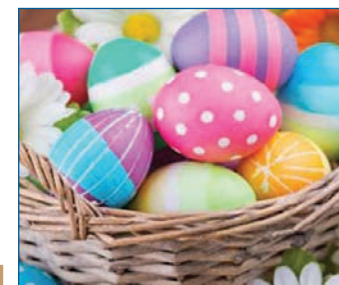




St. Augustine Beaches

NEWS JOURNAL



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



Art Association Celebrates Student Art During March

The St. Augustine Art Association (STAAA) is excited to announce the 19th Annual St. Johns All-County High School Art Show, featuring artwork from over 150 students from grades nine through twelve — thanks to a community outreach partnership with St. Johns County Schools. Hosted in the Association's Bradley Mayer Main Gallery, on 22 Marine Street in downtown St. Augustine, the exhibit will be on display from March 1st through the 31st, and can be seen in-gallery or online.

The exhibit is a favorite of STAAA, bringing a truly fresh and unique perspective to art today, and it started as far back as the 1940s. In STAAA's early years, artists Tod Lindenmuth and Elizabeth Warren set out to host the association's first student art show. Sixty plus years later, in 2004, Diane Bradley joined STAAA as a life member and board member after retiring from a 30-year career as a middle school and high school art teacher. She soon began hosting art classes after school, and was inspired to create an opportunity for students to exhibit their work. Diane set off to establish a partnership with St. Johns County schools, and with the help of high school art teacher David Olson and St. Augustine High School Assistant Principal Allyson Breger, STAAA hosted its first St. Johns All-County High School Art Show in 2005 — with only two schools. Now, the exhibit features work from 8 schools and over 150 students, in part thanks to Tommy Bledsoe, former SJCS curriculum coordinator. He, along with art teacher Rebecca Williams, coordinated with local teachers and secured funding for student awards.

"This is one of my favorite exhibits of the year," shares Jennifer Flynt, Executive Director of the St. Augustine Art Association. "Seeing the creativity and emotions these young artists are able to express in their work sets the bar high for visual art in our community. They understand what art is and what it's meant to do for viewers, and they pull influences from more than just what they see with their eyes." (continued on page 11)



St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)

A beach primer-- Be prepared!

The free ride on St. Johns County beaches ended February 29. Toll booths are now back in business at all St. Johns County beach access entry ramps. If you drive on the beaches, purchasing a seasonal pass now will save you money in the long run.

Motorized vehicles seeking beach access are now required to either pay a daily admittance fee or display a seasonal pass during the hours of 9 a.m. to 5 p.m. through September 30. The daily rates are \$10 for residents and non-residents and \$5 for handicap and active military.

The annual/seasonal vehicle pass is \$50 for residents, \$100 for non-residents, and \$40 for handicap passes. To purchase 2024 passes, residents must present a valid I.D. with a St. Johns County address or present proof of property tax payments in St. Johns County. Passes may be purchased at the beach toll booths and at the Beach Pier Gift Shop throughout the season.

Vehicle access ramps and toll booths are at Vilano, Porpoise Point, A Street, Ocean Trace, Dondanville, Matanzas Ave, Mary St., and Crescent Beach (Cubbedge Road). Beach access is dependent on beach conditions. Weather, sand, or tides may cause ramps to be temporarily closed or limit access to 4-wheel drive vehicles. Daily driving conditions are posted to Twitter and Facebook (follow SJC Beaches), and in the Reach the Beach Mobile App. Beach lifeguards will begin limited duty in March with full lifeguard coverage starting Memorial Day weekend. For more information call (904) 209-0331.

New at the beach this year—The St. Johns County Board recently approved the establishment of an Annual Family Sightseeing Pass at the St. Johns County Ocean and Fishing Pier, 350 A1A Beach Boulevard in St. Augustine Beach. The annual family pass, available for purchase at the Pier Gift Shop, gives families the opportunity to visit the pier an unlimited number of times during the year for the price of \$50. The pass, which does not allow for fishing, is valid for two adults in the same household plus their children, during regular pier hours. For information email: tleahy@sjcfl.us or call (904) 209-0326.

Also new this year, the City of St. Augustine Beach recently adopted St. Johns County Beach Code Ordinance regarding Electric Bicycles. It is now prohibited to operate an electric bicycle at a speed greater than reasonable for conditions (or above the posted speed limit), fail to yield the right of way to pedestrians, weave in and out of pedestrians, operate with riders on the handlebars when traveling on the roadway and MUST wear a helmet if under 16 years old, have proper lighting (fixed white light in the front and red light in the rear), obey all traffic control devices (stop signs, traffic lights, etc.), travel with the flow of traffic, and yield the right-of-way to pedestrians on sidewalks.

Chief of Police for St. Augustine Beach, Daniel Carswell, commented that "Keeping our visitors on the beach safe is our agency's primary objective. This new ordinance will help reduce injuries to pedestrians and electric bicycle operators while they travel on our beach. We encourage everyone to continue to use electric bicycles as an alternative method of transportation, but to do so in a safe and lawful manner."

(continued on page 7)



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St. Augustine Beaches

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City of St. Augustine Beach



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City Manager Max Royle

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**Print 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.

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Pope Road Parking Lot Closure unit the Fall

St. Johns County will receive up to \$62 million in federal funding from the Jacksonville District U.S. Army Corps of Engineers (USACE) for emergency repairs on two beach projects including the St. Johns County Shore Protection Project in St. Augustine Beach and the St. Johns County South Ponte Vedra Beach and Vilano Beach Coastal Storm Risk Management Project.

In preparation for the upcoming projects, the U.S. Army Corps of Engineers closed the Pope Road parking lot (296 A1A Beach Blvd.) in St. Augustine Beach on Thursday, Feb. 22. It is expected to remain closed to public parking until sometime this fall for use by the project contractor, Great Lakes Dredge & Dock Corporation.

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.

