

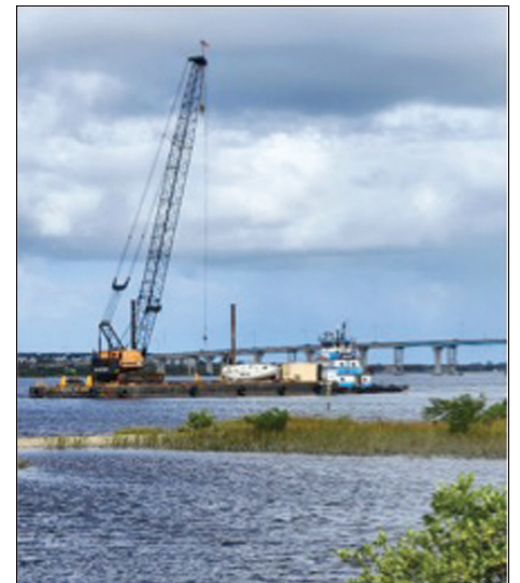
St. Augustine Observer

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

St. Augustine South Reflections

by Ruth Hope

I really should not be surprised as St Augustine South is in Florida. Yet, there I was on November 1 this year shaking my head in disbelief. While many neighbors had Halloween decorations in their front yards, others had begun to put up their Christmas decorations. For years, the tradition observed has been Holiday lights and decorations appearing immediately after Thanksgiving. This was as regular as clockwork. But now, we are so anxious to cheer up the surfeit of cold, gray, windy days we have been experiencing, that the priority is to get out the Holiday decorations at the beginning of November. My own family tradition is to trim our tree on Christmas Eve and take down and pack away all the decorations on 12th Night. I suppose that is old-fashioned, and I do admit to leaving up simple Holiday lights throughout January in recent years to brighten the long, winter nights. That is just as St Augustine's Nights of Lights provide cheer throughout January.



Towards the end of October, I took a stroll round the north end of Shore Drive Waterfront park and Douglas Crane Park. I spotted a tugboat, the Valkyrie, and barge with a large crane in the Intra Coastal Waterway. It was just outside the entrance to the boat ramp. The barge held an old shipping container and a small yacht on its side without a mast. "Oh," I thought, "perhaps the County is going to clear out all those abandoned, storm-scuppered boats from the marsh." That didn't happen, and despite the recent high tides and Nor'easters that repeatedly swamp the boats, their broken hulls and masts remain in the marsh. A year ago, the St Johns Sheriff was hoping to have the boats removed using storm clear-up funds, but that also didn't happen. So, the decaying hulks remain in the marsh.

Parks & Recreation have commenced their rehabilitation and remodeling of their park that is co-located with the SASIA clubhouse and grounds (continued on page 13) on Royal Road. The old tennis courts have been removed, and the collapsed culvert that crossed the property has been bypassed. There is no longer need for orange warning fencing as the sinkholes have been filled in. Parks & Recreation briefed SASIA on the plans for the next stage in their remodeling of the facilities, with SASIA sharing that information with the community at the SASIA November monthly meeting. Also at the Royal Rd park, there's a new Little Free Library offering children's books.

Neighbor Anna Sabate initiated the project to encourage a love of reading in elementary-aged children. She painted the library box, and neighbor Robert 'Tully' Keith built a post and mounted the box. It is sited by the picnic pavilion and 'tot lot'.

Since last month, I have learned more about the little memorial in Douglas Crane Park. The memorial is



to John Rhoden, a St Augustine South resident, who passed away in 2018. His sister contacted me and told me the family made the memorial in his 'happy place' where he would hang out to relax and regain his equilibrium. His mother hand painted all the colored stones that each name a relative or friend who was there, perhaps not fully recognized at the time, in a network of social support. "I am my brother's keeper" are his sister's words for keeping John's memory alive. He will be forever missed, but his memory lives on in his family and friends.



Santas Loose on the Beach!

The Twelfth Annual Santa Suits on the Loose Family 5K Run/Jog/Walk will be Saturday, Dec. 9, beginning and ending at the St. Augustine Beach Pier. Entry fee is \$35 and includes the choice of a Santa Suit (limited to the first one hundred registrants) or a T-shirt. The charitable event benefits St. Augustine Youth Services which provide residential therapeutic services to boys ages 6-17 who have suffered trauma due to abuse and/or neglect. For registration and other race information, visit racesmith.com/races/SantaSuitsOnTheLoose5K.html or email santasuitsontheloose@gmail.com.



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St. Augustine Observer

Published monthly for residents and visitors of St. Augustine Florida area

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Cliff Logsdon Publisher/Editor

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Email: clifflogsdon@att.net



The purpose of the St. Augustine Observer is to serve residents of St. Augustine area Communities.

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

Information should be received by the 15th of the month in order to appear in the following month's issue. Articles or information may be sent to the St. Augustine Observer, 2465 US1 South PMB #8, St. Augustine Florida 32086. Information may also be e-mailed to clifflogsdon@att.net.

"Follow us on Instagram and Facebook: @staugustineobserver"

St. Augustine Shores Community Calendar

The Shores Service Corporation Shores Homeowners Association

(904) 794-2000

www.staugshores.org

Shores Monthly Meetings

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

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

All materials submitted to the Observer is subject to editing. Publishing of submitted letters and information is at the discretion of the publisher. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the Observer.

Information, articles and other materials published are believed to be accurate at time of publishing. Acceptance of articles, advertising does not constitute an endorsement or approval of the contents, products or services by the Observer or its staff. It is agreed that the Observer and its staff will not be held liable for information provided herein by submitters/advertisers, including pictures, graphics, websites, dates, times and/or emails listed, that may have the potential to constitute fraud or other violation of law including copywriting infringements. The publisher reserves the right to refuse materials that does not meet the publication's standards.

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

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

• Casa Bella Condominium Board Meetings are 3rd Mondays of each month at 6pm. Meeting location will be determined & posted on the bulletin board 48 hours prior to each meeting. For Information contact Property Manager Piper Hareland at 904-471-6606 ext 123.

