

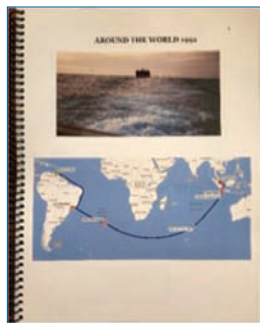
St. Augustine OBSERVER

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

St. Augustine South Reflections

by Ruth Hope

What does everyone do during the day in the long hot days and frequent deluges of July and August? Many gardeners need to be out in their gardens as the weeds are growing rampantly. But with weather so hot and humid, and mosquitoes in clouds biting early and late in the day when it's cooler, we have to find other pursuits. I read avidly in the heat of the day – in the comfort of my armchair.



This last couple of weeks, I have had a very special read: Around the World 1991 – a book written and published by a neighbor! Elsbeth Smith moved to St Augustine South in June of last year. I soon found out what an interesting person she is and what an unusual life she has lived. I also learned that our neighborhood isn't just a "boating community": we have neighbors who made their living on the wide oceans. The "seafaring community" is small and knows each other. Elsbeth knew of other

St Augustine South neighbors, Captains Gail and Norm Dean, although she hadn't known they lived here in The South. But I am getting ahead of myself.

In early conversations with Elsbeth, she talked of her long connections with St Augustine. She first visited to meet up with her brother-in-law in June 1964. Elsbeth's brother-in-law, a young lawyer, came to help local civil rights activists around the time Dr Martin Luther King came to our City. The "tension in the City was electric;" Elsbeth met attended a meeting at which Dr King spoke, late at night, in St Mary's Missionary Baptist Church in Lincolntonville. The next day she sat next to Dr King at a press conference and, afterwards, had an in-depth conversation that influenced her life. Dr King gave her a signed photograph of himself, which she treasures to this day.

Sadly, Elsbeth Smith passed away at home, early in the morning on Monday August 14. She was aged 82 years. Her family were with her and had taken her to the beach in her last days. Living with a view of the Intracoastal Waterway had been a great pleasure in her last year. If space avails, I will write more about her book next month, as it is fascinating!

Following on from writing last month of an apparently healthy tree that contractors removed from Shore Drive Waterfront park, neighbors may be interested to know why that happened. The tree had a deep, narrow cleft between the two lead trunks. As commonly happens over time, debris builds up in the cleft and rot set in. Parks and Recreation worked with the Environmental Department and a tree company with hopes to try to save the tree earlier this summer. Unfortunately, it was determined unsalvageable and needed to be removed for safety concerns. Staff monitored the tree for over a month and the quick deterioration of the tree ultimately (continued on page 19)



Elsbeth Smith on the steps of St Mary's Missionary Baptist Church.



America's Independent Robert Quigley wants your vote

by Tatiana Diaz

Independent Presidential Nominee Robert Quigley was one of the first to join the race for the White House in 2024 and hopes to gain your vote next year.

Quigley is committed to effecting change and is set on what direction he wants to take America in the next four years. He's focused on six major issues plaguing Americans and is committed to realizing his plans to fruition by zeroing in on climate change, healthcare, new jobs, homeownership, student loans, and inflation. He's also tackling abortion issues, lowering taxes, the U.S.-Mexico border, and more.

"Together, let's make America work for all citizens," Quigley said in a press release announcing his run for president in 2024. "America is at a crossroads. Extremism and authoritarianism are not acceptable. Independents are problem solvers, centrists, negotiators, and team builders. We succeed with deep analysis, compromise, and listening."

With a diverse background in law, Wall Street, importing and exporting goods, and small business ownership, Quigley's prepared to tackle America's issues head on with a facts-based approach that sets him apart from the other candidates on the ballot.

As the son of a Navy veteran, Quigley spent his childhood stationed across the country and spent part of his time in Orange Park attending elementary and middle school

while his father was stationed in Jacksonville. His father offered up a piece of advice when Quigley was just 16 years old that would propel him to fulfill his childhood vision of one day solving America's problems and becoming president.

"I said to my dad, my family, 'You know, when I grow up, I wanna be the president one day,'" Quigley said in an interview with the St. Augustine Observer.

"My dad, he kind of laughed, and he said, 'You know, son, you know what you just said? Let me tell you what you just said. You're gonna go out in America, convince half the people to hate you, convince half the people to love you, and the ones that you convince to love you, they're gonna love you for about two years, and they're gonna hate you too. You might need to make a better life decision.'" Quigley said jokingly.

It appears that the time has come for Quigley to convince America to love him so that he can effect the changes he wants to see in America.

To find out more about Robert Quigley and his campaign, visit www.robertquigleyforpresident.com. Quigley is also available for fundraising and in-person events. To reach him directly, email robertquigleyforpresident@gmail.com.

Note: This article is a paid political ad at the request of Mr. Quigley.

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St. Augustine Observer

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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

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St. Augustine Shores Community Calendar

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

www.staugshores.org

Shores Monthly Meetings

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

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

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

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

- Casa Bella Condominium Board Meetings are 3rd Mondays of each month at 6pm. Meeting location will be determined & posted on 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 meeting are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse, except July and August.

Please join us on September 20th at 7:00pm. Dirk Schroeder will be speaking about the history and general facts about St. Augustine South.

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

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

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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.

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Community Classifieds

The Observer offers free community classified listings for USPS selected addresses in Southern St. Johns County and paid subscriptions. Classified ads will not be printed without a name, address and phone number included with the request. 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. BLUE RINO out door gas griddle complete with cover very good cond. \$200.00 2. EDGESTAR portable 5000 btu Home a/c---heater good cond. \$100.00 3. lantique commercial Singer sewing machine (circa Elizabeth N J 1928) only 16 made. good working cond. \$350.00 call 904-788-2522.

FOR SALE: King bed for sale. Bombay style. Cherry. Select Comfort mattress. \$1000. 904-484-4391.

FOR SALE: Moped. 2013 Honda Metropolitan. Excellent condition. Only 2100 miles. Red and black. Helmet included. 49cc. No motorcycle license required. \$900.00. Call or text. 904-501-5385

FOR SALE: Water treatment system Rain Soft TC-M Conditioner series 2 years old, lightly used \$100. Call 203-212-0104.

FOR SALE: 1. Blue Recumaent Tricycle Mobo Shift. Great for kids or rehabing injuries. Adjustable length. \$350. 2. Catrike Villager 2022. Like new. Fun, comfortable, handles very well. Call Susie at 631-566-4992.

FOR SALE: 1. Betty Crocker 2 speed blender \$5. 2. New Samsung Crystal UHD TU7000 50" TV \$350. 3. Rival 8 qt Crockpot \$10. 4. Sunbeam Oskar food processor (14081) \$20. 5. Oster brused

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PUBLIC NOTICE: Notice is hereby given that the undersigned, desires to engage in business under the DBA Fictitious Business name of "Beach City Dawgs" of Groovey Ladle, LLC and intends to register with the Florida Department of State, Tallahassee, FL. The party will commence practice in St. John's County, FL, at 228 Charlie Way., St Augustine, FL., 32095. By: Collin Chase 9/31/2023.