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St. Augustine Beach City Hall Update

The City Commission held its regular meeting on Monday, February 5, 2024, at 6 p.m. Here is a summary of the Commission's actions:

1. Appointed Ms. Sarah Ryan as junior alternate to the Comprehensive Planning and Zoning Board.

2. Heard from Ms. Melinda Conlon, the City's Communications and Events Coordinator, about the various events the City organized for the December holiday season. Ms. Conlon also provided a report about the events the City is planning to hold during spring and summer.

3. Passed on second reading an ordinance to amend the Land Development Regulations concerning parking requirements for special events at businesses that are holding promotional and/or sales events,

4. Approved a resolution to have the counting of the vote-by-mail ballots for the March 19, 2024, presidential preference primary election done by the County's Supervisor of Elections.

5. Adopted the County's regulations concerning the driving of such mobile devices, as e-bicycles on the beach.

The City Commission's next meeting will be held on Monday, March 4, 2024, at 6 p.m. at City Hall. The public is invited to attend, or may view the meeting on YouTube at the City's website, staugbch.com.

**St. Augustine Travel Club**

The St. Augustine Travel Club will not be held in March due to conflicts with other library activities. But we look forward to seeing you in April when we will cover Canada. We will publish the announcement in the April Palencia Press, St. Augustine Observer and the St. Augustine Beaches News Journal.

For those of you who do not know about the club, it is formatted as an armchair travel presentation with a brief lecture and a video highlighting areas around the world, with focus mostly on Europe, but also other parts of the world. Also, some of our participants have hosted a presentation of their own based on their travel experiences. If you are interested in doing a presentation about your unique travel experiences, please let us know. The Travel Club also organizes a cruise in the Caribbean region once a year, and is published in the St. Augustine Observer, the Palencia Press, and the Beaches papers. The Travel Club is free and no registration is necessary. If you require any further information, please call Peter Dytrych at (904) 797-3736.

**Garden Club of St. Augustine
Meets March 13th**

The Garden Club of St. Augustine is featuring Sam Runyon, District IV President as the guest speaker at their monthly council meeting, March 13 at the clubhouse, 3440 Old Moultrie Rd. "Roses" will be the topic. Anyone considering membership in the garden club is welcome.

The meeting kicks off at 10am with refreshments at 9:30. For more information please go to: gardenclubofstaugustine.org for general info and upcoming events.

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.staugnso.org or contact Georgia Horsey at 770-337-6137.

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Shape

By Max Royle
St. Augustine Beach City Manager

Tarpon Springs, population 25,000-plus residents, is a Florida Gulf coast city west of Tampa on the Anclote River. It was incorporated in 1887, when it was settled primarily by immigrants from Greece who in that country had earned their livelihood by diving for ocean sponges. As they continued that occupation in Tarpon Springs, the city became known as the Sponge Capital of the World, and to this day diving to harvest natural sponges is an important part of the city's economy. That occupation as well as the city's scenic river location and Greek heritage have made it a significant tourist magnet. OK, you ask, what does all this have to do with our fair City on the Atlantic? Patience, dear reader, patience.

What made me think of writing this article is Tarpon Springs' current parking dilemma and the relation of that dilemma to our City. Like many Florida cities developed before the internal combustion engine became monarch of the streets, Tarpon Springs has a compact central downtown accessible by walking, that wonderful, age-old, no-carbon emissions means of personal transportation. Tarpon's central core is thus like St. Augustine's, Fernandina Beach's and similar smaller, older Florida cities: eminently sensible, accessible and practical for many years though now the cause for perplexity, problems and expense.

Why? Because there's an incompatibility between the way the core was constructed when vehicles either didn't exist or were few and how today's visitors and residents get to it. Vehicles cause congested streets that aren't

pedestrian friendly and require valuable land in the central core, either privately or publicly owned, to be used for parking. But land in the central core of small Florida cities that are tourist magnets is limited, thus making solutions to the problems of access and parking expensive.

The relation of this dilemma to our fair City is this: St. Augustine Beach doesn't have a central business core. In its place is a two-mile long "main street" (A1A Beach Boulevard). The shape of our City's "business district" is elongated with three key "activity" points: the County's pier park (north), the A Street vehicular beach access (central), and the Publix Shopping Plaza (south). In between these three points are hotels/motels, restaurants, other businesses and condo complexes. Except for busy summer weekends, residents and visitors usually experience few problems driving to these activity points, or, as the City is compact in width, many residents can walk or bicycle to one of the activity points or the

beach. The hotels, motels and condo complexes have sufficient space on their own property for parking, as do many of the restaurants and shops as well as the businesses in the Publix Shopping Plaza. The business district's elongated shape provides two key advantages: no parked vehicles taking space on its main street, A1A Beach Boulevard, and no need to use scarce and valuable land (and taxpayer money) for public parking lots or a parking garage. For a future article, there'll be more thoughts concerning parking in our seaside paradise.

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You can view Monthly past issues from 2013. Current print editions can be found at local libraries or by monthly subscription of \$12 per year. www.SABNJ.com or StAugustineObserverOnline.com



The American Association of University Women (AAUW) Meeting

The American Assoc. of University Women, St. Augustine branch, will meet on Wednesday, March 13, 2024, from 11 am - 1 pm, at Chapman Community Hospice Bldg, 1355 U.S. Hwy South, St. Augustine 32084. Our speaker will be Dr. Mary Gatta, discussing Women in Tech and Equal Pay. A Tea Party and Purse raffle, including designer purses, will follow. Cost for tea party and program is \$20.00. Raffle tickets can be purchased at the door. All guests are welcome! Please contact cathie.altman@gmail.com or lisa.herrmann@pactivevergreen.com for ticket reservations.

What is Occupational Therapy?

by Linda Smiciklas

Occupational therapy is an important component of a person's rehabilitation process. OT's work with individuals who have an injury, accident, disease or problems participating in daily life.

Throughout our day we work with many roles (occupations) and if someone is unable to complete the task because of injury or disease, we work toward regaining their independence. For example, an injury to the hand that causes someone to not be able to play tennis or work, someone who has arthritis and cannot open a jar or someone who had a stroke and has difficulty with preparing a meal.

