Febuary 2026
StAugustineObserverOnline.com

Valentine Day
February 14, 2026

Over 8,000 US MAIL Home & Business Delivery
to Southern St. Johns County Commnities!
St. Augustine Shores
St. Augustine South
Vaill Point
Southwood
Grand Ravine
Winding Creek
Summer Breeze
Crescent Cove
South Walk
and others

St. Augustine Observer

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

USCG Auxiliary holds Change of Watch

U.S. Coast Guard Auxiliary, Flotilla 14-7, St. Augustine, held its annual Change of Watch event at the Guana Tolomato Matanzas National Estuarine Reserve Visitor Center in December.

By Lorraine Thompson (staugbeachwatch@aol.com)

Elected officers who were sworn in for 2026 include Dr. Louis Laguardia as Flotilla Commander and Alphonse Albana as Vice Flotilla Commander. Staff officers for 2026 include Joseph Martin, Robert Bond, Roxanne Anstett, Steven Bergmann, Neil Rattrie, Jon Cegielski, Robert Mattson, Delores Lexandra, Henry Seiden, Daniel Jacquish, Joseph Martin, Aaron Curlin and Herbert Peters. Other new or returning staff officers who were not present at the event will be sworn in at a future Flotilla meeting.

At the annual event Flotilla Commander Laguardia and Vice Commander Alphonse Albano reviewed recent flotilla achievements. "We celebrate and recognize the large increases both in areas of qualified program members, participation hours and number of boater interactions this year in our two main program areas of Vessel Safety Checks (VSC), was well as Program Visitors. Partner numbers increased over the year," said Vice Commander Albano.

Dr. Laguardia continued, "Thirteen Certified Vessel Inspectors completed 247 mission hours and 470 vessel inspections. Ten Partner Visitation specialists likewise set records, completing 186 mission hours and 493 visits with our Partners to date. All this was supporting Boating Safety missions with the U.S. Coast Guard locally, including special events like Snapper Trapper, National Safe Boating Week and Operation Dry Water. The flotilla members were also recognized nationally with the Auxiliary Commandant's Meritorious Team Commendation Award. Of those, five were new members qualifying this year for their program positions."

Membership in the auxiliary does not require extensive knowledge of rules pertaining to boating nor does it require boat ownership. Education is provided to members. To learn more about membership in Flotilla 14-7, contact Steven Bergmann at srbergmann@verizon.net or visit https://wow.uscgaux.info/content.php?unit=070-14-07

The Coast Guard Auxiliary is the uniformed volunteer component of the U.S. Coast Guard and supports the Coast Guard in nearly all its service missions. The Auxiliary was created by Congress in 1939. For more information, visit www.cgaux.org.

Contributed photo—members of St. Augustine USCG Auxiliary 14-7 Flotilla take the Oath of Office for 2026

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

St. Augustine OBSERVER 2465 US 1 South PMB 8
St. Augustine, FL 32086

St. Augustine South Reflections

by Ruth Hope

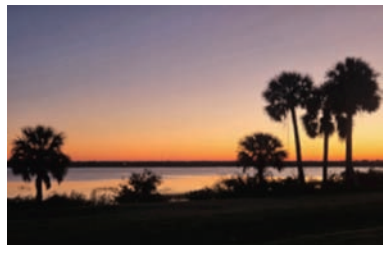
Holiday lights reaching across street on Alicante.

This year, neighbors took down Holiday inflatable decorations soon after Christmas, and most Holiday lights were down by 'Twelfth Night'. My family tradition is to pack away our Holiday tree and decorations by January 5, but I like to see lights in gardens cheering the long January nights. However, it seemed to me that following the City of St Augustine ending 'Nights of Lights' on January 11, most of St Augustine South lights were also taken down then.

One of my great pleasures, indeed the reason I moved to St Augustien South, is watching the seasons, tides, and time of day changes over the marsh and intracoastal waterway, I get plenty of opportunity for such observations while walking my pups 4 times each day!

We have had some beautiful sunrises and gorgeous sunsets already this year, as well as some very moody and atmospheric views. There is a short period on clear days, just before sunset, when Shore Drive is already in twilight, but the east side of the ICW is still catching the dying rays of the sun.

One morning, the south of Shore Drive and adjacent marsh and waterway were bright and sunny, but looking to the north, beyond the SR312 bridge, St Augustine was overcast and appeared foggy. Quite a contrast. In the lull between one freeze warning and the next, we had a bright sunny day but looking up the sky was streaked with windblown high clouds. Unsurprisingly we had rain and a cold wind from the northeast, the following day, and the ICW was positively choppy with little white horses on the wave crests.



Observing the natural changes around our Waterfront park is such a simple pleasure but one that can give great cheer. We are blessed to live here and be able to be in this community.

FALL IN LOVE WITH NEW FLOORS THIS VALENTINE'S DAY!

Hasty's St. Augustine Flooring
SINCE 1977
Your Friends in Flooring

CARPET • VINYL • TILE • WOOD • LAMINATE

904-824-4311 • 1670 U.S. 1 South
North of Home Depot
www.staugustineflooring.com

Beverly Daniel
Realtor
Cell: (904) 315-1748
beverlydaniel7@gmail.com

CENTURY 21
St. Augustine Properties, Inc.
C21
2820-A US 1 South
St. Augustine FL 32086
Office: (904) 797-8000
www.c21sap.com
St. Augustine South Residents
Dedicated • Professional
Beverly.WeSellStAugustineRealEstate.com

Linda Stegall
Realtor
Cell: (904) 397-4353
Lstegall74@gmail.com

"your home journey guided by two who care"

CRAIG
FUNERAL HOME • CREMATORY • MEMORIAL PARK
(904) 824-1672
www.CraigFuneralHome.com

Strictly Senior Services Inc
StrictlySeniors.org

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

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

904.481.6786
StrictlySeniors.org

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

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

WHEELCHAIR ACCESSIBLE SENIOR TRANSPORTATION

OLD TOWN PINBALL

BUY - SELL - TRADE

Old Town Pinball
Authorized Stern Dealer

New & Used
Pinball Machines

904-217-7430
2640 US 1 South
St. Augustine FL 32086
http://www.oldtownpinball.com

St. Augustine Observer

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

"Follow us on Instagram and Facebook: @staugustineobserver"

Annual US Mail Subscription for $12.00

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

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.

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.

St. Augustine Shores Community

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 5 p.m. at the Riverview Club. Please call to confirm that the meeting will be held.

• **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 vary. Owners please contact Sovereign and Jacobs at 904-461-5556.

• **Casa Bella Condominium**: Board Meetings will be bi-monthly on the 3rd Monday of the month, still held at 6 P.M. Meeting location will still be posted on the bulletin board 48 hours prior to each meeting. Contact: Community Association Manager – Kandice Williams – 904-461-9708 Ext. 205 – kwilliams@maymgt.com or Community Association Assistant – Vicki Collins – 904-461-9708 Ext. 231 – vcollins@maymgt.com.

