



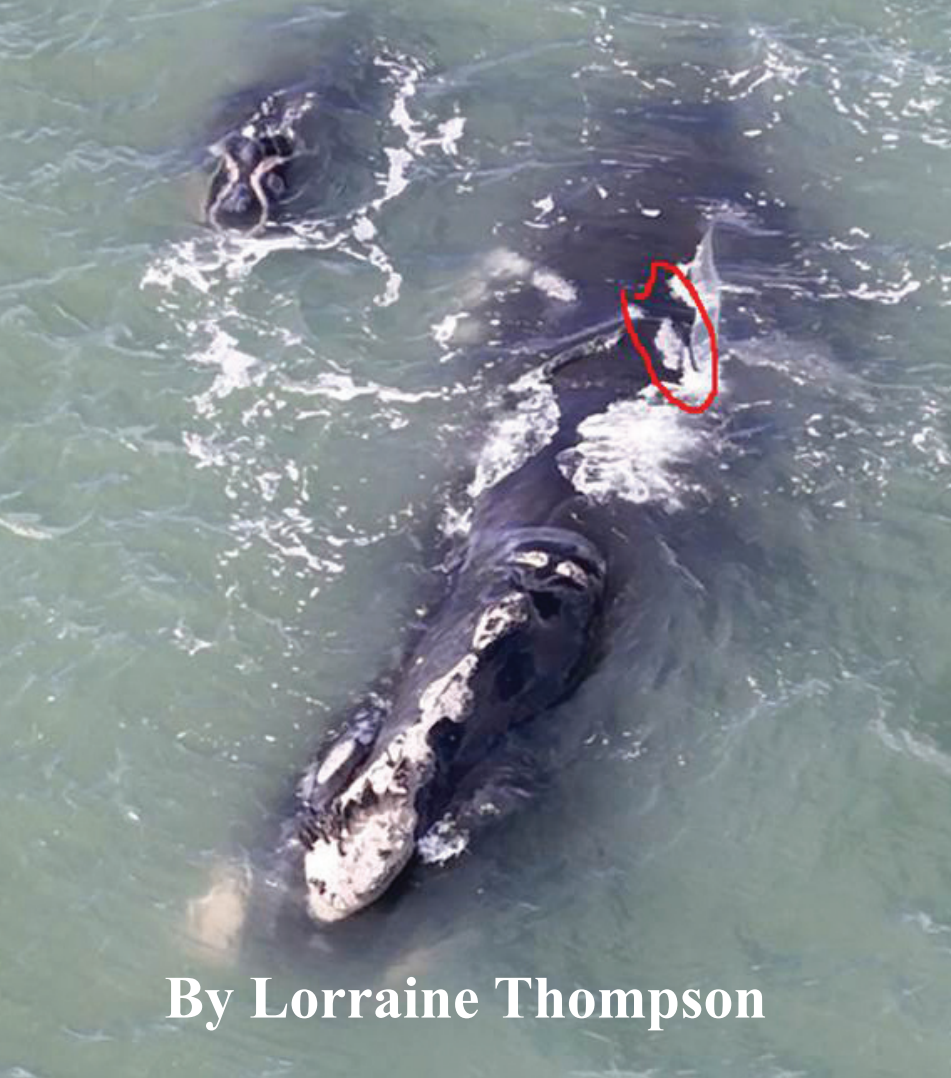
St. Augustine Beaches NEWS JOURNAL

NEWS INFORMATION FOR & ABOUT ST. AUGUSTINE BEACH & ANASTASIA ISLAND



Happy New Year

Early start for North Atlantic Right Whales



By Lorraine Thompson

PHOTO by J. Greene (note the red circle which shows callosities on the back of the mother right whale #3760 named/catalogued Callosity Back)

North Atlantic right whale watching got off to an early start this season with the sighting of a mother whale and her new born calf. The mother, previously catalogued as female #3760 and named Callosity Back, was spotted heading north on December 19 in the waters off the Hammock Dunes condos by Barbara Kuhns and at Jungle Hut Road Judy Bowmann. The spotting was confirmed by photos from two drone operators.

Records show that the mother calf was catalogued with the name “Callosity Back” since she was the only known right whale with callosities on her back (see red circle on the photo). She was originally spotted and photographed as a calf in July 2007 off Jacksonville, Florida.

Once a thriving species, less than four hundred North Atlantic right whales are known to exist, making them the world’s most endangered whales.

This is the time year when pregnant females migrate from the Bay of Fundy, Nova Scotia, and (continued on page 5)

St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)

Anastasia Island Welcomes the new year

2026 Beach driving passes now available

Get ready for another “beachy” year. The free ride on St. Johns County beaches ends on March 1 when toll booths will be back in business. Motorized vehicles seeking beach access will be required to either pay a daily admittance fee or display a seasonal pass during the hours of 9 a.m. and 5 p.m. through September 30. You can pay by the day—or you can save money with a seasonal pass. Daily beach passes are \$10 per driver or \$5 for ADA drivers or active duty Military with proof of active duty status on Military ID.

St. Johns County resident seasonal passes, valid March through September, are \$50, non-resident passes are \$100 and ADA-accessible passes are \$40. You can purchase your pass in advance during normal business hours at the following locations through March 1:

- Tax Collector’s Main Office – 4030 Lewis Speedway, St. Augustine
- Tax Collector’s DuPont Center Office – 6658 US 1 South, St. Augustine
- Tax Collector’s Office Julington Creek Office – 725 Flora Branch Blvd., St. Johns
- Tax Collector’s Ponte Vedra Office – 151 Sawgrass Corners Drive, Ponte Vedra Beach
- St. Johns County Beach Services Office – 901 Pope Road, St. Augustine
- St. Johns County Ocean and Fishing Pier Gift Shop – 350 A1A Blvd., St. Augustine Beach

All sales are final. If passes are lost or misplaced, a new pass must be purchased.

Vehicular access is dependent on beach conditions and Call Beach Services at (904) 209-0331 for more information. Lifeguards will begin limited duty in March with full lifeguard coverage starting Memorial Day weekend.

For more information call the St. Johns County Beach Services Office at 904-209-0331.

Christmas tree recycling

St. Johns County’s annual free Christmas tree recycling program continues through January 6 at the following places. Designated areas and signage will direct participants to the tree disposal area. Hours are 9 a.m. to 5:30 p.m.