St. Augustine South Community Calendar

St. Augustine South Improvement Assoc.
709 Royal Rd. St Augustine, 32086

email: info@staugsouth.com

www.staugsouth.com

(904) 615-6916

SASIA Community Meetings

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

SASIA Board Members

President - Jerri Sue Dawson
1st V.P. - Nicolette Soucy
2nd V.P. - Mick Jones
Secretary - Kenneth Rainer
Treasurer - Margo Geer
Directors: Mike Oliver, Oonna Hueck, Dave Whitaker, Susan Millerick

Classes at the SASIA Clubhouse

Holiday Charcuterie Workshop

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

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

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

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

Community Classifieds

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

Business, Service, seeking work, etc. may be placed in the classified section: (1-4 lines) \$5, (5-9 lines) \$10, (10-14 lines) \$15, (15-19 lines) \$20. Ad \$10 for single line border. Ads should be paid in advance before placed. Send your listing and payment, if required, to Observer, 2465 US1 South PMB#8, St. Augustine, 32086 or email your ad to clifflogsdon@att.net. Deadline is the 15th of every month for the next monthly issue.

FOR SALE: (1) 2 Ocean Kayaks: Both in excellent condition. Prowler Trident 11 rigged for fishing. Trident 11 Sunshine is rigged with 2 fishing rods. Includes: paddles, life vests, seats, car roof holders/straps, and a 1 person 2-wheel assist cart from car to water. \$1350 for all. (2) New portable massage table \$75. Call or text: 941-504-4499.

FOR SALE: Tailgator Portable 2 Cycle Gas Engine GENERATOR-Never used - \$150. Can deliver locally. Includes free can of 40:1 mix fuel+oil. Text only to 516-319-9688.

FOR SALE: (1) Pop Up Christmas Tree \$15. (2) LeCreuset Sauce Pan with cover \$30. (3) Cuisieart 12" skillet with cover \$20. (4) Fiesta Wave, many colors, pieces \$5 - \$30. Call 904-793-4348.

FOR SALE: (1) Troy Bilt Lawn Tractor - Bronco automatic model. 42" mowing deck. Pick up only. \$200 firm.

FOR SALE: MacPro 2006 "Quad Core" 2.0 ghz, 4 gb memory. One 500 gig hard drive with OS 10.7 Lion and one 80 gig hard drive with OS 10.10 Yosemite. Only computer and power

cord include. No keyboard or mouse. Works as intended. \$90.

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

WANTED: (1) Cleaning person wanted for early morning small home. (2) Yard Help with drivers license required. Call 904-687-3362.

MULTI - FAMILY YARD SALE: Dec 1 & 2 from 8am to 1pm on San Bruno St. in the Shores. Antiques, crafts, plants, and household goods.

LICENSED CNA with 20 years experience. References available. Min 6 hour Shift. Hours can vary. Call Crystal at 386-916-4304.

St Augustine Observer

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

President's "Shores" Update



On November 9th, the Official Ribbon Cutting Ceremony and Grand Opening for the Riverview Club was celebrated. It was a wonderful evening with many residents attending the open house and the HOA meeting that followed.

It was also a very emotional night for many of us. Five months ago, a group of volunteers (Board members) looked at each other and said, "What the heck are we going to do with this place?" The only thing that we knew was that the roof tiles were coming at the end of June. Someone found the roofing file, another person located the insurance information and a third person started making phone calls. We quickly realized that we were in a full blown crisis and the "Situation Room" a.k.a. "Bat Cave" a.k.a. "War Room" was established.

Once the mold inspection was completed, our choices were painful but obvious: put a lock on it and walk away, tear it down, or renovate it. Fortunately, we were blessed with the triple threat: we had a board with vision, we had a staff with determination and we had a community that was eager to see progress.

A deadline was established, a plan was put together and it was all systems go! There were many challenges along the way. Coquina fell off the chimney, air conditioning was cut off for a long time, the noise of a hammer or a drill was constant, we disagreed on things and at times the finish line seemed elusive. We collectively put some weeks in at Flagler Hospital but we fought through our personal health challenges and covered for one another.

There were many bright spots as well. We worked together to find the right people for the work. We grew to embrace constructive debate and solve problems that seemed unsolvable. We were going to lock this building down from water intrusion and open it up for a water view.

The talents and passions of each and every board member emerged and came into focus. The staff juggled their many duties with the day-to-day challenges of working in a construction zone. We pushed our contractors hard but they were all committed to seeing the project to completion.

We received tremendous support from the greater community as well including: The Classic Car Museum, Ameris Bank, Herbie Wiles Insurance and the members of the Chamber of Commerce who came out in force to support our Ribbon Cutting Ceremony. Most importantly, we received the support of our residents, who cheered us on and lifted our spirits every day.

While the Situation Room has long been dismantled and the files have been properly stored, I will forever cherish the teamwork and the dedication that brought us to the Grand Opening. Thank you all for your collective efforts to turn the tired and water-logged Riverview Club into the crown jewel of The Shores and dare I say, a new destination for St. Augustine residents and visitors for years to come! With Gratitude, Mary Jenson

St. Augustine Shores Riverview Club
 790 Christina Drive – St. Augustine
 904-797-6441

Class w/ Fee \$	Day	Time	Instructor	Room
Vinyasa Yoga	MWF	9-10:15am	Arthur	Mini Ballroom
Chair Yoga	MWF	10:30-11:45am	Arthur	Mini Ballroom
Ballroom Dance	Mon	1-2pm	First Class Dance	Mini Ballroom
Square Dance	Wed	7:00pm-9:00pm	Mike	Mini Ballroom
Dance Synergy	Thur	10-11am	Mary	Mini Ballroom
Barre Class	Tue	5:30-6:30pm	Mary	Mini Ballroom

FREE Classes	Day	Time	Instructor	Room
Art	Tue	12-3pm	Una	Mini Ballroom
Scrabble	Wed	12-3pm	Edith	Multipurpose
Writers	Thur	2-3pm	Bernie	Conference Room
Line Dance	Wed	1-3pm	Ginny	Main Ballroom
Cards	TBD	TBD	Bonnie	Multipurpose

*Please visit www.staugshores.org for instructor contact info

Mah Jongg Tournament at Temple Bet Yam

MAH JONGG FANS! TEMPLE BET YAM PRESENTS ITS MAH JONGG TOURNAMENT ON MONDAY, DECEMBER 4.

