

Memorial Day
May 27th

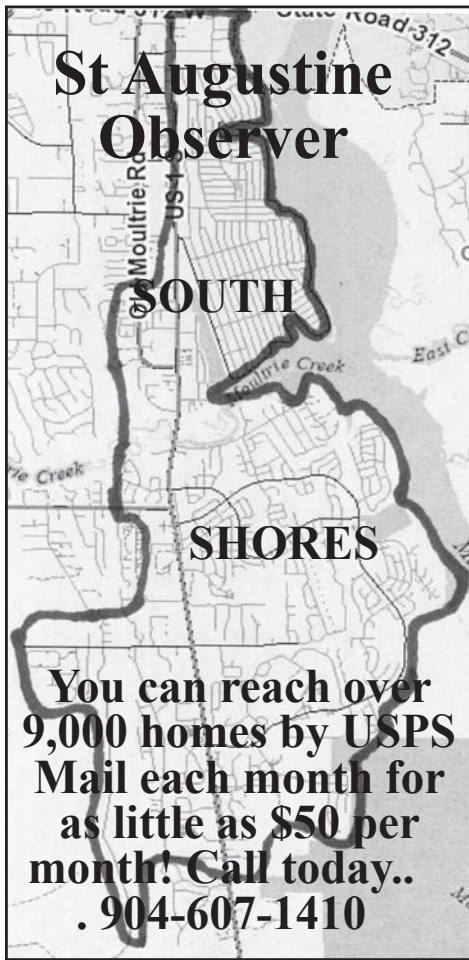



Pictured from left: Florida House Leader Paul Renner, City of St. Augustine Mayor Nancy Sikes-Kline, Florida House Representative Cindi Stevenson, Sheriff Rob Hardwick & Kendall, not pictured Flagler Broadcasting 105.5 & 106.3 JT DJ.

Again this year a fine group of food judges sampled great tasting seafood at the 41th Annual Lions Seafood Festival! Competition was fierce and difficult to make decisions. Judges rated each dish on taste and appearance. The results were tabulated by the Lions who determined the winners. (continued on page 14)

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St Augustine South Reflections

by Ruth Hope

Unsettled is the best way I can describe our Spring weather this last month. SASIA struck lucky for their SpringFair: the PorkaPaLooZa on March 30. It was then a grand morning for the Betty Griffin Center Run for Peace on April 6. But there have also been the long, gray damp days, and exceptionally windy days. Fortunately we were spared the tornado on April 11 that, with multiple touch downs, caused property damage in the Samara Lakes subdivision and through 2.5 miles of the TrailMark neighborhood. My phone was getting hot with warnings from Alert St Johns and I mistakenly thought they were over doing the warnings as SAS had very little wind and rain that day. I regretted those thoughts when I saw the News4Jax.



Our thoughts were far from tornados at the SASIA PorkaPalooZa when 8 BBQ food trucks were competing for 1-5th Place Belts. PorkaPalooZa promotes US pork. On a gloriously sunny afternoon, after SASIA organized activities for children, Roll'd Whiskey then Whisky Jones provided live music. Congratulations go to: 1st Place: Hogwash; 2nd Place: The Saucy Pig; 3rd Place: So So BBW; 4th Place: Smokin Spencer's; 5th Place: Heart and Soul BBQ. A particular shoutout goes to The Saucy Pig as the proprietors live in SAS.



You may be wondering why I mention the 2024 Betty Griffin Center Run for Peace. It's the major fundraising event for the Betty Griffin Center and their work on preventing and addressing domestic violence. And congratulations go to SAS resident Oonna Hueck ran, with husband Mick Jones, and raised more than \$200 in sponsorship. Other residents may have run, too, and some, including this writer, volunteered to help make the event a success.