Ron Parker Park – 607 Old Beach Road, St. Augustine Beach (by the Community Garden and Dog Park)

Mills Field – 1805 Racetrack Road, St. Johns (in the back of the East parking lot)

Davis Park – 210 Davis Park Road, Ponte Vedra Beach (in the 1st parking lot)

Tillman Ridge Transfer Station – 3005 Allen Nease Rd – (Closes at 1 p.m. on Saturday | Closed on Sunday)

Stratton Rd. Transfer Station – 250 North Stratton Rd – (Closes at 1p.m. on Saturday | Closed on Sunday)

Trees will be recycled and used as mulch in St. Johns County Parks. Artificial trees are not accepted. Decorations should be removed. For more information call SJC Parks & Recreation Main Office at 904-209-0333.

Ron Parker annual ceremony January 10

The 51st anniversary of the death of Deputy Marshall Ron Parker will be observed at Ron Parker Park on Friday, January 10. The ceremony will begin at 10 a.m. The park is dedicated to Parker who was shot and killed at the age of twenty-seven in the line of duty on January 12, 1975. Located at the corner of Old Beach Road and Pope Road, the popular park offers various amenities to enjoy including playgrounds, a dog park, Pickle Ball, tennis and basketball courts, a baseball diamond, picnic facilities and restrooms. Parking and admission are free.

Holiday reflections—

Christmas 2025 may be over, but memories continue for St. Augustine Beach residents Nora and Tony Manalo who have resided in the Linda Mar neighborhood since 2014.

About mid-December, Nora began receiving “unexpected” gifts at her door on a daily basis that included holiday decorations and a variety of cookies and other foods.

“My husband and I are profoundly touched and grateful for the thoughtful unexpected gifts,” Nora said. “As a retired Filipino anesthesiologist who has lived in Linda Mar for more than ten years, I have cherished (continued on page 5)

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

St. Augustine Beaches News Journal
2465 US 1 South #8
JOURNAL St. Augustine, FL 32086

St. Augustine Beaches
NEWS JOURNAL




**CELEBRATE
THE NEW
YEAR WITH
NEW FLOORS!**



CARPET • VINYL • TILE • WOOD • LAMINATE
904-824-4311 • 1670 U.S. 1 South
 North of Home Depot
www.staugustineflooring.com



BEHIND ON YOUR MORTGAGE?

**We Help You Stay in Control
of Your Options**
 Cash Offers • Buyouts • Credit Protection

SRW Property Management
CALL (904) 785-8793

Annual Top Golf Tournament “Chip in for Veterans”

**ALL PROCEEDS BENEFIT K9S FOR
WARRIORS!**
SILENT AUCTION, BRUNCH CASH PRIZES!

Buy Tickets
HERE






Top Golf
Jacksonville
February 1, 2026
12:30 PM - 4:30 PM

www.kounsfamilyfoundation.org









Global Fine Art without crossing the bridge!

Whether you are a serious collector, someone looking to refresh your decor, or just like to browse the local art galleries, we look forward to you visiting our ever-changing collection of fine art and local art. With more than 150 pieces in our collection, the art changes a little bit every month! While you're here, sign up for our newsletter to hear about monthly events & new art.

Eleven 14th Lane - Suite B - St Augustine Beach
 facing A1A Beach Blvd, across from Beachside Diner,
 with free parking on the side of our building.

904.907.5720

New Offices Located at 113 Whitehall Drive • St. Augustine

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



- 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

FREE ONLINE!

St. Augustine Beaches

NEWS
JOURNAL2465 US 1 South PMB #8
St. Augustine, FL 32086
Online: www.SABNJ.comCliff Logsdon
Publisher/Editor
(904) 607-1410
clifflogsdon@att.net“News Source for the City of
St. Augustine Beach”

City of St. Augustine Beach

Mayor Dylan Rumrell
City Manager Max Roylewww.staugbch.com
sabadmin@cityofsab.orgPrint Distribution Locations for
the Beaches News Journal

- St. Augustine Beach City Hall
- Anastasia Library
- St. Johns County Pier Park
- YMCA
- Main Library
- Southeast Library

The purpose of the St. Augustine Beaches News Journal LLC is to serve neighborhoods of St. Augustine Beach and other communities on Anastasia Island.

First priority will be given to reporting news and activities of the residents of St. Augustine Beach local communities, and other news and events that directly affects the St. Augustine Beaches areas. Second priority will be given to articles of general interest as space permits.

Information and ads 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 Beaches News Journal, 2465 US1 South PMB #8, St. Augustine Florida 32086. Information may also be e-mailed to clifflogsdon@att.net or clogsdon1@yahoo.com.

All materials submitted to the Beaches News Journal is subject to editing. Publishing of submitted 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 Beaches News Journal.

Information, articles and other materials published are believed to be accurate at time of publishing. Acceptance of advertising does not constitute an endorsement or approval of any content, product, or services by the New Journal or its staff or contractors.

It is agreed that the News Journal 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.

The Beaches News Journal is published by an independent publisher and is not affiliated with any government or agency, community development, management company or Homeowners Associations.

PUBLIC NOTICE: Notice is hereby given that the undersigned, desires to engage in DBA business under the name of “Jellyfish Massage” and registered with the Florida Department of State, Tallahassee, FL. The party will commence practice in St. John's County, FL at 2807 Tenth Street North, Suite 11, St. Augustine, FL 32086. By: M. Danielle Welch, LMT, MA70133.

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

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

Airport Express of St. Augustine Inc.
Shuttle Service to/from Jax
Orlando - Sanford
Door-to-Door Service 24/7
Serving N. Fla. since 1994
Our Customers are #1
airportexpresspickup.com
email: info@airportexpresspickup.com
904-824-9400

“Mention ad for 5% Discount”

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 website StAugGenSoc.org.

St. Augustine Beach City Hall Update

The City Commission held its regular meeting on Monday, December 1, 2025, and did the following:

1. Elected Vice Mayor Beth Sweeny as Mayor for 2026 and Commissioner Virginia Morgan as Vice Mayor for 2026. In accordance with the City Charter, the Commission each year elects the City's Mayor and Vice Mayor.

2. Re-appointed Ms. Sandra Krempasky to a three-year term on the Sustainability and Environmental Planning Advisory Committee.

3. Approved December 26, 2025, the Friday after Christmas, as a holiday for City employees as state, County and city of St. Augustine offices will be closed that day.

4. Approved a resolution to raise building permit and related fees.

5. Discussed changes to the City Charter: what changes can be adopted by ordinance and what changes will need to be approved by the voters in a referendum. The Commission will hold a workshop in early 2026 to determine what changes to ask the voters to approve at either a regular election or a special election.

6. Determined the Commissioners



who will represent the City on various boards and committees: Mayor Beth Sweeny on the Tourist Development Council, Vice Mayor Virginia Morgan on the Northeast Florida Regional Council, Commissioner Don Samora on the Visitors and Convention Bureau, Commissioner Dylan Rumrell on the Economic Development Council and Commissioner Undine George on the Florida Shore and Beach Preservation Association.

