

Pictured left to right: St. Johns County District 4 Commissioner Krista Joseph, St. Johns County District 5 Commissioner Henry Dean, State Rep. Cyndi Stevenson, State Sen. Travis Hutson, State Speaker Paul Renner, St. Johns County District 1 Commissioner and Board Chair Christian Whitehurst, St. Johns County District 2 Commissioner and Board Vice Chair Sarah Arnold, St. Johns County District 3 Commissioner Roy Alaimo.

St. Johns County hosted the annual Legislative Delegation public meeting today in the St. Johns County Auditorium, located at 500 San Sebastian View, St. Augustine. A recording of the meeting is available to the public. The St. Johns County Legislative Delegation, which included Sen. Travis Hutson, Rep. Cyndi Stevenson, and Speaker Paul Renner, heard public testimony on legislative issues, appropriations, and local bills from 41 different organizations that signed up to speak. The Florida Channel attended and broadcast the meeting to its platforms for the first time ever.

Vice Chair Sarah Arnold of the St. Johns County Board of County Commissioners (BOCC) welcomed the Delegation and presented the County's 2024 legislative priorities.

"This year, our funding priorities include capital improvement projects that will enhance transportation connectivity, emergency response capacity, and coastal protection," Commissioner Arnold said. "With our Delegation's assistance, we have achieved long-term benefits, not only for the residents of St. Johns County but for the region as a whole. We are very grateful for the hard work of our Delegation in bringing much-needed resources to our community." (continued on page 8)

St. Augustine South Reflections

by Ruth Hope

With all the rain we had in October, only a fortunate few in St Augustine South were able to see the eclipse of the sun peeping through the clouds. I have seen many photos shared on social media, and only one person in the Shores, has shared a better view of the eclipse: photographs with a blue patch in the clouds surrounding the eclipse.



Eclipse of the sun just visible through clouds
October 14 at 1.35pm

All the rain we have been having? Many folks recorded more than 8 inches of rain in the storm overnight October 12-13. It's fortunate that we live on sand, and all the surface water soaked away in the following 24 hours. Downtown, the moat around The Fort filled with surface water which looks great but is actually bad for the cocina walls as they absorb water. Anyone who has visited the Oldest House



will have seen the water filter there, that is essentially a cocina bowl over a bucket. Water in the bowl, slowly percolates through the bowl and drips into the bucket below. The National Park Service flooded the moat in 1938, and from 1938 to 1996, there was water in the moat. But cracks became noticeable, and the Park Service was forced to remove the water from the moat. It started repairing the cracks in the 1990s. Hopefully, the recent inundation will not have been for long enough to cause further problems for the cocina walls.



I recently took a walk round Douglas Crane Park to take a look at the County's work on the boat ramp. I used to walk there daily, but my puppy who is just 18 months old cannot yet walk there and back – a 6-mile round trip from my house. I was struck by just how many more mangroves there are in the marsh and around the entrance to the ramp. I don't recall any mangroves when I moved to The South, but I went on a nature walk in Viall Point Park with the County Naturalist back in 2019, there were plenty of mangroves in Moultrie Creek, the Naturalist said that by 2030, there would be no cordgrass in the marsh – the mangroves would completely take over. Both mangroves and cordgrasses are good stabilizers and filters for marshes along estuaries, and along the intracoastal waterway. But they support different ecosystems. Perhaps our local fishing enthusiasts are seeing differences in their catch reflecting the changed environment?

Another interesting observation in Douglas Crane Park was what seems to be a neat little memorial. It's very uniform in style with painted pebbles with names on them. The horizontal bar on the cross reads "I'm my brother's keeper". There are well-tended plants within a bed established round a cabbage palm, that has a neat brick edging. I would love to know more about this and asked on social media. To date, no one has enlightened me.



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St. Augustine Observer

Published monthly for residents and visitors of St. Augustine Florida area
2465 US 1 South PMB #8 • St. Augustine, FL 32086

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

"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.

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 articles, advertising does not constitute an endorsement or approval of the 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

Community meetings are held the third Wednesday of each month at 7:00 pm at the SASIA clubhouse, except July and August. Join us on November 15th at 7:00 pm for our SAS Business Expo and Community Meeting. Local businesses will be on display sharing their products. Come and meet your neighbors and the SASIA board members.