St. Augustine South Community

St. Augustine South Improvement Assoc.
709 Royal Rd. St Augustine, 32086
email: info@staugsouth.com
www.staugsouth.com
(904) 615-6916

2025 SASIA Board Members

President: Justin Miller
1st VP: David Rieger
Secretary: Pat Pleasant
Treasurer: Tony Dawson

Board:
Vicki Cofone Patti Brown
Oonna Hueck Fran Lundbery
Susan Johnson

February Community Meeting
February 18th, 7:00pm

Dr. Anthony Thrush, from ABA Centers of Florida, will be sharing educational resources on autism. Their goal is to help raise awareness about autism and share available support.

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

Classes at the Clubhouse

Weekly classes at the clubhouse are open to the public. You do not need to be a resident in St. Augustine South to participate.

Square Dancing – Mondays 7:00-9:00 pm Come and join the fun and dance with others. Contact caller, Mike Akers, with any questions: michael_akers@bellsouth.net or (904) 466-8663.

Movin' with Melinda – Tuesdays and Thursdays 8:30-9:30 am Move and groove in a low to medium impact exercise class with music from the past and present. A $5.00 donation is requested. Contact Melinda at slidermomma@yahoo.com.

REFIT and Rev+Flow with Onika - Tuesdays and Thursdays 6:00-7:00pm REFIT combines powerful moves and music to create an exciting, fun workout for all ages. Rev+Flow is a one-of-a-kind workout that increases strength, builds muscle and increases mobility.

Beginning Line Dancing – Wednesdays 1:00-2:30pm Have fun as you boot, scoot, and boogie while learning to dance. Join Dianne and Ingrid for a beginning level line dance class. A $5.00 donation is requested.

Intermediate/Advanced Line Dancing – Mondays 10:00am-12:00pm and Wednesdays 3:00-5:00 pm Join Jinny for an intermediate/advanced level line dance class. A $5.00 donation is requested.

Residents interested in becoming SASIA members 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: Car cover for 2023Toyota Highlander used 2 times. Payed $200, asking $90 firm. Call 904-823-9608.

FOR SALE: (1) 2020 Derek Jeter inscribed authentic unsigned Louisville Slugger bat officially appraised at $450. w/mahogany glass door case/#2 stenciled on glass. $50. (2) Mahogany color TV console like new. 2 glass doors center w/ removable shelves. $400. Can send pics. Call Susan before 8 pm 904-599-2498.

FOR SALE: (1) Clothes for sale with tags. Have jeans size medium/large for $2 up. (2) Echospot Alexa brand new. Call 904-687-3362.

FOR SALE: (1) 5 piece dining room. 45" round cherry wood table w/matte pewter & bronze base and 4 matching chairs w/neutral color padded seats $325 (can deliver locally). (2) 48" beige ceiling fan w/frosted glass light $10. (3) Large Tazmanian Devil stuffed toy circa 1976 $100. Perfect condition. (4) Large Pink Panther stuffed toy circa 1965 $100. Perfect condition. 904-687-9149.

FOR SALE: 2012 Mac Mini Computer with 8 gb memory, 500gb hard drive and Operatng system. $75. Call 904-607-1410.

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

WANTED: I buy old records and some vintage stereo equipment. I am not a reseller. I only use for my own enjoyment. If you're looking for a good home for your records, please call John at 904-325-9802.

WANTED: Walking Partner. Call 904-687-3362.

WANTED: A garage in Belle Haven Condominium Complex in Saint Augustine. 35k offered.

FIRST HOME ELECTRIC, LLC
Full Service Electrical Company
Licensed & Insured
ER#13016047 904 587 9237

HOUSEKEEPER
30 years experience, carpet, shampooing, windows, spring cleaning.
Call Janeane {715) 892-4350

Concrete & Masonry Construction
Demolition & Repair
Licensed & Insured
Call Tony at 904-599-2869

GARDENER FOR HIRE
For all your Gardening Needs!
Clean out Mulch & planting!
Call Nora at 386-268-4992

ROTO-ROOTER PLUMBERS
WE DO PLUMBING!
Guranteed Repairs & Installation
Prompt 7 Day Service
Free Estimates
824-1836
$20.00 OFF
Licensed # CFC057849

DRYWALL FINISHING
Repairs and Texture
40 years experience
Realiable and Local
Small Business
CALL GARY MAGGIO
(904) 377-5173

Print Distribution Locations

- YMCA
- Main Library
- Southeast Library
- Shores Riverview Club
- Go In Postal
- St. Johns County Pier Park
- Shores Golf Course

Shores Communications Corner

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

Dear Residents,

Happy New Year! I hope this message finds you and your families well as we begin 2026. On behalf of the Board of Directors, I would like to thank you for being an engaged and caring community. Your cooperation and involvement are what make our neighborhood a great place to call home.

As we start the new year, I would like to share a few important reminders to help ensure maintenance concerns are reported to the proper entity and addressed as efficiently as possible.

Reporting HOA Maintenance Issues

If you notice maintenance concerns within HOA-maintained areas, such as landscaping issues, common area repairs, signage, or community amenities, please report them directly to HOA Management.

Roads and Street Lighting Concerns
Saint Johns County, Florida Responsibility

Please note that community roads and street lighting are maintained by Saint Johns County, Florida, and are not the responsibility of the Homeowners Association.

If you observe any of the following:

- Potholes or roadway damage
- Drainage or roadside concerns
- Streetlights that are out or malfunctioning

Please report them directly to Saint Johns County using the links below:

Road & Roadway Maintenance Requests
Saint Johns County Road & Bridge Department

https://www.sjcfl.us/road-and-bridge/ [sjcfl.us]

- Road & Bridge Work Requests: (904) 209-0266 [sjcfl.us]
- Streetlight Issues (FPL Streetlight Reporting)

https://www.fpl.com/my-account/streetlight.html [fpl.com]

- SJC Connect – County Service Requests (Roads, Sidewalks, Public Property)

https://www.sjcfl.us/sjc-connect/ [facebook.com]

Thank You for reporting concerns to the appropriate party helps keep our community safe, attractive, and well maintained. Your assistance plays an important role in ensuring issues are addressed as quickly and efficiently as possible. And, thank you for your continued cooperation and for being an active part of our community. I wish everyone a happy, healthy, and successful New Year.