We evaluate the individual and develop individualized goals to resume or pursue the patient's goals.

Here at Stars, as an occupational therapist/hand therapist, I work with individuals with injuries to their upper extremity that are more orthopedic related, and Adrian sees patients with more of a neurological component. We both work to improve or regain the functional use of the individual.



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This Month our New Opening Reception For First Friday is March 1st with our Featured Artist of the Month Patricia Pollock. Please visit us at the Art Studio & Gallery in Augustine Beach for her Opening Reception from 5:00pm-8:00pm. Please visit us to see, not only her show, but all the other Member's beautiful new pieces. We have many new artists to come out and see. Here's a little background on our Artist of the Month for March:

Patricia grew up in Wisconsin on the shores of Lake Michigan where her love of all things "water" began. She studied Painting at the University of Wisconsin and has a B.A. in Art History from the State University of New York. She taught drawing and painting at the Roberson Center for the Arts & Sciences in New York for 10 years and has been a full-time painter since then. She has participated in countless Art Shows up and down the East Coast, winning countless awards. Although Patricia usually paints in watercolor, she now enjoys working in acrylic on large canvases. Her interest in photography has continued over the years and she has added seaglass jewelry to her ongoing passion for the creative process in all media. She has resided in Saint Augustine for 15 years.

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.

First Friday Opening
March Artist of the Month
Patricia Pollock

March 1st - 5pm to 8pm
Art - Music - Snacks - Beverages - Free
Plus Member's Show - Runs through March

The Saint Augustine Beach Art Studio and Gallery
370A A1A Beach Blvd. St. Augustine Beach, FL 32080
904-295-4428 www.beachartstudio.org

City adopts Amended Beach Ordinance regarding Electric Bicycles

At the February 5 City of St. Augustine Beach Commission meeting, the Commission voted to adopt an amended Beach ordinance by St. Johns County regarding electric bicycles.

In the City of St. Augustine Beach, it is prohibited to operate an electric bicycle under the following conditions while on the beach:

- At a speed greater than reasonable for conditions (or above the posted speed limit)
- Fail to yield the right of way to pedestrians
- Weave in and out of pedestrians
- Operate with riders on the handlebars

Under Florida statute 316.2065, all e-bike and bicycle operators, when traveling on the roadway MUST:

- Wear a helmet (if under 16 years old)
- Have proper lighting (fixed white light in the front and red light in the rear)
- Obey all traffic control devices (stop signs, traffic lights, etc)
- Travel with the flow of traffic
- Yield the right-of-way to pedestrians on sidewalks

For general city information, please visit The City of St Augustine Beach website www.staugbch.com, Facebook and Instagram page and sign up for the monthly e-newsletter by texting CITYOFSAB to 22828. For Media inquiries, contact Melinda Conlon at eventspro@cityofsab.org.



EASTER EGG HUNT Ages 0-8

Date	Time	Location
3/28/2024	10 a.m. - noon	Palencia Park
3/28/2024	10 a.m. - noon	Veterans Park
3/30/2024	10 a.m. - noon	Treaty Park
3/30/2024	10 a.m. - noon	Al Wilke Park

MEET THE EASTER BUNNY!
EGG HUNT WILL BEGIN PROMPTLY AT 11 A.M.

For more information, call 904-209-0333

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Sheriff's Update

By St. Johns County Sheriff Robert A. Hardwick

Seniors vs. Crime Project

The St. Johns County Sheriff's Office (SJSO) is excited to about a new special initiative in collaboration with Attorney General Ashley Moody's Office. On December 19th, SJSO officially kicked off the 'Seniors vs. Crime Project' in St. Johns County becoming the 32nd office in the state to participate in this initiative. Seniors vs. Crime is staffed completely by volunteers and serves the approximate 50,000 seniors in St. Johns County.

The main focus of this project is to reduce the victimization of senior citizens by scams and crimes based on their age. Additionally, there are three primary objectives:

- Provide education through various scam and crime prevention programs.
- Investigate complaints and seek restitution for seniors.
- Provides senior volunteers an opportunity to learn new skills and provide a service to our community's senior citizens.

The lead for this new project is a retired FBI agency who will work in tandem with specially trained volunteers who are subject matter experts as they are also retired law enforcement officers from the local, state, or federal level. In addition to working alongside SJSO personnel for this project, we will provide the volunteers with office space and equipment so that they are able to conduct interviews with senior citizen victims. Far too often we have seen our seniors get taken advantage of.

We are thrilled to be able to add this project as a resource for our senior citizens. Seniors who would like assistance on a potential case or who might be interested in being part of the volunteer team should contact stjohns@svcproject.org or call 904-209-1432.

Friends of Anastasia Island Library 2024 Upcoming Events

by Diane Grundy, President

Book Sale

Our amazing book sale will be Friday, March 1 from 10:00 a.m. to 5:30 p.m. and Saturday, March 2, 2024 from 10:00 a.m. to 4:30 p.m. As a special treat, we will hold a pre-sale for Friends members only from 9:00 a.m. to 10:00 a.m. on Friday, March 1.

Spring Basket Silent Auction

Our 9th annual Spring Basket Silent Auction will be held from Tuesday, March 5 through Friday, March 22, 2024 during normal library hours. In past auctions, we have had up to 30 various baskets for auction.

Solar Eclipse Glasses

In preparation for the total solar eclipse on April 8, 2024, the Friends of the Anastasia Island Branch Library is selling solar filtered glasses for \$3.00 each.

These can be purchased at the library. The next solar eclipse will not be visible in the U.S. until 2045.



St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)

(continued from page 1)

Aircraft, balloons, drones and other air-related beach bans

In other beach restrictions, the County Commissioners updated laws that pertain to aircraft and other related aerial items at the beaches and nearby areas when it unanimously voted to ban any aircraft, seaplane, helicopter, glider, balloon, dirigible, parachute, drone or other aerial apparatus from taking off or landing within park property or the beach.