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, Oonna Hueck, Dave Whitaker, Susan Millerick

Classes at the SASIA Clubhouse

Holiday Charcuterie Workshop

Friday, December 15th from 6:00-7:30pm. Join Lizbeth with L Bee Boards to learn about cheese pairings and styling while curating a holiday charcuterie wreath! A family friendly event! Go to www.LBeeBoards.com/charcuterie-workshops for details and to register.

Movin' with Melinda - Tuesdays and Thursdays 8:30-9:30 am. A \$5.00 donation is requested. Contact Melinda at slidermomma@yahoo.com.

Line Dancing - Wednesdays 1:00-2:30 pm: Join Dianne and Ingrid for a beginning level class. A \$5.00 donation is requested.

Residents interested in joining SASIA may do so at www.staugsouth.com

Community Classifieds

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

Business, Service, seeking work, etc. may be placed in the classified section: (1-4 lines) \$5, (5-9 lines) \$10, (10-14 lines) \$15, (15-19 lines) \$20. Ad \$10 for single line border. 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 or email your ad to clifflogsdon@att.net. Deadline is the 15th of every month for the next monthly issue.

FOR SALE: (1) Curio Mahogany cabinet, 6ft tall, glass on 2 sides and 3 glass shelves, and glass doors in front, with lights up and down, and a full mirror in the back. \$200.00. (2) Geometric Mahogany cabinet, 30" high and 38" wide, with a full mirror in the back, and lights. \$150.00. (3) Antique table made with bamboo, with a full glass top, table is 21" wide and 40" long with round ends, a shelf underneath the top, two chairs with cushions, chairs made with bamboo matches table, \$400.00. Call 904-797-5023.

FOR SALE: Bedroom set. 6 drawers & mirror wardrobe & night stand. Sleigh bed with headboard. \$90. Call 904-671-3434.

FOR SALE: Metal Display Screens for Art shows/Events. Each 3'x6'. All hardware+free-standingfeet+extras. Made in USA.\$445.00 for all.Call /text 904-429-2306.

FOR SALE: Tailgator Portable 2 Cycle Gas Engine GENERATOR-Never used - \$175. Can deliver locally. Includes free can of 40:1 mix fuel+oil. Text only to 516-319-9688.

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FOR SALE: (1) LG - 36" Pink Panther \$75. (2) LG - 36" Taz \$75. (3) Wards sewing machine \$10. (4) 5 - piece modern dining room set. Cherry wood, matte black metal and neutral cloth cushion seats. Newly purchased and unused. \$450. Call 904-687-9149.

FOR SALE: STUDENT MICROSCOPE. Bebang Ultra Power. New in box for Educationa or home use. Magnification setting 100x-2000x, eyepiece WF 25x, 2x Lens. Objective Lens 4x,10x, & 40x. Focusing Range is 8mm. Illumination Top and Bottom Led Lights. Comes with power adapter, dust cover, slived and travel bag. Asking \$50. Call 631-566-4992.

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Shores Communications Corner

News & Information from the
St. Augustine Shores Service Corp.

President Mary Jenson Update

We were thrilled at the turnout for the October 19th Board Meeting at the newly renovated Ballroom of our Riverview Club. There must have been more than 100 people attending. As your newly appointed President, I am honored to serve our wonderful community.

Speaking of service, I would like to personally thank Sue Chitwood, our former President, for her hard work, vision and dedication to this community. So much of the progress to date was under her leadership.

Every detail of our Riverview building has been thoroughly thought about, analyzed and reanalyzed, heartily debated and ultimately resolved by a team of people who had a vision of what this club could be and the passion and drive to make it happen. We had you, our members, cheering us on at our HOA meetings, supporting this project and lifting us up every step of the way.

So much work has been accomplished! Following the roof replacement and new 7" gutters, the ballroom renovation work is now complete. The ballroom now features a stunning new ceiling, six chandeliers and 17 wall sconces. Moldy walls were removed, new A/C and ductwork were installed, and the poolside sliders replaced with large picture windows to stop the ongoing water intrusion from the deck. Even the terrazzo floors were cleaned and polished. The most significant change - all of the narrow windows facing the waterway have been replaced with large picture windows; this is the game changer as the Riverview Club now boast breathtaking views of the Matanzas River! Bookings for parties are already coming in.