Register at 10:30 a.m. for the 11:00 a.m. start. Cash prizes, morning pastries, coffee and a lunch consisting of buffet salads, noodle kugel, fruit salad, dessert and cold beverages are included in your \$30 donation.

The tournament will be held at Temple Bet Yam, 2055 Wildwood Drive (just off SR 207), St Augustine. A security guard is on site. Sorry, but there will be no walk-ins so give a call to see if there's space available. Questions? Call Carol Levy (954)895-7332.

Kidz Entrepreneur Holiday Market at Tringali Barn

The Kidz Entrepreneur Holiday Market will take place from 12 to 4 p.m. Sunday, December 10 at the Tringali Barn in St. Augustine, located at 7310 US 1 South, St. Augustine, Florida. This will be one of the area's largest indoor markets. Admission is free.

The event features 45+ youth vendors ages 4 to 17 will be offering handmade items and gift items — perfect for holiday shopping! Items will include art, jewelry, dog treats, candles, sweet treats, crocheted items, and other handmade items. Santa and his helpers will also be giving out cookies to all. Guests are asked to bring cash for gift buying, as some youth vendors do not yet have digital payment systems.

Organized by Tyrone Bennett of We Feed Inc. and Heart & Soul Food Truck, the first Kidz Entrepreneur Fairs were held in June and July at the Lincolnville Museum & Cultural Center.



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SASIA News and Calendar of Events

December 2023

All events are held in the SASIA Clubhouse at 709 Royal Road. If you wish to contact SASIA please email info@staugsouth.com.

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

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

SASIA Community Meetings

We would like to invite SASIA members to our holiday dinner on Wednesday, December 20th at 7:00 p.m. The December community meeting is always a dinner hosted by the SASIA officers and open to all members and residents. This year Ned's Southside Kitchen is doing the catering. There is no charge for members. For nonmembers dinner it is \$20 per person or you can take this opportunity to join for the \$24 annual fee. We will announce our Holiday Light winners and swear in our new board members. Please RSVP to info@staugsouth.com no later than Friday, December 15th. It is imperative that we get a headcount prior to placing the food order.

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

Holiday Light Contest

SASIA will be hosting our annual Holiday Light Contest this December. Get ready to sparkle and shine and show that Christmas holiday spirit. There will be prizes for the top three entries. We are inviting St. Augustine South residents to vote for their favorite house. Votes are due by Monday, December 18th. Go to staugsouth.com/lights for the map of houses and to cast your vote.

Holiday Celebration with Santa Saturday, December 16th, 5:00 pm

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

Food Truck Nights

Food Truck Nights are 5-7 pm at the Clubhouse (709 Royal Road)
Friday, December 8th - El Hombre Taco Food Truck
Friday, January 12th - YAMO Italian Food Truck
Food Truck events are subject to change in the event of inclement weather. Check our social media for updates.

Upcoming Events, 2023

El Hombre Taco Food Truck - Friday, December 8th
Holiday Celebration with Santa - Saturday, December 16th
Holiday Light Contest - Votes due by December 18th
2024
YAMO Food Truck - Friday, January 12th
Spring Arts & Crafts Fair - Saturday April 20th
SAS Garden Tour - Saturday, May 11th
Fall Festival - Saturday, October 26th
Arts & Crafts Fair - Saturday, December 7th
Holiday Celebration with Santa - Saturday, December 16th
Dates are subject to change.

St. Augustine Beach Democratic Club

The SAB Democrats will have its next gathering on Tuesday, December 5, 5:30 pm at the Café 11. The St Augustine Beach Democrat Club's focus is on current local issues affecting those living in St Augustine Beach.

These meetings provide an excellent opportunity to get to know the elected representatives, mingle with Democratic candidates and socialize with our Democratic neighbors.

This meeting will be our holiday party for the year and will not be at our regular location but at Café 11. We hope everyone will come out and help us celebrate an amazing year. For additional information, please contact sabdems511@gmail.com.

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Sheriff's Update

By St. Johns County Sheriff Robert A. Hardwick



Closing out 2023 Thank You for your Support

On behalf of my wife Kendell and I and the nearly 1,000 members of the St. Johns County Sheriff's Office, thank you for another great year and for your continued support of law enforcement.

It is truly an honor to serve St. Johns County which we believe is the best place to live, work, play, raise a family, and retire. We wish you all a wonderful holiday season with your family and friends.

Pre-Holiday Lobby Book sale at Southeast Branch Library



The Friends of the Southeast Branch Library are holding a Lobby Sale on December 4th (10-8), 5th (10-8), and 6th (10-2).

We will also have Bag Sale Wednesday December 6th (12-2). Fill a paper grocery bag with books, cds, DVDs, and audio books for only \$5.00! Most items are \$1 or less and include books of fiction, nonfiction, children/young readers, cookbooks, and more. Digital finds include DVD, CDs, and Audio books.

All sales and memberships benefit Southeast Branch community programming and branch improvements. The library is located at: 6670 U.S.1 South. 904.827.6900. We accept cash or checks only.

Writers Group resumes at Riverview Club

The Writers Group is back at the Riverview Club. The weekly group now meets on Thursdays at 2 pm in the conference room that formerly housed the library. The group is opened to both new and experienced writers.

An additional evening session of the group is being considered, beginning after the holidays and it will include screenwriting. There is no charge for the afternoon group, but there may be a minimal charge for the evening group.

The writers wish to thank the Shores Country Club for hosting our meetings during the Riverview remodeling. For more details, call or text Bernie Pope at 352-551-6913.

JOY

Find Joy at Shores
United Methodist Church!
724 Shores Boulevard
St. Augustine, Florida 32086
(904) 797-4416

<p>Traditional Worship Service 9:00 am</p> <p>Contemporary Worship Service 11:00 am</p> <p>Online Worship Service visit www.shoresumc.org</p>	<p>Christmas Services December 24, 2023</p> <p>8:45am Traditional Worship Service</p> <p>4:00pm Traditional Candlelight Worship Service</p> <p>6:00pm Contemporary Candlelight Worship Service</p> <p>Everyone is welcome!</p>
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SASIA

St. Augustine South Improvement Association
709 Royal Road, St. Augustine, FL 32086 (904) 615-6916



SANTA'S COMING!