Younger residents and visitors may wonder why such restrictions are needed now, while local historians are probably smiling and reminiscing about events here decades ago.

Through more recent years, bans on flying objects on the beach have been addressed by ordinances. Just two years ago St. Johns County adopted a ban on balloon and sky lantern releases.

And, yes, there were airplanes and flying objects using the beaches in past decades. The St. Augustine Historical Society reports that in the 1890's, balloon flights and glider experiments were carried out in St. Augustine. Then, in 1911, local businessman Charles F. Hopkins, Jr. arranged with the Curtis Exhibition Company to conduct airplane flights here in conjunction with the Southern Championship Speedboat Races hosted by the St. Augustine Power Boat Club.



Two noted aviators, James J. Ward and J.A.D. McCurdy, brought their planes here and treated the crowd of spectators along the bayfront to what was described as 'the most daring flights yet seen in Florida.' The initial thrill of seeing the planes streak through the air was augmented by a display of stunt flying and a race between an airplane and a speedboat (which was reportedly won by the airplane).

The star of the show, James Ward, described as "the daring little aviator," flew a Curtiss biplane dubbed the "Shooting Star." Ward flew the Matanzas course during the speed boat races on the first day of the three-day event and led the speediest boat of all, according to an Evening Record report. On the second day, many businesses closed to allow their employees to watch the races.

With the St. Augustine City Band playing throughout the afternoon and large crowds along the bayfront, the Ace II of Eustis, the Vita of New York, and T. & S. of Jacksonville were the winners who received gold pieces, valued then at \$50 and \$25.

That afternoon about 4 p.m. Ward was reported to have "arose in the Shooting Star from South Beach and soar over the St. Augustine Lighthouse and Anastasia Island toward the city where after maneuvering over the Matanzas Bay, he lightly circled and landed on a sand bar east of the channel.

According to the Airport Authority report, "During the succeeding winters, barnstorming pilots would moor their seaplanes along the bayfront, put on exhibitions and races, accept passengers and engage in various publicity stunts. St. Augustine was also a popular locale for movie makers. Memorable flying scenes in the classic silent screen serial, 'The Perils of Pauline' were shot here, with local residents as extras in the cast."

Retired military pilots and veteran barnstormers later combined to form flying circuses which traveled from town to town putting on breathtaking exhibitions of stunt flying, racing and wing walking. Mable Cody's Flying Circus and the Gates Flying Circus made several appearances in St. Augustine during the 1920's.

On a Sunday in December 1921 about a thousand people gathered along St. Augustine Beach to watch Mabel and her troupe try a few death-defying stunts. About 2,000 watched the show that included both plane stunts and racing cars.

Looking ahead to summer—Parents are urged to register now for St. Johns County summer camps (continued on page 9)

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A Classic Theatre Introduces New Show Time for Shirley Valentine

A Classic Theatre will present the sharply funny and moving production of Shirley Valentine, a lonely British housewife in search of her old self. The show opens March 1 and runs for 2 weekends finishing on March 10.

ACT is introducing a new feature for this show, a 4:00 pm "Twilight Matinee" on Saturday, March 2nd. This allows theatergoers the freedom to enjoy most of the day, see the show, and still be out in time for dinner and an evening out in St. Augustine. This showtime will be offered only on March 2nd. Showtime for the Sunday matinees remains 2:00 pm, and evening shows at 7:30 pm. For tickets and additional information go to www.aclassictheatre.org.



Francesca Bellavista is
Shirley Valentine
by Willy Russell
Directed by Cindy Alexander

A hilarious, heartfelt, and honest look at one woman's search for herself.

March 1-10, 2024
at The Waterworks - 184 San Marco Ave.

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www.aclassictheatre.org

Featuring a Twilight Matinee on Saturday March 2 at 4pm.

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St. Augustine Beach and Beyond...

(continued from page 7)

County's Summer Camp Program

Parents of children ages 5 to 12 have until 5 p.m. on March 8 to register for St. Johns County's Summer Camp program. Registration is not on a first-come, first-serve basis. Names are drawn at random so that all resident children entered have an equal chance at participation. The drawing will be held on March 12. You do not need to be present. Results of the drawing will be sent out by email no later than March 26. Participants are chosen at random by drawing names via computer.

Camps start June 3 and end July 26 (excluding July 4 and 5). Hours are 7:30 a.m. to 5:30 p.m. Monday through Friday. Camp rates are \$430 per child. Reduced and free camp rates are available to those who qualify. Parents and guardians will be required to submit paper work with registration forms to receive the discounted or free rate per child.

The summer camps and their capacities will be located at Davis Park Field House, 210 Davis Park Road, Ponte Vedra, 80 campers; Ketterlinus Gym, 60 Orange Street, St. Augustine, 125 campers; Plantation Park, 3060 Racetrack Road, St. Johns, 60 campers; Trout Creek, 6795 Collier Road, Mill Creek, 60 Campers. Lottery forms and other camp information are available at <http://co.st-johns.fl.us/Recreation/Youth/summer.aspx>. Summer camp counselors are also needed. For information contact Brian James at bjames@sjcfl.us (904) 209-0365 or bjames@sjcfl.us.

Science on the run at Marineland

Marineland's Whitney Lab will commemorate 50 years of science and discovery with a River to Sea Preserve nature-related 5K event, on Sunday, April 14 in the Town of Marineland.

The event begins at 8 a.m. and includes a choice of run, walk or jog. The race course will cover three areas on the Matanzas Hammock Loop, entirely on trails. Bracelets will be provided to wear and to drop at the mile markers to track the progress of runners.

There will also be one bracelet for each participant to keep. The event will include in-person as well as virtual runs and a free .4 mile Kids Fun Run on the Scrub Loop that will take place after the 5K. Shirts and medals will be provided to all participants (in person and virtual). Proceeds of the event will support the UF Whitney Lab for Marine Bioscience. For registration and other information visit www.whitney.ufl.edu/news--events/whitney-lab-5k.