Within a few weeks, we will be opening up the entire building for the community to use and enjoy. The same detail to quality in the ballroom has been applied to each and every room: the bridal suite/fitness room, the card and game room/library, the new conference room (former library) and an updated office. The entire facility will better serve our membership and greatly increase our revenue potential. We are looking for your ideas for naming each of the rooms so please call or email Christine with your suggestions.

We still have a lot more work to do including renovating the restrooms, the front entranceway, outside lighting, the pier, etc... but frankly we all need a serious break from construction. We've agreed to postpone future projects over

the holidays until 2024 at which time we will reassess and prioritize.

We also hope to turn our time and attention to the many other issues of the community that need to be addressed such as the RV & Boat compound, drainage, the ball field, our committees, deed violations, home owner suggestions, vandalism, safety and security to name a few.

Change is difficult for some, but for the rest of us, these are super exciting times for The Shores and we invite any member who would like to be on the Board of Directors to submit his or her application as soon as possible. The main qualifications are that you are a homeowner in good standing who cares about the community and seeks to uphold the objective set forth in our Articles of Incorporation: "to promote the health, safety and welfare of its members." We plan to appoint a director to the vacated seat at the November meeting.

Please mark your calendars for November 9th, our Grand Opening, where you will be able to tour the entire facility from 5-6pm before the monthly HOA meeting at 6pm. See you all at the Riverview Club soon. Mary Jenson

St Augustine Observer

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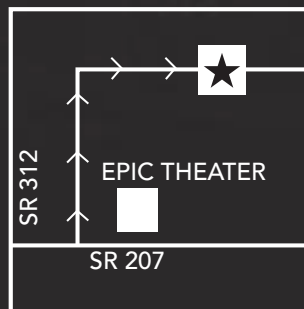
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SASIA News and Calendar of Events

November 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 SASIA's Facebook page www.facebook.com/staugsouth, Nextdoor page (search for St. Augustine South Improvement Association), and Instagram page www.instagram.com/saintaugsouth/. Like and follow us so you can see what is happening at the SASIA clubhouse each week.

Please consider joining SASIA. For the nominal fee of \$24.00 per year, or \$12.00 as of July, you can be a member, receive benefits at events, and discounted clubhouse rental. For more information, and questions about renting the clubhouse, please contact us at info@staugsouth.com or 904-615-6916.

SASIA Community Meetings

Join us on November 15th at 7:00 pm for our SAS Business Expo and Community Meeting. Local businesses will be on display sharing their products. Come and meet your neighbors and the SASIA board members.

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

Board Member Elections

Per the Association's Charter and By-Laws, the officers of the corporation shall be elected at the November Community Meeting and sworn in at the December Community Meeting. The following positions are open for 2024:

President (presides at monthly board and general meetings, supervises all business and activities of the Association, and oversees all standing committees)

Second Vice President (assumes the duties of the President and First Vice President if neither is available, and chairs a standing committee)

Board of Directors (currently three positions open)

Board of Directors attend monthly board meetings (currently the 1st Wednesday of each month at 6 pm) and chair a committee – membership, social events, facilities & grounds, or social media.

If you live in St. Augustine South and would like to serve on the BOD or help on a committee, please contact us. info@staugsouth.com

Arts & Crafts Fair

Saturday, December 2, 2023

Support local artists! Come find the perfect holiday gift at the SASIA Arts & Crafts Fair on Saturday, December 2nd from 10 am - 2 pm. We have 38 vendors signed up with unique wares to sell. There will be pottery, jewelry, plants, photography, paintings, fiber arts and more!

Plus you can grab a bite to eat. Luvin' Oven Food Truck will be there serving their delicious homemade sandwiches.

Holiday Celebration with Santa

Saturday, December 16th, 5pm

Santa is coming to the clubhouse! There will be arts & crafts activities and treats for the kids while they wait for their turn to talk to Santa. We will be set up inside the clubhouse so you can get those wonderful holiday photos with Santa! Mark your calendar for this special event.

Food Truck Nights

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

Friday, November 10th – Kings BBQ

Friday, December 8th - El Hombre Taco Food Truck

Friday, January 12th – YAMO Italian Food Truck

Food Truck events are subject to change in the event of inclement weather. Check our social media for updates.