St Augustine Observer

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Riverview Club Building Closed

The Riverview Club will be closed to all activities and rentals for the month of September. As you may know, the club sustained damage during the storms last year and we are now in the process of getting that repaired. The roof has been repaired and looks gorgeous. The pool will continue to be open as much as possible, and we are still having Water Aerobics classes. Those classes are Monday, Wednesday, and Friday from 9-10am. On Tuesdays, we have Deep Water Aerobics at 8:30am and Water Aerobics at 5:30pm. Please check our website (www.staugshores.org) for the most up to date information regarding the opening of the club and the pool. Thank you all for your patience and understanding!



St. Augustine Jewish Historical Society

Friends of the Main Library St. Augustine and the St. Augustine Jewish Historical Society have formed a partnership to celebrate the Jews who landed on Florida's Coast with Pedro Menendez de Aviles on September 8, 1565. Rabbi Merrill Shapiro, Founder and Chairman of the St. Augustine Jewish Historical Society, will speak about the Jewish presence in St. Augustine at the time of the city's founding and in the years that followed.

The one-hour celebration will take place at the Main Library, 1960 North Ponce De Leon Boulevard in St. Augustine on September 8th at 2:00 pm. All are welcome to this event. There is no charge. For further information call the Main Library 904-827-6940 or visit www.sjcpls.org For further information about the St. Augustine Jewish Historical Society, visit www.sajhs.com or call 804-914-4460.

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

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, rscogn@gmail.com

St. Augustine Travel Club

The St. Augustine Travel Club resumes after the summer break. We will have our next meeting on Wednesday, September 13, at 3pm at the Southeast Branch Public Library, US 1 South near SR 206. Our topic will be ARMENIA - Today's Armenia, former Soviet republic, was once part of an enormous empire, older than Christianity. Within its ancient borders lies Mt. Ararat, believed to be the final resting place of Noah's ark, although now part of Turkey. Armenia's ancient sites contain some of the world's oldest artifacts.

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.

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

President's Letter

Due to ongoing renovations at the Riverview Club, the August HOA meeting was held at the Classic Car Museum (on US 1 between the North and South entrances to The Shores) and we ended up with approximately 80 residents in attendance. We appreciate the hospitality afforded to us by Museum owners, Sidney and Brenda Hobbs and their daughter, Madison.

All of our Directors and our General Manager were in attendance. Outside of approving the Minutes of our July Meeting and the Treasurer's Report by Nick Arocha, the only additional Motion made was to approve the appointment of Deb Scoggin to fill the open 1-Year Director position on the Board. We are now back to having a full seven-person Board of Directors.

I opened the meeting by remarking how the mission of our Board is to be completely transparent in our actions and to openly share information about every aspect of the Board's activities with our residents. The way to accomplish this is to increase attendance at our monthly meetings, improve communications by using multiple avenues (including the St. Augustine Observer, the Shores Advocate Newsletters, our website and social media) and to increase participation and volunteerism in our Committees.

Board member, Brad Smith gave residents an update on the Riverview Club roof repair (which was completed on August 11th). He also provided a schematic indicating the areas of the Clubhouse where mold remediation will take place and a schedule for the remaining Clubhouse renovations which should be completed by mid-October. The staff office and library are not affected and will remain open during the remaining renovations; however, while the A/C is being replaced, it will not be comfortable enough to hold meetings in the library.

Board member, Nick Arocha reported on the coquina chimney at the Riverview Club being converted to stucco finish and provided an update for the known drainage issues in the various Units.

Shanna Fredrickson, our General Manager, reported on the following: 1) KB Homes' Sabal Estates development have their road widening permits in the queue with St. Johns County and are working with FPL to energize Sabal Estates by the end of August; 2) The pool steps are being redone and members who had paid for pool usage may apply for credit for the days they could not enjoy the pool; 3) Shanna is investigating having our retention ponds serviced monthly instead of quarterly; 4) In reviewing the existing hardware and software computer equipment at the office, it has become obvious that substantial updating is necessary, which will begin in the Fall; 5) Finally, Shanna and our Assistant Manager, Christine Hart, are spending an hour each day driving throughout the community to follow up on Deed Restriction violations. In just two weeks, they've booked 58 violations in Unit 1 alone (6 of these were reported to the St. Johns County "PRIDE" system). They will be looking for obvious violations that may or may not have been permitted or approved.

Committee reports: Robin Mancarus reported for the Activities Committee that they have a number of great ideas for activities they intend to initiate when the clubhouse reopens. Dirk Schroeder reported for the Communication Committee that they are working on the monthly Newsletters and will soon meet with office staff about updating the website and developing helpful social media posts. (Please encourage everyone in our neighborhood sign up for the Newsletter.) Dirk also reported for the Buildings and Grounds Committee that they have a long list of items to work on and he was glad to report that the Beautification Committee has already completed three items on their list.

We ended with a number of residents asking excellent questions and we encourage you to read the monthly Newsletter to get more information about the topics that were discussed.

See you at our NEXT BOARD MEETING at the Classic Car Museum on September 14th beginning at 5:30 PM. Thank you for being involved and caring about our incredible community.

Sue Chitwood, President

An Evening of Trivia at Temple Bet Yam

Temple Bet Yam is once again presenting Trivia Night, August 6th at 5pm, an evening of fun, food and prizes for only \$15 per person. Come join us and the community, for this adults only event. We are located at 2055 Wildwood Dr (just off SR 207) in St. Augustine. Questions and to receive the link to purchase a ticket, do contact Tracey Gueits at sushigirl34@hotmail.com

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SASIA News and Calendar of Events

September 2023

SASIA News and Calendar of Events

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.

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.

SAS Garden Tour

SASIA is delighted to bring back a favorite event – the St. Augustine South Garden Tour. There will be several categories and prizes for the best yards! We are looking for houses in the SAS neighborhood to participate in the tour. Please contact us at info@staugsouth.com if you would like to participate as a garden tour home, or encourage your neighbor with the gorgeous yard to do the same. Whether you want to participate, or just enjoy the beauty of SAS, mark your calendars for the SAS Garden Tour on Saturday, October 7th. The tour will run 10 am - 2 pm and tickets will be \$5 per person. Meet us at the clubhouse between 9-11 am to pick up your map and voting ballots. We hope to see you there.

SASIA Community Meetings

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

Please join us on September 20th at 7:00pm. Dirk Schroeder will be speaking about the history and general facts about St. Augustine South. Come learn about SAS and meet your neighbors and SASIA board members.

Mark your calendar for our October 18th meeting. District 3 Commissioner Roy Alaimo will be discussing issues in St. Johns County and SAS.

Food Truck Nights

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

Friday, September 8th - YAMO Ialian Food Truck

Friday, October 13th - Real Peel Pizza Food Truck

Friday, November 10th - Kings BBQ

Friday, December 8th - El Hombre Taco Food Truck

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

Upcoming Events

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

Plant Swap – Saturday, September 30th - 10am -12pm

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

Garden Tour – Saturday, October 7th 10am-2pm

Real Peel Pizza Food Truck, Friday, October 13th

Fall Festival - October 28th - Band: Bad Dog Mama - 12-5pm

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

El Hombre Taco Food Truck – Friday, December 8th

Holiday Celebration with Santa - December 16th

Dates are subject to change.

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Sheriff's Update

By St. Johns County Sheriff Robert A. Hardwick



Back to School Safety

St. Johns County Schools are officially back in session! I'd like to ask everyone to have patience as folks are getting back into their school routines. Parents- remind your children who walk or ride to school to wait for the light, look both ways, and cross the street at a crosswalk. Please also obey the school crossing guards. If you drive your children to school, put down your electronic devices and remain alert of your surroundings.

