

*Other providers are available in the CarePlus network. Provider may also contract with other Plans/Part D sponsors.

St. Johns County. CarePlus is an HMO plan with a Medicare contract. Enrollment in CarePlus depends on contract renewal. Important: At CarePlus, it is important you are treated fairly. CarePlus Health Plans, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, ancestry, ethnicity, sex, sexual orientation, gender, gender identity, disability, age, marital status, religion, or language in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities. The following department has been designated to handle inquiries regarding CarePlus' non-discrimination policies: Member Services, PO Box 277810, Miramar, FL 33027, 1-800-794-5907 (TTY: 711). Auxiliary aids and services, free of charge, are available to you. 1-800-794-5907 (TTY: 711). CarePlus provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate. This information is available for free in other languages. Please call our Member Services number at 1-800-794-5907. Hours of operation: October 1 - March 31, 7 days a week, 8 a.m. to 8 p.m. April 1 - September 30, Monday - Friday, 8 a.m. to 8 p.m. You may leave a voicemail after hours, Saturdays, Sundays, and holidays and we will return your call within one business day. Español (Spanish): Esta información está disponible de forma gratuita en otros idiomas. Favor de llamar a Servicios para Afiliados al número que aparece anteriormente. Kreyòl Ayisyen (French Creole): Enfòmasyon sa a disponib gratis nan lòt lang. Tanpri rele nimewo Sèvis pou Manm nou yo ki nan lis anwo an. H1019_MKDMFNPRproviderloc2023_C

St. Augustine Observer

Published monthly for residents and visitors of St. Augustine Florida area
2465 US 1 South PMB #8 • St. Augustine, FL 32086
Email: clifflogsdon@att.net • Online: www.StAugustineObserverOnline.com

Cliff Logsdon
Publisher/Editor
(904) 607-1410
Email: clifflogsdon@att.net



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.

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

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

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

• **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 the bulletin board 48 hours prior to each meeting. For Information contact Property Manager Piper Hareland at 904-471-6606 ext 123.

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 Community Meetings

Please join us on April 19th at 7pm for our SASIA community meeting. Master Gardener Barbara Purple will do a presentation on vegetable gardening in the summer. While it is too hot to start popular vegetables like tomatoes or cucumbers, there are fun plants you can grow. She will provide a list of plants and make suggestions for preparing for your fall garden. Ms. Purple has kindly offered to provide luffa sponge seeds (with harvesting instructions) for those in attendance. We hope to see you there.

Community meeting are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse, except July and August.

Print Distribution Locations

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

Free On Line Edition!

StAugustineObserverOnline.com
or SABNJ.COM

Classes at the SASIA 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

SASIA Board Members

President - Jerri Sue Dawson
1st V.P. - Nicolette Soucy
2nd V.P. - Mick Jones
Secretary - Kenneth Rainer
Treasurer - Margo Geer
Directors: Mike Oliver, Robert Kennedy, Oonna Hueck, Dave Whitaker, Susan Millerick

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: Mobility Scooter. Like new. Folds for Airplane, Train or Boat. Holds 275 lbs. \$1,100. Call 516-262-2637.

FOR SALE: Fiesta Ware, Sunflower, Scarlet, Tourquoise, orange, blue plates, mugs, bowls, platters. Call 904-412-3210.

FOR SALE: (1.) MacPro Tower Computer. Great machine to learn Apple programs. Has 500 gb hard and softward. No monitor, keyboard or mouse included. Works as intended. \$90. (2.) 2006 Chevy Malibu Maxx. Fair Condition. \$1,500. Call 904-607-1410.

FOR SALE: VIONIC - woman's Erma pink plush slide slipper. New in box. \$45. Text 516-319-9688.

FOR SALE: boys 20in BMX bike -like new. Call 904-429-9998

GARAGE SALE: Southwood Community wide garage sale. All welcome. Saturday April 1st from 8 am to 1 pm. Restroom available.

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

WANTED: Female roommate wanted to share High end apartment. Covered parking, elevator. \$950.00 818-625-4045.

WANTED: Good clothe dryer. Call Genna at 904-671-3434

WANTED: Care person for femal with back surgery located in the Shores. 904-687-3362.

WANTED: Help with housekeeping, shopping, and lawn and garden (non-professional). Call Cathy, (904) 806-0054.

WANTED: Cleaning person for small home in the Shores. Call 904-687-3362

FREE: 3month old kittens ready for free adoption. 2 females 1 male fixed and shots. call Paul at 797-9874.

FREE: 1. Wingback chair, light cream color, excellent condition. 2. beige recliner in very good condition--free to good home if you pick them up! Location: Alcira Court, Conquistador Condos 2 entrance; second floor. Pictures available. Call: 305-850-9897.

Plant & Bake Sale: Geranium Circle Fundraiser May 6, 9am-Noon at 3440 Old Moultrie Rd. Hot Dogs Served.

St Augustine Shores Election Mailer

Homeowners in the Shores, watch your mailboxes! Packets will begin arriving at the end of March and they will have information about HOA dues, The Board of Director Candidates, and Election information. Please be sure to read up on the candidates for the Board of Directors and plan to attend the April 13th Board meeting. The candidates for the Board will be having a Meet and Greet from 5-6pm just before the meeting. This will be a great opportunity to meet those who are hoping to join the Shores Board of Directors. The Annual Meeting and Election will be held on May 5th at 10am in the Main Hall at the Riverview Club.

Coins, Gold & Jewelry

I buy Silver Coins, Gold and Jewelry at great prices. Call Mike at 904-501-1449.

Math Tutor

Sessions 1/2 hr M-Th, Sat. In my home near The Shores. Call/Text 904-419-7417 G. Taylor, Matanzas High School Math teacher.

Retired LPN Caregiver

Inhome companion, senior or child sitter sevice availble 24 hours. Reasonable rates and professional referebces. Call Sierra 904-377-7227

Car Service

Providing dependable, safe, courteous transportation to all airports/hospitals. Pearl Car Service (904) 677-3275.

Wanted

2 BR BLOCK HOME in The Shores up to \$260,000. Local Buyer will provide time to move. CALL Dirk Schroeder, CENTURY 21 St Augustine Properties 904-540-2360.

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.

Mass Rock LLC

Lawn Service
Landscaping
Pavers
Pressure Wash

904-392-9630

Licensed & Insured

Heritage Baptist Church

"A Warm & Friendly Fellowship"

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

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

St. Augustine Shores & South News & Events

Shores Riverview Club Activities

April 2023

April DANCES RSVP requested but NOT 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 Southern Style Saturday, April 1 st 7:00pm to 10:00pm	MAIN SOCIAL Latin Night with DJ Luis Sunday, April 16 th 6:00pm to 9:00 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.

Chair Yoga Classes led by Arthur and Elizabeth **Mondays, Wednesdays & Fridays at 10:30 am.** A gentler form of yoga for those whom balance is an issue.

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

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

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

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!

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

Tai Chi Flow Class led by Sharon, **Tuesdays at 10:30am**

Square Dance Class led by Mike, **Wednesdays at 7:00pm**

Mahjong Please call Christine if you are interested! 904-794-2000

Upcoming Events



Early Social
Tim Rippey
Saturday, May 6th
7-10pm



Main Social
Debbie Owen & Tony T
Sunday, May 21st
6-9pm



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

What Is Happening - And What Still Needs To Be Done

Progress is inexorable but often it seems to happen more slowly than we believe that it should. It can be useful to take stock of the positive things that have taken place in the Shores in recent months but also the progress that has yet to be made.

The Riverview Club suffered significant damage from the hurricanes last year. Unfortunately, the roof was damaged beyond repair and needed replacement. Negotiations have taken place with the insurance company, a roofing contractor has been engaged and replacement tiles have been special ordered. As soon as the tiles have been manufactured and delivered, the roofer can get to work installing them and the blue tarpaulin will finally be gone. Only then can work begin on the two rooms damaged by rain ingress. However, other part of the building are in use and many activities that have been absent since before the Pandemic are returning – even new programs such as square dancing.

A new canopy has been installed on the pavilion and the pool is being readied for an April 1st opening. Ongoing drainage issues on the pool deck during heavy rain continue to be in the hands of the corporation’s lawyer and it is hoped that the contractor who installed the paving and drainage will take responsibility for their work.

The recent flurry of graffiti vandalism seems to have subsided. The culprits have yet to be identified but efforts to find them are ongoing.

Traffic, especially on Shores Boulevard, is getting heavy and it is not just cars and commercial vehicles. Bicycles, powered and unpowered, golf carts (often with children on board), skate boards, and even single wheeled “power boards” are present on our roads. Please be careful out there, especially after dark. There has been a noticeable increase in sheriff patrols recently which may have a positive effect on speed control.

Rome wasn’t built in a day but progress is a never ending process.

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

SASIA Scholarship Grants

SASIA is excited to announce a brand-new scholarship opportunity for one of our students. Two longtime residents of St. Augustine South have fully funded a \$40,000 scholarship for a graduating senior attending a private or public college/university and pursuing a STEM field of study!

This STEM scholarship will be awarded to one community student and will be disbursed over a four-year period to be used for books, tuition, housing, or any other applicable fees. The student will be required to complete an application and must demonstrate financial need. More details to follow and other conditions may apply.

In addition to this STEM scholarship, SASIA has funds available for other graduating high school students pursuing other fields of study.

Applications for either program must be received by the SASIA board no later than May 19, 2023. No exception to this date will be made. The scholarship awards will be announced on Friday, June 9, 2023.

As always, the student must reside in St. Augustine South and the student's family must be SASIA members.