A quick mention that the family of skeletons that resided on Gerona Road has now retired, but not before possible relatives of theirs were spotted on Cornell Rd and Warbler. The skeleton on Cornell wore a long dress and carried an Easter Basket. The one on Warbler seemed to be trying to escape through the garden fence. I'm thinking that perhaps there will be no more sightings until next fall!

Possibly the biggest event in the last month was the total solar eclipse that occurred on April 8, 2024. Although, it was not fully visible in St. Augustine, residents were fortunate to witness a partial solar eclipse from about 1.50 to 4pm. Maximum coverage – 62% – was about 3pm. Those of us who traveled to Arkansas [Jonesboro being the nearest place to St Augustine that experience the total eclipse] were treated to clear blue skies and an amazing 4½ minutes of total eclipse. For me, it was well worth the journey as I won't be around next time this happens!



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St. Augustine Observer

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Publisher/Editor

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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.

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St. Augustine Shores Community Calendar

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

www.staugshores.org

Shores Monthly Meetings

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

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

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 May Community Meeting
Wednesday, May 15, 2024 7:00 p.m.

Please join us on Wednesday, May 15, 2024. Eva Askew Houser, Audubon board member, will be will be our guest speaker. Eva will be talking about birds in the South.

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

2024 SASIA Board Members

President - Jerri Sue Dawson
Ind V.P. - Mick Jones
2st V.P. - Nicolette Soucy
Secretary - Kenneth Rainer
Treasurer - Margo Geer

Directors: Dave Whitaker, Melissa Whitehead, Jim Whitehead, David Rieger, Sharon Green

Classes at the SASIA Clubhouse

Check out the weekly classes taking place at the clubhouse.

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

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

Beginning Acrylic Landscape Painting – Tuesdays in June, 11:30 a.m.-1:30 p.m. In this painting course, Jenny will lead you through the fundamentals of landscape painting from composition to finished piece.

Intermediate / Advanced Art - Tuesdays in June, 2:00-4:00 p.m. This class introduces a variety of techniques and media that can serve to add to the students' current repertoire and consequently deepen the artist's practice and individual voice.

For details and to sign up for either art class contact Jenny at jenny@jennykeyser.com. Please note that there will not be any art classes in May. They resume on Tuesdays in June.

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

Intermediate / Advanced Line Dancing – Wednesdays 3:00-5:00 p.m. Join Jinny for an intermediate/advanced level line dance class. A \$5.00 donation is requested.

SoundBath with Jessica – Wednesday, May 29th, 6:00 p.m. – 8:00 p.m. \$30 per person. Bring a yoga mat or Zero gravity chair (something comfortable to lay on), a pillow to rest your head, and a light blanket (nothing too heavy so the vibrations can go through it). Contact Jessica at 904-669-2642.

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: 2022 Jeep Wrangler Sport S 4 x 4 2 dr, 2.0 L Turbo Engine. Brand new condition wth only 450 miles. GOBI Limited Edition Blalck with leather interior. Loaded with options. \$35,000 firm. Call 631-566-4992.

FOR SALE: Fender Hot Rod Deluxe Amplifier. 2 button foot switch & vinyl cover. Used less than 15 hours in like new condition in private home and never on the road. Asking \$425.00 (2) Takamine EC-132C Guitar. The best selling nylon string guitar. Solid Spruce top, Rosewood back & sides & built in tuner. Cutaway body shape with CT4B Electronics. Like new condition with hard case. Asking \$850 cash. Call 904-797-4258.

FOR SALE: (1) CUISINART pod coffee maker. Side water reservoir. Works perfect, excellent condition. Have mesh drawer to go under for pod storage. \$50.00. (2) CORETECH 637 LSO back brace. Rigid back panel, adjustable side panels with pulley adjustment. As new. \$30. (3) SWING CHAIR. Burgundy Sunbrella with foot rest. Never used. \$40. (4) Oztrala Aussie style real leather cowboy hats. Two available. XS new in box. Medium as new. Great fun for parent/child wear! \$35 each or \$60 for both. (5) AURORA PAPER SHREDDER. 8 sheet

cross cut. New in box. \$35. Call or text 904-806-6376.