The City Commission will hold its next regular meeting on Monday, January 5, 2026, in the Commission meeting room at City Hall, 2200 A1A South, starting at 6 p.m. The public is invited to attend or may view it on YouTube on the City's website, staugbch.com.

City of St. Augustine Beach
January 2026 Commission Meeting Agenda

The St. Augustine Beach City Commission will meet on Monday, January 5, 2026, at 6 p.m. in City Hall, 2200 A1A South. Topics on the agenda are:

- Swearing in of Commissioner Beth Sweeny as Mayor for 2026.
- Swearing in of Commissioner Virginia Morgan as Vice Mayor for 2026.
- Proclamation to proclaim January 2026 as Human Trafficking Awareness Month.
- Review of ordinance to adopt minor changes to the City Charter and discussion of when to hold workshop meeting to discuss major Charter changes.
- Discussion of City Manager's contract.
- Consideration of offer to sell lot with large tree, 106 7th Street, to City for \$400,000.

The public is invited to attend or may view the meeting on YouTube on the City's website at staugbch.com.

Notice from the City of St. Augustine Beach

By Max Royle, City Manager

Attention Owners of Property Bordering St. Augustine Beach. If you are thinking of a major remodeling of your property, changing its land use from residential to commercial or vice versa, or tearing down an existing building to construct a new one, the City of St. Augustine Beach can provide timely and efficient review and permitting services. The only condition is that the property will need to be annexed into the City. Persons with questions may direct them to Max Royle, City Manager, at mroyle@cityofsab.org, or telephone (904) 471-2122.

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.

Alzheimer's/Dementia
Caregivers Support Group

Looking for encouragement and support taking care of your loved one with Alzheimer's or Dementia? We have a place for you to share your concerns and get resources to help with your journey.

The Caregivers Support Group meets the second and fourth Thursday of each month from 10:00 am - 11:00 am at Homeport Christian Church, 5605 US1 South, St. Augustine.

For information, call Nancy Wright 904-347-6299, Bebe Kelly 386-7793-8114 or the Alzheimer's Association 800-272-3900 or go to alz.org/help-support/caregivers



City of St. Augustine Beach

Mayor Dylan Rumrell

Dear Residents, City Staff, Police Department, and Fellow Commissioners,

As I reflect on the past two years as your mayor, I want to extend my heartfelt gratitude to everyone who has contributed to the progress and strength of our community. Serving you has been an honor, and the accomplishments we've achieved together make me incredibly proud.

To the residents of St. Augustine Beach, thank you for your trust, support, and active engagement. Your input and involvement have been essential in shaping our priorities—from enhancing public spaces to maintaining the unique character of our city.

This has been a period of meaningful progress. The redevelopment of Publix and Anastasia Plaza stands out as a major milestone, bringing renewed economic energy, improved services, and a refreshed look to an important part of our community. Alongside this, we've moved forward with key infrastructure improvements, including stormwater upgrades, drainage enhancements, and improved access points to our beaches. These projects are investments that will serve our residents and visitors for years to come.

I also want to highlight the strong partnership we've built with St. Johns County. Working together with county officials has allowed us to navigate shared challenges, improve regional coordination, and secure support for projects that benefit not only St. Augustine Beach but the wider community. This cooperation has strengthened our ability to address issues, and to achieve the best outcomes possible.

To our City Staff, thank you for your dedication and professionalism. Your hard work behind the scenes has been critical to the success of these projects and the smooth operation of our city. Whether it's in public works, planning and zoning, or administration, you've all gone above and beyond, and I'm grateful for each of you.

To our Police Department, your dedication to keeping our community safe is deeply appreciated. Your service, integrity, and dedication make St. Augustine Beach a place where residents and visitors can feel secure and welcome.

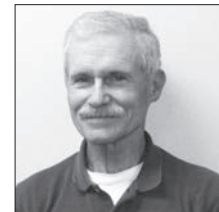
To my fellow Commissioners, it has been a privilege to work alongside you. Your collaboration, thoughtful leadership, and shared commitment to our city's future have made this journey meaningful and productive.

Thank you all for supporting our vision and helping make St. Augustine Beach the special community it is. I am grateful for the opportunity to have served as your mayor, and I look forward to the continued growth and success of our city.

Mayor, Dylan Rumrell
City of St Augustine Beach
Comdrumrell@cityofsab.org
Mobile 904.584.5161

Basics

By Max Royle
St. Augustine Beach City Manager



I know you wonder what city managers do when they're not spinning spools of red tape or fine tuning the bureaucracy, or, as some might call it, the bureaucracy. Please be assured that managers also do other useful activities related to their work, such as staying current on what's happening in other cities. You see, city management is a "happening" occupation.

A significant activity is learning about the practices of leadership. Often, I receive notices from the International City and County Management Association (ICMA) about leadership classes, most of which require the spending of taxpayers' money. A recent email message announced Leadership ICMA 2026, which ICMA describes as "an intensive, one-year program designed exclusively for local government officials who aspire to lead with impact." Aspiration: What manager can resist aspiration, though the cost, \$2,500, might cause small cities with limited financial resources some perspiration, especially because the course may also require attending ICMA's annual conference. That could be an additional \$2,500.

The announcement made me think there are basic leadership practices that don't require a city manager to take time from a busy work schedule to attend a pricey conference. In fact, the practices are so simple they are more a product of common sense than of profound thought, lengthy study or expensive consulting advice. All that is needed is for a manager to use them. Here are three that I believe definitely enable managers "to lead with impact."

The first is the most important: helping the elected board (the city commission) to make decisions. Decision making requires information. Thus, the chief responsibility of the city manager is to provide that information. I read about cities where the manager doesn't give the board any information about an agenda topic. In my decidedly unhumane opinion, this is managerial misfeasance and a failure of leadership. Lack of information can cause a board to flounder and delay moving the city's business forward.

Second basic: hiring competent department heads. A wise city manager tries to hire persons smarter than he or she is. Some managers may worry that if they do that, the smart department head could become a rival for the manager's job. Possibly, but so what? A manager needs staff members whose intelligence and skills will benefit the city, help the manager do his or her job effectively and ultimately assist the elected board do its job.

Third basic: treating employees in accordance with the Golden Rule of doing unto others as you want them to do unto you. How the manager treats the employees sets the tone for the administrative side of a city's government. If the manager regards the organization as a gladiatorial arena where ego power games, nitpicky fault finding and micromanaging are blood sports, toxicity will result and create these effects: Employees leave and the quality of city services declines until, thanks to the eternal leadership practice known as karma, the elected board arrives at its aspirational impact point and unceremoniously shows the city manager the exit.