To apply please go online to staugsouth.com/scholarship-grant or email: info@staugsouth.com

Living with Cancer Support Group

3rd Wednesday of each month at 11:00 am

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

This is an informal gathering for adults with any type of cancer and their caregivers. It is open to all affected by cancer. This group will provide the opportunity to meet others in similar situations, share your stories, provide practical suggestions and offer support to each other. If you prefer to participate virtually via Zoom, please call 904-819-4793 for further instructions.



TEMPLE BET YAM

A Reform Congregation
Led by Rabbi Claudio Kogan
2055 Wildwood Dr., St. Augustine, FL 32086
Religious School
904-819-1875 • www.templebetyam.org

Get Your Copy by U.S. MAIL!

- FREE Newspaper for Southern County Residents!
- We deliver to over 8,000 Residential Mail Boxes
- Documented delivery By U.S. Postal Service
- No Subscription Required in mailing areas

Not in our mailing area? You can get it in your mail box for \$12 per year to cover postage!
Call 904-607-1410 to subscribe
or to advertise your business or service.

JOY

Find Joy at Shores
United Methodist Church!
724 Shores Boulevard
St. Augustine, Florida 32086
(904) 797-4416

Traditional Worship Service
9:00 am

Contemporary Worship Service
11:00 am

Online Worship Service visit
www.shoresumc.org

DRYWALL FINISHING

Repairs and Texture
40 years experience
Reliable and Local
Small Business

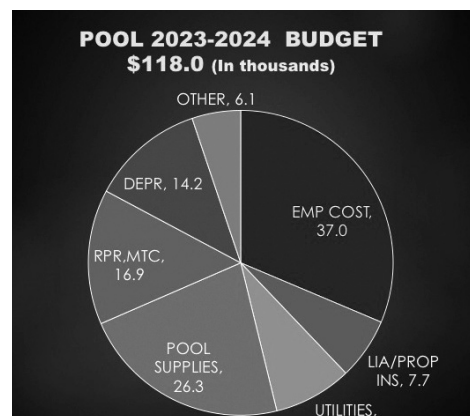
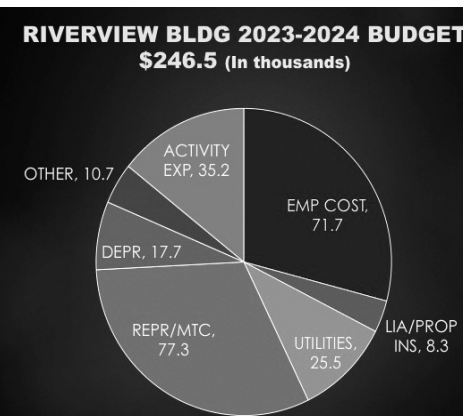
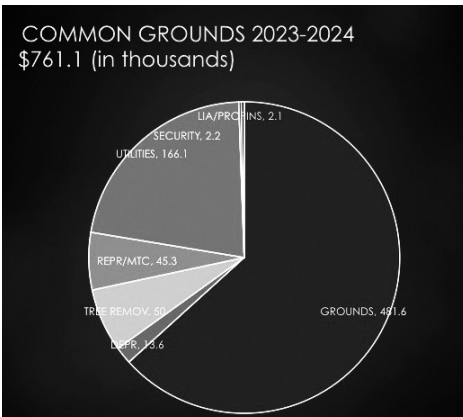
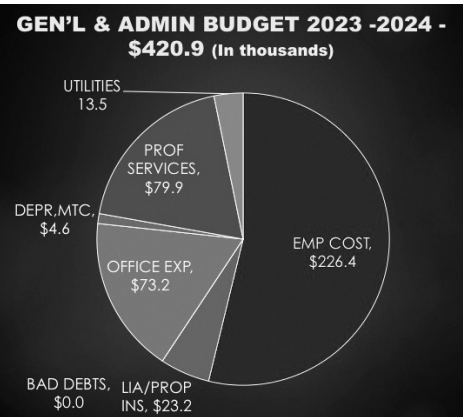
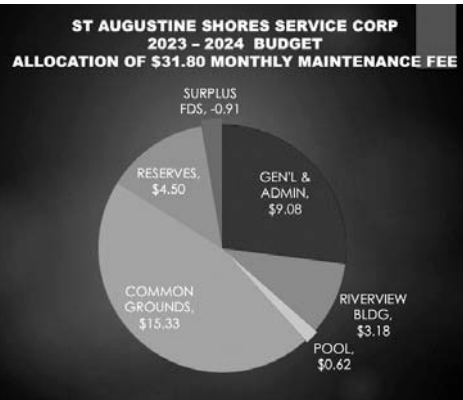
CALL GARY MAGGIO (904) 377-5173

St. Augustine Shores Service Corporation's Annual Membership Meeting

Date: Friday, May 5th
Time: 10:00 am
(Doors open at 8:00 am)
Place: Main Hall at the Riverview Club
790 Christina Drive
St. Augustine FL 32086

ST AUGUSTINE SHORES SERVICE CORPORATION
APPROVED BUDGET FOR THE YEAR JULY 1, 2023 THROUGH JUNE 30, 2024

	GENERAL & ADMIN	COMMON GROUNDS	RIVERVIEW BUILDING	POOL	2024 TOTAL BUDGET	2023 TOTAL BUDGET	% CHANGE FROM 2023
REVENUE:							
MAINTENANCE FEES	\$1,275,552				\$1,275,552	\$1,275,552	0.0%
LEASE INCOME-COMPOUND		12,516			12,516	12,516	0.0%
ACC PERMITS	1,520				1,520	1,480	2.7%
TRANSFER FEES	10,700				10,700	7,700	39.0%
ESTOPPEL FEES	21,400				21,400	15,900	34.6%
RIVERVIEW ACTIVITY FEES			43,824		43,824	35,860	22.2%
POOL FEES				78,323	78,323	59,190	32.3%
RIVERVIEW RENTALS			53,000		53,000	57,770	-8.3%
COMPOUND RENTALS		102,000			102,000	64,800	57.4%
OTHER INCOME	8,509				8,509	6,960	22.2%
TOTAL REVENUE	\$1,317,681	\$114,516	\$96,824	\$78,323	\$1,607,344	\$1,537,728	4.5%
EXPENSES:							
PAYROLL	\$169,796		\$49,133	\$32,500	\$251,429	\$225,627	11.4%
PAYROLL TAXES	13,225		3,794	2,537	19,556	17,573	11.3%
WORKERS COMP INSURANCE	1,287		369	1,073	2,729	2,360	15.7%
DISABILITY INSURANCE	1,461		338		1,799	1,778	1.2%
EMP MED/LIFE INSURANCE	29,266		14,342		43,608	39,924	9.2%
PENSION COSTS	11,409		2,739		14,148	13,245	6.8%
LIABILITY & PROP DAMAGE INSURANCE	23,209	2,163	8,305	7,715	41,392	34,557	19.8%
LEGAL SERVICES	4,000				4,000	4,000	0.0%
ACCOUNTING SERVICES	75,903		1,006	673	77,582	77,791	-0.3%
OFFICE EXPENSE	27,672				27,672	26,185	5.7%
POSTAGE	10,050				10,050	10,090	-0.4%
ANNUAL MEETING EXPENSE	14,190				14,190	11,451	23.9%
TRAINING	0			220	220	1,420	-84.5%
SECURITY		2,186	3,010		5,196	5,790	-10.3%
CONTRACT LANDSCAPE SERVICE		370,654			370,654	359,858	3.0%
REPAIR AND MAINTENANCE	1,076	24,908	24,700	5,770	56,454	55,615	1.5%
TELECOMMUNICATIONS	3,644		624		4,268	4,344	-1.7%
ELECTRICITY	923	163,384	9,897	6,952	181,156	176,308	2.7%
WATER	283	2,691	3,037	2,846	8,858	7,653	15.7%
PROPANE			3,200		3,200	3,440	-7.0%
TRASH SERVICE	8,644	15,120	8,708		32,472	23,512	38.1%
GAS AND OIL	3,894				3,894	3,464	12.4%
SUPPLIES			8,304	26,296	34,600	26,154	32.3%
OUTSIDE SERVICES	2,960	20,345	52,630	16,900	92,835	71,958	29.0%
MISC ADMINISTRATIVE EXPENSE	3,120				3,120	2,431	28.3%
MISC RIVERVIEW EXPENSE			7,208		7,208	6,653	8.3%
MISC COMMON GROUNDS EXPENSE		21,060			21,060	20,000	5.3%
RIVERVIEW ACTIVITY CLUB EXPENSE			35,231		35,231	31,707	11.1%
BAD DEBTS	0				0	0	0.0%
TAXES AND LICENSES	810		2,655	350	3,815	3,452	10.5%
LAKE TREATMENT		37,680			37,680	37,680	0.0%
TREE REMOVAL		50,000			50,000	70,000	-28.6%
ANIMAL/PEST CONTROL		2,800			2,800	2,800	0.0%
PLANTS, MATERIALS AND MULCH		28,590			28,590	27,841	2.7%
COMPOUND COST		5,750			5,750	5,750	0.0%
SERVICE CHARGES/CREDITS	10,527		(10,527)		0	0	0.0%
DEPRECIATION	3,509	13,754	17,747	14,166	49,176	33,843	45.3%
TOT OPERATING EXPENSES	\$420,857	\$761,085	\$246,453	\$117,998	\$1,546,392	\$1,446,254	6.9%
NON CASH EXPENSES	\$3,898	\$13,754	\$18,276	\$14,166	\$50,093	\$34,877	43.6%
CASH SURPLUS/(DEFICIT)	\$900,722	(\$632,815)	(\$131,353)	(\$25,509)	\$111,045	\$126,351	-12.1%
RESERVE FUNDING					\$185,852	\$126,351	47.1%
FEE CHANGE					\$37,152	\$0	
INCREASE (DECREASE) PER UNIT PER MONTH					\$0.90		
FUNDS FROM ACCUMULATED SURPLUS					\$37,655		



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

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

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

Riverview Club Social Dances-April

Come on out and enjoy LIVE MUSIC AND DANCING at the Riverview Club in the St. Augustine Shores! Tickets are \$15 per guest and seating is open. Bring your own food and drinks! RSVP is not required but is encouraged.