Living with Cancer Support Group

Our Living with Cancer support group has moved to Cancer Specialists of North Florida, 121 Whitehall Drive, St. Augustine 32086 on the third Wednesday of every month at 11:00 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.

St. Augustine Beach Democratic Club

The SAB Democrats will have its next gathering on Tuesday, March 5, 2024, 5:30 pm at the Anastasia Island Branch Library. For March 5 we will be Screening the Oscar nominated documentary short "The ABC's of Book Banning" which is about book banning in Florida. After viewing the short film we will have a discussion. Please join us and bring your thoughts.

The St. Augustine Beach Democratic Club's focus is on current local issues affecting those living in St. Augustine Beach. These meetings provide an excellent opportunity to get to know the elected representatives, mingle with Democratic candidates and socialize with our Democratic neighbors. The SAB Dems Club meets on the first Tuesday of the month at Anastasia Island Branch Library, 124 Sea Grove Main Street, 5:30 pm, plenty of parking available. For additional information, please contact sab-dems@googlegroups.com

TBY presents its famously good DELI NITE!

Missing that taste of a real deli meal? Now you can enjoy one at Temple Bet Yam, 2055 Wildwood Drive (just off SR 207) in St. Augustine at 6:00 PM on March 14, 2024. For only \$32.00 per person, you will be able to choose from a pastrami, turkey or corned beef sandwich along with a side of coleslaw and potato salad, a beverage and a dessert.

Along with all the delicious food, you will be able to enjoy live musical entertainment. As seating is limited and there are no walk-ins, reservations are required and due by March 1st. Paying by check? Send check to the Temple and put DELINITE in the memo. Prefer to pay online? Contact Tracey Gueits for information and for reservations at (321)303-8990 or tgueits@gmail.com.

Mah Jongg Tournament At Temple Bet Yan

Mah Jongg Fans! Temple Bet Yam presents it's Mah JKongg Tournament on Wednesday March 27th.

Register at 10:30 a.m. for the 11:00 a.m. start. Cash prizes, 50/50 raffle, morning pastries, coffee and a lunch consisting of buffet salads, noodle kugel, fruit salad, dessert and cold beverages are included in your \$32 donation. The tournament will be held at Temple Bet Yam, 2055 Wildwood Drive (just off SR 207), St. Augustine. Deadline to enter is March 22.

A security guard is on site. Sorry, but there will be no walk-ins so give a call to reserve your spot and send your check to Temple Bet Yam, 2055 Wildwood Dr., St. Augustine, FL 32086 and put MahJongg in the memo line. Prefer to pay online? Contact Tracy at (321)303-8990 or tgueits@gmail.com. Questions? Call Carol Levy (954)895-7332.

GriefShare

GriefShare, is a weekly seminar designed to help you rebuild your life after the loss of a loved one in a comfortable, casual environment

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Contact Melanie, 904-759-1054 or email rscogn@gmail.com or GriefShare.org under Find a Group to register. You are welcome to join at any point during the 13 weeks

Friends of A1A Scenic Byway Opportunities

by Danielle Anderson, Byway Administrator

Kicking off 2024 with tremendous momentum, the Friends of A1A are welcoming residents and new volunteers with an array of activities and events. From our Adopt-a-Highway roadside cleanups and dedicated beach cleanups to our signature Spoonbills & Sprockets Cycling Tour on March 30th, Kids Ocean Day Florida event on April 19th, and Super Scenic Garage Sale in November, there's plenty to see and do right here along the A1A Scenic & Historic Coastal Byway.

We were thrilled to help support the St. Johns County VCB by participating in their exciting 'Must Do Experiences' campaign created by the amazing team at CycleHere Media, showcasing our beautiful A1A coastal corridor.

If you're looking for things to do this Spring Break or Summer 2024, check out our free A1A Scenic Byway Mobi Tour and learn more about the history and culture right here along the A1A Scenic Byway! Visit us at www.ScenicA1A.org for details.

Let's Be Friends....

The Friends of the A1A Scenic & Historic Coastal Byway embraces a unique area of pristine beaches, estuaries, wildlife, historic buildings and boundless outdoor activities where members discover culture, nature and history around every corner. Join us today - **We value your support!**

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Frients of Anastasia Branch Library
March Events

LIBRARY BOOK SALE: Friday, March 1 @ 10:00 am – 6:00 pm and Saturday, March 2 @ 10:00 am – 5:00 pm

MID-WEEK MEDITATION WITH NANCY: Every Wednesday @ 10:30 am - 11:30 am

THE SUN AND THE 2024 TOTAL SOLAR ECLIPSE WITH DR. RALPH TREDER at the Anastasia Branch Library: Wednesday, March 6 @ 3:30 pm – 4:30 pm and Thursday, March 14 @ 6:30 pm – 7:30 pm. We have two special opportunities to hear NASA Solar System Ambassador, Dr. Ralph Treded, talk to us about the upcoming Total Solar Eclipse that will be visible on Monday, April 8th! This program is for all ages. Solar-filtered glasses will be provided at the end of the program courtesy of the Space Science Institute through the Gordon and Betty Moore Foundation.

CREATING FABULOUS FABERGE EGGS (Anastasia Island Crafters) Thursday, March 7 @ 10:30 am-11:30 am. Create your very own and unique Faberge Egg! Please RSVP at www.sjcpls.org. All supplies are provided.

LINE DANCING LESSONS - THE ST. AUGUSTINE LINE DANCERS: Thursday, March 7 @ 6:30 pm-7:30 pm. The St. Augustine Line Dancers are here to help! Learn some fancy footwork while getting a bit of exercise and making new friends. Please wear comfortable clothing and shoes. Please RSVP at www.sjcpls.org.

LITTLE ONES STORYTIME (AGES 2-5): Starting March 8 - Every Friday @ 10:30 am. We'll have stories, songs, and activities to help develop pre-literacy skills and spark your child's love of reading.