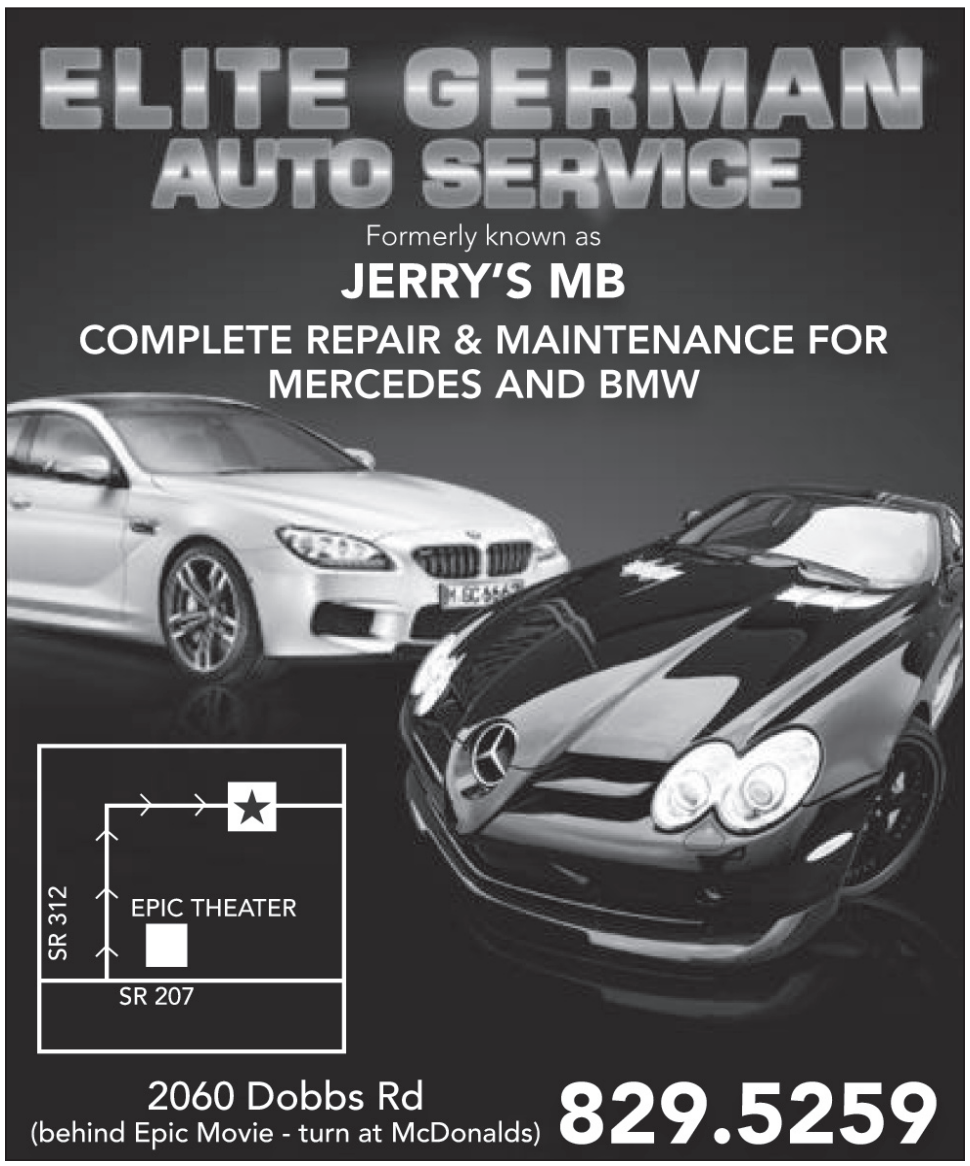
Kathy Schroeder, President

Shores Riverview Club Member Activities

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 HAND & FOOT 12:00 PM SITTING ROOM ZUMBA 3:30 PM REFLECTIONS BALLROOM	3 CHAIR YOGA REFLECTIONS BALLROOM 10:30 AM MAHJONG 12:00 PM SITTING ROOM BARRE 5:30 REFLECTIONS	4	5 KICKBOXING 9:00 AM REFLECTIONS BALLROOM CHAIR YOGA REFLECTIONS BALLROOM 10:30 AM	6 ZUMBA 10:00AM REFLECTIONS BALLROOM	7
8	9 HAND & FOOT 12:00 PM SITTING ROOM ZUMBA 3:30 PM REFLECTIONS BALLROOM	10 CHAIR YOGA REFLECTIONS BALLROOM 10:30 AM MAHJONG 12:00 PM SITTING ROOM BARRE 5:30 REFLECTIONS	11	12 KICKBOXING 9:00 AM REFLECTIONS BALLROOM CHAIR YOGA REFLECTIONS BALLROOM 10:30 AM	13 ZUMBA 10:00 AM REFLECTIONS BALLROOM	14
15	16 HAND & FOOT 12:00 PM SITTING ROOM ZUMBA 3:30 PM REFLECTIONS BALLROOM	17 CHAIR YOGA REFLECTIONS BALLROOM 10:30 AM MAHJONG 12:00 PM SITTING ROOM BARRE 5:30 REFLECTIONS	18	19 KICKBOXING 9:00 AM REFLECTIONS BALLROOM CHAIR YOGA REFLECTIONS BALLROOM 10:30 AM	20 ZUMBA 10:00 AM REFLECTIONS BALLROOM	21
22	23 HAND & FOOT 12:00 PM SITTING ROOM ZUMBA 3:30 PM REFLECTIONS BALLROOM	24 CHAIR YOGA REFLECTIONS BALLROOM 10:30 AM MAHJONG 12:00 PM SITTING ROOM BARRE 5:30 REFLECTIONS	25	26 KICKBOXING 9:00 AM REFLECTIONS BALLROOM CHAIR YOGA REFLECTIONS BALLROOM 10:30 AM	27 ZUMBA 10:00 AM REFLECTIONS BALLROOM	28

WATERFRONT YOGA
TUES: 12-1 PM
THURS: 9:30-10:30 AM



Free Estimates
References Available
• Cabinets
• Closets
• Shelves
• Doors
and more
JHS CUSTOMS
(904) 315-8550
Jorge Damonte:
Master Carpenter * Interior Woodwork
JHSCustoms.com
Lic. # ST-7256

St Augustine's # 1 Radio Station!
103.9 FM WSOS
Classic Hits & Local Info
Contact us at (904) 481-9952 STUDIO LINE
or (904) 615-6200 OFFICE
www.StAugustineRadio.com

SASIA News and Calendar of Events February 2026

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.

Community Meeting February 18th, 7:00pm

Dr. Anthony Thrush, from ABA Centers of Florida, will be sharing educational resources on autism. Their goal is to help raise awareness about autism and share available support.

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

Food Truck Nights

Food Truck Nights are the second Friday of each month from 5:00-7:00 p.m. at the Clubhouse, (709 Royal Road, 32086)

Friday, February 13th, 2026 Jersey Girl Grill
Friday, March 13th 2026 Salt Run Barbeque
Friday, April 10th – Saucey Pig

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

Upcoming 2026 Events

Saturday, February 7th, Community Cleanup, 9:00 am –12:00 pm

Wednesday, February 11th – Clay Murphy, Community Meeting on the Shore Drive Trail 5:30pm

Saturday, April 11th, Spring Festival
Saturday, November 7th, Fall Festival
Saturday, December 5th, Arts and Crafts Fair
Saturday, December 12th, Photos and Crafts with Santa

Dates are subject to change.