ELITE GERMAN AUTO SERVICE

Formerly known as
JERRY'S MB

COMPLETE REPAIR & MAINTENANCE FOR MERCEDES AND BMW

SR 312
EPIC THEATER
SR 207

2060 Dobbs Rd
(behind Epic Movie - turn at McDonalds) **829.5259**

STARS REHAB

OPTIMIZING MOVEMENT. ENHANCING LIVES.

OCCUPATIONAL
THERAPY

PHYSICAL
THERAPY

PARKINSON'S &
NEUROLOGIC
HEALTH
CENTER

SPEECH
THERAPY

5 LOCATIONS

SOUTH 105 MARINER HEALTH WAY SUITE 213 (904) 217-4259	LOCALLY OWNED SINCE 2008 PARKINSON'S & NEUROLOGIC HEALTH CENTER 1711 LAKESIDE AVE SUITE 5 (904) 201-1080	WORLD GOLF VILLAGE 475 W TOWN PLACE SUITE 100 (904) 481-8747
CENTRAL 65 STRONGWAY COURT (904) 679-3204		ISLAND 4299 SR-A1A S (904) 679-3449

St. Augustine Travel Club - Peter Dytrych

Our next gathering is Wednesday, January 14, 2026 at 3:00 pm at the Southeast Branch Public Library, 6670 US 1 South.

We will feature the AUSTRALIA OUTBACK - Australia's vast North West is as large as California yet with a population of only 40,000 people. It has some of the world's most ancient rock formations which predate life, the sea where enormous tides create the most biodiverse mudflats on the planet, and a variety of unique animals. 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.

St. Johns Botanical Garden January Tours

by Jane Villa-Lobos

The St. Johns Botanical Garden & Nature Preserve is having two different tours on Saturday, January 10, 2026. The Nature Preserve Tour will be a walk through the nature preserve to learn about the importance of growing natives. The Bromeliad Tour will be a walk along Tropical Trail to learn about growing bromeliads in your landscape. Both tours will be from 10:30 am - 11:30 am and will be repeated from 1:30 pm - 2:30 pm. There will be a break, so plan on bringing lunch and picnic at the garden's picnic areas.

Tickets are \$10 for each tour plus garden admission. To pre-register, contact Kaitlyn Fair at (904) 540-3294 or email: info@stjohnsbotanicalgarden.org. The garden is located at 8310 County Rd. 13 South, Hastings, FL.

St. Augustine Beach Democratic Club

The St Augustine Beach Democratic Club's January meeting will be on Tuesday, January 6, 2026. The meeting is at the Anastasia Island Branch Library, 124 Sea Grove Main Street St Augustine Beach at 5:30 pm. Our Speaker will be Gayle Phillips, the Executive Director of the Lincolnville Museum and Cultural Center in St Augustine. She will be presenting about African American history in St Augustine and the Civil Rights Movement. This is in honor of Martin Luther King whose birthday we will be celebrating on January 19. 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 our like minded neighbors. The Club's regular monthly meetings are at the Anastasia Island Branch Library, 124 Sea Grove Main Street at 5:30 pm on the first Tuesday of each month. There is plenty of parking available. For additional information, please contact info@sabdems.org.

A Unique Gift For Your Family

Your Life Story

- Tell your story in 1 to 2 hours
- Easy and Enjoyable
- Affordable

(904) 293-9893

LegaciesandMemories.com



Essential HandyMan Services L.L.C



Dan Walsh Jr

Manager

EHSOFSA@GMail.com | 904-481-9244

St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)

(continued from page 1)

the warm spirit of this neighborhood—a spirit best seen in the way we have connected through our beloved dogs.”

The Manalos lost their dog two years ago and Nora is also facing declining health problems. As a result, Nora's neighborhood walks have ceased. “I deeply miss those chance meetings and the friendly neighborhood socializing,” she admitted.

Her message to those anonymous Elves of Linda Mar, “Happy New Year to you all. Your generous acts of kindness have warmed our hearts in a way words cannot.”

Island history—Did you know?

Until the mid-18th century, parts of Anastasia Island, including the St. Augustine Beach area, were used as pasture land for cattle and quarries for coquina. In 1730, Jessie Fish, a businessman from New York, claimed the coastal land south of the lighthouse and established a local citrus industry. The Fish family cultivated this land from 1730 to 1820's.

In the 1880's, St. Augustine Beach was called South Beach. The transportation from St. Augustine was provided via the South Beach Railroad. This train brought tourists to see the alligator farm, quarries, and lighthouse and to relax along the beaches.

In 1920, the first hotels in St. Augustine Beach brought tourists who enjoyed this pastoral escape from formal St. Augustine. There were no paved roads. The only way to travel was over the dunes or to drive on the beach.

Yes, Anastasia Island has come a long way.

Happy New Year to all!

St Augustine Beach Community Garden

This is an excellent time of year to be planting a garden in Florida. The organic St Augustine Beach Community Garden at Ron Parker Park currently has a limited number of boxes available for new members who are serious about gardening and wish to join a community of gardeners. Newbies are welcome.

For \$40 a year you get a 4' x 11' box, organic fertilizer, compost, water and the use of tools--as well as occasional potlucks. If you have no land to garden or your property is too shaded for good gardening, and you are itching to watch things grow, please consider joining.

Go to St Augustine Beach Community Garden on Facebook and click the "Sign Up" button. The Membership Chair will then contact you with more information.

Also, if you find yourself with bags of leaves, or wood chips, the garden is in need of them. Please leave bagged leaves near the front gate and they will be used for producing compost.

...AND LET THERE BE MUSIC CONCERT SERIES 2026

3 JAN	EPIPHANY EXTRAORDINAIRE 07:00PM A CHRISTMAS ENCORE, FEAT. RUSS DE FILIPPIS, CANTABILE, ECHO DUO, ST AUGUSTINE COMMUNITY CHORUS, SCHOLA CANTORUM, ST ANASTASIA CHORALE/CHORISTERS, AND MORE!!	
24 JAN	COLERE QUARTET 07:00PM MEET THE AWARD-WINNING SAXOPHONE QUARTET	
28 FEB	ECHO DUO 07:00PM DUO PIANISTS DR. DAVID MACH/DR. ZHANG	
11 APR	THE POWELL TRIO 07:00PM TRUMPET, VIOLIN AND PIANO FROM NORTH FLORIDA	
CONTACT MUSIC@SACCFL.ORG FOR MORE INFO		

St. Augustine Orchid Society

Jan. 6 - Tiny Treasures, Big Blooms-Growing Miniature Orchids

by Janid Croft

Luis Manuel Ortiz Jordán will talk about how to grow the cooler growing miniature orchids indoors. Luis will present some of his techniques, tips, and tricks to help orchid growers cultivate highland climate orchids in their home. While his collection includes other larger growing genera, his greatest passion lies with cool-growing miniature orchids. Despite the challenges of cultivating them in hot, humid South Florida, Luis embraces the process and enjoys sharing his knowledge, teaching others how to help their own miniatures thrive. Luis is a research scientist at UF-Scripps Biomedical Research in Jupiter. In April 2021, he published a paper on *Eurystyles luisortizii*, a species he discovered in Puerto Rico. He also serves as a student judge for the American Orchid Society, a role that reflects just how deeply orchids define his world.