Call 904-794-2000 or email christine@staugshores.net to RSVP! SOUTHERN STYLE will be playing Saturday, April 1st from 7-10pm and we will be hosting LATIN NIGHT WITH DJ LUIS Sunday, April 16th from 6-9pm!! The Riverview Club, 790 Christina Dr., St. Augustine 32086.

Shores United Methodist Church Easter Events

Maundy Service April 6th
Good Friday Service April 7th
Easter Egg Hunt April 8th

“Maundy Thursday Service” at 6pm on April 6th and “Good Friday Service” on April 7th at 6pm. All are welcome

The Annual Easter Egg Hunt will be held at St. Augustine Shores United Methodist Church on April 8th and will begin promptly at 10:00am until the eggs are gone. Open to the community.

Tea Anyone?

Shores United Methodist Church will hold its annual “High Tea & Crafts” on Saturday, May 6, 2023 from 10am to 2pm. Ladies are welcome to come by for this historically fun event to share a cup of tea, typical sandwiches and sweets found at a high tea, and make a craft or 2 to take home. Reservations are not required, yet RSVPs are appreciated. Call the church, 797-4416, after April 15 with a name and the number of people who will be attending. Spring hats are encouraged. So stop by, have a bite, a sip, do a craft, and enjoy the fellowship and fun!

Community Easter Egg Hunt

Saturday, April 1st, 2023

Homeport Christian Church, 5605 US Hwy 1 South, St. Augustine, FL 32086. The Easter Egg Hunt will run from 2:00pm-4:00pm. This is a free event open to the community children. All ages are welcome to come. Egg Hunt areas will be divided into three groups and times:

- Toddlers (walkers to 2years old) at 2:30pm
- Preschool (3y/o to 5y/o) 3:00pm and
- Elementary (K-5th grade) 3:20

To find out more information call (904) 797-8921 or go to our web page: www.homeportcc.org

GriefShare Program Crescent Beach Baptist Church

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

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

Single & Parenting Support Group Crescent Beach Baptist Church

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

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

Garden Club Plant Sale April 1st!

For sale is a wide variety of plants grown by the members. There will be an assortment of garden-related items, as well. Keith Fuller, local horticulturist and landscaper, will speak at 10am. The topic: “All About Fertilizer” Stop by 3440 Old Moultrie Rd. All are welcome!

SASIA News and Calendar of Events

April 2023

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

Check out our Facebook page www.facebook.com/staugsouth, our Nextdoor page (search for St. Augustine South Improvement Association), and our Instagram page www.instagram.com/saintaugsouth/. 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 a member. If you'd like to join SASIA or rent our clubhouse you can do so online, or contact us at info@staugsouth.com or 904-615-6916.

SASIA Community Meetings

Community meetings are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse, except July and August. Please join us on April 19th at 7pm for our SASIA community meeting. Master Gardener Barbara Purple will do a presentation on vegetable gardening in the summer. While it is too hot to start popular vegetables like tomatoes or cucumbers, there are fun plants you can grow. She will provide a list of plants and make suggestions for preparing for your fall garden. Ms. Purple has kindly offered to provide luffa sponge seeds (with harvesting instructions) for those in attendance. We hope to see you there.

Future Community Meeting Speakers:

May– District 3 Commissioner Roy Alaimo- Discussing issues in St. Augustine and SAS.

June - Fun 4 Auggie Kids – An informative meeting sharing family, friendly events and activities in St. Augustine

July/August – no community meetings

September - Dirk Schroeder - Speaking about the history and general facts about St. Augustine South

Food Truck Nights

Food Truck Nights are 5-7 pm at the Clubhouse (709 Royal Road)

Wednesday, April 19 – Wingin It

Friday, May 12th – KCs Hotdogs

Friday, June 9th – The Little Pizza Truck

Friday, July 14th – Wingin’ It

Friday, August 11th – TBA

Friday, September 8th - Johnny’s Mac Shack

We are working to secure a food truck once a month and will post signs in the neighborhood and send out reminders, we hope you can join us. If you know of any food trucks that would be interested in participating, please have them contact us.

Scholarship Program

Do you know a high school senior living in SAS? Let them know that financial grants are offered by SASIA to graduating high school seniors who are residents of St. Augustine South subdivision to assist in further education. The grant may be applied to registration, tuition, books, or other appropriate fees.

SASIA is proud to announce a significant addition to our annual scholarship program. A generous St. Augustine South couple is funding a 4-year, \$40,000 STEM scholarship to be awarded to a neighborhood student pursuing a degree in STEM-related studies.

Applications for the scholarships must be received by SASIA no later than Friday, May 19, 2023. The grant award will be announced Friday, June 9, 2023. To apply online go to: www.staugsouth.com/scholarship-grant. For additional information regarding the STEM scholarship, please email SASIA at info@staugsouth.com

Spring Festival

We hope to see you at our Spring Festival on Saturday, April 8th. There will be live music, food, and fun for all! We’ll have an egg hunt, face painting, and arts & crafts activities. The event runs 12-5pm at the clubhouse, 709 Royal Road. Admission is free; food and drinks will be available. Come and mingle and meet your neighbors!

Arts & Crafts Vendors

Come find the perfect Mother’s Day gift at the SASIA Spring Arts & Crafts Fair on Saturday, May 6th from 10am-2pm. Registration is still open for interested artists. Find details and registration on our website: www.staugsouth.com/arts-and-crafts-fair, click on the Vendor Information button to register.

Upcoming Events

Spring Festival - April 8th - 12-5pm

Community Meeting - Wednesday, April 19th 7:00pm

Arts & Crafts Fair - May 6th - 10am-2pm

Community Meeting - Wednesday, May 17th 7:00pm

KCs Hotdogs Food Truck - Friday, May 27th

The Little Pizza Food Truck - Friday, June 9th

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

No Community Meetings in July & August

Wingin’ It Food Truck - Friday, July 14th

Food Truck TBA - Friday, August 11th

Johnny’s Mac Shack Food Truck - Friday, September 8th

Community Meeting - Wednesday, September 20th - 7:00pm

Fall Festival - October 28th - 12-5pm

Arts & Crafts Fair - December 2nd - 10am-2pm

Holiday Celebration with Santa - December 16th

All dates are subject to change.

Free Estimates **References Available**

- Cabinets
- Closets
- Shelves
- Doors
- and more

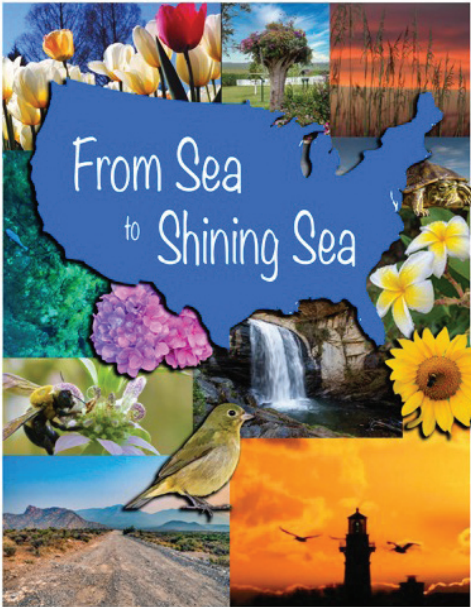


(904)
315-8550

Jorge Damonte:
Master Carpenter * Interior Woodwork
www.jorgeshandyman-service.com

Lic. # ST-7256

St. Augustine Garden Club Presents Juried Standard Flower Show



**APRIL 28-APRIL 29
FREE EVENT FOR THE PUBLIC**

Juried Standard Flower Show presented by The Garden Club of St. Augustine, 3440 Old Moultrie Rd., St. Augustine.

Several design categories, plant specimens, and horticulture entries. Additional Bonsai exhibition. Judges Chairman, the Classification Chairmen, Judges and Clerks may be on the show floor. Judging will begin at 11 am on Friday, April 28, 2023. The decision of the judges is final. Any award not merited may be withheld.

Friday 2pm to 4pm, Saturday 10am to 3pm. Handicapped accessible. for more information contact: www.gardenclubofstaugustine.org

Square Dancing Comes to the Shores

by Mike Akers, Square Dance Caller

Square dancing, the great American family activity, has arrived in the Shores. This is not the same square dancing you did in school. This is dancing to a live caller, one with more than 40 years of experience.

"All you need to know in order to square dance is the difference between Left and Right, and how to count to four." says caller and Shores resident Mike Akers. "Although, sometimes we may count as high as eight." Mike is a full member of the Florida Callers Association, the American Callers Association, and is BMI/ASCAP licensed.

Square dancing has many benefits. It is great low-impact exercise and qualifies in the state of Florida as a physical education credit for home-schooled children. The tradition of square dancing as a social outlet continues in Modern Western Square Dancing. Whether you are dancing in a traditional four-couple square, a circle, or in facing Contra lines, one participates in a team building activity. The main attraction of square dancing is that it is fun.

The dance is currently Wednesday nights from 7:00 - 9:00 at the Riverview Club. Starting April 19th from 7:00 pm until 8:00 pm will be the next twelve-week Entry Into Square Dancing session. From 8:00 pm until 9:00 pm is the Social Square Dance for dancers that have completed the Entry program. Admission is covered by the activities fee, or \$5.00 per night for those who have not paid the activities fee. All ages are welcome keeping this in mind; children must be able to listen to the caller, follow directions, and must interact well in a group or with any adults also dancing in their square.