Saturday, December 16th

5 pm at the

SASIA Clubhouse

Activities, treats, and photo opportunities with Santa!

709 Royal Road
32086

Did You Know?

By: David Lomaglio MPT, OCS, CSCS, TPI, CGFI

Joint replacement surgeries are tough. In most cases they are the last resort following years of increasing pain with multiple attempts of more conservative measures. Despite all efforts, at times the procedure is unavoidable.

Recovery from a joint replacement starts before the surgery. Maximizing your range of motion and strength leading into the procedure will help ensure the best outcome. A good understanding of what to expect and do immediately post-op helps to set you up for a good recovery as well. A challenge often overlooked is the number of years of pain and declining function that led to the procedure. Again – most



joint replacements follow ongoing attempts at other interventions until there is nothing left to do. The weakness, range of motion loss, years of swelling and decreased activity. It takes a toll and the expectation that you will wake up and the timeline will be magically be set back five years is unrealistic and inaccurate. In fact, the exact opposite is often the case as you are now trying to recover from a very invasive orthopedic procedure with a body that has been operating less than optimally for quite a while.

Early intervention is imperative, but can be tough. That's why STARS Rehab has started a new program for post-operative patients who have Medicare as their primary insurance. We can send a physical therapist to your home to get you started with the rest of your life. We will help you out with household mobility, protecting your new joint, wound care, starting the right exercises. As soon as you are ready we can transfer your care to one of our awesome, experienced clinicians in office to complete your rehab. We've listened and learned from years of working with patients, saw a need, and are filling the gap to help you achieve your best outcome. Call any one of our offices for more information on the program. At STARS we are always seeking new and innovative ways to Improve Function and Enhance Lives.

St. Johns County Public Library System's Food for Fines Program Returns

The St. Johns County Public Library System (SJCPLS) is pleased to announce that the popular Food for Fines program has returned to St. Johns County libraries and bookmobiles this year.

Donating one non-perishable, unexpired food item will remove \$2 of fines from a patron's library record. An opportunity to eliminate most library fines, Food for Fines runs from Nov. 13, through Friday, Dec. 22. The food items collected will be used to stock the St. Johns County Health and Human Services Food Pantry, providing food for St. Johns County families in need.

This fine-reduction program applies only to overdue fines, and patrons may bring in as many items as needed to reduce overdue fines. Fees related to damaged or lost items are not included in the Food for Fines program. Any library user is welcome to make donations, and food may be dropped off at any of the St. Johns County library branches or bookmobiles.

"Since we first implemented Food for Fines in 2009, the community has really gotten behind the program," SJCPLS Director Debra Rhodes Gibson said. "It's even supported by our patrons who don't have fines. We're thrilled that this year we're able to offer our patrons \$2 off their fines for each item of food donated."

Last year, St. Johns County residents provided more than 3,500 non-perishable items through the Food for Fines program. For more information about this program, other SJCPLS services, and library branch locations, please visit www.sjcpls.org.

The St. Johns County Public Library System serves the community by providing access to technology, facilities, collections, programs, and services that help people meet our mission: Connect, Learn, Enjoy @ Your Library. For more information on the St. Johns County Public Library System, visit www.sjcpls.org. "Like" the St. Johns County Public Library System on Facebook and follow along on Instagram.

St. Augustine Travel Club

The St. Augustine Travel Club will present on Wednesday, December 6, at 3pm at the Southeast Branch Public Library, US 1 South, near SR 206. We will present on Europe for Music Lovers. Once again we will celebrate the end of year holidays with beautiful music and attractive local sceneries from Italy, France, Ireland, Norway, and Austria's Salzburg, home of Mozart and Vienna's palaces, coffee houses, Strauss waltzes and more Mozart.

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.

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Take a book...Share a book! Little Free Library installed at Royal Road Park

There's a new addition to the Royal Road Park in St. Augustine South. A child-centered Little Free Library has been installed by the SASIA pavilion. This project was initiated by retired school teacher Anna Sabate to encourage a love of reading in elementary-aged children.

The library was hand-built and donated by Joe and Ashley Thomas. Ms. Sabate beautifully painted it with whimsical characters certain to attract children to the books inside. St. Augustine South resident Robert "Tully" Keith donated his woodworking skills to build a post and mount the box. Check out his planters if you drive down Segovia Road in the South.

Ingrid Jones helped to coordinate this project with the support of the St. Augustine South Improvement Association (SASIA). Ingrid and Anna will act as the stewards for the library. This is a wonderful example of residents working together with their neighborhood association to better the community. The park is located at 709 Royal Road, 32086. Information about Little Free Libraries can be found at <https://littlefreelibrary.org/>.



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First Friday Art Walk, at the Art Studio & Gallery, St. Augustine Beach, Celebrate the Holidays with us. We will hold a reception at The Art Studio and It's planned during the First Friday Art Walk, December 1st from 5:00pm-8:00pm. Please visit us to see all the beautiful Holiday paintings All Month Long! The Studio will be filled with unique, and affordable art for you, and someone you care about. Show someone you're thinking of them as you choose a one of a kind piece. Give the Gift of Art! Tell them they're Special, shop and save yourself a lot of time & hassle. Great gifts for Christmas, Hanukah, or for any occasion. Pick an ornament or two, or three! Right off of our tree! For as low as \$1.00. Choose a "Socking Stuffer" or a large painting and everything in between. If you can't decide what they will like, we also offer Gift Cards. Make a new Tradition at The Art Studio.

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Six new members joined the club!--4 new Lions and 2 transferring Lions. Names (from left to right): Reverend Harry Rodriguez, Cristy Rodriguez, Jane Stanley, Dale Bowers (Sponsor), Kyle Richmond, Dan Powell, and Aaron Richmond. In the foreground is PDG Jerry Skufe.

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I'm sure you've noticed that people operate at different speeds. You can immediately tell whether they're in first gear or in overdrive or maybe in "Granny" gear (no offense – especially coming from a grandpa). And just because you own and operate a smart phone doesn't mean that you're already in second gear - that's just an accessory. Without doing anything meaningful at any speed, you have no R.P.M.: real purposeful meaning. Sometimes you have to slow down in order to make time for you to establish your RPM and there is no better time than now - between Thanksgiving to New Year's to evaluate.

don't want to forget what they were going to say) and other times we regret what we've said in haste and we wish we could take it back.