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: January 6, 6:30 to 9 pm

Where: Memorial Lutheran Church

Drive around to the back entrance, 3375 US 1 South, St. Aug 32086



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.

Interested in the Civil War?

Please join our Civil War Discussion Group. Our next presentation will be MONDAY, JANUARY 26, 2026 at 1pm, at the Anastasia Branch library in Sea Grove.

The JANUARY presentation will be with Len Whiteside, titled "Bombardment of Fort Sumter". We will examine the political setting in 1860, decision making under President's Buchanan, Lincoln, and Davis that led to the bombardment of Ft Sumter and then the aftermath.



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

Do You Have Community News to Share?

Do you have news, events or personal interest information that are relevant to our communities in and around St. Augustine Beach? Please forward them to the Editor for consideration for the monthly News Journal. Please contact Editor clifflogsdon@att.net or call 904-607-1410.

News From St. Johns County

Adam Vermut Wins 20th Annual St. Augustine Amateur Golf Tournament

The University of North Florida senior finished seven points under par

On Dec. 7, University of North Florida senior Adam Vermut won the 20th Annual St. Augustine Amateur Golf Tournament with a birdie on the 18th hole of St. Johns Golf Club (4900 Cypress Lakes Blvd., Elkton). The Office of Public Affairs produced a video to commemorate the event.

Vermut won against 83 other players who made up the field for this year's tournament. They ranged from ages 14 to 38 and hailed from 20 U.S. states and 10 different countries. View the full results on the USGA website. His prize was \$1,000 and a unique trophy in the shape of a Spanish conquistador helmet.

"Most amateur tournaments only last 10, 12 years, so 20 is quite an achievement," said Wes Tucker, Director of St. Johns Golf Club. "The community gets behind it, the players out here at the golf course volunteer for it... they do promotion amongst themselves about getting more volunteers for next year, or [getting] more people out to watch."

Net proceeds from the tournament, generated through sponsorships, directly benefit First Tee – North Florida, a local youth development organization. The 2025 St. Augustine Amateur was expected to generate more than \$25,000.

"What the First Tee does for junior golf is huge... bring kids up in different parts [of the County] that have never experienced golf, and they get to use it as an outlet," said Tyler Gullikson, one of the competitors in the tournament. "And I know Wes Tucker, great people here that run the course, so it's good to support them and support the tournament."

"We've had players that have played [the tournament] in the past that have gone on and played the PGA Tour," Tucker said. "It's an early preview to the future of golf." The 2026 dates for the St. Augustine Amateur will be Dec. 4 through 6.



Early start for North Atlantic Right Whales

(continued from page 1)

the Gulf of Maine to the coastal waters of the southeastern United States to give birth and nurse their young.

The Marineland Right Whale program is at the forefront of local whale watching. Volunteer right whale watchers including beach residents and frequent beach visitors are trained to spot and report sightings. Once identified by the watchers, that information is passed along to the network of watchers along our coast and reported to state and federal agencies. Numbers are assigned to the whales as they are located and their identifying markings are photographed, mainly from the air, and then they are catalogued.

In last year's season, twenty calves were born in the southeastern United States. Five of those twenty calves either died or are presumed to have died since their mothers were seen alone before the calves were old enough to survive on their own. One of the mothers also died. The main causes of death for North Atlantic right whales are vessel strikes and entanglement in fishing ropes and other gear.

The Marineland Right Whale Project expects approximately 150 volunteers to return for the 2026 season. Mobile survey teams watch from designated shoreside points for 10 weeks, January 4 through March 8.

There is also the need for "unofficial" whale watchers—beach goers or those who reside in oceanfront homes, particularly high rises including condominiums. Members of the public can help by reporting sightings of whales usually from December through March.

The Marineland Right Whale project kick-off meeting for the 2026 season is Monday, January 5 starting at 2:30 p.m. at the University of Florida's Whitney Laboratory, 9505 Oceanshore Blvd., Marineland. The program will include informal meet and greet in the atrium from 2 to 3 p.m., presentation in the auditorium from 3 to 4 p.m., and breakout sessions by sector from 4 to 5 p.m.

To learn more about the right whale and how to identify one, visit www.neaq.org/.../identifying-right-whales. If you think you have spotted a whale, you are asked to call the Right Whale Hotline: 1-888-97-WHALE (1-888-979-4253).

VILLA ZORAYDA MUSEUM'S
Annual Holiday Tours
CANDLELIGHT TOURS of the MUSEUM

SELECT EVENINGS DURING
" NIGHTS OF LIGHTS "

FEATURING THE
Grand Lighting of the Christmas Tree

PURCHASE TICKETS ONLINE
AT VILLAZORAYDA.com

83 KING STREET • HISTORIC DOWNTOWN ST. AUGUSTINE • 904-829-9887



MORRELL PLUMBING

OVER 35 YEARS EXPERIENCE!

WILLIAM MORRELL
74 OCEAN CAY BLVD
ST. AUGUSTINE FL 32080
609-827-8570
609-634-6781
WILLIAMJ.MORRELLJR@COMCAST.NET

RE-PIPING
NEW CONSTRUCTION
CUSTOM HOUSES
REMODELS
GAS PIPING
NO JOB TOO BIG OR TOO SMALL !
LICENSE # BL-6049

Training for 2026 Summer Beach Lifeguards Underway

Become a SJC Beach Lifeguard. Ocean lifeguards are needed for the 2026 beach season.

St. Johns County Fire Rescue will hold annual tryouts for seasonal lifeguards for the 2026 beach season. Required training is provided during a paid Marine Rescue Academy. Starting pay for lifeguards is \$18.11 per hour with incentive pay for Florida certified EMT or Paramedics. Acceptance of online applications opened on January 1.

Candidates must be 18 years of age and be able to swim 500 meters in under ten minutes and complete a half-mile run in under 3 and a half minutes.

Tryouts for the 2026 summer season, continue at the Solomon Calhoun Pool, 1300 Duval Street in St. Augustine on January 3 and 25, February 7 and 26, March 7, and April 4. All tryouts begin at 9 a.m. Prior to any tryout, all candidates must first complete the Online Application as well as initial paperwork.