Living with Cancer Support Group

The 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 11:00 am. 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.

Whitney Turtle Lab

By Lorraine Thompson (staugbeachwatch@aol.com)

The University of Florida's Whitney Lab, located in the City of Marineland, is in the final stages of completing construction of a forty-one million dollar technologically advanced teaching, research and conservation facility that will include a new sea turtle research center and hospital.

Photo by John Jernigan: Cat Eastman holding a green feeder--"How we feed our patients their veggies", she explained.

Catherine Eastman couldn't be happier.

Eastman (known as "Cat" to her friends and colleagues) started working with sea turtles while she was studying at Florida Atlantic University in the late 1990s. In 2007 along with her husband Scott, she incorporated a non-profit conservation group that worked with seasonally migrating sea turtles along St Augustine beaches, focusing on the nesting ecology of the local juvenile loggerhead turtles.

With the help of a large volunteer network the focus shifted as they responded to stranded juvenile green sea turtles who were diagnosed with the fibropapillomatosis tumor disease that was more commonly found in tropical waters of south Florida and the Florida Keys.

Seeing the disease increase into more northern latitudes sparked a call to action by the group.

Fibropapillomatosis, commonly referred to as FP, is a tumor-causing disease that most commonly affects green turtles in some areas of the U.S., including locations in Florida, Hawaii, Texas, and Puerto Rico. It causes cauliflower-like tumors to form on the turtle's skin anywhere on the body, including the eyes and mouth. Tumors can also form on internal organs. Some sea turtles only have mild forms of the disease whereas others develop numerous or large tumors that result in debilitation and death. Only sea turtles (no humans) can become infected by the virus associated with this disease and only sea turtles develop this form of FP.

The current Sea Turtle Hospital at the University of Florida Whitney Laboratory opened on October 24, 2015. Its mission has remained the same since day one — to provide rehabilitation, education, and research that support sea turtle conservation in Northeast Florida.

"It's been more than just 10 years, 1,056 juvenile sea turtles and 2,523 hatchlings and washbacks," Eastman commented on her experiences. "It's also been countless hours of volunteer support and staff pulling 'all nighters' to care for patients after surgery. Over the past decade, the Sea Turtle Hospital has grown from a small rehabilitation effort into a program that reflects both the resilience of sea turtles and the dedication of the people who care for them. Each patient tells a story of the challenges facing our coastal ecosystems and of what's possible when science, compassion, and community come together." she reflected.

Eastman, who serves as program manager, credits the persistence and dedication of colleagues who have worked with her for the past decade—"the backbone of the hospital since the very beginning" including Veterinarian Dr. Brooke Burkhalter and Hospital Manager Devon Rollinson-Ramia and Animal Care Technicians Kaylee Hargis and Leah Adelmann who have assisted for the past five years, and the contributions of the dozens of volunteers who have assisted at the lab and along the beaches.

And while Cat is busy dealing with the sea turtles, her husband Scott, has moved on and now serves as Regional Program Administrator for the Office of Resilience and Coastal Protection Florida Department of Environmental Protection.

For more information on the program including volunteer information contact (Eastman at https://www.whitney.ufl.edu/

The Wildflower Meadow Group

by Marlene Land

Happy New Year! The Wildflower Meadow group meets the first Saturday of each month at about 8:30 a.m. 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.

The Wildflower Meadow group is planning a picnic for late February or early March. Call for details.

Publix Stores Still Cropping Up... with Secret Customer Service Sauce

by Eva R-Marienchild

Publix staffers are known for their bending-over backwards approach to customer service. Smiling faces rush to be of assistance at the 20 stores in St. John's County, with a the newest store at Elevation Pointe, at the intersection of County Road 208 and SR 16, opening soon. Observant customers will note that a majority of checkout gals and guys, baggers and stock clerks are in their early teens and just as good at their jobs What's the hiring managers' secret?

We can't interview the managers without going through Corporate, but my own take on the secret sauce is that the founder's mission -- treat the staffers and customers with respect --has found its way through almost a century of existence: Simple, but George Jenkins' secret sauce attracts and hires almost all comers that abide by that simple rule.

St. Augustine Lions Seafood Festival!

Save the dates for March 21-22 at Francis Field!

The St. Augustine Lions Foundation and Lions Club will host the 43rd Annual St Augustine Lions Seafood Festival — a family friendly event with something for all ages!

The beloved festival is the primary fundraising event for the St. Augustine Lions Foundation each year since 1981 – generating funds for charitable needs and services to the community, focusing on youth, the deaf and the blind, disaster relief and Veterans.

The festival is known for its abundance of great food, live music, and fun entertainment!

- Seafood is the main star, prepared in various ways, along with other cuisines such as BBQ, Asian, Greek, and fun carnival eats.
- The live music on the main stage is a feature that gets better year-after-year.

The Fun Zone offers excitement for all ages, with the Ninja Nation obstacle course, Axe Throwing for adults and youth, Bungee Jumping and bounce houses.

- The Arts & Crafts Village features local and regional artisans offering a wide variety of handcrafted items.
- Pirate Landing features performers such as magicians, pirates, mermaids, lions and Smokey Bear!
- HOURS
  Saturday, March 21, 10 AM to 9 PM
  Sunday, March 22, 11 AM to 6 PM

St. Augustine Orchid Society

by Janid Croft

February 3 - Tips and Tricks for Growing Orchids

Linda Stewart and Eric Milstrey, SAOS Board members, will be giving us some tips and tricks for growing orchids in St. Augustine. Linda will show how she customized a Wardian Case for her cool growing miniatures. Eric will focus on ways to grow your orchids using locally available materials (moss, fern and palm fiber). He'll also demonstrate how to make and use hand-made baskets, modify low cost plastic and clay pots and make fence cages for growing orchids.

Eric Milstrey
Photo provided by Janis Croft

Eric has a deep personal knowledge of orchids growing in their natural habitats from having lived for years in the Caribbean, Central and South America while serving in the Army. Linda has grown orchids for many years in a variety of environments, including an atrium, greenhouse, under eaves and a pergola and now in her home under lights. Bring your blooming orchids for the Show Table.

Plants will be available on the sales & raffle tables. The St. Augustine Orchid Society welcomes all to our monthly meetings. No charge.

https://www.staugorchidsociety.org
When: Feb.3, 6:30 to 9 pm
Where: Memorial Lutheran Church. Drive around to the back entrance
3375 US 1 South, St. Aug 32086

St. Augustine Beach Democratic Club

provided by Susan Horwitz

The St. Augustine Beach Democratic Club's February meeting will be on Tuesday, February 3, 2026. The meeting is at the Anastasia Island Branch Library, 124 Sea Grove Main Street, St. Augustine Beach at 5:30 pm. Our topic will be "Protesting; How to Stay Safe." From her experience in organizing protests and engaging in nonviolent civil disobedience, Activist Cara Vetsch will present useful guidance and skills on your rights while protesting and actions you can take to keep you and your community safe.