No special clothing is required, but we do firmly warn against wearing open-toed shoes. Wear clothing appropriate in a situation where you come into contact with people who, at first, are strangers. If you have two left feet, bring them both. We guarantee everyone will be wearing a smile before the dance is over.

For more information contact Mike Akers, email michael_akers@bellsouth.net, or phone 904-466-8663, or his Facebook page Mike Akers Square Dance Caller.



**Massage
Therapy**

Nancy Lavin LMT

"Neuromuscular Therapy, Integrative,
Myofascial Release, Relaxation"

904-323-2842

nancyreply@gmail.com

1795 Old Moultrie Rd
St. Augustine FL 32086

MA19606 # MM12231

St. Augustine
Observer

Reach over 8,000
homes each month
for \$40 per month!
Call 904-607-1410

**Our Community Newspaper
Reaches Thousands of St. Johns
County Residents by U.S. Mail.**

St. Augustine Observer

Call 607-1410 To Advertise Your Business Or Service
To These Communities or email us at clifflogsdon@att.net



Kristin Allen

Massage Therapist, MA#90127

Introductory Special

\$59 for 75 Minute Massage

(808)772-2301

by appointment only

Plaza South
4475 US 1 South, Suite 605
St. Augustine, FL 32086



SASIA

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

SPRING FESTIVAL

Saturday, April 8th

12 to 5pm at the SASIA Clubhouse

709 Royal Road, 32086

**Face Painting & Activities for Kids!
Live Music - Food & Fun for All!**



**ST. JOHNS
COMMUNITY
PHARMACY**

"We're Independently-Owned
and Invested in our
Communities Health"

2720 US HWY 1 South Ste A
St. Augustine FL 32086
www.stjcp.com

Mark Scott, PharmD
904-460-1000



Your Community
Health Mart
PHARMACY

Robert C. Kelsey MD

Accepting New Patients

Board Certified

Cardiology &

Internal Medicine

(904) 827- 0078

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





The April First Friday Lands on Friday, April 7th at 5pm to 8pm and Features Jolan Gamblin as well as our Member's Show.

She says, "I am a true activist & lover of Spirit, Art and Freedom. My Art is a divine representation of the visual experience I am witnessing and the energies surrounding me cultivating that experience. I am a true surrender to the essence of thoughtless moments at the moment. Creating in illusionary time. My pallet is the play of light and illuminating color surrounded in a vibrant surrealistic representation of subject matter, materials, texture and spontaneity. I believe there is no limited self, just states of awakening to the unlimited source of creation. Schooled in the College of Fine Arts & Design & Psychology way too much..... the undoing has been a truthful journey. I am a self motivated Entrepreneur in Product Design Arts, Rock & Roll, Real Estate, to name a few. Compassionate Missionary World Travel, Single Mother of Two totally awesome kids and recent Mojo (my grandmom title). I am Spiritually Grounded, Living The Course in Miracles, Samadhi, and clinging to nothing. My Art is like Riding a Ripcurl Wave..... trusting the power propelling me forward, always Creating in the Now. Please enjoy my Artistic Creations & Visions, Thank you for supporting the Arts and Always remember, Quoted by Shakespeare 'The World Is Your Oyster'"



Her Show will available to see from the Opening on First Friday, then throughout the Month of April.

Don't forget to Visit our ongoing Fresh Air/Fresh Art Event every Wednesday morning. From 9am to 12pm when the Art Studio opens early and has a special bazaar of our Artist Members having special showings, each having their own table exhibit and showing more items than what they are usually able to show at the Gallery. This is a very special event that captures the deep catalog of the member artists. some even outside the Gallery in the Fresh Seaside Air and also inside the Studio. Please give it a visit, you'll be glad you did.

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.

The Wildflower Meadow Group

by Cindy Taylor

In February and early March our group walked twice in Hewitt Sawmill Park. The first time we were looking for rain lilies and the second time for wild azaleas. Rain Lilies grow near creeks and swamps which is why we don't have any in the meadow, but maybe someday we'll plant some wild azaleas. Hewitt Sawmill, Flagler County's newest historic site is dedicated.

Palm Coast, FL The 10 acre site was donated to the Florida Agricultural Museum by Palm Coast Park Community Development District (CDD) and the Daughters of the American Revolution contributed to improvements at the park. The site is west of U.S. 1 and just north of the intersection of North Old Kings Road and U.S. 1 near the Flagler, St. Johns county line.

It is open to the public and includes a loop trail with informative signage at various points describing the mill and the history of the area. The site also includes a 50 acre gopher tortoise preserve.

As for the wildflower meadow: the SPIDERWORT ARE COMING. Each time I walk around the meadow I see more and, if history is any indication, it won't be long till the meadow will be full of them. Just remember they bloom only in the morning; and no matter how many you see in the morning, you'll hardly see any later in the day.

The honeysuckle vine, in the upper corner near the woods, is beginning to bloom again, much to our relief. I think the vines were in shock after we trimmed them back a year ago but it looks like they recovered and are doing what they normally do: bloom AND attract butterflies.

A former member of our group painted a couple of signs for the meadow a couple of years ago and time has faded the words. We're looking for a volunteer willing to touch up the signs or paint new ones. Thanks again to Marlene for some of her photos.

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 joining us only for walks or if you have photos of the meadow to share.



Honeysuckle Vine



Spiderwort

Downsizing Made Easy

April 20, 2023, 10:00 AM, River House
179 Marine St., St. Augustine FL 32084
Complimentary Admission

- Buying and Selling your home
- Senior Housing Guidance
- Trusted Resource Partners
- Learn Step by Step Preparation
- Make Sense of your Options

Simplifying Your Life Should Leave you Overjoyed... Not Overwhelmed!

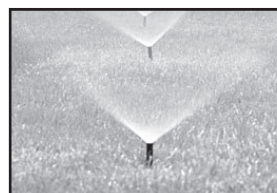


Beth Hurewitz, Realtor, CSHP
RSVP 310-940-3028



- Irrigation • Lawn Care
- Landscaping

- Residential/Commercial
- Prompt, Reliable Service
- Licensed & Insured



Call Us At
794-7001



BACON STORAGE

BaconStorage.com

1700 WILDWOOD DR., ST. AUGUSTINE, FL 32086

(904) 295-3975

NOW OFFERING
Climatized and Non-Climatized Storage Units
Boat and RV Storage

CALL US TODAY

MANAGER'S SPECIAL
First month FREE
with 3 Month Rental!

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.

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 bcskofsa@gmail.com.

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

Restorative yoga encourages physical, mental and emotional relaxation. Ease into this yoga session with gentle stretching and breathing techniques that allow you to experience the following benefits that Restorative Yoga offers:

- Relax the mind and body
- Enhance your mood
- Soothe the nervous system
- Reduce chronic pain
- Improve sleep

400 Health Park Blvd. | St. Augustine, FL 32086
Tel: 904-819-4793
www.flaglerhealth.org



Lumbar Instability - Pain?

by Shanna Pollack

Lumbar instability is a pathology occurring in the low back in which the spine is unable to maintain a neutral position, allowing for excessive motion between spinal vertebrae. It can be associated with the following: weakness of stabilization musculature, connective tissue dysfunction, neurological dysfunction.

Some signs of lumbar instability include:

- Low back pain or need to constantly change positions when sitting or standing
- Excessive spinal motion
- Feeling of being unstable or giving way
- Compensatory walking pattern
- Poor posture control
- Pain with change in position including bending or lifting
- Muscle spasms

This can occur at any age and is prevalent in individuals with long term low back pain. It's important to address instability early on to prevent disc disfunction, fractures, radiating symptoms, and worsening of degenerative changes.

How physical therapy can help:

- Education on joint protection
- Restore and challenge stabilizing musculature
- Strength training
- Retraining posture and movement patterns

For more information, reach out to Shanna Pollack to schedule an appointment. Phone: 904-217-4159. Website: WWW.STARSREHAB.ORG



Special Spring Cleaning Discount
\$50 OFF Pressure Washing!
Limited Offer - Expires March 31

<ul style="list-style-type: none"> - House Siding - Driveways - Sidewalks 	<ul style="list-style-type: none"> - Patios - Screens - Pool Cages
--	---

Call to Claim Your Discount Now!

\$50 OFF

904-664-7866

www.StAugPressureWashing.com

CENTURY 21

St. Augustine Properties, Inc.

Linda Stegall, Realtor

Office: (904) 797-8000
Cell: (904) 397-4353
Fax: (904) 797-7963
Lstegall74@gmail.com
www.c21sap.com

St. Augustine South Resident
Dedicated • Professional
www.LindaLovesListing.Homes

"I'd love to help you sell your home!"

HAS YOUR HOME INSURANCE RENEWAL JUST INCREASED?

FIRST FLORIDA INSURANCE

"QUOTE CHALLENGE"

ST. AUGUSTINE'S PREMIER AGENCY

For Homeowner's Insurance

FACT:

WE OFFER THE
LOWEST OVERALL
AVERAGE
HOMEOWNERS
INSURANCE PREMIUMS
IN FLORIDA

904-687-2652

Call, Click or email

www.firstfloridainsurance.com

email: brenda@firstfloridainsurance.com

*Member (FAIA) • Affiliate Member Board of Realtors
A&B RATED CARRIERS WITH AM-BEST Trusted Choice*

Diaries of a Shores Grand-Dad

by Dirk Schroeder

APRIL FOOLS! According to some historians April Fools' Day dates back to 1582. France had switched from the "Julian" calendar to the "Gregorian" calendar as required by the Council of Trent in 1563. The Julian Calendar, much like the Hindu calendar, has the new year beginning with the spring equinox around April 1. Since you couldn't post the change on Facebook or Tweet it out, people who were unaware that the new year began on January 1st became a laughing stock - "the butt of jokes and hoaxes and were called April Fools." Well, my new year as a married man starts each year on April 1st. I celebrate my good fortune with my beautiful wife and, lucky me, in the unlikely event that I should forget, I already have an excuse.