Upcoming Events 2023

Kings BBQ Food Truck– Friday, November 10th

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

El Hombre Taco Food Truck – Friday, December 8th

Holiday Celebration with Santa – Saturday, December 16th

Scheduled Events for 2024

YAMO Food Truck – Friday, January 12th

Spring Arts & Crafts Fair – Saturday April 20th

SAS Garden Tour – Saturday, May 12th

Fall Festival – Saturday, October 26th

Arts & Crafts Fair – Saturday, December 7th

Holiday Celebration with Santa – Saturday, December 16th

Dates are subject to change.

Sheriff's Update

By St. Johns County Sheriff Robert A. Hardwick

3rd Annual Haunted Jail & Halloween Safety Tips



The St. Johns County Sheriff's Office is excited to be hosting the 3rd Annual Sheriff Hardwick's Haunted Jail at our main office located at 4015 Lewis Speedway St. Augustine, FL 32084.

The dates of this year's Haunted Jail are October 20th, 21st, 27th, and 28th from 6:30-10:00pm each night. There will be concessions, photo opportunities, a KidZone, and more spooky fun for all ages! We will also have Trunk or Treat stations setup throughout the event space.

This will be the safest place in town to celebrate Halloween! All purchases are tax-deductible. Tickets are available on Eventbrite at: [https://www.eventbrite.com/e/sheriff-hardwicks-haunted-jail-](https://www.eventbrite.com/e/sheriff-hardwicks-haunted-jail-tickets-718112111657)

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For those partaking in Halloween night activities, here are a few safety tips: Plan a route in advance and only trick or treat at homes you are familiar with, stay in well-lit areas and with a group, establish a curfew and stick with it, bring a flashlight, make sure your costume (including masks and wigs) are flame resistant, costumes should have something reflective to make yourself clearly visible to motorists, and always examine your candy before eating.

If you are out driving on Halloween, pay extra attention and watch for children darting in and out as they trick or treat. Happy Halloween and we hope to see you at the Haunted Jail!

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To all those I have met and worked with I am Thankful.



SASIA

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ARTS & CRAFTS FAIR

Saturday, December 2nd

10 am-2 pm

at the SASIA Clubhouse

709 Royal Road, 32086

Come find that perfect holiday gift and support local artists.

Thirty-eight vendors with unique wares for sale.

Did You Know?

By: Ryan Beaton

In the case of knee replacements; the early application of supervised pre- and post-operative care has been shown to dramatically improve overall satisfaction and expedite returns to normal daily function. There is no debate that early and frequent activity promotes the best outcome following surgery, but at times this can be very challenging.

Barriers to progress that may present early in the recovery phase can include difficulty navigating the home on a walker, dizziness and nausea following anesthesia, excessive pain requiring continued medication use or limited transportation with the temporary loss of driving abilities.

In these situations an in-home care option might be right for you. STARS

Rehab is excited to announce that starting November 1st we will begin offering an in-home option to initiate your post-surgical journey. Patients who are identified as good candidates may be offered the opportunity to complete the first few visits of their care from the comfort of their own home. As mentioned already getting up and out of the house is definitely the best option, but isn't it nice to know there is another choice when that seems overly challenging?

With a thorough in-home evaluation by our skilled staff STARS Rehab can help get you started and offer a seamless transition into our nearest neighborhood clinic. Our newest service is just one more example of how STARS Rehab and our 1-on-1 care model focuses daily on Optimizing Movement and Enhancing Lives.

Riverview Club Renovation

The renovations at the Riverview Club are nearing completion! We appreciate your patience with this process and are looking forward to welcoming you back! Our building has undergone a major update after being patched together for many years.

For the month of November, the activities will look much the same as they did before we had to close our doors. Starting in December, we will be moving forward with an instructor-led program where instructors will rent space from us and create their own curriculum!

Please check the website for a full calendar of activities! We hope that you decide to join us in our beautiful newly upgraded Riverview Club! www.staugshores.org

Shores United Methodist Holiday Christmas Market

Shores United Methodist Church located at 724 Shores Boulevard, St. Augustine, FL 32086 will host their Holiday Christmas Market on November 4, 2023 from 8:00am-12:00pm. Christmas items, baked goods, homemade goods, books and puzzles and a raffle will be available. Please come join us.