The St. Augustine Beach Democratic Club's focus is on issues affecting those living in the St Augustine Beach area. Our meetings provide an excellent opportunity to hear from a variety of speakers, get to know elected representatives, mingle with Democratic candidates and socialize with like minded neighbors.

The Club's regular monthly meetings are held at the Anastasia Island Branch Library 124 Sea Grove Main Street at 5:30 on the first Tuesday of each month. There is plenty of parking. For additional information, please contact info@sabdems.org.

NAMASTE
Indian Tandooni Food
Dining Room & Take Out Available
2180 US 1 South
St. Augustine FL 32086
(904) 460-2846

SASIA
St. Augustine South Improvement Association
709 Royal Road, St. Augustine, FL 32086 (904) 615-6916
Community Clean Up
St. Augustine South
Shore Drive Community Clean Up
ADOPT-A-ROAD
Saturday, February 7th
9:00am-12:00pm
Check in at 709 Royal Road, 32086
Pickers, trash bags, and gloves will be provided.
Register Online: volunteersignup.org/CMHWT

Kristin Allen
Massage Therapist, MA#90127
Introductory Special
$20 off your first massage
(808)772-2301
by appointment only
Plaza South
4475 US 1 South, Suite 605
St. Augustine, FL 32086

St. Johns Botanical Garden & Nature Preserve

by Jane Villa-Lobos

Rose Day

February is the month to cut back your roses, so come to the St. Johns Botanical Garden & Nature Preserve on Saturday, February 7 at 10:30 and learn all about roses.

Gardener Elaine Prisby will demonstrate trimming techniques for hard pruning all types of roses as well as pruning during the growing season. She will also share tips on tools, potting soil, fertilization, and give a demonstration on the proper planting of potted and bare root roses.

The fee for the presentation (10:30-12:30) is $10 per person plus admission to the Garden. To register, call Kaitlyn Fair at (904) 540-3294 or register on the Garden's website: stjohnsbotanicalgarden.org or its Facebook page.

The St. Johns Botanical Garden & Nature Preserve is located at 8310 County Road South, Hastings, FL 32145. Hours: Thursday – Monday 10 am – 5 pm. Closed Tuesday & Wednesday.

Shores United Methodist Church

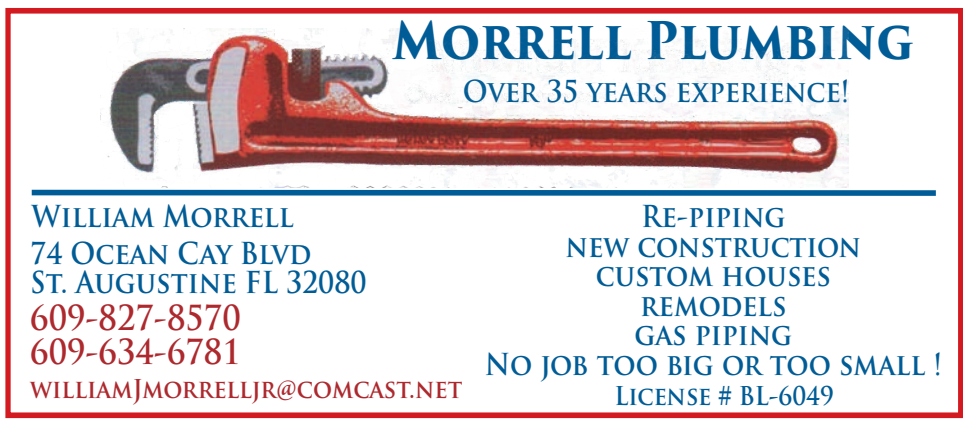
by Susan Corcoran

Spring Tea & Crafts

Shores United Methodist Church, 724 Shores Boulevard, St. Augustine, FL 32086 will hold its popular, annual "Spring Tea & Crafts" on February 7, 2026 from 10am to 2pm in the Christian Education Building. Women in the community are invited to stop by to enjoy fancy tea goodies and crafts and a raffle! Ladies are welcome to wear their best "fancy hat!" Reservations are not required. There is no charge for this fun event.

UMW Yard Sale

Shores United Methodist Church, 724 Shores Boulevard, St. Augustine, FL 32086 will be hosting a Yard Sale on March 28, 2026 from 8:00am until 12:00noon. Items such as home-made goods, baked goods, books, puzzles, and household items will be available. Any proceeds will be given to our community. Please join us.



Please Join us for our February First Friday Art Opening, Friday, February 6th from 5pm to 8pm Featuring Artist of the Month, Carol Lye, here's a little more about her in her own words: "I am a local, self-taught artist, born in Auckland, New Zealand. After spending over 30 years on the Gold Coast of Australia, I moved to the United States in 2022. My American husband and I am now permanently settled in the beautiful city of St. Augustine. My love for art began in my early years in New Zealand, and while raising my family in Australia, I immersed myself in exploring a wide range of artistic mediums and styles.

Recently, I've been focusing on the vibrant and expressive possibilities of ink, creating colourful, cheerful, and uplifting works. Most of my works incorporate the New Zealand, traditional spiral Maori Koru which resembles new life, growth, strength, peace, harmony and the continuous cycle of life. I find that the natural beauty of Florida is a constant source of inspiration, which I channel into each of my newer creations.

I hope you enjoy my art as much as I have loved creating it for you. For updates, please follow me on Instagram @Lyeart1, or reach out at carollye16@gmail.com".

Interested in the Civil War?

Please join our Civil War Discussion Group. Our next presentation will be TUESDAY, FEBRUARY 17, at 1pm, at the Anastasia Branch library in Sea Grove.

The February presentation will be with Len Whiteside, titled "Union Conquest of the Mississippi". It discusses how the North fought geographic and technological problems to gain control of the Mississippi River. The South fought to try to spread the Confederacy to the east and west of the river and was therefore critical for them as well.

For questions or comments, please contact Len Whiteside at armyfam831@gmail.com

GARDEN CLUB OF ST. AUGUSTINE

by Helen Boxer

FEB. 11, 2026 — Walter Bryant of the Florida Native Plant Society will be the featured speaker at the Garden Club of St. Augustine's general meeting, 3440 Old Moultrie Rd. The topic is "Camellias". Refreshments at 9:30am, presenter and business meeting at 10am. Open to the public. Carpooling encouraged. Welcoming new members! gardenclubofstaugustine.org

FEB. 26 2026 —Come and play! The Woodland Circle of the Garden Club of St. Augustine is sponsoring a CARD PARTY 12noon to 3pm at the clubhouse: 3440 Old Moultrie Rd. $20 includes a buffet lunch with dessert beginning at 12. Door prizes, 50/50 raffle. Open to the public. To attend, text or call Pattie at 904-392-1963. Bring cards, and/or your favorite games aka Mah-jongg, Backgammon, Scrabble, Rummikub, etc. Come with buddies or solo for spontaneous pairing!