LITTLE ONES CRAFT TIME (AGES 2-5): Startng March 8 - Every Friday @ 11:00 am. Encourage your little ones to practice fine motor skills and explore their creativity!

100 THINGS TO DO IN ST. AUGUSTINE BEFORE YOU DIE: Saturday, March 9 @ 10:30 am-11:30 am. Join us for coffee and pastries as author Amy Angelilli shares about her new book, 100 Things to Do in St. Augustine Before You Die.

TIDYING WITH MARIE KONDO: Saturday, March 9 @ 2:00 pm-3:00 pm. Ansley Hudson is passionate about organization and keeping things tidy. Ansley Hudson is a Certified KonMari Tidying Consultant® and owner of Simply Sage Tidying. Her goal is to help you grow your organizing skills, as well as your decision-making skills as you get your house and life in order to bring you peace and joy in the New Year. This is a multi-part series coming to you each month!

SHAMROCK ART: Wednesday, March 13 @ 3:30 pm-4:30 pm. Join us at the Anastasia Island Library events room as we explore contour lines and create colorful 3D shamrock drawings. Geared toward elementary kids and their grown-ups!

AI ADULT BOOK CLUB: Thursday, March 14 @ 10:30 am-11:30 am. This month we celebrate Women's History Month with The Radium Girls by Kate Moore. Available in multiple formats!

MID-DAY MOVIES: Thursday, March 14 @ 2:00 pm-4:00 pm. Celebrating Women's History Month, we look at Marie Curie's life in Radioactive starring Rosamund Pike.

HEARTFULNESS MEDITATION: Saturday, March 16 @ 10:30 am - 12:30 pm

RAINDROP THERAPY: Saturday, March 16 @ 2:00 pm - 3:00 pm

Raindrop Therapy is back! Join us for some relaxation and health benefits of essential oils as Susan Stone leads us through their properties and uses. Please bring a small towel for your feet. Please RSVP.

MYSTERY SCIENCE – “WHY DO BEARS HIBERNATE?”: Wednesday, March 20 @ 3:30 pm-4:30 pm. Join us in the Anastasia Event room to learn why some animals hibernate and others do not. Best for Grades 1-4.

BABY PLAY DATE (AGES 0-1): Thursday, March 21 @ 10:00 am-11:00 am

We provide the space and some playthings. Babies (ages 0-1) and their grown-ups provide the fun! Snacks provided!

READING WITH THERAPY DOGS (AGES 4-10): Friday, March 22 @ 3:30 pm-4:30 pm. Join us in the events room at the Anastasia Island Branch Library for an hour of reading with certified therapy dogs. Kids can increase their reading confidence with no judgement (and lots of love) with our furry friends from Tri-State Canine and their handlers!

LEGO FOR KIDS: Wednesday, March 27 @ 3:30 pm - 4:30 pm at the Anastasia Branch Library. Join us in the Events Room at the Anastasia Island Library to make your own LEGO creations or take on a LEGO challenge!

I LOVE JULIA (CHILD)!: Thursday, March 28 @ 11:00 am – 12:30 pm

Who is our special guest this month? Please RSVP at www.sjcpls.org

Financial Focus

Information Provided by

Edward Jones



How will higher rates affect you?

As you know, interest rates have risen considerably over the past couple of years. But what does this mean to you, as a consumer and as an investor?

From a consumer's standpoint, it's not hard to see the effects of higher interest rates. If you want to take out a mortgage or refinance an existing one, you'll find that it's considerably more costly, in terms of the interest you'll pay, than it was a few years ago. And the same is true of car loans and credit cards. Paying these debts at higher rates can affect your cash flow, so while rates are high, you may need to make some important decisions about your overall budget and spending plans.

As an investor, though, you may find the effects of higher interest rates to be somewhat more complex. That's because higher rates can have a different impact on different types of investments, such as stocks and bonds.

When considering stocks, be aware that not all market sectors will respond the same way to higher interest rates. For example, the financial sector, which includes banks, insurance companies and brokerage firms, may benefit from higher rates. On the other hand, smaller technology companies, which still must invest heavily in their businesses, may not do as well due to rising interest rates making it more expensive for them to borrow. And other sectors will respond differently to higher rates. Keep in mind, though, that there's great variance within sectors and among companies, so when you consider purchasing stocks, evaluate each choice on its merits and make sure it fits within your risk tolerance, time horizon and need for portfolio diversification. When you

diversify your investment dollars, you can reduce the risk of market volatility affecting just one type of asset, although diversification by itself can't protect against all losses.

With fixed-income investments, such as bonds, interest rate movements can have significant and direct impacts. When interest rates rise, the value of your current bonds will likely fall because new bonds can pay higher rates. However, you can also buy bonds at the new, higher rates and benefit from bigger interest payments.

Still, there's no guarantee that interest rates will stay elevated – in fact, the Federal Reserve has indicated that it might actually start cutting rates in 2024 – which is why it may be a good idea to build what's known as a “ladder” consisting of short-, intermediate- and long-term bonds. Once you have your ladder in place, you'll have some protection from interest-rate movements. So, if rates were to keep rising, you could reinvest the proceeds of your short-term bonds in the new, higher-paying ones. But if rates level off, or even fall, you'll still benefit from your longer-term bonds, which typically (but not always) pay higher rates than short-term ones.

Of course, if you hold your bonds until maturity, you will continue to get the same interest payments, regardless of where market rates go.

In any case, it's useful to be aware of what's happening with interest rates — the more you know about the factors affecting your investments, the better off you'll be.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC.

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Kiwanis Club of St. Augustine Explores State-of-the-Art Sheriff's Office Complex

The Kiwanis Club of St. Augustine recently had the privilege of touring the impressive Sheriff's Office complex on Law Enforcement Way off I-95 and S.R. 16. Captain Kevin Cronin provided a guided tour personally. Spanning over 30,000 square feet, the main building forms a comprehensive and cutting-edge facility. The tour showcased the state-of-the-art features and technology aimed at ensuring the safety and security of the residents. Housing both indoor and outdoor training facilities, the complex is designed to provide officers with comprehensive training programs, equipping them to serve and protect the community with utmost professionalism and expertise.