Additionally, if you visit the St. Johns County Sheriff's Office Facebook page, you will see we released a Public Service Announcement (PSA) on when you should stop for a school bus. I strongly encourage you to watch the PSA and familiarize yourself with the bus stop laws. If you are on a four-lane road with a raised median, you are not required to stop if going the opposite direction of the bus. If you are going the same direction as the bus, you must stop. You also must stop in both directions if the four-lane road has just paint on the pavement (no raised median), or on all two-lane roads.

SJSO Youth Resource Deputies who cover 43 of our public schools are excited to welcome the students and staff back to school. I challenge parents, students, and school staff to get to know their assigned Youth Resource Deputy. Build a rapport with them and know that they are a resource to you should you ever need them. Lastly, if you see something, say something. Please download the Fortify FL App which allows users to easily report suspicious activity immediately to law enforcement and school officials. We hope you all enjoyed your summer off and we are looking forward to another great school year!

Flagler Hospital Free Monthly Education

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 bcsgofsa@gmail.com.

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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.

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Sing Out Loud Festival at Francis Field to Support School System and First Responders

Contributed by Ryan Hall, St. Johns County Public Relations Manager

Sing Out Loud Festival proudly announces the St. Johns County School District and the First Responder Project as the beneficiaries of the inaugural Francis Field Showcase, taking place in Historic Downtown St. Augustine on September 22 & 23. The two organizations will receive proceeds from the charity fee included in each ticket sold for this music-packed weekend featuring renowned artists such as The Black Keys, Mumford & Sons, Maggie Rogers, Lord Huron, and more.

In addition to providing a musical platform for aspiring local artists, the Sing Out Loud Festival was created with the intention of celebrating and supporting the St. Johns County community. Since its inception in 2016, Sing Out Loud has raised over \$300,000 for local organizations and nonprofits like The Betty Griffin Center, United Way of St. Johns County, St. Francis House, Port in the Storm, Lincolnville Museum, St. Johns County Legal Aid, and more.

"Sing Out Loud has always served as a powerful platform for our community, with the intention of amplifying our local music scene, and supporting the efforts of local organizations looking to make a difference," said Gabriel Pellicer, General Manager of St. Johns County Cultural Events. "Our team is committed to continuing this tradition, and we're proud to be partnering with the St. Johns County School District and The First Responder Project for this year's festival. September is shaping up to be our most exciting month to date, and we're looking forward to an incredible month of music."

Confronted with a 45% growth over the last decade, the St. Johns County School District finds itself faced with an escalating demand for musical instruments for K-12 music education programming. In partnership with country-duo War Hippies, with support from leading instrument and pro audio retailer Sweetwater, the festival's proceeds will provide much-needed resources to equip schools with instruments to enhance music education. Reinforcing the powerful connection between music and education, War Hippies will open the Francis Field Showcase with The Black Keys, Lord Huron and Yola on Friday night.

"If I was not given the opportunity to play violin growing up, I certainly would not be where I am today," says War Hippies' Donnie Reis. "We are thrilled to be partnering with Sweetwater to provide instruments to children who lack access, giving them what we were fortunate enough to have as kids, the gift of music."

The St. Johns County School District continues working to manage growth with a rapidly increasing student population. As a result, schools often seek additional funding through grants and fundraisers to supplement and expand their initial supply of instruments in music programs. This emphasizes the motivations of Sing Out Loud Festival and War Hippies to collaborate and support the district's music education programming.

"St. Johns County School District is honored to partner with Sing Out Loud and the St. Johns County Cultural Events Division," said Joanne Crowder, Program Specialist for K-12 Fine Arts, Performing Arts, Physical Education and Drivers Education, St. Johns County School District. "We are grateful to Sing Out Loud for supporting the music programs in the St. Johns County School District."

The First Responder Project, a 501(c)(3) organization, was founded in 2020 with the vital mission of providing wellness resources for public safety personnel and their families. This project was born out of a deep understanding of the mental health stressors that first responders face, and the pressing need to proactively address them.

First responders often grapple with the repercussions of work-related exposures to natural or human-caused disasters, bearing a profound psychological burden. The First Responder Project's vision aims to lighten this load, offering resources, outlets, and therapeutic opportunities designed to improve the quality of life for first responders. Services include in-person forums for dialogue and support, online stories of strength for inspiration, as well as conferences and trainings for resilience and skill-building. Moreover, the First Responder Project's flagship nature-based retreats provide first responders and their primary support people with valuable education, fostering a sense of connectedness. These retreats offer opportunities for recalibration and restoration, thereby enhancing the quality of life on both individual and relational levels.

"Our public safety personnel bear a burden of service - without expecting acknowledgment and rarely seeking assistance," said (continued on page 8)

Island Veteran To Lead 500 Mile Pilgrimage

Anastasia Island resident and Vietnam veteran Rick McAllister will lead 5 other Vietnam veterans on a 500 mile, 44-day journey on the ancient pilgrimage route Camino de Santiago across Northern Spain.

The event is being referred to as The Last Patrol: A Pilgrimage of Brotherhood, and they depart for Spain on September 19. Their mission is to combine the spirituality and beauty of this sacred venue with that unique bond of brotherhood experienced by veterans put in harm's way when answering the call of their country.

McAllister has made this challenging walk 3 times in the past and has talked about the special healing experience many have witnessed while on the journey. The Camino de Santiago is also known as the "Way of Saint James," and it is this Apostle's remains that are said to be buried at the end of the pilgrimage route in the city of Santiago de Compostela.



Temple Bet Yam's Events

Mah Jongg Tournament at TBY

MAH JONGG FANS! TEMPLE BET YAM PRESENTS ITS MAH JONGG TOURNAMENT ON SEPTEMBER 7th. Register at 10:30 a.m. for the 11:00 a.m. start. Cash prizes, morning pastries, coffee and lunch are included in your \$30 donation. The tournament will be held at Temple Bet Yam, 1055 Wildwood Drive (just off SR 207), St Augustine. A security guard is on site. There will be no walk-ins so make sure you enter by September 3rd. Questions? Call Tracy Gueits at (312) 303-8990.

Temple Bet Yam's High Holy Holiday Schedule

2055 Wildwood Drive, St. Augustine FL 32086. 904-819-1875

- Friday, September 15 7:30 p.m. Erev Rosh Hashana Service
- Saturday, September 16 9:00 a.m. Children's Service
- 10:00 a.m. Rosh Hashana service
- 1:00 p.m. Tashlich Service at Treaty Park
- Sunday, September 24 7:30 p.m. Kol Nidre Service
- Monday, September 25 10:00 a.m. Yom Kippur Service
- 3:30 p.m. Afternoon Service followed by Yiskor & Neilah

Temple Bet Yam Presents The Music Man at the Limelight

Temple Bet Yam and the Limelight Theater, 11 Old Mission Ave in St Augustine, once again hit the jackpot with its October 31, 2023, presentation of The Music Man, a warm, wicked, funny and romantic musical comedy meant to entertain the entire family. For \$36 enjoy hors d'oeuvres at 6:30 PM, the show at 7:30, dessert during intermission and a 50/50 raffle. Questions and reservations? Contact Tracey Gueits at sushigirl34@hotmail.com.