St. Augustine Travel Club

The St. Augustine Travel Club will present on Wednesday, November 8 @ 3pm at the Southeast Branch Public Library, US 1 South, near SR 206. We will present on TOURING GREAT FESTIVALS OF EUROPE. We will visit the most festive celebrations of the year Europe has to offer.

There are centuries old rituals and revelry, the folklore and fun, colorful costumes and the commotion as we visit famous festivals in Italy, Switzerland, Belgium, Netherlands, France, Spain, Germany and Austria. The Travel Club is free and no registration is necessary.

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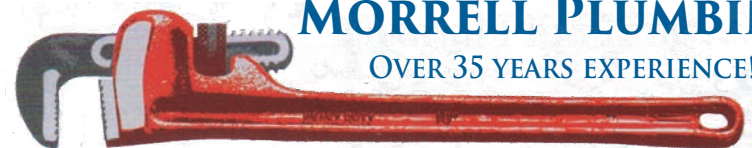
Silver Linings Senior Seminars is the region's only service who offers the professional designation of Certified Senior Housing Professional™ (CSHP) that specialize in guiding seniors through their next big move.

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➔ Historical reenactment events are held throughout the year and the Militia Muster Living History Day is held the first Saturday of each month.



For Reenactment & Event Schedules:

www.FortMose.org



Legislative Delegation Public Meeting

(continued from page 1)

Additionally, Sheriff Rob Hardwick presented the priorities of the St. Johns County Sheriff's Office. "The St. Johns County Sheriff's Office appreciates our Legislative Delegation and looks forward to working with them on obtaining funding for the Central Public Safety Station, which includes a backup Communications Center, also known as a Public Safety Answering Point (PSAP)," Sheriff Hardwick said. "This Safety Station and PSAP will be a vital addition to our combined infrastructure needs with St. Johns County Fire Rescue and further our mission of providing first-class customer service to our citizens and visitors."

The 2024 Legislative Action Plan, which the BOCC unanimously approved at the Sept. 19 regular meeting, requests more than \$69 million in state appropriations for the following local projects:

- State Road 16: to alleviate traffic congestion and improve safety.
- County Road 2209: to complete the central segment of this critical road corridor.
- Central Public Safety Station: to provide additional emergency response capacity.
- Regional Fire Training Facility: to address the emergency responder workforce shortage.
- Porpoise Point Stabilization: to reduce persistent flooding and protect a federal navigation channel.
- South Ponte Vedra Beach: to protect property and infrastructure from further erosion.
- Genovar Park: to design and construct recreation enhancements, including a regional boat ramp.

The Legislative Action Plan also requests the Legislature address critical statewide or regional priorities, including:

- Removing outdated requirements that raise the cost of school construction or inhibit investment in new school construction,
- Identifying historic farming communities and providing pathways to conserve working lands and encourage public infrastructure investment.
- Facilitating the restoration of the Matanzas River Estuarine Ecosystem in St. Johns and Flagler Counties.

GriefShare - Crescent Beach Baptist Church

August 16-November 8, 2023 6:00pm-7:30pm

We encourage you to attend GriefShare if you are seeking a place to find comfort and healing after the loss of a loved one. We would love to be a part of your journey. Text or call Melanie, 904-759-1054 or email, rscoggn@gmail.com



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E-Mail: propertybyberta@aol.com

Web: www.bertabythebeach.com



First Friday for November will be on Friday the 3rd from 5pm to 8pm and that means the start of our Holiday Season with a Brand New All Member's Show and you are welcomed to join us for the opening with music, snacks and beverages. This event is Free and Open to the Public. Please come out and meet our Member Artists to see and possibly purchase beautiful, original, local art!

November is also the time for our 4th Annual "Beach Art Walk" on Saturday, November 25th. We fill not only the Studio, inside and out with Artists, but also all up and down A1A Beach Boulevard. The Event starts 2pm until 7pm.

This Event is a Great Collaboration with the City of St. Augustine Beach and has become a very good Annual Tradition. A win for Art Patrons, Artists and everyone involved. Everyone has enjoyed it and hopes that it will keep going for some time to come.

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 please visit www.beachartstudio.org, Facebook or call 904-295-4428.