Sheriff's Update

By St. Johns County Sheriff Robert A. Hardwick

Happy Holidays from SJSO

On Feb 26, 2026 St. Johns County Fight Night is coming to the St. Augustine Amphitheatre in support for boxers fighting for charity.

The charitable event include 13 adult bouts between St. Johns County Fire Fighters and St. Johns County Deputies. Also 3 Police Athletic League (PAL) boxing bouts. The event is sanctioned by Combat Sports Athletic Commission. Both male and female teams have been training since October.

Fund raising will be in support of:

• Diamond of Dreams: Playground and baseball field in south St. Augustine build project that is tiered to children with special needs. The facility will be handicapped accessible, even a slide with wheelchair capabilities for example.

• Special Olympics: Law Enforcement Torch Run supporting agreat charity that helps our local youth participate in sports.

The event will have a DJ, Honor Guard presentation and special guest for the pledge and the best ring announcer in town - Sheriff Rob Hardwick. The doors will open at 6:00 pm and the Amphitheatre will sell food, drinks, and merchandise for those who attend.

Tickets range from $10-$35 and there's a VIP option for $150 to sit ringside! Please buy tickets from the Amp website so they aren't resale prices. Sponsorship/ Advertisement opportunities may still be available for businesses. Contact kpadgett@sjso.org for info. For tickets see: https://www.theamp.com/events/detail/st-johns-county-fight-night-2026?

Rob Cook Attorney At Law P.A.

Rob Cook, Esq.

Auto Accident & Injury Law

904 Anastasia Blvd., Suite A
St. Augustine, FL 32080

(904) 471-4560 phone
(904) 471-4561 fax
rcook@robcookpa.com
www.robcookpa.com

Diaries of a Shores Grand-Dad

by Dirk Schroeder

This St. Augustine Observer will come out about two weeks prior to Valentine's Day. Not everyone is afforded the circumstances or the mood to enjoy Valentine's Day. This year Valentine's falls on a Saturday and I'm going to recommend that, if you are planning on celebrating, make your plans at your earliest convenience after you read this Observer. I suggest that you consider doing something different this year. Save the money on the cards, chocolates and flowers. With so many alternative things to do, think about how long the card, chocolates and flowers will last? How about creating a more memorable day instead – a way to celebrate one another.

On a good weather day, consider some of these simple ideas: how about a picnic on a blanket on the Fort Lawn, the Mission Grounds, or at Washington Oaks in Flagler County or maybe on the St. Johns River at Alpine Groves Park (in NW SJC). If you want to take a stroll before a Valentine's lunch or dinner, how about visiting Anastasia State Park or Nocatee Preserve. Island or Mainland; in these two parks you can go for short or hours-long walks. How about a drive to Ravine Gardens in Palatka or Fort Clinch in Fernandina Beach. Plan a day trip to Ponce Inlet or Smyrna Dunes Park. You can book a canoe in Faver Dykes State Park (if it's a warm day) and combine that with a picnic. Don't feel like making a picnic basket, go online and buy one – you might find one at Ancient City Gourmet Baskets or The Bloomin' Dragonfly. Doing something outside the box is sounding better than the card, the chocolates and the flowers (no offense Hallmark, Whetstones, Peterbrook and FTD).

On a rainy day, you could visit (or revisit) the Lightner Museum, the St. Augustine Pirate & Treasure Museum, or how about Ripley's – when is the last time you visited any of these? How about our local Car Museum on US 1 South - you could even go back the next day (Sunday the 15th) for the open market if the weather clears up. Indoor fun is easy to find. Have you been to Sarbez in Davis Shores – bring lots of quarters because they've got a great pinball collection and a killer Grilled Cheese. Don't like pinball – order up your favorite Rider at The Wheel and then take in a matinee at Epic on that rainy Valentine's Day. You just need some imagination, motivation and $100 or less to have a nice day. A more extensive (and expensive) indoor experience might include an Indoor Skydiving adventure or Top Golf at the Town Center followed by lunch or dinner at your favorite restaurant while you're there. The Town Center has no shortage of variety – our favorites are Seasons 52 and True Foods.

ONLY YOU KNOW & I KNOW

What's with all of the Abbreviations?

• **PITI** - Principal & Interest and Real Estate Taxes & Homeowner's Insurance - the four components of your monthly mortgage payment.

• **CDD** - Community Development District - a Subdivision that requires an Annual Bond Re-Payment for Community Improvements (Add'l. Tax)

• **MSBU** - Municipal Service Benefit Unit - aka Garbage & Recycling Fee

• **WDO** - Wood Destroying Organisms - not just termites (includes Fungi)

• **SPDR** - Seller's Property Disclosure - Residential

• **PSA** - Purchase & Sale Agreement - there are a variety of these: CRSP, FR-BAR, VAC and CC - see if you might know what these are, LOL

• **FD** - Flood Disclosure - the updated Oct. 2025 Form should be used

• **NAR** - National Association of Realtors (FR - Florida Realtors)

• **DSCR** - Debt Service Coverage Ratio - think income producing properties

• **FIRPTA** - Foreign Investment Real Property Tax Act - think foreign sellers

These are just a few among dozens of Abbreviations used in the Real Estate Profession. Get your Realtor to slow down and explain them to you. When you are looking for answers, call Dirk Schroeder, GRI (Graduate Realtor Institute) & Broker/Owner - helping Buyer & Sellers since in St. Augustine since 1984.

CENTURY 21
St. Augustine Properties, Inc.

Dirk Schroeder

Direct: 904-540-2360

2820 US 1 S. St. Augustine FL 32086

The Medicare Advantage Open Enrollment Period: Your Second Chance to Adjust Coverage

Carol Bogart, Palencia Resident
904-648-6488
Carol@AskCarolB.com

Enrolled in a Medicare Advantage plan that isn't quite working out? The Medicare Advantage Open Enrollment Period (MA OEP) gives you a valuable opportunity to make changes without waiting until fall.

What is the MA OEP?

The MA OEP runs from January 1 through March 31 every year. This three-month window allows current Medicare Advantage members to reassess their coverage after experiencing it firsthand and make adjustments if needed.

Who Can Use It?

You must already be enrolled in a Medicare Advantage plan as of January 1 to use this enrollment period. If you have Original Medicare, you cannot use the MA OEP to join a Medicare Advantage plan.

What Changes Can You Make?

During the MA OEP, you have two options:

Switch to a different Medicare Advantage plan if your current plan's network is too limited, costs are higher than expected, or you're unhappy with the coverage.

Drop your Medicare Advantage plan and return to Original Medicare, with the option to add a standalone Part D prescription drug plan for medication coverage.

Important limitation: You can only make one change during this period. Once you switch plans or drop coverage, you've used your opportunity for the year.

When Does New Coverage Begin?

Your new coverage starts on the first day of the month following the month the plan receives your enrollment. For example, enroll on February 15, and coverage begins March 1.