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Tale Tellers of St. Augustine Food Adventures

Experience “Delicious — Food Adventures”, a Tale Tellers of St. Augustine production, on Sunday, September 17, 2023, 2:00 pm at The Waterworks, 184 San Marco Ave., St. Augustine. Enjoy tasty tales of culinary adventure through personal stories by Natalie Beltrami, Kathy Duffy, Kathy Kniery, and Debra Weller. For further information call: 904-540-0402. Admission is \$10.00.



The show encompasses a broad range of talent and expertise: Natalie Beltrami is an artist, actor, and storyteller who believes our stories are the threads that create the fabric of our lives; Kathy Duffy is an accomplished teller with stories that span the lighthearted to the dark and scary; Kathy Kniery is an historic interpreter and teller of personal and traditional tales; Debra Weller, a storyteller with guitar and song, has performed in many states and internationally.

The Tale Tellers of St. Augustine is a performing guild devoted to the advocacy of storytelling as an art form and entertainment medium. The organization is currently celebrating its 30th anniversary. It is a Florida not-for-profit corporation with a 501(c)(3) designation. www.taletellers.org. For information contact Chris Kastle, chriskastle@yahoo.com, 773-576-7245.

Sing Out Loud Festival at Francis Field

(continued from page 7)

First Responder Project Founder & CEO, Dr. Tracy S. Hejmanowski. “First Responder Project provides no-cost programs to improve the quality of life for them and their families, which, in turn, better serves our communities. The healthier our first responders are, the healthier we are.”

By creating opportunities for dialogue and understanding, The First Responder Project encourages first responders to unburden from the stress of serving, promoting a healthier and more supported workforce.

St. Johns County Commissioner, Vice-Chair, Sarah Arnold remarked, "It is more important than ever for us to support our First Responders because we aren't doing our jobs if we don't provide them with the tools to do theirs. The First Responder Project is setting the bar, meeting our men and women and their families where they are, and providing invaluable services that should be supported not only locally but statewide as well. I couldn't be more thrilled to see this nonprofit highlighted and receive the funding and recognition they deserve."

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First Friday this month will be on September 1st and kicks off Labor Day Weekend, so start it The Studio from 5pm to 8pm. A Brand New Member’s Show will opening and you are welcomed to join us for 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!

We are proud to be partners with The St. Augustine Beach Civic Association and our weekly event “Music & Art by the Sea” Continues every Wednesday from 4pm to 9pm through the month of September.

A little History lesson, for people that don’t already know...The Art Studio resides in a City of St. Augustine Beach owned building. Our neighbor and only other tenant is the Dance Company. The building itself was built in 1939 and was originally a Hotel. This building was called “The South Beach Hotel” it had a sister building, a mirror of itself, North of the pier, called, you guessed it, “The North Beach Hotel” and it prospered in the 40’s and beyond. In more recent times it was the original City Hall before the present one on A1A S. Recently, the building has gained Historic Status and is on the State register. It is managed by the St. Johns Cultural Council. The council recently obtained a Grant that will be used for renovation and will be able to expand and utilize the 2nd floor of the Building. So good things are coming soon, but with the Renovation Construction going on, the Art Studio will have to temporarily close down operations until the project is complete. We will make sure to keep the public and our patrons and Families that take advantage of our Free Children’s classes, workshops, etc. updated so everyone will know when and how long this will take. As of right now, we know that all of our

September activities will remain as is and we can look forward to business as usual. Please follow us on Social Media and visit our website for the latest updates and keep reading The Beaches News Journal for the latest Art Studio News.

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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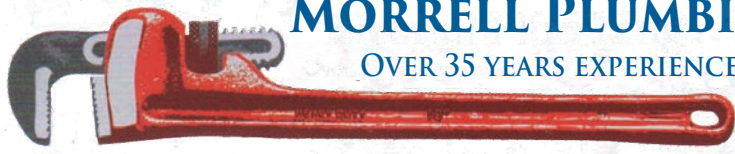
L to R: Alise Sheppard (Secretary), John Dickie (Past President), Judy Decker (1stVP), Memory Hopkins (President), Dominic Mercurio (Treasurer), Dale Bowers (2ndVP Membership Chair), Kathleen Bittle (Lion Tamer), Andy Zeman (Lion Twister), JD Decknick (Board), May Weaver (Board) Not available

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St. Johns County Receives \$100,000 Grant to Enhance Household Hazardous Waste Collection Program

Contributed Wayne Larson, St. Johns County Director of Public Affairs

At the Aug. 1, 2023, Board of County Commissioners (BOCC) regular meeting, the BOCC approved a resolution accepting a one-time \$100,000 grant from the Florida Department of Environment Protection (FDEP) to enhance the St. Johns County Household Hazardous Waste (HHW) Collection Program. St. Johns County will use the grant to help establish a processing facility for HHW materials collected from the community. The grant period runs from July 1, 2023, to June 30, 2024. There are no matching funds required from St. Johns County. This grant is appropriated within the Solid Waste Fund.

"The allocated grant funds will have a pivotal role in offsetting the expenses associated with acquiring chemical storage lockers," St. Johns County Public Works Director Greg Caldwell said. "This will enable the County to establish a processing facility for the efficient management of Household Hazardous Waste, ultimately elevating the level of service provided to the community."

The County's HHW Collection Program carefully disposes of items such as motor oil, oil filters, gasoline, wax, cleaners, pool chemicals, pesticides, insecticides, aerosol cans, antifreeze, batteries, and more. Residents can drop off HHW materials free of charge at the Tillman Ridge (3005 Allen Nease Road, Elkton) or Stratton Road (250 North Stratton Road, St. Augustine) Transfer Stations. For more information on accepted items and hours of operation, visit <https://www.sjcf.us/solidwaste/Locations.aspx>.

To stay updated on the latest news from the Solid Waste Division, sign up for the Curbside Times monthly e-newsletter at <https://lp.constantcontactpages.com/su/JUsMH4G>. Cell Phone: 904-426-2128, Office Phone: 904-209-0542, Email: wlarson@sjcf.us



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Diaries of a Shores Grand-Dad

by Dirk Schroeder

So, in my last Diary, I left things off with a question: "What's the most important job you've ever had?" I could have asked, "What is the most fun job you ever had?" - that would be disc jockey at WSYL at UMASS - I left that out in the last Issue. On the other hand, these are most important jobs that I've ever had: son, brother, husband, father, uncle and grandfather. The pay isn't great but the rewards are priceless.

"The Who" had a rather redundant, to the point of annoying, song called "Who are You?" - Who? Who? Who? Who?". Isn't that one of the most revealing questions for all of us? For some people, they become the product of their surroundings. On the flip side, others can be the surroundings that those around them are influenced by. These people, in most cases, are family and friends. "Friends" are apparently easy to come by on the Internet yet real friendships are never effortless; they take effort. So, let's re-state this to say: your family and "real" friends are likely to have a huge influence on you.

Speaking of influence, the word "influencer" is thrown around too lightly these days; people brand influencers with that affliction when they have a few hundred thousand "followers" on the Internet. I have watched a number of these so-called "influencers" and, for those people that are tragically influenced by some of these less fortunate souls, I hope your electronics break down. On the other hand, there are some "influencers" that have risen to a different level of affect because they're not actually trying to influence you; they may simply be trying to pose a question and get you to be a better free thinker - one who questions everything so as to be able to deduct a truth that endures scrutiny or a truth that may be built upon. They don't like being labeled an "influencer". They simply want you to think for yourself, keep your mind open to alternate points of view and maybe even ask the question "Who are You?"