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Living with Cancer Support Group

Our Living with Cancer support group has moved to Cancer Specialists of North Florida. 121 Whitehall Drive, St. Augustine 32086 on the third Wednesday of every month at 11:00am. We still have the ability to ZOOM in if needed. This is an informal gathering for adults with any type of cancer and their caregivers. It is open to all affected by cancer. This group will provide the opportunity to meet others in similar situations, share your stories, provide practical suggestions and offer support to each other. If you prefer to participate virtually via Zoom, please call 904-819-4793 for further instructions.

St. Augustine Beach Democratic Club

The SAB Democrats will have its next gathering on Tuesday, November 7, 5:30 pm at the Anastasia Island Branch Library. At this meeting we will start to focus on recruiting and supporting possible candidates to run for Office. We will have Marie Garnes for the St. Johns County Democrats to discuss open positions and the process for running for Office. We will also have "Trish the Commish", Anastasia Mosquito Control Commissioner, and Barbara Blonder, St Augustine City Commissioner, discussing their success in running for office. The St Augustine Beach Democrat Club's focus is on current local issues affecting those living in St Augustine Beach. These meetings provide an excellent opportunity to get to know the elected representatives, mingle with Democratic candidates and socialize with our Democratic neighbors. The SAB Dems Club meets on the first Tuesday of the month at Anastasia Island Branch Library, 124 Sea Grove Main Street, 5:30 pm, plenty of parking available. For additional information, please contact sabdems511@gmail.com.

St. Augustine Duplicate Bridge Club (SADBC) Wants YOU!

Looking to learn a fun and challenging game that can keep your mind sharp? Look no further than the St. Augustine Duplicate Bridge Center! Our experienced instructors are offering beginning Bridge lessons starting Monday, September 11th, from 9:30 to 11:30 am for six weeks.

Located at 10 Fairbanks St, St. Augustine, FL 32084, our lessons are the perfect opportunity for beginners to learn the ins and outs of Bridge. Not only is Bridge a great way to exercise your brain, but it's also a fantastic way to make new friends and socialize with other Bridge enthusiasts.

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Diaries of a Shores Grand-Dad

by Dirk Schroeder

"I proclaim this, Svensday!" I'm not sure why this was a part of my dream last month but it happened after I went to bed on a Tuesday night (get it - Wednesday morning). I can't believe that I remembered my dream but I'm glad I did. I would hate to have forgotten it since my late brother, Sven, would not forgive me for not remembering it when I see him one day. Now there will be a specific day of the week when I deliberately think of him.

Often we have such awesome dreams and we just want them to keep going so that the action doesn't stop. What we'd like to do is stop, write down what's happening and then pick up exactly where we left off; it just doesn't work that way. Other times, we get into the dream so deep that, by the time we come out of it, we can't remember what the heck went on in there. It's a mystery of life.

Many people say that when they "go", they just want "to go in their sleep". Put me down for one of those since I could be dreaming really good stuff, not wake up and I wouldn't know the difference. That would actually solve the mystery of life since, the one time in your life when you will know for sure whether there's an after-life or nothing at all, is after you're gone. Can't believe I went there but...

So, "Svensday" has a special meaning to me now. How coincidental that the book and movie, "Tuesdays with Morrie", a life lesson about Morrie Schwartz who was dying of ALS (Lou Gehrig's disease), is also about my brother Sven not to mention my mother before him - both died of ALS. Ordinarily, if you are diagnosed with ALS, you have about two years to live. In the process, the afflicted and family learn more about living than you do about dying. And here is, Sven, living in my

dreams, prompting me to declare Wednesday "Svensday!" I know exactly what he would have all of us do in his honor - eat more fruit. Let me explain...

When he was diagnosed, he knew that there was nothing he could do. The ALS fundraisers & foundations are just for research. There really isn't anything you can take to alter the end result. Sven was convinced that he needed to shift his immune (lymph) system into overdrive. Your lymph system is as large or larger than your circulatory system and it is your immune systems' cleaning machine. A healthy lymph system prefers to be pH alkaline and Sven set out to change his pH levels from acidic to alkaline. Fruits, when processed by your digestive system, provide alkalinity. Meats provide acidity and vegetables are predominately neutral in pH (Sven depended on this info). This was his plan: become a frugavore. Along with herbal tinctures, Sven ate fruit almost exclusively and it appeared to be helping. Yet, after taking an accidental fall, he was relegated to using a wheelchair and that broke his fighting spirit. He was only 54. Mom was only 66. I'm glad that I was able to spend so much time with them.