The incorporation of advanced technology throughout the complex stands out as a hallmark feature. From surveillance systems to sophisticated crime-solving tools, the Sheriff's Office utilizes technology to enhance safety measures and improve efficiency in solving crimes. Captain Cronin and staff members offered compelling examples of how the technology implemented in the facility has aided in successful crime investigations, ultimately safeguarding the residents of St. Augustine. One noteworthy highlight of the visit was the glimpse into the 911 control room, where over 100,000 emergency calls are fielded every year. This computer-packed hub illustrates the Sheriff's Office's commitment to leveraging cutting-edge technology to provide prompt and effective emergency services.

In addition to its technological advancements, the Sheriff's Office complex fosters a collaborative relationship with the County schools, emphasizing the commitment to keeping the younger residents of St. Augustine safe. The partnership between the Sheriff's Office and the schools plays a vital role in ensuring the security and well-being of local students.

"We were incredibly fortunate to witness the capabilities of the new Sheriff's Office complex firsthand," said Jim Springfield, a member of the Kiwanis Club of St. Augustine. "The investments made in state-of-the-art technology and training facilities are a testament to the commitment of our law enforcement, ensuring the safety and security of our community." The club extends its gratitude to Captain Kevin Cronin for providing an informative and engaging tour of the facility.

Kiwanis of St. Augustine & Historic Kiwanis of St. Augustine Merge

Kiwanis of St. Augustine, a venerable service organization with a rich history spanning 100 years, announces its merger with the Historic Kiwanis of St. Augustine Club. This significant milestone represents a reunion of two clubs, rooted in the common goal of serving and uplifting the youth of St. Johns County.

Founded a century ago, Kiwanis of St. Augustine has been instrumental in making a real difference in the lives of countless individuals within the community. Recognizing the need for greater collaboration and synergy, the club has decided to join forces with the Historic Kiwanis of St. Augustine Club, a spinoff club that emerged in the 1960s from the original Kiwanis of St. Augustine.

Through collective efforts the club will be better equipped to develop innovative programs, and support initiatives that empower youth to reach their full potential. The club is committed to making a meaningful difference in the lives of local youth. It sponsors youth services clubs at local schools and recognizes and honors "Students of the Month." Kiwanis of St. Augustine supports recreation with the Kiwanis Little League Field, provides mentors through school programs, recognizes outstanding students, raises children's grades with after-school tutoring, provides Christmas presents for needy children, and so much more. The Club meets Thursday morning at 7:30 a.m.

Membership within the merged organization is open to all individuals who share the passion for serving the community and making a difference in the lives of young people. The men and women of the Kiwanis Club enthusiastically welcome applications from diverse backgrounds and encourage community members to join in their mission to serve the youth of St. Johns County. Club president Richard Hedges encourages you to contact him at 904-669-4253 or email info@kiwanisofstaugustine.com and join us for a cup of coffee at one of our morning meetings.

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Art Association Celebrates Student Art During March

(continued from page 1)

These young artists take you on an emotional—and visual—journey. And whether they realize it now or not, this is an incredible, and historic, opportunity for them to have their work displayed here at one of the oldest art associations in the country."

Visit the exhibition in-gallery Tuesdays through Sundays, from 12pm to 4pm, as well as online at staaa.org.

The St. Augustine Art Association (STAAA), located at 22 Marine Street in downtown St. Augustine, Florida, is a nonprofit dedicated to promoting excellence in the arts since 1924. STAAA supports the vibrant arts community in St. Augustine and preserves its rich artistic heritage and culture. Through exhibitions, lectures, workshops, educational programs, and outreach, STAAA fosters a creative and accessible environment for artists of all backgrounds and skill levels. Their permanent collection includes works by the founding members, known as the 'Lost Colony' artists. The gallery is open Tuesdays through Sundays from 12pm to 4pm, and admission is free. Photos to accompany the press release can be found here. For more information, visit www.staaa.org, and follow along on Facebook @StAugArtAssoc and Instagram @staugartassoc.

St. Augustine Film Society March Film Showings

"Le Diner de Cons"

March 10th 4:00 PM Temple Bet Yam 2055 Wildwood Dr.

Partnering with the Francophone Club of St. Augustine, we will screen "Le Diner de Cons", a French comedy about a very unusual dinner party. To amuse themselves, a few well heeled folk each brings a dimwit along to add to the dinner conversation.

Doors open at 3:30 Film Society Members and students Free, guests \$8.00

More info: staugustinefilmsociety@gmail.com

"Smoke Sauna Sisterhood"

March 29th 7:00 PM The Waterworks 184 San Marco

"Smoke Sauna Sisterhood" will be our offering for Women's History Month. This award winning film is the Estonian submission for the 2024 Academy Awards. Women share their innermost secrets inside a smoke sauna. Cleansing their bodies and baring their souls, they embrace the healing power of sisterhood. Warning: Extensive nudity throughout.

Doors open at 6:30 Film Society Members and Students Free, Guests \$8.00

For further information on either of these events please visit our website www.staugustinefilmsociety.com or email staugustinefilmsociety@gmail.com.

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Crooked Feet

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

I was recently invited to present on manual physical therapy in Osaka, Japan. It was an amazingly busy place with people walking in every which way along the streets, train stations, airport and shopping districts. I'm not sure if any were counting their steps but I couldn't help thinking it would easily be a number in the thousands.

As a therapist, I wondered how many people experienced foot pain because I know in the US people experience foot pain for several reasons. At First Coast Rehab, we have people come for therapy due to plantar fasciitis, stress fractures, overuse injuries, bunions, bunion repairs and more, but it's the latter I thought I'd focus on.