Your job is not who you are but what happens there may have some influence on who you are or how you behave. The people at your job can also have a significant effect on who you are because there is a likelihood that you may share personal and confidential conversations with your co-workers. In many cases, there may be an underlying motivation involved in influence (think politics and advertising and especially political advertising) so always keep your eyes and ears open. People will even try to influence you with smells - think Cinnamon Apple Pie at an Open House.

You always have decisions at your disposal every day to say YES or NO or MAYBE in everything you allow into your life, everything in your mind that helps to amass Who You Are. If someone says YES and you disagree, say NO - you may have to agree to disagree but stand your ground. If you someone asks you to do something and your "WHO" tells you NO, then tell them NO. If you hate the City - get on the bus. Every day - decision time and all of them can impact your WHO. I'm glad you decided to decide to read the Diaries this month and on that note, I am out of space and wish everyone, as always, a Sunshine State of Mind.

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TO BUYERS) - STOP DOING THAT! REALTORS ARE SUPPOSED TO DISCLOSE WHAT SERVICES OVER AND ABOVE REAL ESTATE SERVICES THEY PROVIDE FOR THAT FEE. You are paying because somebody forgot to tell you what that's for and that other brokerages do not charge them.

EVALUATIONS - Locally sourced CMA's (COMPETITIVE MARKET ANALYSIS) from your local MLS should be REQUIRED, an ABSORPTION RATE ANALYSIS should be included as well as an ESTIMATE OF CLOSING EXPENSES. If you're not getting this, you should SEEK OUT A BROKERAGE THAT DOES.

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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.



Casino Royale Raises Over \$50,000 for Homeless Youth in Our Community

Contributed by Joy Burton, Marketing Coordinator

Casino Royale, the Anniversary Celebration of Port in the Storm Homeless Youth Center, was once again a huge success. The event was hosted by Assembly Room Events at Art 'n Motion on San Marco Avenue on Saturday, July 22nd. More than \$50,000 dollars were raised, and around 150 people attended this fun 007 themed evening. Tickets included casino games with fun money, prizes, delicious food, a signature cocktail, a VIP Texas Hold'em Lounge, music and more.

Attendees played blackjack, roulette, craps, poker and spun a money wheel for a chance to win prizes. VIPs were treated to a private lounge on the second floor which included Texas Hold'em Tables, a charcuterie spread, open bar and lounge seating. Heavy hors d'oeuvres such as shrimp cocktail and beef tenderloin on crostini with caramelized onion jam, were served by EFS Catering. The signature cocktail, The Goldeneye, was complete with gold sugar dust, expertly shaken, not stirred by bartenders from The Perfect Pour.

As attendees were winning casino chips, the homeless youth at Port in the Storm were also winning as donations rolled in. Several anonymous donors pledged to match donations, and many answered the challenge, taking the total to over \$50,000.

Everyone had a wonderful time and enjoyed this 4th anniversary celebration. We are currently planning our next event, our annual gala which will be a Masquerade Ball held at Tringali Barn on Friday the 13th of October. Early Bird tickets and sponsorships are available now at www.stfrancissshelter.org

Casino Royale was sponsored by: Localiq - The Record, Solar Stik, MasterCraft Builders, Fiesta Falls Miniature Golf, Canan Law, Harbour Island Tennis Centre, the PLAYERS, Robinson Improvement, RockIT Solutions, Florida Health Care Plans, Taylor Refrigeration & AC, Herbie Wiles Insurance, Ancient City Accounting, Meg Bogosian, Bronz-Glow, Old City Public Relations, Galleon Capital Advisors, Iron Order Motorcycle Club, Marsh Creek Women's Association

St. Francis House and Port in the Storm Homeless Youth Center provide the only comprehensive housing-crisis services and shelter in St. Johns County. Housing-focused programs provide support, referrals, and assistance to facilitate the return to housing and self-sufficiency for individuals, families and youth. EIN #59-2475614



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SING OUT LOUD FESTIVAL

A GAMBLE ROGERS SHOWCASE AT THE COLONIAL OAK DURING SING OUT LOUD FESTIVAL 2023!

Gamble Rogers Sing Out Loud Showcase Schedule

Join us Sunday afternoons under the oak trees at the Colonial Oak Music Park during Sing Out Loud for a special Gamble Rogers Festival Showcase taking place September 10th, 17th, and 24th!

The Colonial Oak Music Park is an outdoor venue located at 21 Saint George Street in Historic downtown St. Augustine, FL. This community music park is nestled under a majestic 300 year old oak tree surrounded by picnic tables and will be offering FREE live music as well as food and drinks for purchase.

Sunday, September 10th

- 3:00 pm The Dunehoppers
- 4:15 pm The Skinny
- 5:30 pm Big Pineapple
- 6:45 pm Aslyn & The Naysayer
- 8:00 pm John Dickie & Collapsible B

- 5:30 pm The Thick & Thin String Band
- 6:45 pm Wild Shiners
- 8:00 pm Grant Peeples

Sunday, September 24th

- 3:00 pm Jim Carrick & Charley Simmons
- 4:15 pm Lee Hunter & Joey Kerr
- 5:30 pm Marianne Lerbs
- 6:45 pm John Winters & Mark Richey
- 8:00 pm Charlie Robertson

Sunday, September 17th

- 3:00 pm Skin & Bonz
- 4:15 pm The Taildraggers

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Kitten Rescued from a Storm Drain

by Chloe Irons

“What a good day!” Ed mused to himself as he cruised down A1A on his motorcycle. Just then a small grey creature darted across the black asphalt right in front of him and tumbled down into a storm drain on the side of the road.



“Oh no! What was that?!” He flashed back to the grey creature tumbling into the storm drain – “Oh no it was a kitten!” “What do I do?!” His mind raced as his motorcycle took him farther away from what he saw.

He tried to remember where he saw the kitten tumble, somewhere near Beachside diner. He sped home on the motorcycle, grabbed a box and towel, jumped in the truck, and drove back to Beachside diner. He leaned his head into each drain near the

diner, listening for the kitten’s mew. By the 4th drain he was worried he wouldn’t find the kitten. But then a soft shrill, “mew”, rang out of the drain.

A flood of relief surged through him, “I found her!” “But how do I get her out?”

Enter St. John’s County Fire-Rescue Station #7. Luckily, the fire station is a few blocks from Beachside Diner, so Ed walked over, told them what happened, and the Firemen gladly accepted the challenge: Operation Kitten Rescue. The firemen devised a successful plan to rescue the kitten from the storm drain and about an hour later, handed the kitten over to Ed.

When Ed got home, the kitten was limp and covered in black muck. Ed and his wife gently washed the kitten in the sink using vegan pet shampoo, fed her sardines, and laid her in a soft towel nest with a heating pad to keep warm overnight.

The next morning, they took the kitten to the vet. The vet said the kitten was a 4-week-old, 1 lb. female, healthy apart from a sore under her tail which should heal in time, and very lucky.

Ed and his wife decided to keep the kitten and named her Storm.

The couple’s 2 dogs are enchanted by Storm and spend the day sleeping next to her and licking her. Storm loves the attention and purrs during her lick sessions until she’s had enough and then Storm hisses at the dogs, and they obediently stop.