Thanks to my dream, every Wednesday it will be Svensday. I eat fruit every day and lots of it. It doesn't matter whether the type of ALS that he and Mom had is hereditary - it's in God's hands. I try to stay so busy that, when God is looking for someone to lift up, I will be overlooked for as long as possible. I'd like to be completely spent, all used up, maybe just go to sleep one day and dream forever only to wake up on Svensday. On that note, I wish everyone, as always, a Sunshine State of Mind!

ONLY YOU KNOW & I KNOW

Here is an outline of "customary" BUYER COSTS - these are "typical".

If it's a cash transaction - the cost to record the deed is usually less than \$20. Optional/recommended: home inspection, termite inspection and a survey.

If it's a financed transaction -

1. Documentary Stamps on the Mortgage - figured at Price x .0035

2. Intangible Tax on the Mortgage - figured at Price x .002

2. Lender's Title (to cover the loan amount)- typically in the \$125-150 range

3. Loan Origination Fees - varies from Lender to lender - ASK/SHOP!

4. Prepays - Pre-paid insurance, real estate taxes and reserves - cost depends on what/how much you are buying.

5. Inspections and survey - costs vary - get quotes (ask your Realtor)

All associated LOAN EXPENSES are typically paid by the Buyer. When a lender takes your loan application, they must provide you with a "LOAN ESTIMATE" (L.E.) - they are in the best position to provide Buyer's costs. This Loan Estimate should be compared to the final Closing Disclosure (C.D.) and costs cannot vary much between the LE and CD.

FINALLY - BUYERS SHOULD NOT AGREE TO PAY A BROKERAGE A "TRANSACTION FEE". Brokerages must explain what services they provide, over and above ordinary real estate services, to collect this type of fee.

Just talk to a Broker who takes the time to make sure you know what you're paying for. Put Dirk to Work. Call me!



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The Wildflower Meadow Group

by Marlene Land



The Wildflower Meadow group meets the first Saturday of each month at about 8:30 by the Riverview Club House and we usually work for a couple of hours. Our goal is to preserve the wildflower meadow, learn about native plants that grow in this area, and enjoy the outside. We're an informal group without officers or dues and hope you will join us. We occasionally visit state and county parks and welcome newcomers.

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. Call for more information about the meadow and our walks to state and county parks.

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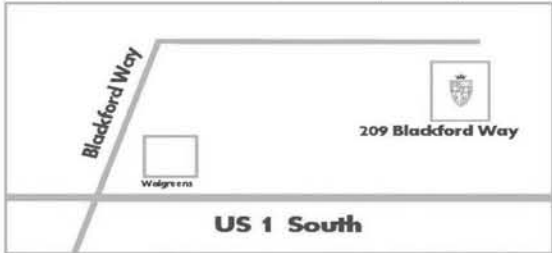


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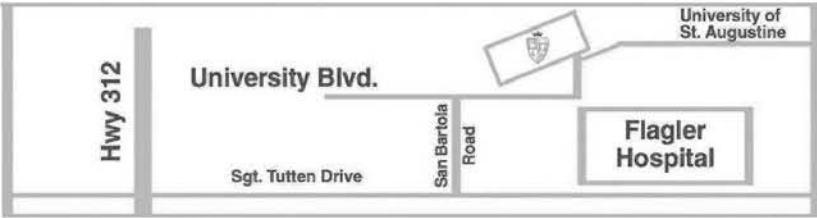


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Headaches

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

Headaches are a common problem and can be quite debilitating – just ask someone who has them on a regular basis. The treatments for headaches are varied based on the type of headache the type of pain as well as the location of pain.

Migraine type headaches, I'm told, are excruciating. I've been fortunate never to experience these but have heard accounts of locking oneself in a dark room for days, vomiting, missing work, avoiding friends and family, not eating and consuming strong medications in an attempt just to get some relief.

Sinus headaches can also be quite painful but the most common type of headache is the tension-type headache, which produces varied pain. It may be intense or mild and may also vary in location. It may be felt behind the eye, the top of the head, back of the head, in the temple region and even across the forehead. Sometimes the pain can be felt in the neck or jaw.