Potential new guards who pass the tryout and background check will be required to attend the Marine Rescue Academy in order to be eligible for hire with St. Johns County

Marine Rescue. The Marine Rescue Academy consists of 40 hours of Emergency Medical Responder, 8 hours of CPR, and 40 hours of advanced USLA surf rescue training. Individuals who hold a Valid Florida EMT OR Paramedic license may be exempt from a portion of the academy class.

There will be 2 Academies to choose from: March 1 to 31 Tuesdays and Thursdays from 6 to 10 p.m. and Saturdays 9 to 5 p.m. or April 27 to May 22 Monday/Wednesday/Fridays from 6 to 10 p.m. and Saturdays 9 to 5 p.m.

For more information email jearl@sjcfl.us, or visit online at <https://www.sjcfl.us/departments/marine-rescue/>



Please Join us for our January First Friday Art Opening, Featuring Eva Askew-Houser and Stan Hill, Artists of the Month, where The Art Studio is pleased to present a special exhibit showcasing their work in partnership and co-sponsored by: St. Johns Regional Audubon Society. This collaborative exhibition celebrates the beauty and fragility of the natural world, with a particular focus on birds, wetlands, and coastal habitats.

Eva Askew-Houser's work explores the grace and character of regional bird species through expressive, detailed imagery that highlights both their individuality and the ecosystems they depend on. Her pieces invite viewers to slow down, observe closely, and consider the delicate balance of the natural environments around them.

Stan Hill contributes a complementary body of work inspired by local landscapes, marshes, and shorelines, capturing the subtle relationships between water, land, and sky. His paintings evoke a sense of place and underscore the importance of preserving these habitats for both wildlife and future generations.

This exhibition is cosponsored by St. Johns Regional Audubon, a local chapter dedicated to protecting birds and the places they need, today and tomorrow.

Through conservation projects, stewardship initiatives, community education, and science-based advocacy, St. Johns Regional Audubon and its members work to safeguard diminishing bird habitat in our region. For more information, please visit <https://stjohnsaudubon.com/>.

The public is invited to join the opening on Friday, January 2nd at 5pm to 8pm for an evening of art, conversation, and conservation.

Attendees will have the opportunity to meet the artists, connect with local Audubon members, and learn more about how to support bird-friendly initiatives in the community.

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.



The City of St. Augustine Beach
will be hosting

For the Love of Art

Sunday, February 1st.
12:00pm - 5:00pm
Lakeside Park
2340 A1A S, St. Augustine Beach 32080

Music
Food
Fun
Art

First Congregation Sons of Israel

We invite you to join us for services the 2nd & 4th weekend of each month.

Friday 7:30 p.m. & Saturday 10:00 a.m.

161 Cordova St., St. Aug., FL 32084
www.firstcongregationsonsofisrael.com

Rabbi Robert Lefkowitz

OUTER BANKS BOIL COMPANY

711 A1A Beach Blvd
904-494-6069

\$20 off
your \$100 order
BEACHES20
Expires 2/28/26

TAKE-OUT
Just add 2 cups of liquid steam and serve!

CATERING
Groups of 10 or more
We take care of EVERYTHING!

Our Best Pot To-Go

ST. AUGUSTINE. OUTERBANKSBOILCOMPANY.COM

St. Johns County Announces St. Johns Reads 2026

Public Library System Proudly Presents
22nd Annual “One Book, One Community” Celebration

The St. Johns County Public Library System (SJCPLS) invites the community to participate in St. Johns Reads, the 22nd annual “One Book, One Community” celebration, beginning Jan. 3, 2026. The monthlong event features programs and community conversations inspired by this year’s selected title, *An Immense World* by Ed Yong.

“Over the past 22 years, St. Johns Reads has not only nurtured a passion for reading but has also brought our community closer together,” said Todd Booth, Southeast Branch Manager and Chair of the St. Johns Reads Committee. “This year, with Ed Yong’s *An Immense World*, we invite everyone to explore the extraordinary lives of animals and the incredible ways they experience the world.”

Patrons can attend in-person book discussions and themed programs at all six SJCPLS branches, including. Presentations from local experts, including St. Johns County Parks and Recreation, Dogs INC., and Jacksonville Zoo and Botanical Gardens, workshops on gardening and wildlife habitats, live animal show, opportunities to meet adoptable pets through a partnership with St. Johns County Animal Control, film screenings focused on animals and wildlife, arts, crafts, and additional activities.

A systemwide finale will take place in January 2026: a sensory-filled Silent Disco at The Amp on the St. Augustine Amphitheatre's Front Porch. There will be two sessions: a family-friendly session at 6 p.m. and an 18+ session at 8 p.m. Guests will be provided with wireless headphones to enjoy a unique, immersive dance and celebration experience. This event offers a memorable way to end St. Johns Reads and connect with the sensory wonders featured in *An Immense World*.

“*An Immense World*” is available for checkout in multiple formats, including print editions for adults and middle-grade readers, digital audiobook, and e-book.

“Explore the wonders of animal senses in this captivating book by Pulitzer Prize-winning science writer Ed Yong. *An Immense World* takes readers on a fascinating journey into the sensory lives of creatures great and small, revealing how they experience the world in ways we can barely imagine.”

Funding for St. Johns Reads is supported in collaboration with the SJCPLS Friends of the Library groups and the St. Johns Cultural Council. For more information about this year’s event, please visit www.sjcpls.org/st-johns-reads, email sjcpls@tblc.libanswers.com, or call your local branch library. For more information about SJCPLS services and programs, visit www.sjcpls.org.

UF/IFAS Extension St. Johns County

Florida Arbor Day

Tree Giveaway

January 16th
10:00 am - 12:00 pm

St Johns County Master Gardeners will distribute bareroot tree and shrub saplings at these locations:

Giveaway Locations:

-Anastasia Island Branch Library

-Bartram Trail Branch Library

-Hastings Library (temporary location: 400 East Harris Street)

-Southeast Branch Library

-SJC Extension Office

Trees Offered:

-Red Maple, *Acer rubrum*

-Red Buckeye, *Aesculus pavia*

-Mayhaw, *Crataegus opaca*

-Sweetgum, *Liquidambar styraciflua*

-Smooth Sumac, *Rhus glabra*

Celebrate Florida Arbor Day with UF/IFAS Extension St. Johns County Master Gardener Volunteers!



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





Wills, Trusts & Estate Planning
Business, Complex Commercial,
Construction & Real Estate Law
Probate & Trust Administration
Civil & Construction Litigation
Medicaid Asset Protection
www.AnastasiaLaw.net
107 A 11th Street
St. Augustine, FL 32080
904.236.6243

Pamela M. M. Holcombe, Esq.
Pamela@AnastasiaLaw.net

Undine C. George, Esq.
Undine@AnastasiaLaw.net

Join our Christmas Encore Concert....