One [timeframe] later, Storm with her Firemen rescuers and new family. “What a good day!” Pictures by chloe.iron@gmail.com



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St. Johns County Receives Record \$59 Million in State of Florida Appropriations for Transportation and Coastal Protection

St. Johns County announced it received \$59 million in appropriations from the State of Florida after Governor Ron DeSantis signed the Fiscal Year 2023-24 budget into law. It is the largest amount of state appropriations the St. Johns County government has ever received and surpasses the \$12.4 million appropriated last year.

"I am incredibly grateful to our legislative delegation, which included Speaker Paul Renner, Senator Travis Hutson, Representative Cyndi Stevenson, and Representative Bobby Payne," St. Johns County Administrator Hunter Conrad said. "Our community thanks them for their diligence in getting these funds to help enhance the quality of life for our residents."

Highlighting the list of funded projects is the \$25 million for the complete restoration of critically eroded North Ponte Vedra Beach. These funds, which complete a multi-year investment by the state, will match more than \$8 million in local funds to construct an engineered beach with a vegetated dune system, reversing the progressive deterioration of the beach due to coastal storms. This project reinvigorates a recreation and tourism asset critical to the regional economy and provides long-term protection of property, infrastructure, and vulnerable ecosystems.

Another highlight is the \$15 million to extend County Road 2209 to International Golf Parkway. Phase 1 will construct a four-lane divided roadway from Silverleaf Parkway to International Golf Parkway, further enhancing north-south connectivity.

St. Johns County also received \$19 million to enhance safety along transportation corridors and coastal barrier islands, including:

- \$6 million match for a \$28 million project to eliminate a railroad crossing at County Road 210A and reroute existing vehicle traffic through a new overpass and interchange at U.S. 1

- \$6 million for State Road A1A intersection enhancements to improve the level of service

- \$5 million for the Summer Haven Managed Retreat Program to establish a purchasing initiative for residential properties along Old A1A in an area of persistent critical erosion

- \$2 million to reconstruct and signalize Pine Island Road & U.S. 1 intersection

"As we developed our legislative requests, St. Johns County was responsive to the needs of our citizens for roadway improvements and beach restoration, displayed the trust placed upon us by our residents to address public safety for commuting within our communities, and we were innovative in leveraging the state's dedication to projects with the support from federal dollars," St. Johns County Commission Chairman Christian Whitehurst stated.

Hurricane Preparedness

Provided by: Wayne Larson, St. Johns County Director of Public Affairs

St. Johns County Emergency Management (SJCEM) Deputy Director Kelly Wilson recently appeared on The Break Room, the City of St. Augustine's weekly podcast, to shed light on the critical role of Emergency Management in disaster preparedness, response, and recovery efforts as well as how residents can prepare before a storm arrives. Listen to the podcast now at <https://podcasts.apple.com/ie/podcast/kelly-wilson-deputy-director-sjc-emergency-management/id1622242095?i=1000622409410>.

As the Atlantic hurricane season is in full swing, it's crucial for residents to have a plan and be ready in the event St. Johns County is impacted.

"The most important thing you can do today, if you're going to do one thing, is find out if you're in an evacuation zone," Wilson said. "You can go to our website, www.sjcemergencymanagement.com, you'll see a tool called 'My Evacuation Zone.' All you have to do is enter your St. Johns County address and it will tell you whether or not you're in an evacuation zone. If you are, there are zones A through F. If you're in an evacuation zone, you will want to listen for that when a storm is approaching to see if we evacuate you. Today is the day to find out if you live in a zone. If you do live in one, figure out what you are going to do and where you are going to go so you are not panicking at the last moment when a storm is approaching."

SJCEM encourages residents to sign up for the Alert St. Johns emergency notification system at www.sjcemergencymanagement.com. This system enables SJCEM to quickly provide the public with critical information in a variety of situations, such as severe weather, unexpected road closures, water advisories, missing persons, evacuations of buildings or neighborhoods, and incidents that may threaten public safety. Residents will receive time-sensitive messages by the method of their choice, such as home, mobile, or business phones, email addresses, text messages, and more.

In conjunction with Alert St. Johns, SJCEM is using Nixle Alerts to provide another way for the public to stay updated with relevant information from the St. Johns County Emergency Operations Center. Any individual can text StJohnsEOC to 888777 to opt-in to receive notifications through SMS text messages. Nixle does not charge for this service, but carrier message and data rates may apply. SJCEM will use this service to alert residents of public safety advisories, natural and human-caused disasters, and other significant events that may impact the community.

For additional hurricane preparedness tips, watch SJCEM's 2023 Hurricane Preparedness video featuring SJCEM Director Joe Giammanco at <https://youtu.be/1SO7Y3SVFAY> and read SJCEM's 2023 Hurricane Preparedness Guide at <https://www.sjcemergencymanagement.com/pdf/SJC-Hurricane-Preparedness-Guide.pdf>.

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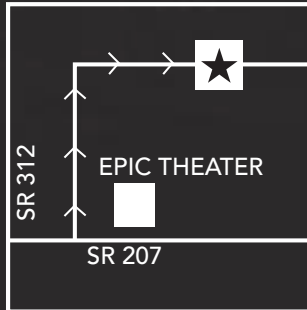
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What is Trigger Point Dry Needling?

By Rhiannon Gluhosky



A trigger point is a focal, hyperirritable spot in the muscle that is the result of a local shortening of that muscle. Trigger points can develop as a result of various lifestyle activities, including prolonged computer work, poor posture, and over activity. Trigger points can cause an array of symptoms including pain, referred pain into other areas of the body, as well as decreases in range of motion and strength.

There are a number of ways to treat a trigger point, with one of these ways being dry needling. Dry needling is the use of a thin filiform needle to stimulate the underlying trigger point. This stimulation in turn will help improve the symptoms that can be caused by a trigger point; so an improvement in pain, range of motion, and strength. Dry needling can be used to treat headaches, neck and back pain, shoulder pain, as well as hip, knee, and ankle/foot pain.

Trigger point dry needling is a relatively quick procedure that is performed by a highly skilled physical therapist as part of the overall treatment plan. For more information/treatment reach out to our Physical therapist Rhiannon at: 904-679-3449.

Navigating Financial Challenges: Women's Unique Path to Financial Security

By Renae Aiple, CRPC
Raymond James Financial Advisor



When it comes to financial planning, the dissimilarities between genders run deeper than surface disparities. Although the pursuit of financial stability is universal, women frequently grapple with distinctive obstacles that mold their fiscal journeys. These challenges demand keen attention and proactive tactics to ensure a steadfast financial trajectory.

A pivotal divergence emerges in life expectancy. Women, on average, outlive men by almost six years, ushering in an array of distinctive financial hurdles. Prolonged lifespans necessitate women to make their retirement funds extend further, possibly encountering heightened medical expenditures. For married women, the prospect of outliving their spouses underscores the vitality of comprehensive estate planning.

Another chasm arises from the gender pay gap. According to the Bureau of Labor Statistics, women typically earn around 83% of their male counterparts in the same professional domains. This gap accumulates over time, affecting women's cumulative savings, Social Security entitlements, and pension prospects. Amidst earning less, women confront the challenge of stretching their resources across an extended lifespan, rendering them more susceptible to unanticipated financial setbacks.