My grandmother had bunions and blamed it on her tight shoes but this is only partially correct. Believe it or not, bunions form in an effort to protect the feet. As pressure is placed against the big toe (hallux), a bony protrusion or bunion develops in an effort to protect the joint and counter the pressure. It could be from ill-fitted shoes but also often occurs when the arches have fallen.

The arch we usually see in people's feet is called the "longitudinal arch". It runs from the inside of the heel to the big toe. Sometimes it does not develop and other times it just falls, forming "flat feet". When this happens the longest bone in the arch moves closer to the ground and rolls in, toward the arch. This puts the tendon on the underside of the foot on great tension which in turn pulls the tip of the big toe toward the other toes, called a "valgus" position. Sometimes it pulls so hard it caused the big toes to cross over the others. If this is you, you have what's called a "hallux valgus".

When a hallux valgus is formed the joint of the big toe presses and rubs against the inside of the shoe. Such constant or regular pressure will produce thickening of the tissues and the development of bony prominences – like a bunion. It doesn't hurt much initially but as time goes on the pressure builds, the tendon gets sore and the joint does not function properly. It can become extremely painful as the bunion just keeps growing and growing.

So how is it treated? Well, first and foremost, prevention is best. If you have a family medical history of hallux valgus and your arches have or are falling, make sure you have proper footwear, with adequate arch supports. If you have already started to develop a bunion, it will not resolve itself but conservative treatment such as manual therapy, exercise and proper footwear may prevent further damage. However, if the bunion has grown too large and has become too painful, many folks chose surgery and have the bunion removed. Surgery is usually followed up with physical therapy to assist in proper movement and healing.

I've helped many individuals recover following surgery and they've done very well – the surgery was a success. But, the one thing that is imperative is to treat that fallen arch, even after the bunion is gone. There is a possibility of it returning, especially if the arch does not get the support it needs. So, if you have a bunion, get support. If you've had surgery and your arches are still flat, get support. If your shoes are too tight, just try loosening them up a little and see if that helps.

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

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8th Annual All-Breed Championship & Household Pet Competition

The International Cat Association affiliated club, Ancient City Cat Club, will be hosting an All-Breed Championship Cat Show and Adoption Event at the Solomon Calhoun Community Center, located at 1300 Duval Street, St Augustine, FL 32084 on February 24-25, 2024, from 9:30 AM—4 PM both Saturday & Sunday.

The show will host over 100 cats from around the world with up to 25 different breeds, as well as non-pedigreed cats, known as Household Pet competition.



Vendors selling cat related items will be present as well as local cat rescuers Feline Canopy of Care with adoptable cats & kittens.

We also expect the Ancient City Privateers to join us in their authentic Pirate costumes and walking around talking to the visitors and posing for pictures.

We welcome your interview requests! We would love to talk on your station or to a reporter about why cat lovers in your area should attend this amazing event coming to St Augustine.

The International Cat Association is a Not-for-Profit worldwide organization which maintains the world's largest genetic registry of pedigreed and household pet cats of unknown ancestry. Household pet cats compete for the same titles and awards as pedigreed cats. TICA promotes cats as family companions, advances feline health and well-being. TICA works to promote health & welfare of ALL domestic cats through education, knowledgeable ownership, and proper care to owners in 104 countries.

Interested in the Civil War?

Please join our Civil War Discussion Group. Our next presentation will be Tuesday, March 6, 2024, at 1pm, at the Anastasia Branch library in Sea Grove.

The March presentation will be with Len Whiteside on "Civil War – the first Railroad war". It will examine first use of railroads as an instrument of war and their enormous impact on strategy, campaigns, and battles.

Hope you can join us.

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

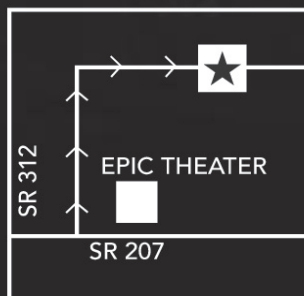


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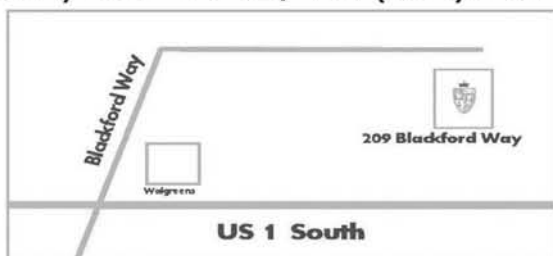


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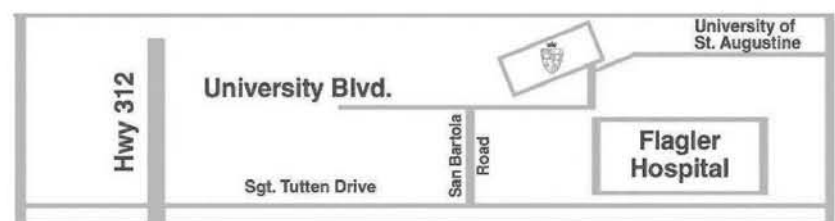


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**Florida
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The logo for the St. Augustine Lions Seafood Festival is set against a background of various seafood dishes. It features a blue rectangular box with a white border. Inside the box, the text "ST. AUGUSTINE LIONS" is in white, all-caps, sans-serif font. Below it, "Seafood" is written in a large, white, cursive script with a blue outline, and "FESTIVAL" is in a large, bold, yellow, all-caps, sans-serif font. To the right of the text is a stylized orange crab with its claws raised, containing the text "Fun since 1981!" in white. Below the blue box, a green banner contains the text "ARTS & CRAFTS • MUSIC • KIDS ZONE" in white, all-caps, sans-serif font.

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For more details visit

www.lionsfestival.com

Four circular social media icons are arranged horizontally: Facebook (white 'f' on blue), Twitter (white bird on blue), YouTube (white play button on red), and Instagram (white camera on blue).

All net profits from the Festival go to support charitable causes: local, state, national and international, in that order. Florida Department of Agriculture & Consumer Services Registration# CH45872.

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