Here are a few pointers as we go through the Holiday season:

Start out fresh today and every day and think about how your day could be more meaningful for others around you and make a note about what you are going to do differently today. Surprise a friend with a phone call or visit. Be kind to those that you don't interact with very much or, better yet, those you already know and you don't care for at all. Stop talking about yourself and instead, ask questions about others; it sounds so simple but slow down and try not to talk about yourself for one day, all day. Try not to say the words "I" or "I think" all day.

Those who can't slow down, at a time of sharing and gift giving, will barely know what happened during the Holiday season. They'll be so distracted by all of these other things in the fast lane and most of things turn out not to be fruitless.

Express gratitude to your loved ones and Glory to your Creator. Think about what you have said and done this year in your interactions with them – see if apologies or forgiveness are needed. Compassion can be positively life-changing.

And there is no given path or speed for any of us except the speed that we create for ourselves. We might not be able to control our work requirements, but we can control the speed at which we spend our work and our leisure time. Example: they say the average doctor spends about two minutes talking to their patient (that's after they've been in the waiting room for who knows how long). Just think about how much better the doctor would be if they spent 5 minutes with you.

Minimize The News, the Fakebook, the feeds and the hot noise that only builds on fears. This is a time of year to slow yourself down and enjoy the real life that exists every day around you, if you would only take a breather. Why did you work so hard if you don't take some time off. And, did you really want to rush through your time off?

And we certainly can control our interactions with others unless we are too quick to act/react. Often, we act/react way too fast: sometimes interrupting others (elderly people have an excuse - they simply

Spend time at the beach, downtown or local parks or maybe simply your own backyard. On this note, I'm running out of room (and time) so I wish everyone, as always, a Sunshine State of Mind.



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What is really happening in the 2023 Market? Who knows? You will!

Real Estate activity is best related on an Year over Year Basis so that there is a basis of comparison. How was it last year compared to this year? How about the Year before and so on? Isn't it so? Visuals are easiest:

Year	2019	2020	2021	2022	2023 (9 mo. only)
Single Family					
New	\$1.55B	\$1.74B	\$2.10B	\$2.76B	\$2.00B (9 months)
ReSales	\$2.21B	\$2.91B	\$4.09B	\$3.63B	\$2.43B (9 months)
Residential Lots					
	\$265M	\$392M	\$573M	\$606M	\$464M (9 months)
Condos					
ReSales	\$326M	\$426M	\$599M	\$493M	\$375M (9 months)
Total - All closed sales categories including Commercial, Mobile Homes, etc.					
	\$5.03B	\$6.37B	\$9.05B	\$9.04B	\$5.79B (9 months)



Bottom Line: 2023 will not be a record year like 2021 or 2022, when interest rates flowed like a fine wine at Wal-Mart prices. 2023 will be better than 2019 and 2020 despite interest rates because people love St. Augustine!

If you need help in Buying or Selling, call Dirk at Work at 904-540-2360. Get a FREE "We Love St. Augustine" window decal while you're at it!

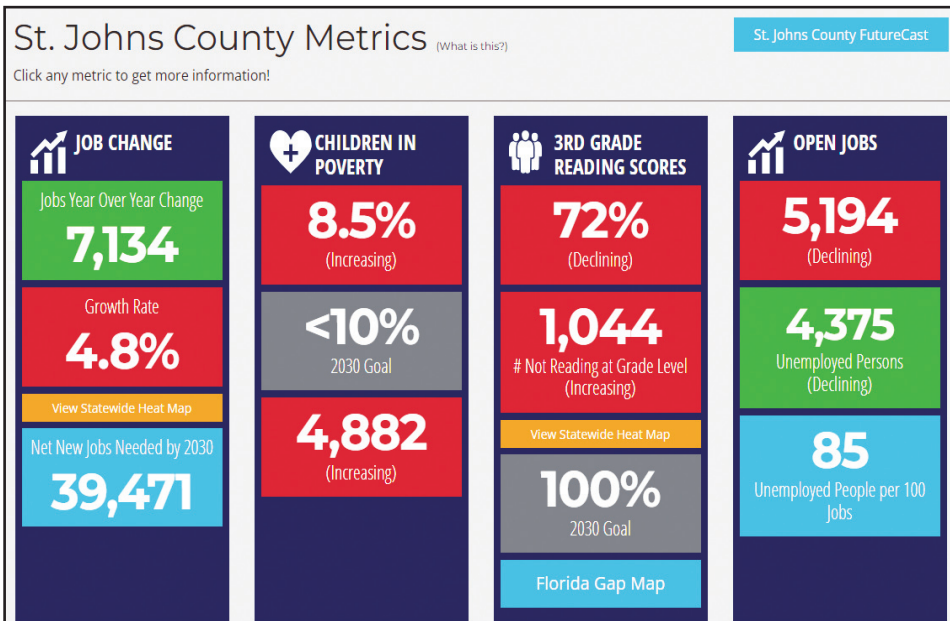


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The Florida Scorecard™

The Florida Scorecard™ provides Florida leaders and local stakeholders with the metrics needed to measure progress within their own communities as we work toward meeting the goals outlined in the Florida 2030 Blueprint. TheFloridaScorecard.org provides hundreds of data points, categorized by the Foundation Six Pillars, that are important to your community and Florida's economy, including:

- Third-grade reading scores for Florida and each county
 - Poverty rate for each county
 - Percentage of Floridians aged 25 and older in each county with at least an Associate's Degree
 - Florida's chance of a recession
 - Florida's Industry Diversification ranking
 - Florida's high school graduation rate
- Below are the metrics for St. Johns County at the start of November 2023



The Wildflower Meadow Group

by Marlene Land

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

Call Cindy at 904-797-3931 or Marlene at 305-968-0447 for more information. If we can't answer leave a message and we'll call you back. Call for more information about the meadow and our walks to state and county parks.





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St Augustine Lions Club donated \$2000 to the Veterans Council of St Johns County. Pictured Bill Dudley accepting check from Lion JD Decknick November 7, 2023.