Common Reasons People Use the MA OEP

- Preferred doctors aren't in the network or not accepting new patients
- Prescription drug costs are higher than anticipated
- Out-of-pocket expenses exceed expectations
- Difficulty getting referrals or prior authorizations
- Changes in health status requiring different benefits
- Preference for Original Medicare's flexibility

How to Make Changes

To switch Medicare Advantage plans: Simply enroll in the new plan by contacting them directly, working with a licensed agent, or using Medicare's online tool. You'll automatically be disenrolled from your old plan.

To return to Original Medicare: Contact your current plan to request disenrollment. Your Original Medicare coverage reinstates automatically. Separately enroll in a Part D plan if you want prescription drug coverage.

What If You Miss It?

If you don't act during the MA OEP, you'll typically wait until the Annual Enrollment Period (October 15 - December 7) to make changes, unless you qualify for a Special Enrollment Period due to specific life events.

Tips for Success

- Don't wait until the deadline—address coverage concerns early
- Document all enrollment requests with dates and confirmation numbers
- Contact Medicare (1-800-MEDICARE) or your State Health Insurance Assistance Program (SHIP) for free guidance
- Consider your healthcare needs for the entire year ahead, not just immediate concerns
- Read the Evidence of Coverage and Summary of Benefits for any new plan carefully

The Bottom Line

The MA OEP provides essential flexibility to correct coverage problems early in the year. If you're unhappy with your Medicare Advantage plan, use this three-month window to find a better fit. Acting during this period could significantly improve your healthcare experience and costs for the rest of the year.

Feel free to reach out to me if you have any questions or need help transitioning to a new plan. Carol@AskCarolB.com, Text: 714-930-7165 Direct: 904-648-6488 www.AskCarolB.com FL License #: W756153.

Medicare

If you are turning 65 and want to understand Medicare as well as review available plans, appointments are free and there is no obligation to enroll.

Ask Carol B

Health Insurance (Under 65)

If you are in need of health insurance, whether short-term or through the Marketplace, I am happy to help you find a plan that fits your needs.

Carol Bogart

A Palencia Resident and Your Personal Health Insurance Advocate

Phone 904-648-6488

Email Carol@AskCarolB.com

License # FL W756153
Licensed in Multiple States

St Augustine Genealogical Society

The St Augustine Genealogical Society holds it's monthly meeting the 2nd Saturday of each month in the Southeast Branch of the St Johns County Library. The SE Library Branch is located at 6670 US Hwy 1 South. Check in for our meetings is 12:45 and meeting starts at 1:00 PM.

Our Genealogical Society is open to all. We encourage visitors, as well as current and former members to join us. Refreshments will be served, and feel free to bring your favorite. For information visit webite StAugGenSoc.org.

St. Augustine Film Society

by Kasey Valentine

February 4th - "The Grand Highway" - at the Unitarian Universalist Fellowship, 2487 A1A S, St. Augustine, FL 32080. Doors open at 3:30pm. Film begins at 4:00pm.

"The Grand Highway" (Le grand chemin, 1987), directed by Jean-Loup Hubert, is a gently unsentimental coming-of-age drama about a Parisian boy's formative summer in rural Brittany, where exposure to adult pain, sexuality, and death fractures his childhood innocence without quite extinguishing his capacity for wonder. Nominated for 6 Cesar Awards including Best Picture.

February 13th - Valentine's Day - at The Waterworks, 184 San Marco Ave, St. Augustine FL 32084. Doors open at 6:30pm. Film Begins at 7:00pm.

Annual Valentines Day Party! Join us for an evening of Film Shorts on the topic of "Love" from around the world plus many other surprises.

February 20th - "Wings of Desire" - at the Limelight Theater, 11 Old Mission Ave, St Augustine, FL 32084. Doors open at 6:30pm. Film begins at 7:00pm.

"Wings of Desire" ("Der Himmel über Berlin," 1987) is a meditative, poetic fable about angels in a divided Berlin , one of whom chooses to renounce eternity to experience the fragility and fullness of human life, especially love. It stands as one of Wim Wenders' defining works, merging philosophical reflection, political memory, and romantic longing into a singularly lyrical cinema experience. Inspiration for the film came from the poetry of Rainer Maria Rilke and the film is more poetry than cinema.

February 22nd - "Life, Above All" - at the Unitarian Universalist Fellowship, 2487 A1A S, St. Augustine, FL 32080. Doors open 5:30pm. Film begins at 6:00pm.

"Life, Above All" (2010), directed by Oliver Schmitz and adapted from Allan Stratton's novel "Chanda's Secrets," is an intimate, township-scale tragedy about a 12-year-old girl who refuses to let shame and superstition dictate the fate of her family in the shadow of HIV/AIDS in South Africa. It is both a social issue film and an in-depth character study.

"I only want cremation."

Flagler Memorial Cremation Society
669-1809
2600 Old Moultrie Road • St. Augustine

St. Augustine Multiple Sclerosis Support Group

The National MS Society maintains a network of affiliated groups to provide opportunities for people living with MS to connect with others in their community. Every group is unique and welcoming — contact the group leader for more information. Join Us! We are recognized by the National MS Society and the Multiple Sclerosis Foundation.

We meet every 4th Tuesday at 1:00 pm at Anastasia Library, 124 Sea Grove Main Street, St. Augustine Beach, FL 32080. For information or to RSVP, contact: Anita Clark johnita0013@gmail.com 305- 898-1432.

St. Augustine Travel Club

by Peter Dytrych

Our next gathering is Wednesday, February 11, 2026 at 3:00 pm at the Southeast Branch Public Library, 6670 US 1 South. We will feature ITALY - PART 1: Florence, covering all the must-see sights, shopping tips, and more in this splendid town. Exploring Amalfi Coast, its cities, little towns and villages along the soaring cliffs over the Mediterranean Sea.

The St. Augustine Travel Club is open to all residents and no registration is required. The program is formatted as arm-chair travel, meaning a brief lecture of the destination we cover, along with a video. We look forward to seeing our regulars and newcomers! Any questions, please call Peter at 904-797-3736.

St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Sunday, November 1 - 8, 2026 on the beautiful NORWEGIAN PRIMA ship out of Port Canaveral to the Caribbean and Bahamas, to the ports of Puerto Plata (Dominican Republic), St. Thomas (USVI), Tortola (BVI) and Great Stirrup Cay (Norwegian's private island in the Bahamas) for a 7-day cruise. Prices start from $1203.45 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Balconies, Oceanviews and Single Studios are also available at additional cost. Book now with a $125 p.p. deposit and receive $100 per stateroom On Board Credit, Free Beverage Package, Wi-Fi, Shore Excursions Credit and more. Call Peter, St. Augustine Travel Club at (904) 797-3736.

Families Anonymous Support Group

At your wits end? Tired of lies? Is someone you love destroying your family harmony? Families Anonymous is a free weekly meeting for mothers of addicted loved ones. We have walked your path and are here for you.

Thursdays 9-10 am, 2487 A1A S. Street, St. Augustine (Use red back door entrance) For more information to restore peace and harmony, contact 843-367-1475.