It has been a few years since I bragged about Kathy in The Observer yet this year is different. For one, I love her more than ever. She is more beautiful than ever; heart and soul. She spends nearly the entire day doing for others and, every now and then when she wants to recharge her batteries, she even plans the vacations. She is absolutely amazing.

And April is also her Birthday. I'm going to say that all of her many friends know exactly what day that is because they are all so well connected to one another. This year is going to be a milestone Birthday for Kathy so you'll have to figure out which one that might be.

Kathy is not just my best friend and best friend to so many others but she has been an incredibly talented wife and a

fantastic mother to three "slightly-less-troublesome-than-me" boys (I'm pretty sure that I created the most grief among my siblings for my parents). To top it all off, even the dog likes her better than me; we can chalk that up to the fact that she smells better than me but she does feed and bathe the dog more often.

Even though she is an only child, her parents were blessed with this young angel. Her mom taught her all of her home-making skills; cooking, cleaning, sewing and more. Her father taught her all of her other skills; how to dig for and hook worms, mow a lawn, change oil, sparkplugs and tires, shift a clutch and so much more. She's travelled the world with them and so, she and I have shared our Euro-stories.

The first time I saw her was at the Western Sizzlin' on US 1 (now the Goodwill). Her parents were at checkout with her. Richard Walker and I were in line behind them. Joe knew me so there was a brief and formal introduction and a smile and a "Take Care" and I remember Richard saying afterward, "She's out of your league." I didn't know whether she was even available but it was simply a fleeting thought until a year later when her dad called me and asked if I would like to show his daughter around town. Joe, God rest your soul, you are my saviour as Kathy is my angel and Kathy's mother is the mother of my angel. On that note, I wish everyone else, as always, a Sunshine State of Mind and I wish my wife, April Fools, Happy Anniversary and Happy Birthday!


St. Augustine Travel Club

The St. Augustine Travel Club will hold their next meeting on WEDNESDAY, APRIL 12 @ 3:00 PM when we will cover GERMANY'S ROMANTIC ROAD, RHINE AND MOSEL RIVERS - Drive along the Romantic Road through the picturesque countryside, small medieval towns and Rothenburg, the best preserved medieval walled city in Germany. Cruise down Rhine and Mosel rivers with its vineyards and ancient castles, visiting old historic sites of Koblenz and Remagen along the way.

For those of you who do not know about the club, it is formatted as an armchair travel presentation with a brief lecture and a video highlighting areas around the world, with focus mostly on Europe, but also other parts of the world. Also, some of our participants have hosted a presentation based on their own travel experiences. If you are interested in doing a presentation about your unique travel experience, please let us know. The Travel Club also organizes a cruise in the Caribbean region once a year, and is published in the local papers. If you require any further information, please call Peter Dytrych at (904) 797-3736.

St. Augustine Travel Club Cruise

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



MORRELL PLUMBING
OVER 35 YEARS EXPERIENCE!

<p>WILLIAM MORRELL 74 OCEAN CAY BLVD ST. AUGUSTINE FL 32080 609-827-8570 609-634-6781 WILLIAMJMORRELLJR@COMCAST.NET</p>	<p>RE-PIPING NEW CONSTRUCTION CUSTOM HOUSES REMODELS GAS PIPING NO JOB TOO BIG OR TOO SMALL! LICENSE # BL-6049</p>
--	--

ONLY YOU KNOW & I KNOW

SHORES ELECTIONS for HOA - 10 candidates to fill 4 Seats on the Board of Directors. I RECOMMEND ALL OF THESE 4 RESIDENTS...



Tina Casto

To help foster an environment that will encourage more enthusiastic homeowner participation within our neighborhood.

Sue Chitwood

To improve and restore our neglected amenities and to work with Committees to get things done.



Mary Jenson

To listen to Shores homeowners, act for their benefit, restore their community assets and "Build a better Shores!"

Kathy Schroeder

To improve the safety, accountability and Board follow-through on HOA Committees and on Resident recommendations.



ST. AUG SHORES RESIDENTS - BALLOTS ARE BEING MAILED IN LATE MARCH. IF YOU ARE LOOKING FOR A BETTER COMMUNITY - PLEASE VOTE FOR THESE 4 RESIDENTS TO REPRESENT YOU!

4fortheshores@gmail.com | abettershores.com | facebook.com/staugustineshoresresidentialvoice

Operation Green Light helps customers save collection fees and get back on the road

The St. Johns County Clerk of the Circuit Court and Comptroller will hold its annual Operation Green Light driver license reinstatement event on Monday, March 20, through Friday, March 24.

The event allows everyone with an outstanding fine in St. Johns County to pay overdue court obligations while saving on debt collection fees. The annual event aims to help residents pay their outstanding court-ordered obligations and restore their driving privileges.

Individuals with outstanding traffic tickets and court fines can pay their overdue fines sent to a debt collection agency and potentially save between 25–40 percent of the collection agency surcharge. Payment must be made in full to qualify for the savings.

Operation Green Light will run daily from 8 a.m. to 5 p.m. at the St. Johns County courthouse (Richard O. Watson Judicial Center), 4010 Lewis Speedway, St. Augustine. In addition to in-person payment at the courthouse, payment can be made online at www.stjohnsclerk.com or by phone by calling 855-796-5764.

Since its inception, Operation Green Light has helped 824 drivers legally get back on the road. During last year's event, our office assisted 337 St. Johns County residents to become eligible for driver license reinstatement and collected \$45,004.

If all requirements are met, an individual whose case has not been sent to a collection agency may be eligible for a payment plan and reinstatement of their suspended driver license. Statutory and late charges will apply, and additional fees may be required for reinstatement with the Department of Motor Vehicles.

To check the status of your driver license, visit <https://services.flhsmv.gov/dlcheck/>.

Annual Betty Griffin Center 5 K Run for Peace

The Annual Betty Griffin Center Run for Peace is back at the St. Augustine Beach Pier. The 5K will begin at 8 a.m. Saturday, April 8, 2023. The race is open to people of all ages, with both runners and walkers welcome.

Packet pick-up will be Friday, April 7, 2023, from 4 p.m. to 7 p.m. at the Betty Griffin Center Thrift Shoppe, located at 1961 A1A South, St. Augustine, Florida. Alternatively, the packet can be picked up on Race Day at 6:30 a.m. Every runner or walker will receive a Run for Peace 5k t-shirt and a medal for finishing.

The mission of the Betty Griffin Center is to end domestic and sexual violence, and the proceeds from this event help victims in St. Johns County. Betty Griffin Center offers protection and quality services for victims of domestic violence and their minor children and/or victims of sexual assault and their families in St. Johns County, Florida, through the operation of a shelter that offers assistance, counseling, and transitional support.

Registration: \$25 for general registration, \$20 for student registration, and \$25 for the virtual 5K. For information see: <http://runforpeace5k.org/>

The 5K will be at the St. Johns County Ocean Pier located at 350 A1A Beach Blvd. St. Augustine, FL 32080.



Trish Schwadron 904-547-0497
Retired Biologist

Grandma's Garden
affordable service with integrity

Residential Landscape Design
Plant Consulting for Do-it-yourselfers
Fine Pruning / Garden Cleanup / Mulching

email pschwadron@att.net for a free onsite consultation

Home Watch
St. Augustine, LLC
Member Florida Home Watch Association

Snowbirds and others protect your investment
Don't let storm damage, mold or leaks go undetected for months

From \$35 a month • Licensed, Bonded & Insured
904-217-9351 • www.homewatchstaugustine.com

Grand Ravine

New Construction New Model The Christel!

SUPERIOR QUALITY CONSTRUCTION
Mediterranean-Style Condominium Community

- Attractively priced starting in the \$400s
- Just 10 minutes to Crescent Beach
- Community Pool with a Cabana
- Concrete barrel tile roofs and durable stucco finish
- Tank-less natural gas hot water heaters
- Kitchen appliance package included
- Natural gas range and dryer included
- Attached two-car garage includes opener + remotes
- Screened Lanai
- 2-10 Home Buyers Warranty
- Professionally Managed COA

HOMES DELTONA
FLORIDA'S HOME BUILDER
A DIVISION OF THE DELTONA CORPORATION

191 Grand Ravine Dr., St. Augustine FL 32086
www.deltona.com • 904-797-4126
Please call to schedule a private tour.

MOHAWK

WELCOME SPRING THIS YEAR WITH NEW FLOORS!

Hasty's St. Augustine Flooring
CELEBRATING 46 YEARS!
Your Friends in Flooring Since 1977

CARPET • VINYL • TILE • WOOD • LAMINATE
904-824-4311 • 1670 U.S. 1 South
Next to Trulieve
www.staugustineflooring.com



YOUR BRIDGE FROM HOSPITAL TO HOME

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

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

Please Call or Stop by for a Tour Today!

(904) 797-1800

M **MOULTRIE CREEK**
NURSING & REHAB CENTER

200 Mariner Health Way
St. Augustine, FL 32086

YOUR BRIDGE BETWEEN THE HOSPITAL & HOME

www.MoultrieCreekRehab.com



Computer Corner

by Steven Aldrich
904-479-5661

What's the point of Restore Points?

Windows has for many years had a facility called Restore Points. These are a snapshot of your system, and typically created just before you make a change. Big changes like updating Windows will often create a Restore Point before it does the update. Some applications include this as part of the install process as well.

So, why would you care about Restore Points? Why would you want to create one? Could you create one quickly, if you wanted to?