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A Classic Theatre brings Silent Sky to the Waterworks

A Classic Theatre brings Lauren Gunderson's play Silent Sky to the Waterworks for a December run. The story, based on true events, revolves around Henrietta Swan Leavitt, as she leaves her family's home in Wisconsin for a job at the



Harvard Observatory. Leavitt, an ambitious Radcliffe College graduate, has dreamed since childhood of pursuing astronomy. But when she arrives in Cambridge to work in the lab of Edward Pickering, she is disappointed to learn that her role will be limited to a desk; like the other women in the lab, referred to as computers, she is to examine photographic plates of the stars and classify them by brightness. The "girls" in "Pickering's harem," she is told, are not

allowed to use the Great Refractor.

The curious and observant Leavitt decides to make the best of her task. Astonishing discoveries await Henrietta Leavitt as she maps distant stars in galaxies beyond our own. But this brilliant, headstrong pioneer must struggle for recognition in a man's world of turn-of-the-century astronomy. In this poignant and funny blend of science, history, family ties, and fragile love, a passionate young woman must map her own passage through a society determined to keep a woman in her place.

Performances of Silent Sky are Dec 1, 2, 8, 9, 2023 - 7:30pm. Matinees Dec 3, 10 2023 - 2:00pm. For ticket information go to www.aclassictheatre.org/

Council on Aging joins Subaru of America, Inc. and Meals on Wheels America in "Sharing the Love"

St. Augustine, FL - St. Johns County Council on Aging (COA) is excited to announce its participation in the 2023 Subaru Share the Love® Event. Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 16, 2023, through January 2, 2024, to four national charities designated by the purchaser or lessee, one of which is Meals on Wheels. The four national charities will receive a guaranteed minimum donation of \$250,000 each.



"This annual event allows us to help more homebound elders receive the Meals on Wheels they need," said COA Executive Director Becky Yanni. "We are excited to get the word out to members of our community about this opportunity to help local seniors in a meaningful way."

Through the Subaru Share the Love® Event beginning in 2008, Subaru and its retailers have helped the Meals on Wheels network provide more than 4.3 million meals and friendly visits to seniors in need. For more information, visit www.mealsonwheelsamerica.org/sharethelove.

Council on Aging is partnering once again with local Subaru dealer, Subaru of Jacksonville, in spreading the word about the program. Subaru of Jacksonville is located at 10800 Atlantic Blvd. in Jacksonville, FL. To contact them, call (904) 544-6516 or visit www.subaruofjacksonville.com.

St. Johns County Council on Aging is a 501(c)(3) nonprofit organization that serves older adults and caregivers in St. Johns County, Florida. To learn more, visit their website at www.coasjc.org.

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County Commissioners Elects Sarah Arnold as Chair and Roy Alaimo as Vice Chair

During a Nov. 21 Special Reorganizational Meeting of the St. Johns County Board of County Commissioners (BOCC), current Vice Chair and District 2 Commissioner Sarah Arnold, was unanimously elected as the new chair and District 3 Commissioner Roy Alaimo was unanimously elected as vice chair. Both will serve one-year terms in those roles on the BOCC. Chair Arnold replaces District 1 Commissioner Christian Whitehurst, who served as chair the previous year.

Chair Arnold was appointed by Florida Gov. Ron DeSantis in 2021 to serve on the BOCC. She is invested in the St. Johns County community, its schools, its development, and its future. A 2019 St. Augustine Record "40 Under 40" honoree, she serves on the board of the Tristyn Bailey Foundation (Inaugural Board). She is also a member of the Rotary Club of St. Johns and volunteers with United Way of St. Johns County, Habitat for Humanity, and the Dream Big! Foundation. She previously served as the director of resource development for the United Way of St. Johns County. A lifelong Floridian, Arnold and her husband, Casey, raise their four children in District 2.

Vice Chair Alaimo was appointed by Gov. Ron DeSantis in 2022 to serve on the BOCC. He previously worked for then-Congressman DeSantis as a district representative, where he acted as a liaison between constituents and federal agencies. He also served on the board of the St. Johns County Planning and Zoning Authority. A proven job creator, he owns several small businesses in the St. Johns County community where he was raised. A St. Augustine Record "40 Under 40" nominee, he is also a member of many local community-based organizations, including the St. Augustine Rotary, Fraternal Order of Police, Knights of Columbus, Northeast Florida Builders Association, and St. Johns County Sports Club. A graduate of the University of North Florida with a bachelor's degree in political science, Vice Chair Alaimo lives in St. Augustine with his wife, local teacher Jennifer Alaimo, their son, Gavin, and their daughter, Hailey.



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St. Johns County Launches New Rental Assistance Program

As the holidays approach, the U.S. Department of the Treasury has provided St. Johns County with \$2,150,000 of emergency rental assistance to help low-income renters catch up on past due rent and utilities, specifically as they recover from housing instability experienced during and after the pandemic.

St. Johns County Emergency Rental Assistance (SJC ERA) can provide qualified households with up to 18 months of total assistance, including back rent and utilities, and up to three months of future assistance. Qualified renters in the middle of an eviction proceeding get expedited assistance. Registration for the program is open for tenants and landlords at www.sjc-era.com.

St. Johns County engaged Capital Access Inc., a grants management consultant, to serve as program manager for SJC ERA. Capital Access processed 18,000 grants for rent, mortgage, and small business assistance during the pandemic for counties and cities in Florida and Pennsylvania.

Capital Access provides a team of experienced case managers who can help tenants and landlords throughout the application process. Online applications are available by going to www.sjc-era.com.

"Once an application is complete and the grant agreement is executed, we can issue payment directly to the landlord within 48 hours," Capital Access CEO Jeremy Newberg said. "Many renters still face financial challenges that started during the pandemic. SJC ERA can help them catch up on past-due rent and utilities. Landlords benefit because they can recover past due rent, which helps the overall St. Johns County economy."

The County set a goal to expend 100% of the rental assistance grants by the end of 2023. Tenants and landlords are encouraged to apply at www.sjc-era.com while funds remain available.