How the Jeff Galloway Run-Walk-Run Method Makes Running Accessible for Every Body

By Diane Thompson Cortese, Wellness Coach

If you've ever thought, "I'm not a runner," you're not alone. Many people are drawn to running but feel held back by fear of injury, exhaustion, or the belief that they must run nonstop for their exercise to "count."

That's where the "Jeff Galloway Run-Walk-Run®" method comes in - a science-backed, confidence-building approach that makes running more sustainable, enjoyable, and realistic for real life.

Developed in the 1970s by Olympic runner and coach Jeff Galloway, the method alternates short running intervals with planned walking breaks. Instead of pushing through fatigue, runners manage effort intentionally, allowing the body to recover during the workout rather than after it.

The result? Less injury, more consistency, and greater enjoyment.

What Is the Run-Walk-Run Method?

The Run-Walk-Run method simply means inserting brief walk breaks into a run before you're exhausted. For example:

- Run 1 minute / Walk 1 minute
- Run 2 minutes / Walk 1 minute
- Run 4 minutes / Walk 1 minute

These ratios can be adjusted for beginners, experienced runners, or anyone returning after time off. Surprisingly, many runners discover they can go farther, and sometimes faster, using this approach because fatigue is managed rather than ignored.

Why It's Perfect for St. Augustine

St. Augustine's climate makes outdoor movement inviting nearly year-round. In February, average daytime temperatures hover around 68–70°F, with cooler mornings in the low-to-mid 50s, ideal conditions for run-walk training without extreme heat or cold.

Add ocean breezes and scenic views, and running here becomes less about suffering and more about rhythm, movement, and presence.

Best Local Places to Run & Walk

Anastasia State Park

Shaded trails winding through dunes and maritime forest offer a softer surface, perfect for walk breaks and joint-friendly running.

St. Augustine Beach

Flat, open shoreline stretches make it easy to time run-walk intervals using beach access points or lifeguard stands as markers.

Vilano Bridge

For runners craving variety, the Vilano Bridge offers rare local elevation and breathtaking views of the Intracoastal Waterway. It's ideal for building strength, practicing effort control, and adding gentle "hill work" into a routine.

Local Community: Ancient City Road Runners

Running doesn't have to be a solo pursuit. Ancient City Road Runners is a welcoming local running club open to walkers and runners of all paces and ages. Looking for a community to do group runs with, Anastasia Island resident, Sean Doyle and his son Kilian, who was 10 at the time, joined ACRR in 2020. "What I didn't expect to find was a fiercely dedicated group of runners who also acted like friends and family," said Doyle. "They welcomed us in and took Kilian under their wings."

The group offers:

- Weekly group runs
- Training support for local races
- Social connection and accountability
- A strong sense of community

They also host local events, including the annual Matanzas 5000, making them a great entry point for anyone curious about racing, especially first-timers.

Membership details and weekly run schedules are available on their website. https://www.ancientcityroadrunners.org/

Try This: A Simple Starter Workout

- Warm up: 5-minute walk
- Run 2 minutes / Walk 1 minute
- Repeat for 20–30 minutes
- Cool down with an easy walk and stretch

Early mornings or sunset runs work best, especially as temperatures warm in the upcoming months. Whether you're walking your first mile, returning after a break, or training for a local race, the Jeff Galloway Run-Walk-Run method meets you exactly where you are.

Not intended as medical advice. Please check with your doctor before making health or wellness changes.

Bio: Diane Thompson Cortese is a Mayo Clinic-trained Wellness Coach, NASM certified Personal Trainer, and CEO of Wildly Capable Wellness Coaching, helping women build confidence, strength, and sustainable healthy habits, one powerful step at a time. Contact: Website: www.wildlycapable.life Email: diane@wildlycapable.life

ANCIENT CITY
ACCOUNTING

ST. AUGUSTINE'S PREMIER
ACCOUNTING PROFESSIONALS

- MONTHLY BOOKKEEPING
- TAX PLANNING
- CORPORATE TAX RETURNS
- PERSONAL TAX RETURNS

(904) 342-7171

ANCIENTCITYACCOUNTING.COM
99 ORANGE STREET • ST. AUGUSTINE, FL 32084

DONATE | VOLUNTEER | SERVE

ST. AUGUSTINE SOCIETY, INC.
OPERATES ST. FRANCIS HOUSING CRISIS CENTER, PORT IN THE STORM HOMELESS YOUTH CENTER & SOS STREET OUTREACH SERVICES...

HOUSING-FOCUSED PROGRAMS, SAFE SHELTER, NUTRITIOUS MEALS AND VITAL SERVICES THAT HELP THE **YOUTH, FAMILIES & INDIVIDUALS EXPERIENCING HOMELESSNESS** IN ST JOHNS COUNTY TRANSITION **FROM THE STREETS TO STABILITY.**

For more information and to learn about how you can get involved, email:
Joy.Case@STASOCIETY.org

Superior Pool
Service

904-347-5638

Weekly Pool Service
Includes Basic Chemicals

Chris Barnes, CPO
www.BakerCompanyInc.com

FREE 1st Month with Annual Agreement

New Offices Located at 113 Whitehall Drive • St. Augustine

- BPH
- Erectile Dysfunction
- Bladder Cancer
- Kidney Cancer
- Kidney Stones

AUI
ADVANCED UROLOGY INSTITUTE

- Overactive Bladder
- Prostate Cancer
- Urinary Incontinence
- Vasectomy
- Space Oar

Gordon Fifer, M.D.
Board Certified

Bill Vanasupa, D.O
Board Certified

Katherine Gardner
NP-C

Dean Zimmermann
PA-C

Jonathan Baron
PA-C

Karina Chang
MSN, ARNP

(904) 824-1450
113 WHITEHALL DRIVE, ST. AUGUSTINE, FL 32086
New office located off Old Mountrie Road just West of Walmart

LIFE WILL GIVE YOU MANY REASONS TO HIRE AN ATTORNEY

WE HAVE 13 LAWYERS WITH 265 YEARS OF EXPERIENCE TO SERVE YOU

- Real Estate
- Construction
- Land Development
- Personal Injury
- Litigation
- Family Law
- Estate Planning
- Probate
- Mediation
- Business
- Contracts
- Real Estate Closings
- Guardian Ad Litem

(904) 495-0400
www.sjlawgroup.com

ST. JOHNS LAW GROUP

HAS YOUR HOME INSURANCE RENEWAL JUST INCREASED?

FIRST FLORIDA INSURANCE
"QUOTE CHALLENGE"®

ST. AUGUSTINE'S PREMIER AGENCY
For Homeowner's Insurance

FACT:

WE OFFER THE LOWEST OVERALL AVERAGE HOMEOWNERS INSURANCE PREMUIMS IN FLORIDA

AMERICAN INTEGRITY INSURANCE GROUP

904-687-2652

Call, or Click

www.firstfloridainsurance.com

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