The great thing about a restore point, is that if your computer will not start up correctly, you can use the advanced troubleshooting screens to "roll-back" to the last good restore point. This very often is the trick that saves expensive repair costs.

You may want to create a Restore Point, so that you know that you have one to go back to if an update from Microsoft trashes your computer. My business currently collects about 25% of its revenue repairing failed Windows Updates that Microsoft pushes out. Quite often there is no restore point to roll-back to. So, if your computer is running well right now, you could create a Restore Point, and ensure that you have a chance to simply roll back if something goes awry later.

You can create a Restore Point quickly by clicking on the Windows

Start Button (Bottom left corner of the screen, and looks like a 4 pane window in Windows 10), and typing the words "Create a Restore Point". This will show you a control panel choice called Create a Restore Point. Click on this choice to open it. Then click "Create". You can then name the restore point. I use the date as the name. Then click Create/OK. Presto! You have a perfect place to come back to if something goes wrong later.

You may be wondering how often this should be done. There are many ways to look at this. If you make lots of changes on your computer, installing apps, and creating files, then you may want to do this monthly. The basic idea is that this is a tool for emergencies. And as such, your specific risks will vary from someone else's. The timing will be different for everyone.

Yes, there is a point to Restore Points. And these are easy for you to do. Restore Points are different from Backups. You "should" have a backup running as well. But that is a discussion for a different article.

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.

Fort Mose Historical Society "Founders Day"

Reenactments of the founding of Gracia Real de Santa Teresa de Mose, complete with cannon firings, militia muster, and the women of Mose were held on Saturday March 18, in celebration of the Fort Mose Historical Society.



Fort Mose (pronounced Mo-Zay) Historic State Park is located at 15 Fort Mose Trail St. Augustine. Admission was free to the public.

The program began with the opening ceremony at 10 a.m., with a welcome by Charles Ellis, President of the Historical Society followed by reenactments, weapons demonstrations and interactive

outdoor displays of life at the Fort in 1738.

Event Highlights: Visitors witnessed the processions, pageantry, ceremony, and cannon salutes surrounding the official founding of El Pueblo de Gracia Real de Santa Teresa de Mose, or 'Fort Mose', in 1738 as presented in a speech by Spanish Governor Don Manuel de Montiano. Fort Mose militia was instrumental in defending colonial St. Augustine from British occupation. This marks the 285th anniversary of the historic event that established Fort Mose as the first legally sanctioned free Black community in North America, and the destination of the original underground railroad, running south!

Visitors joined in the celebration as Captain Francisco Menendez, members of his free African militia, and members of the Fort Mose Militia officially receive their freedom from enslavement. They witnessed the official blessing of the site by Franciscan Friar Don Joseph de Leon. The militia provided an interactive presentation firing the cannon and musket firings in a militia muster style. The women of Mose cook colonial fare of the time and discussing their role at the Fort.



At 12:00 noon, President Charles Ellis brought the event to a close thanking those in attendance. Guests were welcome to explore the park until closing at 5:00 pm.

Fort Mose Historical Society was founded in 1996, to serve as a Citizen Support Organization (CSO) for Fort Mose Historic State Park. The Society's mission is 'to tell the Fort Mose story.'



Computer Problems?

\$129 Standard Service Call
At Your Home or Business

OR

\$49 REMOTE Service

call for details

Testimonial:

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

(904) 479-5661

info@fccspro.com www.fccspro.com

Ask about our discount for Veterans

ROTO-ROOTER
PLUMBERS

WE DO PLUMBING!

Guaranteed Repairs & Installation
Prompt 7 Day Service
Free Estimates

824-1836

\$20.00 OFF
Limit one coupon per customer

Licensed # CFC057849

OPEN! OPEN!

Fran's Knitting Boutique
"Quality Yarns & Accessories"

- Hand Knitting
- Crochet
- Machine Knitting
- Classes Available

904-797-9951
2765 US 1 S., St. Augustine 32086

Introductory Special!

50 minutes only \$49

StretchRx
Stretch your body, Improve your life

Let me help you achieve optimal mobility and flexibility.

Assisted Stretching helps

- release tension
- reduce aches and pains
- improve sporting performance
- increase energy

...and so much more!



(610) 308-1925 | 4475 US 1 St. Augustine
www.stretchrxflorida.com

St. Augustine Sailing is all Hands on Deck for Owner - Operators

Sailing is a true family affair for St. Augustine's leading luxury yachting experience!

For Rose Ann Points, sailing isn't just a family activity – it's a family business. That's because when you book a luxury sailing experience with St. Augustine Sailing, you're in the capable hands of a family that has lived and breathed the salt air for most of their lives. After years of making her family at home living on boats, Points has built that strong family bond into her business.



"It wasn't until my mid-twenties that I started spending time on boats," says Points, co-owner, Captain, and broker at St. Augustine Sailing. "At first, it was a 27-foot Bayliner Cabin Cruiser that my kids and I would take out on the weekends when we lived in Vancouver, Washington." Then, when Points was 30, the family decided to sell everything they owned and buy a sailboat to live the life of adventure. They purchased a 41 Morgan Out-Island ketch (a double-masted sailboat) named Tranquility and moved aboard for

13 years. She says, "They loved it. It was just the most wonderful time, giving my kids that connection to the sea. And we've never looked back!"

Points' children are all actively involved in the business. Her daughter Toste serves as the main point of contact for passengers looking to book an excursion. Her two sons also help man the helm, so to speak. Derk is a photographer and videographer who documents the myriad momentous occasions on board. Lance manages St. Augustine Sailing's extensive fleet of sailing yachts, keeping them afloat and in tip-top shape. Lance's wife, Amberle, creates the delectable bites on-board, curating an extensive menu of options including lush charcuterie boards and perfectly-paired beverages. And speaking of spouses, Rose Ann's husband, Chuck Points, is not only the co-owner of St. Augustine Sailing. He's a steady, solid presence, overseeing all sailing operations and serving as the business's main delivery Captain. Chuck is also an award-winning ASA instructor who has guided numerous individuals on their path to becoming sailing instructors.



"Chuck actually came in to rent a boat, before I was involved with the business," chuckles Points. "He got to talking to the previous owners and it turned out he had a Captain's license and a whole lot of experience on the water. He's sailed all over the world – the breadth of his knowledge is so impressive! So they hired him. And that's how we met – I walked through the door and there he was. It makes this business even more meaningful for us because it's part of our love story."

St. Augustine Sailing Enterprises is a luxury adventure experience that offers a variety of sailing excursions to fit any occasion and budget. They offer private charters that can be customized to create a unique experience. Popular options include private chef-prepared meals, premium beer and wine upgrades, and overnight adventures. St. Augustine Sailing also offers sailing lessons and membership in SailTime, a club that allows members to rent a boat at franchises around the country. For more information on their programs, visit www.sta-sail.com. Follow along on social media @StAugustineSailing

St. Augustine South Reflections

by Ruth Hope

As we continue into spring with our fabulous early year weather, we have some exotic visitors that need neighbors' help. Not all the wildlife in St Augustine South is native. First noted in January, a beautiful but exotic pheasant has been seen walking our roadsides and has made appearances in gardens and on roofs. Joe Webb identified it as a male Swinhoe's pheasant, a species of pheasant also known as the Taiwan blue pheasant, that is endemic to Taiwan. Swinhoe's pheasant is sometimes considered an unofficial national symbol for Taiwan, as it bears the colors of the national flag (red, white, and blue). Neighbors on Faun Rd have reported seeing a female Swinhoe's pheasant. Others have photographed him in their gardens and most recently, our neighbor Eva Askew-Houser, St. Johns County Audubon Society board member photographed him on her daily birdwatching walk around St Augustine South. It must be an escaped pet as it has not flown here from Taiwan! Nor has it flown



across the Intra-Coastal Waterway from the Alligator Farm rookery. Although the pheasant is adept at flying up onto sheds and low tree branches, it is vulnerable to predators. These might be our native wildlife – foxes and raccoons – or even larger pet dogs. If these are your pheasants, they were first seen on Royal Rd and Hawthorn Rd. The male has recently been seen on Maple Rd and the loop of Shore Drive south of San Jose Rd, down in the southeast of our neighborhood. He is living off the pickings under neighbors' bird feeders amongst other things, and unlikely to be getting optimum nutrition from foraging. Yet there haven't been "lost pet" notices on social media, although the owner must surely be worried about this gorgeous bird and his mate. One can only assume the owner isn't on social media. Here's hoping the owner reads the St Augustine Observer and sees this. If you have lost your Swinhoe's Pheasant(s), please come down to the SE of the neighborhood and claim them. Ask around there are plenty of neighbors who have seen them and will help locate them now!

Yet this isn't just a tail of one pair of exotic pets gone absent without leave. We also have a parakeet out there who should not be. Barb Krumeich was cleaning her parakeet's cage when it flew out the door on Prince between Warbler and Alicante roads. It is just a baby: a lovely blue, friendly, parakeet. Barb and neighbors have been looking and leafletting but not found the parakeet. She is hoping someone found the little bird and took it in. If you found a sweet blue baby parakeet in St Augustine South in the last month, please contact Barb at 1032 Prince Rd.



RAISE A PINT FOR PARKINSON'S

FOR THE MONTH OF APRIL \$1 OF EVERY PARKINSON'S PINT SOLD WILL SUPPORT THE REBLOOM CENTER TO PROVIDE FREE EXERCISE, VOICE AND SUPPORT TO OUR ST. AUGUSTINE PARKINSON'S COMMUNITY



~ APRIL 2023 ~

★ DOG ROSE BREWING CO. ★
77 BRIDGE ST. ST. AUGUSTINE, FL, 32084

KICK OFF EVENT
THURSDAY MARCH 30, 630PM-830PM
LIVE MUSIC, RAFFLE, FOOD TRUCK & BEER

FOR THE SHAKE OF PARKINSON'S



DRINK BEER ALL MONTH LONG



Will Russell

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

Call Now for a Free Market Analysis of your Property!!!!