Caregiving responsibilities disproportionately fall on the shoulders of women, often compelling them to curtail work hours or exit the workforce altogether. This choice carries substantial fiscal ramifications, including income loss, benefits forfeiture, and potential professional stagnation. Furthermore, the escalating trend of women dwelling autonomously underscores the necessity for fortified financial self-sufficiency and asset preservation.

In response to these challenges, women are assuming an unprecedented level of control over their financial destinies. Empowerment strategies encompass crafting comprehensive budgets, cultivating informed investment acumen, prioritizing retirement provisioning, advocating for equitable compensation within professional spheres, and pursuing equilibrium between work and personal life. In tandem, safeguarding assets and formulating an estate blueprint emerge as pivotal strides towards securing fiscal well-being.

While the journey may be intricate, women's financial empowerment stands paramount. Seeking guidance from financial experts can aid women in navigating these unique hurdles and tailoring bespoke strategies that chart a course toward enduring financial security. By seizing the reins of their fiscal futures, women are sculpting a more robust and empowered tomorrow for themselves and their families. Contact Renae Aiple, CRPC at 904-839-1760. We are located at 270 Plaza Blvd, Suite 4, St. Augustine, FL 32086.

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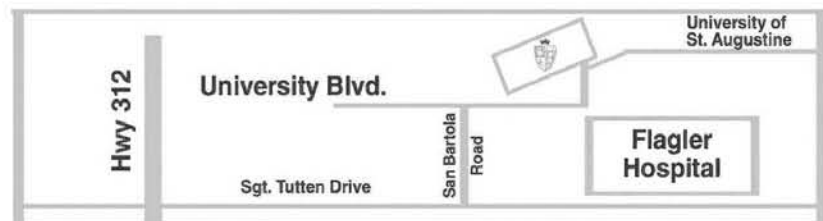
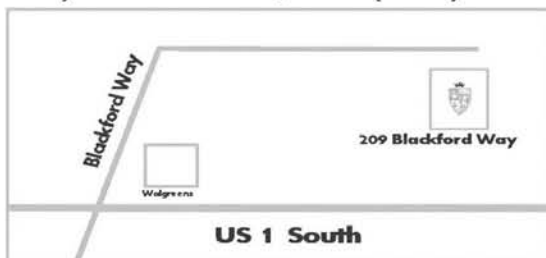
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Is training necessary?

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

I have written a number of columns on the benefits of physical activity (150 minutes, Golfing – a game of life or death, Muscle Myths, Don't be fooled). All promote movement, but none address the dosage of exercise or the Principle of Overload, which is a question I'm often asked.

Each of us has a basic work capacity, which is determined by our level of everyday activity, age, and conditioning. Activity, or what is called work capacity, requires effort and energy. Once the energy is expended, there must be recovery, time for rebuilding. This can happen daily in the way of sleeping or task related, such as catching your breath after running or healing from a surgery.

Within any 24-hour period, each of us has an untrained work capacity of approximately 30% and a recovery of about 70% (see Work capacity graph). This means our everyday tasks require about 30% of our total ability. If we exert more effort than usual and exceed the 30% work capacity, we will have to tap into our reserves, which is not necessarily a bad thing.

For example, if you are used to walking at leisurely pace of 1.4 - 1.6 mph and all of a sudden have to run because you are late, your running will exceed your normal locomotion work capacity of 30%. If in your daily life you are accustomed to lifting no more than a 5# grocery bags and this weekend you decide to load 10 – 40# bags of mulch in your car, you will exceed your 30% work capacity. You will apply more stress than your body is accustomed to, which may or may not result in injury, but may produce some soreness because you've tapped into your 70% reserve/recovery.

This is the Principle of Overload. Our bodies will respond and adapt to the physical stresses we place on them. For instance, if your goal is improved coordination, high repetitions are recommended to promote neurological adaptation and motor pattern recruitment. Similarly, high repetitions are utilized for

healing and generating blood flow, whereas increased strength is usually achieved by using higher resistance and lower repetitions. Each time the body is gradually challenged with increased load or work, both work and reserve capacity can improve.

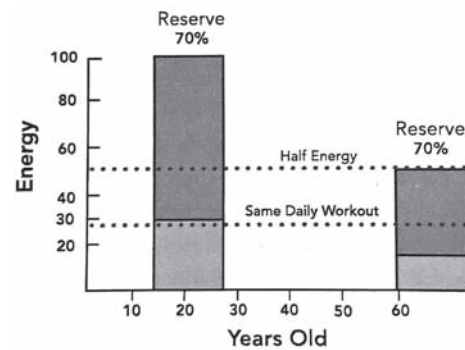
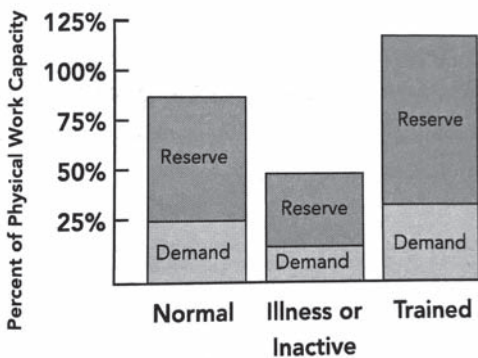
So what's the purpose of this column? The importance is that most of us lose approximately 10% of muscle mass each decade, mostly because of decreased activity. We become "untrained" (see in the Aging capacity graph). But we can slow the process down through continual training because once the muscle mass is lost, it is difficult to regain.

Being "untrained" can also become a factor in rehabilitation, whether the inactivity is due to illness, trauma, age, or surgery – the everyday work capacity decreases (approx. 15%) as the stresses on the body are decreased. This puts a greater demand on the reserves, but these also decrease proportionally, about 50%, which can make recovery a long hill to climb.

Although this may all seem like common sense to some, the point is, in 500 words or less, there is ample research to support the Principle of Overload. Graded physical activity can build and/or maintain strength, endurance and coordination, as well as slow down the aging process by keeping levels of both work capacity and recovery elevated, which not only helps in everyday life but helps recovering from illness, trauma, surgery or any other form of inactivity, easier.

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.

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St. Augustine Lions Club Membership Drive

by Cliff Logsdon, Club Secretary

Want to expand your service to the community? Since 1946 the St. Augustine Lions club has been serving the St. Augustine area proving personal and financial service to help meet the needs of our community. Membership is open to all who has a commitment to serve to help others. Is that you? We have a place for you!

So, why would you want to be a Lion? Here are some good reasons:

- You can be part of the St. Augustine local Lion club and a global service network of volunteers working together to make a difference.
- It is a great place to develop your leadership skills and put them into action.
- We are a group of people like you who've decided to take action and help others. Lions form unique friendships and meaningful connections that can last a lifetime.

• There is nothing quite like the feeling of making someone's life better.



The St. Augustine Lions Club was established in 1946 and has just completed its 75th Anniversary. Over the years the local club has provided millions of dollars in donations and provided hundreds of thousands of service hours in our community. In just the last 6 years over \$330,500 has been donated to support community needs. The annual *Lions Spring Seafood Festival* is the major fundraising source driving financial support for our service efforts.

Lions Clubs International is the largest service club organization in the world. More than 1.4 million members in over 48,000 clubs are serving in 200 countries and geographic areas around the globe. Since 1917, Lions have strengthened local communities through hands-on service and humanitarian projects, and we extend our service impact through the generous support of our Lions Clubs International Foundation. We are focused on supporting vision, the environment, childhood cancer, hunger, diabetes and other pressing humanitarian needs to help address some of the biggest challenges facing humanity. For more information about Lions Clubs International, visit www.lionsclubs.org.