EPIPHANY
EXTRAORDINAIRE

Featuring musicians of St. Augustine

CANTABILE THE ECHO DUO

The St. Augustine Schola Cantorum
St. Augustine Community Chorus

The St. Anastasia Catholic Church
Chorale & Choristers

RUSS DEFILIPPIS, GUITAR

Open to the public | Free Admission | Free Parking
Donations gratefully accepted

LOCATION: St. Anastasia Catholic Church
5205 A1A South | St. Augustine, FL 32080

SATURDAY JANUARY 3 – 7:00 PM

Contact Dr. David Mach at music@saccfl.org
for more information about the
...and Let there Be Music Concert Series

78th Annual Jacksonville Boat Show

By Erin Johnson, erin@boatjax.com

*Check out the latest watercraft + accessories
January 23-25, Prime Osborn Convention Center*

The North Florida Marine Association is proud to announce the 78th Annual Jacksonville Boat Show, January 23-25, 2026, at the Prime Osborn Convention Center, located at 1000 Water Street in Jacksonville. This beloved North Florida event has been bringing together the boating community since 1947.



This year's Boat Show, sponsored by VyStar Credit Union, will offer three days of water-related fun, family-friendly activities, and educational seminars—as well as amazing, once-a-year deals on hundreds of boats and thousands of accessories. Boat Show attendees will be among the first to see and board brand-new models of all types of watercraft, including fishing boats, cruisers, ski boats, pontoons, inflatables, personal watercraft, and more.

The 78th Annual Jacksonville Boat Show highlights include:

- **Daily:** A wide range of more than 100 vendors will feature boating accessories, resources, tips, and gear. See the latest boat models on display from more than 20 dealers throughout Prime Osborn's 75,000 square-foot show floor.
- **Friday and Saturday, beginning at 2 pm:** During FREE seminar presentations, Tommy Derringer will discuss "Mastering the Inshore Slam: Proven Artificial Lure Techniques for Northeast Florida." Sponsored by Windward Marina Group.
- **Saturday, from 10am to 1pm:** Donna Frantz with Fishing 101 will host a FREE Kids Fishing Clinic. The first 100 kids to complete the interactive clinic will receive a rod-and-reel combo, courtesy of Continental Battery Systems.
- **Saturday only:** The first 100 visitors (15 years and under) to the Jacksonville Sail and Power Squadron Booth (B10 and B11) will receive a free life jacket, courtesy of VyStar Credit Union.

Jacksonville Boat Show sponsors include VyStar Credit Union, Jacksonville Chrysler Jeep Dodge Ram Westside, Continental Battery Systems, and Windward Marina Group. Tickets are on sale at www.boatjax.com

Hours and Admission: Prime F. Osborn III Convention Center is located at 1000 Water Street, Jacksonville, FL 32204. Boat Show hours are 11am to 6pm Friday, January 23; 10am to 6pm Saturday, January 24; and 10am to 4pm Sunday, January 25. Admission is \$15 for adults; \$5 for children 12 and under; and \$12 for seniors, military, and first responders with ID. For more information, visit www.boatjax.com. Parking for the general public is \$10.00 per automobile per day.

January St. Augustine Film Society

1. **"The Crimson River"** - Sunday January 4th at the Unitarian Universalist Fellowship, 2487 A1A S, St. Augustine, FL 32080. Doors open at 3:30 pm. The film begins at 4:00 pm. "The Crimson River" (Les Rivieres Pourpres, 2000) - is a sleek, Wintry French police drama with a serial killer narrative wrapped in an art-film atmospheric, pitting two mismatched detectives against a conspiracy rooted in eugenics, academic elitism, and the policing of bloodlines. It earned 5 nominations at the 26th Cesar Awards including Best Cinematography for breathtaking views of the French Alps.

2. **"Blancanieves"** - Sunday January 25th at the Unitarian Universalist Fellowship, 2487 A1A S, St. Augustine, FL 32080. Doors open at 5:30 pm. The film begins at 6:00 pm. "Blancanieves" is a 2012 Spanish SILENT, black-and-white reimagining of Snow White, set in 1920s Andalusia and transposed into the world of bullfighting and flamenco where a woman is trying to make it in a man's world. It won ten Goya Awards, including Best Film and Best Actress for Maribel Verdú, and was Spain's official submission to the Academy Awards for Best Foreign Language Film.

The Friends of the Anastasia Island Branch Library (FAIBL)

by Mollie Meikle

The Friends of the Anastasia Island wish everyone a joyous holiday season and great books for the new year! We do not meet in December, but invite everyone to our annual member meeting on Thursday, January 15, 2026 at the Anastasia Island Branch Library. All are welcome!

And while you're looking ahead to 2026, mark our next sale dates on your calendar: March 6 and 7 at the Anastasia Island Branch.

To sign up for our newsletter and email alerts, or to learn more about Friends of Anastasia Island Branch Library, please email us at anastasiainlandfaibl@gmail.com.

**Please support the local businesses in the News Journal! They make this publication possible...
Thank you!**

Financial Focus

Information Provided by

Edward Jones

Cory Caplinger CFP



New Year's financial resolutions: Making them stick

As the calendar flips to a new year, millions of Americans pledge to improve their financial lives. But without a concrete plan, those well-intentioned resolutions often fade quickly.

Financial goals consistently top the list of New Year's resolutions. A 2025 CFP Board study shows that financial resolutions are prominent, with saving more money (45%) and reducing debt (32%) ranking among the top three goals.

Unfortunately, most resolutions don't last. A 2023 Forbes Health poll found that over half of people give up on resolutions by the four-month mark and only 1% make it the full year.

The challenge isn't a lack of desire for change. People may set the same resolution year after year, revealing a disconnect between intentions and action. Or it may be that they try to tackle too many goals at once, or aim higher than is realistic, setting themselves up for disappointment.

Set smart financial goals. Before crafting your action plan, consider which financial priorities matter most to you. If you need ideas, here are some areas where you may want focus in 2026:

Regularly review your financial goals and track progress toward meeting them

Increase your 401(k) contributions or max out your IRA and/or HSA contributions

Pay down debt strategically and negotiate lower interest payments

Build an emergency savings fund of six to 12 months

Save more consistently

Be specific. Vague resolutions like "save more money" rarely succeed. Instead, it can help to make goals specific and measurable. For example, rather than making a resolution to "start an emergency fund," commit to a specific goal, such as, "I will put \$100 a month into an emergency fund."

This shift from general to specific transforms wishful thinking into actionable steps. When goals are attainable, it's easier to track progress and stay motivated.