(904) 814-7305

will@EndlessSummerRealty.com
"Helping Dreams Come True"



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

"I only want cremation."

Flagler Memorial Cremation Society
669-1809

2600 Old Moultrie Road • St. Augustine



The Power of One...
Making a difference in our profession,
in our community,
and in the lives of our patients,
one patient at a time.

One Patient - One Therapist - One Plan - One Goal



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



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



Bobbi Blancq
 Physical Therapist
 Manual Therapist
 Lymphedema &
 Vestibular Specialist



Bryan Olson
 Physical Therapist
 Manual Therapist
 Dry Needling
 Balance / Vestibular Specialist
 & Sports Rehab



Kaleb Griffel
 Physical Therapist
 Manual Therapist
 Orthopaedic &
 Sports Rehab



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



Matthew Sheltz
 Physical Therapist
 Manual Therapist
 Dry Needling
 Vestibular Specialist



Taylor Polowski
 Physical Therapist
 Orthopaedic &
 Sports Rehab



Cheryl Wynn
 Physical Therapist
 Manual Therapist
 Vestibular Specialist



Beverly Bass
 Occupational Therapist
 Certified Hand Therapist
 Certified Lymphedema
 Specialist



Jamie Vernaglia
 Physical Therapist
 Manual Therapist
 Vestibular Specialist

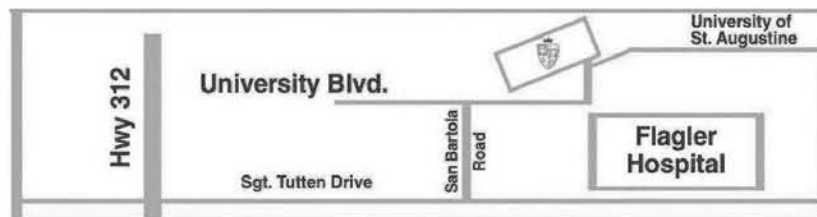
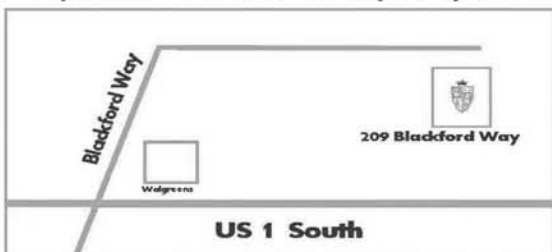


Beth Olson
 Physical Therapist
 Manual Therapist
 Women's Health &
 Pelvic Floor Pain Specialist

- Physical/Occupational Therapy
- Dry Needling
- Certified Hand Therapy
- Manual Therapy
- TMJ Therapy
- Lymphedema Therapy
- Orthopaedics & Neuro Therapy
- Vestibular & Balance Therapy
- Women's Health & Pelvic Floor Therapy and more.

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

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





Golfing: A game of life or death?

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

TPC is going on as I write this column so I thought I would share some thoughts about the game. I've treated several golfers during my career, some novices and some professionals. One thing is consistent – their passion for the game but most don't realize playing this game of chasing a little white ball can actually improve their health and even add years to one's life.

Before some of you roll your eyes, know that according to a Swedish study published in 2008, people who play golf regularly without using a cart have a 40% lower mortality rate than those of the same age and sex who don't exercise. This could equate to adding as many as 5 years to your life IF you play regularly and walk the course. Those with the lowest handicaps had the best rate, which probably means they play more often.

Playing often is not the same as playing well. Playing well requires practice but it also means playing injury-free. According to more current research, golfers most often suffer injuries to their low back, their non-dominant shoulder and elbow. Professional golfers tend to experience overuse injuries due to constant practice and thousands of swings. Amateur golfers tend to acquire injuries related to an incorrect golf swing as well as overuse. Inadequate back, trunk and shoulder range of motion, poor strength and/or endurance can be root causes of injuries. Limitations in range of motion in one area of your body can result in compensation and overstresses in a neighboring area. Back pain may be the result of poor 'core' or trunk control or even tight hips. Forcing a follow-through when your hip rotation is limited can produce excessive strain in the low back.

Golf is all about mechanics. Faulty mechanics in the hip may lead to hip or low back pain. Faulty shoulder mechanics will produce undue strain in specific tissue, which can lead to a shoulder impingement, tendonitis, shoulder instability, or even a rotator cuff tear. I recently helped an avid golfer after a total shoulder replacement. He tells me he is hitting the ball better because he is paying attention to his mechanics. Inadequate strength in the non-dominant shoulder allows the club to get away and opens up the face

of the club. Inadequate stability of the non-dominant hip allows the hips to open up, both resulting in a deadly slice.

Speed is essential to producing power, but power is of no use without control. Balance, timing, and endurance are also keys to playing a good round. No one enjoys shooting par, or less, on the front nine only to see everything fall apart on the backside due to muscle fatigue, dropping of the shoulders or poor backswing. Playing just one round of golf can require 200+ swings, when you add practice swings and hitting a bucket of balls at the range.

Frequent play can decrease your handicap and according to the Swedish study, also add years to your life. And if you didn't know it before, you now know, adequate range of motion, speed, strength, and endurance are all just as important for safe and pain free play. Limitations or deficiencies in any of these areas can often be remedied without the use of expensive equipment or fancy gadgets. Physical therapy can help locate impairments and provide simple do-it-yourself stretches and exercises.

If you and your game are healthy, keep going. But if you and your game are struggling or hurting, don't play through. Seek help. The answer may be simpler than you think – consult your MD and/or physical therapist.

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



Goin' Postal St. Augustine
2465 US 1 South
St Augustine FL 32086

Phone: 904.794.1234
Fax: 904.794.4404

staugustine@goinpostal.com
goinpostalstaugustne.com



Fedex • US Postal Office • Mail Boxes
Faxes • Copies • Notary Service • iPostal

AAUW St. Augustine Presents LUNAFEST 2023

The St. Augustine branch of the American Association of University Women is hosting LUNAFEST 2023 on Saturday, April 15, 2023, from 5:30 p.m. to 9:30 p.m. at the Lincolnville Museum and Cultural Center, 102 Martin Luther King Ave, St. Augustine.

Tickets are \$25 and may be purchased at <https://www.lunafest.org/screenings/in-person-aauw-st-augustine-fl-041523>.

Monies raised will go to support AAUW Florida Tech Trek camps for 8th grade girls who have demonstrated an ability in science, technology, engineering, or math. Last year twenty-three 8th grade girls from St. John's County attended virtual Tech Trek camps. The students only pay a \$25 registration fee. This coming June there will be two in person Tech Trek camps.

The branch also raises money for college scholarships for students who have finished one or more years of college and live in St. Johns County. This year the branch is offering four scholarships, one to a nursing student to

continue through graduation.

Festival guests will enjoy a dessert bar during intermission. Water is complimentary and wine and beer will be sold by Lincolnville Museum. Tickets for raffle baskets will be sold to be distributed at the end of the evening.

LUNAFEST is a traveling film festival celebrating, showcasing, and championing women. This year's films challenge our perceptions about the world and sparks conversation. Stories reflect the diverse perspectives of the filmmakers and their subjects. It is advised that some material may not be suitable for children under 13. This year's festival is comprised of seven (7) short films for a running time of 90 minutes. For more information about the films and their filmmakers, visit www.lunafest.org.

The mission of the AAUW is to advance gender equity for women and girls through research, education, and advocacy. Information about the St. Augustine branch is available at www.staugustine-fl.aauw.net.

St. Augustine Archaeological Association

On Tuesday, April 4, 2023 at 7PM, the monthly lecture series meeting of the St. Augustine Archaeological Association (SAAA) will be held in the Flagler Room, Flagler College.

This month's Lecture Series will be a Year in Review and will cover the many and various projects in and around St. Augustine. Chuck Meide is an underwater and maritime archaeologist and currently the Director of LAMP (Lighthouse Archaeological Maritime Program), the research arm of the St. Augustine Lighthouse & Maritime Museum. Also presenting will be Sarah Miller, the Northeast & East Central Region Director for Florida Public Archaeology Network.

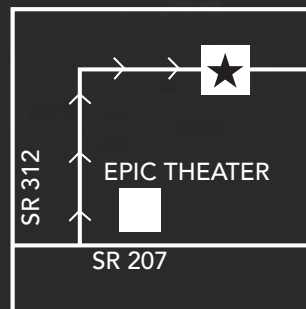
The meeting is Free and open to the public.

ELITE GERMAN AUTO SERVICE

Formerly known as

JERRY'S MB

COMPLETE REPAIR & MAINTENANCE FOR MERCEDES AND BMW



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

829.5259

Predictable Income

FDIC-Insured Brokered Certificates of Deposit

6 months – 5.2%*

1 year – 5.40%*

2 years – 5.25%*

Contact me today to learn about how brokered CDs and other carefully chosen investment alternatives help provide, supplement, enhance or diversify your income.