The most common cause of the tension-type headache is muscle guarding. This may be due to stress, poor posture, sleeping "wrong" and/or clenching. All of the above produce painful nodules called trigger points. Trigger points can be quite painful and can even cause "referred pain". Referred pain is when pain is felt in a different place than where the actual problem occurs. This can make the diagnosis of tension-type headaches challenging. A trigger point in the neck can refer pain to the head, eye or ear. It can cause ringing

in the ears or even jaw pain. Rubbing the location of the pain may help a little but never resolves the problem because the problem is not in the head but in the neck.

Research shows that myofascial trigger points can also contribute to "migraine-type" headache pain, so treating trigger points can help minimize or reduce the intensity of a migraine.

Myofascial trigger points, although relatively small, can be palpated and treated using a variety of techniques, including dry needling.

If you have found your tension level and headaches increase, physical therapists trained in soft tissue manipulation and trigger point therapy can help. If you are suffering from headaches, stop. The solution may be a simple trigger point. Get help and make a change.

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 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.

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15th Annual Nutcracker Ballet returns December 16th - 17th

Professional dancers from Philadelphia Ballet
and Award-Winning Magician in the cast

The Sugar Plum Fairy, Clara, the Mouse King all the favorite Nutcracker characters will return to the St. Augustine stage this holiday season. Saint Augustine Ballet presents the 15th Annual Nutcracker to the community — a timeless classic featuring professional ballet dancers and dance students from St. Augustine and surrounding areas. This holiday favorite will be staged December 15-17, 2023 with four performances in Lewis Auditorium at Flagler College, 14 Granada St., downtown St. Augustine, Florida. Tickets are available at saintaugustineballet.org



I am thrilled to bring the Nutcracker once again to the community during St. Augustine's popular Nights of Lights event," said Luis Abella, Executive Director and Founder of Saint Augustine Ballet.

"For the 15th anniversary, we have added more professional ballet dancers and arts performers to the show, with some special surprises for the audience!"

A cast of more than 55 local dance students, professional guest artists, and community "celebrities" will perform in the 15th annual Nutcracker. Ballet students Emma Maroney, Adelaide Pacetti and Adele Woodward will share the role of Clara.

Mayara Pineiro from the Philadelphia Ballet will dance the role of the Sugar Plum Fairy; Brian Guerrero from Sarasota Cuban Ballet School will perform as Snow Cavalier and Soldier; Jeremy Mikaelson as Drosselmeyer, an award-winning magician from Russian Ballet Orlando; Marite Fuentes, formerly with the Cuban National Ballet; and Jolynne Waldner, a former Saint Augustine Ballet student who recently trained with Sarasota Ballet's Trainee Program.

Show times are 7 p.m. Friday, December 15; 1:30 and 7 p.m. Saturday, December 16; and 2 p.m. Sunday, December 17. Tickets and more details are available at saintaugustineballet.org

Saint Augustine Ballet offers performance opportunities to dancers from St. Augustine, St. Johns County and the surrounding area. Scholarships are provided for students who need support. The Saint Augustine Ballet is a nonprofit performing arts organization founded in 2010. For more details, go to saintaugustineballet.org

The Saint Augustine Nutcracker Ballet is 7 p.m. Friday, December 15; 1:30 & 7 p.m. Saturday, December 16; and 2 p.m. Sunday, December 17 at Lewis Auditorium at Flagler College, 14 Granada St., downtown St. Augustine. TICKETS: \$35, \$45 and \$50 per seat. For RESERVATIONS: saintaugustineballet.org

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The Garden Club of Saint Augustine presents the 52nd
Holiday Tour of Homes
"Yesterday, Today and Tomorrow"

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Holiday Tea, Raffles and Boutique
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This year's Holiday Tour, *Yesterday, Today and Tomorrow* will be a walking tour in the historic district near the River House. It will include six homes decorated with live flowers and greenery designed by the Garden Club of Saint Augustine.

Limited transportation will be provided by the COA buses from the downtown Parking Garage on Castillo Dr. to the River House.

Get your ticket before they sell out to this highly anticipated holiday tradition.

Ticket sales start October 1, 2023, \$40 each
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