Find an accountability partner. Don't go it alone. Having someone to check in with can help you stay on track. This could be a spouse, friend or family member who shares similar goals.

Consider working with a financial advisor who can help you create a realistic plan, monitor your progress and adjust strategies as needed. A professional can provide expertise and accountability, making it easier to stay on track throughout the year.

Start small and build momentum. Rather than overhauling your entire financial life all at once, focus on one or two priority areas. Identify where the largest gap exists between your current situation and where you want to be, then concentrate your energy there.

Breaking larger goals into smaller, manageable actions makes them less overwhelming and more achievable. Each small win builds confidence and momentum for tackling the next challenge.

The new year offers a fresh start and renewed motivation to improve your financial health. With specific goals, a solid action plan and the right support system, this could be the year your financial resolutions finally stick. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Edward Jones, Member SIPC

Edward Jones

> edwardjones.com | Member SIPC

Investing can reflect your values

At Edward Jones, we stop to ask you: "What causes and concerns are important to you?" By better understanding your values, we can help guide your investing to areas that match your preferences and beliefs.

Get in touch today to discuss what's really important: *your values*.



Cory Caplinger, AAMS™
Financial Advisor
4108 A-1-A South
St Augustine Beach, FL 32080
904-460-1200



What to expect after you enroll

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

Once you've enrolled, you are now a member / beneficiary of a carrier. You'll find support for what matters, big and small. You can easily manage and find answers about your plan on the carrier's app or your member site / portal. Some Medicare Advantage plans have an all-in-one card which makes it easier than ever to unlock more from your Medicare plan.

Manage your plan online

If you haven't done so already, use your member ID number and email address (for most carriers) to create an account online. This is where you can:

- Find network providers and pharmacies and view plan documents, like your Drug List (Formulary).
- Complete your Health Assessment if you haven't already done so.
- Review your card balances if your plan has OTC or other type benefits.

Once your coverage begins

- Schedule your annual physical and wellness visit.
- Schedule your yearly in-home preventive care visit if that is a need for you.
- Set-up your prescription home delivery if that is the method you prefer to receive your medications.

Inform your agent

- If you move to a different zip code you will need to change either your Prescription Drug Plan or your Medicare Advantage Prescription Drug Plan (MAPD) as you may be out of your service area.
- If you change your primary doctor, your agent can help you or you can call the number on the back of your card to update your provider. This is for MA and MAPD plans.
- If your meds change significantly, you may want your agent to run a pricing of those meds.

Have a safe and Happy New 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

Small Steps, Big Magic: Setting Micro-Goals for the New Year

By Diane Thompson

As the pier fireworks fizzle and the new year rolls in with sparkling possibility, many of us think big, creating lofty resolutions – work out at 5 a.m. daily, lose 20 pounds, earn a million dollars. But big goals tend to collapse like a sandcastle at high tide. When change feels too big, we freeze. Micro-goals offer a better path: small, doable actions that build confidence, momentum, and real transformation over time. Like walking the shoreline in St. Augustine Beach, one step at a time eventually takes you farther than you expect.

Why Tiny Goals Matter

Micro-goals work because they're achievable. Small wins release dopamine, reinforcing progress and encouraging consistency. You don't need to overhaul your life, just make one tiny shift today, and another tomorrow. Celebrating these small wins matters because they prove to you that you can follow through, and that sense of success creates momentum.

Examples of Breaking Big Goals into Micro-Goals

1. Big goal: Eat healthier.

Micro-goals:

- Check out the offerings of the local farmer's markets at The Amp or pier.
- Add one fruit or veggie to a meal each day.
- Swap one packaged snack per week for a whole-food option.

2. Big goal: Exercise daily.

Micro-goals:

- Walk the beach for five minutes.
- Do 10 squats while waiting for your coffee to brew.

3. Big goal: Be calmer.

Micro-goals:

- Take three deep breaths before picking up your phone in the morning.
- Step outside for two minutes of fresh air.

4. Big goal: Build deeper relationships.

Micro-goals:

- Send one thoughtful text a day.
- Plan one beach walk or coffee meet-up per month (Check out the Kookaburra, Zaba's, Starbuck's, or Une Autre.).

Visualize Yourself Succeeding and Celebrate When you Do

Imagine greeting the sunrise at the beach, not promising a 5-mile-run, just committing to walk for five minutes. Tomorrow you might go a few steps farther. A week later, farther still. Change doesn't require force or perfection, it requires consistency.

This year, shrink your goals. Make them so small you can't fail. Small steps lead to big, sustainable change, wave by wave, step by step.

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.

Note: This article is not medical advice. Please check with your doctor before making health or wellness changes.



St Augustine's # 1 Radio Station!

103.9  **Classic Hits & Local Info**
WSOS FM

**Contact us at (904) 481-9952 STUDIO LINE
or (904) 615-6200 OFFICE
www.StAugustineRadio.com**

HAS YOUR HOME INSURANCE RENEWAL JUST INCREASED?



FIRST FLORIDA INSURANCE "QUOTE CHALLENGE"

ST. AUGUSTINE'S PREMIER AGENCY

For Homeowner's Insurance

FACT:

WE OFFER THE LOWEST OVERALL AVERAGE HOMEOWNERS INSURANCE PREMIUMS IN FLORIDA





904-687-2652

Call, or Click

www.firstfloridainsurance.com

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



RICH O' BRIEN
REAL ESTATE PROFESSIONAL

904-814-2080 Cell / Text

www.richobrien.com
rich.obrien@thepremierproperties.com

 COLDWELL BANKER | PREMIER PROPERTIES



PROPERTIES FOR SALE

4 OCEANSIDE DRIVE SAINT AUGUSTINE, FL 32080
Expansive Oceanfront Verandah; Great Privacy & Views!
4 BEDROOMS 4.5 BATHS | 5,662 SF | \$5,425,000



RARE OPPORTUNITY!
Oceanfront Lots in St. Augustine Beach



1 1/2 D LN.
Lot A: \$1,437,500
Lot B: \$1,437,500



1 8TH ST.
Lot A: \$1,499,000



Pista Falls Award Winning miniature **GOLF**
18 HOLES Join the Fun!!

Soft Serve Ice Cream
(904) 461-5571
818 A1A Beach Blvd
ST. AUGUSTINE BEACH
1 Mile South of the Pier



NOW OPEN NIGHTLY TIL 9:00 PM!

\$1.00 OFF Adult Golf
.50¢ OFF Children's Golf
Not valid with any other Discounts. S.A.B.N.J.

Paradise is here...

Tripadvisor Rated # 1



Your Hosts

Lauren & Rich O'Brien



1 F Street
St. Augustine Beach

904-461-8727

www.beachfrontbandb.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

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