How the program works:

- SJC ERA will pay for past-due rent and utilities and up to three months of future eligible housing/utilities expenses, totaling up to 18 months of assistance for qualifying applicants. Qualifying past-due rent can go as far back as April 1, 2020.

- No more than one application per household.
- Grant funds are paid directly to the landlord/property manager and the utilities company.
- Funds will be distributed on a "first-come, first-qualified, first-approved" basis until program funds are depleted.

Summary of Eligibility Criteria:

- Must be a renter living in St. Johns County
- Applicants must have experienced disruption and/or loss during or due to the effects of the pandemic.
- Case Managers will help applicants determine evidence of housing instability.
- Eligible applicants must earn 80% or less of the area median income (AMI) for their household size.
- Applicants get the highest priority for processing if:
 - The total household income is less than 50% AMI;
 - Households with a person unemployed for at least 90 days before the date of the complete application;
 - Currently in an eviction proceeding;

Residents are encouraged to apply early as funds are limited. Application Specialists are available to assist. People with language and/or physical challenges can request assistance with application submission. Residents are encouraged to apply now as funds are limited. Online applications are available by going to www.sjc-era.com. If an applicant needs help with the application, has a language or accessibility need, or has questions, please email info@sjc-era.com or call 904-204-8989.

There are members of the household who are children under 18 years old or seniors over the age of 60.

HUD INCOME LIMITS 2023 ST. JOHNS COUNTY								
Household Size to 8:	1	2	3	4	5	6	7	8
Very Low Income:	\$31,000	\$35,400	\$39,850	\$44,250	\$47,800	\$51,350	\$54,900	\$58,450
Low Income:	\$49,600	\$56,650	\$63,750	\$70,800	\$76,500	\$82,150	\$87,800	\$93,500

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Visitor Convention Bureau hires Kaycee Sapp to promote Florida's Historic Coast

St. Augustine, Florida. (November 14, 2023) – The St. Johns County Visitors and Convention Bureau (VCB), also known as St. Augustine, Ponte Vedra & The Beaches, is excited to share with the community the hiring of their newest staff member, Kaycee Sapp. As the Social Media Coordinator, Sapp will help manage the organization's multi-channel social media, creating engaging content that showcases Florida's Historic Coast and all the area has to offer.

With a Bachelors in Sociology & Gender Studies from the University of North Florida, as well as an Associate's degree in Graphic Design, Sapp comes from Life After Life in Brooklyn, New York, a community development and urban planning nonprofit that creates living memorial parks. There she assisted in project management, social media campaign development, apparel design, and web development. With her exceptional social media and creative skills, Sapp will design graphics, manage and implement social content, and develop new projects to elevate the VCB's social media and web presence.

"I'm so thrilled to join the team and help market my hometown as the special destination that it is," she shared. "I love creating art and going on adventures, and so being able to design beautiful content to promote such a unique place, it's something I'm very excited about."


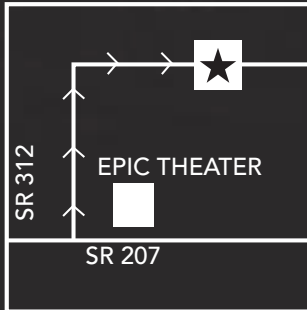
Located midway between Daytona Beach and Jacksonville, Florida's Historic Coast includes historic St. Augustine, the outstanding golf and seaside elegance of Ponte Vedra, and 42 miles of pristine Atlantic beaches. For information call 1-800-653-2489 or go to the Visitors and Convention Bureau website at FloridasHistoricCoast.com and www.ViajaStAugustine.com



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Free Monthly Education Classes and Support Groups

For more information on any of the following, please contact Oncology Navigation at 904-819-4793 or OncologyNavigation@FlaglerHealth.org.

Living with Cancer Support Group
 3rd Wednesday of each month at 11:00 am at
 Cancer Specialists of North Florida
 121 Whitehall Drive

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.

Breast Cancer Support Group
 1st Tuesday of each month at 6:00pm in Flagler
 Hospital's Matanzas Room

The mission of the Breast Cancer Support Group of St. Augustine is to give help, comfort and friendship to breast cancer patients, survivors and their families. They invite many guest speakers, including doctors, pharmacists, nutritionists, educators, etc. They gather together to share the company of others with similar experiences and offer each other comfort and support. For more information, visit www.bcskofstaug.com or email bcskofsa@gmail.com.

Restorative Yoga: Rest, Heal, Restore
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- Improve sleep

Scan for more information



City of St. Augustine Parking rate increases with the new Budget

Enforcement hours expanded, including Sundays

During its FY24 budget discussions, the St. Augustine City Commission voted to approve increased parking rates for the Historic Downtown Parking Facility (parking garage) and extending the hours of parking enforcement throughout the City.

Rates for the parking garage will increase from \$15 to \$20 per vehicle, per entry, during peak parking times. However, there will be changes to the hours in which certain special rates will apply. For example, after 5:00pm, during off-peak times, the rate will drop to \$5 per vehicle, per entry.

The peak and off-peak times are as follows:

- Peak parking times: 7:00am – 5:00pm
- Off-peak parking times: 5:00pm – 9:00pm

The off-peak parking times rate of \$5 will not be applied during special festivals, Nights of Lights, and on days when free satellite parking and shuttle services are operating. All parking rates for any registered St. Johns County resident using the ParkNow Card will remain the same.

Hours of enforcement for City-managed parking lots and street parking spaces will be extended citywide from 5:00pm to 9:00pm and will include Sundays from 1:00pm to 9:00pm.

For questions about street parking spaces and parking lots, contact Tara Bennie, Parking Supervisor, at 904.825.1090, or via email at parking@citystaug.com.

For questions about the parking garage, contact the parking garage office directly at 904-484-5160, or via email at hdpf@citystaug.com.

For questions contact Melissa Wissel, Communications Director.

Living with Cancer Support Group

Our Living with Cancer support group has moved to Cancer Specialists of North Florida. 121 Whitehall Drive, St. Augustine 32086 on the third Wednesday of every month at 11:00am. We still have the ability to ZOOM in if needed. This is an informal gathering for adults with any type of cancer and their caregivers.