Ready to serve with us? Need more information? See our Club webpage: <https://e-clubhouse.org/sites/staugustine/> for contact info or contact Dale Bowers, Membership Chair personally at 904-814-9116 or by email at dalejbowers@aol.com. You have a standing invitation for an informal one-on-one coffee house Q&A!. Come join us!

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Lady Lisa Takes a Bow

By Lorraine Thompson (staugbeachwatch@aol.com)

R/V Lady Lisa, a 75 ft. former shrimp trawler, slowly skirted the waters off St. Augustine Beach in mid-August on what is expected to be her final passing as the primary sampling platform for several state and federal projects.

The soon to be retired (and replaced) wooden vessel was on its final assignment with a full crew of scientists.

The salt water and air have taken their toll on the vessel and although it has been maintained and repaired through the years, the time has come for her to retire from state service. The hull, sub hull stringers, and other critical vessel support systems which have become less reliable for week long trips are failing.



R/V Lady Lisa passes through the waters off St. Augustine Beach on its pre-retirement journey. Photo by Lorraine Thompson

Together with federal grants, the State of South Carolina has approved funds for a newer used steel hulled vessel which will set sail as soon as Lady Lisa can be retrofitted for the necessary scientific crew and gear.

According to Pearse Webster, current chief scientist for the Southeast Area Monitoring and Assessment Program (SEAMAP) South Atlantic Coastal Trawl Survey, and biologist on the Survey since 1988, the R/V Lady Lisa which is based in South Carolina, has visited our area several times a year since 1989.

The trawler caught the attention of area beach residents and visitors as well as other boaters when it meandered close to shore during what was the off-season for commercial shrimping. Its appearance resulted in dozens of phone calls to local authorities. As it turned out, the vessel was doing more than just seeking shrimp during the off season and it was all legal.

Built in St. Augustine in 1980 by St. Augustine Trawlers, Inc., Bennett's Point, SC became the trawler's home port. But it was not the shrimp business that its owners had in mind.

According to newspaper reports in November 1980, U.S. Customs agents and members of the Colleton County, SC sheriff's department investigated a call regarding drug activity at the ship's site.

The officers found bales of marijuana on the nearby concrete and on conveyer belts. In plain view, tags reading "Lady Lisa" were attached to the bales. The seven

crew members onboard were read their Miranda rights and placed under arrest.

After the Lady Lisa was confiscated it eventually became part of the cooperative effort to facilitate the collection, management, and dissemination of fisheries-independent data from the waters of the southeastern United States. As the primary sampling platform for several state and federal projects working the near coastal waters between Cape Hatteras, NC and Cape Canaveral, Florida it has been one of several research vessels maintained by the South Carolina Department of Natural Resources (SCDNR) to perform scientific sampling, fisheries monitoring and education to supply data and samples to numerous agencies, colleges and universities throughout the country in addition to the ongoing work at SCDNR.

Powered by a 415 HP, 12 cylinders Caterpillar Engine and capable of towing two 80 ft. trawls, Lady Lisa has accommodations for up to 11 total crew, but typically carry 4 vessel crew members and 5 to 6 scientists. It includes a complete head with shower, as well as dry storage space for gear and cold storage space for samples and food.

The scope of work conducted onboard has included research with in-water turtles, as well as the monitoring of the status and trends of a variety of other coastal species in the Southeast.

Webster, who has worked for 35 years as an employee of the State of South Carolina, has mixed emotions about the changes ahead.

"I am not part of the Lisa's vessel crew. My state job title is Wildlife Biologist III. At sea, I typically serve as the Chief Scientist for the project, the SEAMAP-SA Coastal Trawl Survey and I do hope to continue with the project on the new vessel."

Webster said it's difficult to sum up his feelings about his time on the vessel.

"While it is hard to describe, there is just nothing quite like a wooden boat. She will definitely be missed. I have spent 35 years of my life aboard the Lisa and she has always gotten me home. I have been eligible for retirement for years, but I am not ready to give up trawling, quite yet" he admitted.

Once retired, the future of the R/V Lady Lisa remains to be determined. While there has been talk of it being put up for auction or perhaps acquired by the St. Augustine Lighthouse or another historical entity, as the saying goes in St. Augustine—The rest is history!

Photo of Pearse Webster, chief scientist for the Southeast Area Monitoring and Assessment Program, (SEAMAP) aboard the vessel. Photo provided.



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South Reflections

(continued from page 1)

led to the removal. Pictured to the side is the east facing side of the tree (looking from the waterside towards the neighborhood). This is a common situation with laurel oaks – I have one on my property that is developing the same problem. An arborist advised me that it might be possible to band the two trunks together, to temporarily stop the tree splitting, but inevitably the rot will kill the tree. I have decided not to band my tree, as having a dangerous tree on my property by the roadside – much like having a dangerous tree in the park – is too great a risk to people’s lives. With one of the splitting trunks leaning on the adjacent palm tree, the contractors did a good job removing the dangerous tree while preserving the palm.



First Coast Plein Air Painters (FCPAP)

by Laura Burgess, Member Artist and Marketing Director



The longest running artist co-operative in St. Augustine hosts the prestigious First Coast Plein Air Painters (FCPAP) for the month of September 2023 at the 214 Charlotte Street gallery.

The Professional Artists of St. Augustine (PAStA) Fine Art Gallery, of 214 Charlotte Street, St. Augustine, is honored to announce the First Coast Plein Air Painters (FCPAP) will have an exhibition of their members’ work at the gallery for the entire month of September. A reception for the award-winning group will be held on First Friday Artwalk on September 1st from 5 – 9 pm. The members’ works will be shown and are for sale, during the entire month. For additional information call, email or see the website. (603-682-3316, lauraburgessart@gmail.com, ww.pastagalleryart.com)

Sun And Fun E-Bikes Is Here!

by Jennifer LaBanz

Are you looking for the best E-Bike rental experience for the beach, thrilling trails or comfortable commutes? Your quest ends here. At Sun And Fun E-Bikes, we're not just about E-Bike rentals; we're a community for the eco-conscious explorer in you.

Have you always wanted the freedom of owning your own E-Bike but not ready to make the hefty upfront investment, pay for costly maintenance and repairs, or deal with the headaches of cleaning, storing and charging the E-Bike? Maybe your schedule won't let you enjoy it more than once or twice a month or you just want to try it before you buy it?

No matter the reason, you no longer have to sit on the sidelines and watch everybody else have fun. Our local membership programs and local E-bike riding club are here for you. We offer free delivery and pick up to your door or any drop-point within our service area so getting your E-Bike is hassle free. It is as easy as Point, Click, Book! Our online booking gives you the outdoor recreation you want, when you want it and where you want it.

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We offer ½ day, full day and multi-day rentals. Memberships start as low as \$65.00 per month so get your friends together and come have some fun, month in and month out. New adventures are everywhere! Why wait? Sign up now for 2 months and use code “E-Bike Life” to get your 3rd month free! Don't miss out on this amazing opportunity. Visit our website today~ www.SunAndFunEBikes.com. We can't wait to meet you in person!



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Vicky Oakes
St. Johns County Supervisor of Elections

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PRIMARY ELECTION
AUGUST 20, 2024

GENERAL ELECTION
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