RAYMOND JAMES

RENAE AIPLE & MIKE HOLZEM

Financial Advisor

270 Plaza Blvd, Suite 4 // St. Augustine, FL 32086
904.839.1760 // TF 855.901.7700 // F 904.839.1761

renae.aiple@raymondjames.com // mike.holzem@raymondjames.com
raymondjames.com/aipleandholzemwealth

*Minimum purchase may apply. Subject to availability. Rates expressed as annual percentage yield (APY) as of 03/15/23. APY may reflect a current market discount. **About FDIC Insurance:** Currently, the FDIC limits the insured amount (including principal and interest) for all deposits held in the same capacity to \$250,000 per depositor, per insured depository institution and \$250,000 for certain retirement accounts. Therefore, excess holdings may not be insured. **About Liquidity:** Funds may not be withdrawn until the maturity date or redemption date. However, the brokered CDs are negotiable, which means that, although not obligated to do so, Raymond James and other broker/dealers presently maintain an active secondary market at current interest rates. Market value will fluctuate and, if the CD is cashed out prior to maturity, the proceeds may be more or less than the original purchase price. Holding CDs until term assures the holder of par value redemption. CDs are redeemable at par upon death of beneficial holder. For detailed overview of these and other risks refer to the Certificate of Deposit Disclosure Statement at raymondjames.com/liquid.htm. Additional information is also available on the SEC Certificates of Deposit: Tips for Investors website at sec.gov/answers/cds.htm. © 2022 Raymond James Financial Services, Inc., member FINRA/SIPC. Investment advisory services offered through Raymond James Financial Services Advisors, Inc. Securities offered through Raymond James Financial Services, Inc., member FINRA/SIPC. 22-MFI Retail -0171 JPR 6/22

Renaë Aiple and Mike Holzem

are pleased to announce they joined

AIPLE AND
HOLZEM

WEALTH MANAGEMENT

RAYMOND JAMES

RENAE AIPLE, CRPC®
Financial Advisor



MIKE HOLZEM
Financial Advisor



270 Plaza Blvd, Suite 4//St. Augustine, FL 32086//
T: 904.839.1760//F:904.839.1761
renae.aiple@raymondjames.com
mike.holzem@raymondjames.com

Investment advisory services offered through Raymond James Financial Services Advisors, Inc. Aiple and Holzem Wealth Management is not a registered broker/dealer and is independent of Raymond James Financial Services.



BUY - SELL - TRADE

**Old Town Pinball
Authorized Stern Dealer**

**New & Used
Pinball Machines**



904-217-7430

4475 US 1 S #102

St. Augustine FL 32086

<http://www.oldtownpinball.com>



**Superior Pool
Service**

904-347-5638

**Weekly Pool Service
Includes Basic Chemicals**

**Chris Barnes, CPO
www.BakerCompanyInc.com**

FREE 1st Month with Annual Agreement

Radiating Hope

by Tatiana Diaz

Local cancer survivor Terry Jordan is spreading hope and awareness through his music. The Navy veteran has survived three types of cancers and is currently undergoing radiation therapy for another round. But nothing will stop Jordan from pursuing his mission of raising money for the American Cancer Society through his music.

Jordan has held many titles - Navy veteran, dance instructor, cruise ship gentleman host, cancer survivor - and in 2020, in the midst of the Covid pandemic, he added songwriter to his résumé when he purchased a piano.

"I'd never played before," Jordan said. "I started playing around with the piano and started learning off of the Internet to play. I'm not that great, but what it did do was it opened up, kind of, my eyes and my mind to the possibility of how music and songs are created. And I've always enjoyed writing."

In San Diego, Jordan owned a dance studio with a twist (and not just the dance). Jordan donated 100 percent of his earnings to charity. After meeting the love of his life, Renee Inge, on a cruise ship excursion in Dublin, Ireland in 2019, Jordan closed his dance studio in San Diego and headed to St. Augustine to live with Inge. Covid put a damper on Jordan's dreams of opening another dance studio in St. Augustine, but that led him to find another creative outlet: songwriting.

After writing over 20 songs, he found local musicians to bring them to life. Ultimately, Jordan took his songs to Music City (Nashville) and enlisted the help of multi-instrumentalist Robin Ruddy to record the songs. Soon, Jordan had 12 songs to add to his first album, "Along the Way."

"The songs come from either my life experiences or things that I have seen," Jordan said. Jordan has many goals for his music; one of them being recognized by the GRAMMY awards.

Last year, Jordan submitted "When You Come Back" in the newest GRAMMY category, Best Song for Social Change. Though it was not picked, Jordan is proud of his accomplishment. His main objective is to have people listen to his music and thus donating each royalty to

the American Cancer Society for cancer research and advancements in treatment.

"The ultimate goal is for people to keep playing these songs long after I'm dead and keep money flowing," Jordan said. "It may not raise a lot of money... a lot of people can't write checks to the American Cancer Society, but a lot of people are affected by (cancer), either through family or themselves.

"Having cancer, that doesn't make me special," Jordan said. "Surviving cancer doesn't necessarily make me special. Because a lot of people get cancer and there are a lot of people now with all of the medical breakthroughs that survive cancer. But it affects people. And a lot of people want to sometimes know —what can I do?— So listening to these songs is something they can do if you can't afford to write a check. You can sign on to Soundcloud and listen to these songs."

Jordan's songs are available to listen on Soundcloud and Spotify under "Terry Jordan." Jordan donates 100 percent of the proceeds from his music to the American Cancer Society.



Caption: Terry Jordan is in high hopes during his latest radiation therapy session in St. Augustine. (Photo by Terry Jordan)

City Manager John Regan announces retirement after 25 years

City of St. Augustine City Manager John Regan has submitted his letter of retirement to City Commissioners, effective Friday, June 2, 2023.

Regan joined the City of St. Augustine on May 28, 1998, as the Utilities Director, coming from the City of Gainesville FL, where he had been the Senior Environmental Engineer for 10 years. In 2003, he was promoted to Chief Operations Officer, which is equivalent to the current position of Assistant City Manager.

When former City Manager Bill Harriss announced his retirement in April of 2010, the City Commission voted and appointed Regan to City Manager in May of 2010, and he assumed his current position on July 1, 2010.

Of Regan's 25 years with the City of St. Augustine, 13 were as City Manager. Several major projects were completed under the direction of Regan, including the Downtown Historic Parking Garage, the Avenida Menendez Seawall, and construction of the reverse osmosis Water Treatment Plant.

As City Manager, Regan was also responsible for the oversight and operations of many major events and city initiatives such as Mumford and Sons: Gentlemen of the Road, the 450th Commemoration, Hurricanes Matthew, Irma, Dorian, Ian, and Nicole, as well as the land conservation initiative to retain Fish Island Preserve, COVID-19, and the relocation of the Confederate memorial from the Plaza de la Constitución to private land.

"My time with the City has been filled with so many challenges and opportunities, but I would have to say the accomplishments I'm most proud of were those that were not overnight successes, but took many years to achieve," Regan reflected. "We are a nationally recognized municipality when it comes to Sea Level Rise and Resiliency mitigation, our Fire Department achieved an ISO-1 Rating, our Police Department is now fully accredited, and we have implemented financial policies and procedures that ensure fiscal responsibility across all departments of the City, which contribute to keeping us in excellent standing with our credit ratings, year after year. This is the legacy that I am proud to leave behind."

The City Commission will publicly accept Regan's retirement letter at their regularly scheduled meeting on Monday, March 27, and at that time, they will discuss the process for selecting Regan's successor.





JIM GILMORE MINI FILM- FESTIVAL



SHOWING ONE FEATURE FILM AND TWO SHORTS EACH NIGHT

**APRIL 20TH AT THE WATERWORKS
APRIL 23TH AT TEMPLE BET YAM
| 7:00 PM**

**ADMISSION IS FREE FOR MEMBERS & STUDENTS
\$8 FOR GUESTS FOR BOTH NIGHTS**

FUNDING PROVIDED, IN PART, BY A GRANT FROM SOUTH ARTS IN PARTNERSHIP WITH THE NATIONAL ENDOWMENT FOR THE ARTS







**S O U
A R T S
H**

staugustinefilmsociety@gmail.com

THE NEW

WQXT

Channel 22

THE ONLY LOCAL TELEVISION STATION

9 NEW CHANNELS 9 DIGITAL NETWORKS

CUT THE CORD
FREE TV FOR LIFE!
35 CHANNELS
TOP 100 RATED SHOWS
904-810-0013 CALL NOW



Berta Odom

Cell:
904-466-0114

Office:
904-825-2700

Fax:
904-461-9501

E-Mail: www.propertybyberta@aol.com
Web: www.bodoman.laustangustine.com

KNOWLEDGE.
EXPERIENCE.
TRUST.

1670 US 1 South St.
Augustine, FL 32084
Office: 904-825-2700
Independently Owned & Operated





Howard Epstein, M.D.
FACS, Board Certified



Bill Vanasupa, D.O.
Board Certified

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



Katherine Gardner
NP-C



Dean Zimmermann
PA-C



Jonathan Baron
PA-C

904-824-1450

240 Southpark Circle East • St. Augustine, FL 32086



CRAIG

FUNERAL HOME • CREMATORY • MEMORIAL PARK

(904) 824-1672

www.CraigFuneralHome.com



ST. AUGUSTINE BEACH'S LARGEST LAW FIRM



DOUG BURNETT
MANAGING PARTNER

DEDICATED & RESPONSIVE

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

REAL ESTATE
LITIGATION
FAMILY LAW
BUSINESS
CONTRACTS
CONSTRUCTION
PROBATE



DAVID ABRAHAM
COMMERCIAL REAL ESTATE
LEASING



RACHAEL GREENE
FAMILY LAW
DIVORCE



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



HILLARY MESA
LITIGATION
CONTRACTS



SHAUN SALIBA
CONSTRUCTION • COMMERCIAL
PROPERTY LITIGATION



JAMES WHITEHOUSE
COMMERCIAL LITIGATION
LAND DEVELOPMENT



JOHN WHITEMAN
REAL ESTATE
BANKING • PROBATE



AMY VO
REAL ESTATE
BANKING • CLOSINGS

(904) 495 - 0400 ST. AUGUSTINE

www.sjlawgroup.com