It is open to all affected by cancer. This group will provide the opportunity to meet others in similar situations, share your stories, provide practical suggestions and offer support to each other. If you prefer to participate virtually via Zoom, please call 904-819-4793 for further instructions.

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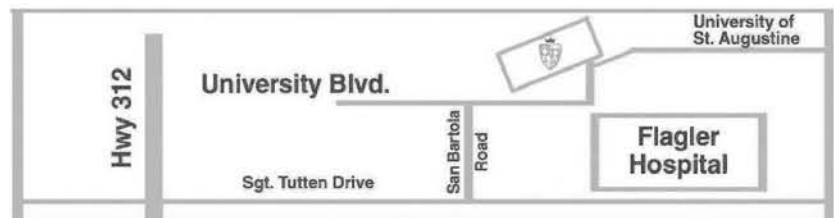
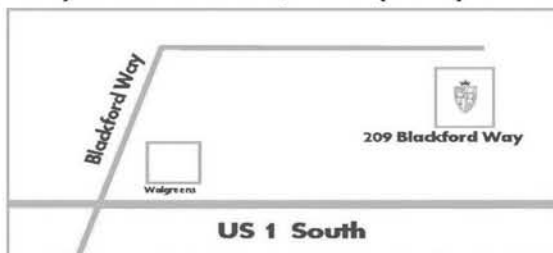
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Our Nativity Scene

by Maria C. Durishin

One of our most special and meaningful Christmas family traditions has been to set up a Nativity Scene, known in Italy as “il presepio” for many years. Our presepio was different than most nativity scenes you see because it represented the whole town of Bethlehem and everyone who might have been there at the time of the birth of Jesus.

There were all different figures in it such as a census taker, men and women farming, drawing water from a well, working, or taking care of their daily tasks. Everything from a boy fishing at a nearby pond to sheep and shepherds, as well as all the main pieces you would see in a traditional nativity scene. Our family always left the baby Jesus out of the scene until Christmas Eve and then the youngest member of our family would place him in the manger at midnight.

My parents and grandparents spent a lot of time setting up the scene in our house every year and sharing it with anyone who wanted to come over and see it. It was always the focus of our house during the Christmas season even though we had all the other traditional decorations. This was a tradition they brought with them from the very small town they grew up in, Scauri, Italy near Naples. In their town in Italy, when a couple married, they were given some of the nativity pieces to start their own “presepio” by family and friends.



When I was still living in Connecticut, I went to a wonderful Exhibit at the Knights of Columbus Museum in New Haven called “Nativities from Around the World”. It inspired me to continue our family tradition. The exhibit showed how different countries represented the nativity. The most elaborate being the Fontanini Italian nativity because it included everything from waterfalls to mountains and the entire village of Bethlehem. I was also inspired by the Angel Tree at the Metropolitan Museum of Art in New York with Angels and nativity pieces from different countries.

My nativity scene grows a little larger each year because my family and friends give me different pieces to add to my presepio scene. The presepio represents the true meaning of Christmas. It reminds me that the people of Bethlehem were living their normal day to day life on this most blessed day.

The presepio shows us that we need to step back from all the hustle and bustle of gift giving, baking, holiday parties and stress to feel the beauty, peace, and holiness of the birth of the Savior. I will end with the words of this wonderful poem “One Solitary Life”.

“All the armies that ever marched, All the navies that ever sailed, all the parliaments that ever sat, and all the kings that ever reigned have not affected the life of man on this earth as much as this One Solitary Life”

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What is Blood Flow Restriction

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

Blood Flow Restriction, or BFR exercise is not new. In fact, as with many treatments, even penicillin, it was discovered by accident. Yoshiaki Sato, a Japanese exercise enthusiast noticed swelling in his leg after prolonged kneeling and recognized the same feeling in his legs he experienced while working out. From this experience, he developed what he called KAATSU, or “training with added pressure”. He applied these principles to his own rehabilitation in 1973 after experiencing severe injury to his legs and made a wonderful recovery.

Fast forwarding, his methods became popular in the body building community of the 1970’s, which led to preliminary research up through the 90’s. This was followed by a research explosion in the early 2000’s as the technique increased in popularity. It gained increased notoriety from professional sports and related media coverage.

Fortunately, for us today, the research has produced a sizeable body of knowledge, and brought more consistency to equipment standards and treatment protocols. And although BFR is not a cure-all, nothing is, there is a strong scientific basis for using BFR treatments, not just in sports but also in rehabilitation.

Muscle strength and hypertrophy, or any tissue, depends on progressive loading. Targeted tissue is challenged by increasing loads producing mechanical tension, muscle microtrauma and metabolic stress. In return, the body adapts with increased density or increased strength. Historically, progressive loading meant using high loads (>80% 1 max rep or 80% of what can be lifted 1x), repeating to the point of fatigue/failure. But higher loads have also meant injury to both the healthy athlete and those trying to heal through rehabilitation. But what if the same results could be achieved, generating the same positive adaptations using much lower loads? If applied correctly, BFR, using exercise loads 20-30% 1 max rep, can produce similar results – muscle fatigue, increased metabolites, and increased growth hormone – with less chance of tissue damage.

Without getting too technical, but in case you were curious, these results are

achieved by partially and temporarily restricting blood flow with pressurized cuffs. The restriction promotes an inflammatory response similarly seen using heavy weights. The inflammatory response causes the production of myokines, which are cytokines produced in skeletal muscle. One specific cytokine, interleukin 6 (IL-6), is responsible for the acute phase of protein synthesis. And what is of particular interest, muscle damage is not required to bring about increased levels of IL-6. Additionally, it is hypothesized that muscle fatigue from BFR triggers a higher motor unit recruitment earlier in the exercise, which results in greater muscle activation, similarly produced when using higher loads.

What are the downside and safety considerations? Your therapists should do a thorough examination, including a medical history, to ensure BFR is indicated for your condition. But if indicated and if applied correctly, the most common side effect is muscle soreness as with most types of exercise.

BFR is a proven training option for the athlete but is also making waves in rehabilitation. It may be a viable tool to help you with your recovery and healing. Hopefully with the little bit of information provided in this column you can do some of your own research, bring questions to your healthcare provider or call us at First Coast Rehabilitation north US 1: (904) 829-3411 or south US 1: (904) 907-1122.

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.



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