FOR SALE: 2, 5000 watt generators, portable air compressor, 2 ton floor jack, various hand tools and equipment, small wiring kit with connectors, wire and crimping tool plus more. \$600.00 obo. call Mike 920-400-9002 or 904-315-1414.

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. Call 904-607-1410.

FOR SALE: Brand new Drive wheelchair for sale. \$325.00 OBO Call 904-466-7343

WANTED: 3 additional people to play HARTS in Riverside Club on Mondays at 1 pm. Steve: Swaitneight@gmail.com or call or text/call 609-420-0818.

WANTED: Room for rent. 1st floor with walk in closet, private bath & heated pool. WILL PAY WELL! Text 904-687-3362.

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.

SERVICE OFFERED: "Need a little help with housekeeping?" Call or text Mark in The Shores in St. Augustine at 386-227-2479 for an estimate."

Garage Sale
April 13 from 8ma -1pm
1009 Ridgewood (Southwood)
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Shores Communications Corner

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

Shores President's Update

May is a very busy month in which we celebrate so many milestone events. We attend end-of-the year dance shows, music recitals and sports banquets, cheering on our family and friends as we recognize their hard work and accomplishments. We pay tribute to our mothers, who have sacrificed so much to mold us into the individuals that we have become. We show our teachers the appreciation that they so deserve and congratulate our graduating seniors for completing their studies. On Memorial Day, we attend parades, ceremonies and backyard cookouts as we honor our veterans who have sacrificed their lives in order to protect our freedoms.

May is also an important and busy month for our Home Owners Association (HOA) as we assemble for our **Annual Meeting on May 3rd at 10:00am** to reflect on the past year and plan for the future. The past twelve months have been a whirlwind of change; New Board, New Clubhouse, New Management Team, New Development and New Direction. You can see the progress and you can feel the momentum. Gone are the ways of the past. Here to stay is a community that embraces teamwork, member communication, problem-solving and success. The Shores community is improving and there is no turning back!

It is our vision that the next twelve months continue to bring meaningful progress to our community. Working within our 2024-2025 budget, we plan to continue to improve our amenities, our homeowner services, our communication, our culture, our activities, and our reputation as the greatest community in St. Augustine. We strive to alleviate some of our

most serious drainage challenges with modern, cost-effective solutions. Through increased security measures, improved communication with County and law enforcement officials, and increased homeowner awareness, we intend to deter vandalism to our swales and to our properties. We hope that despite the political differences that will inevitably exist during this election year, that our neighborhood becomes the model for how kindness and compassion can override political discord. We prioritize the health, safety and welfare of our homeowners and our decisions in the next twelve months will reflect that prioritization. Although we did not have an election this year, we will have at least one seat on the Board of Directors that will become vacant on May 3rd. If you are interested in being considered for a vacant seat, please contact the HOA office for details on how to submit your application for the nomination process.

May is also the time for the Directors on our Board to set goals and to elect the officers who they think will best lead us towards those goals in the year ahead.

Let's make this May not only a celebration of all that has been accomplished, but a fresh start as to all that can be in our future! Come to the Annual Meeting on May 3rd, meet your neighbors, meet your management team and your Board, enjoy some coffee and donuts, and consider volunteering for one of our many committees. May you and your family have a wonderful month as you celebrate so many important May events! Mary Jenson

Shores Riverview Club Member Activities

Updated 04/15/24

Activity	Room	Monday	Tuesday	Wednesday	Thursday	Hosted By
Cards	Multi	1-3pm				Bonnie
Art	Mini-B		12-3pm			Una
Euchre	Multi		12-1:30pm			Carol
Scrabble	Multi			12-3pm		Edith
Writers Group	Conference				2-3pm	Bernie

May 2024

Members Only-Activities Calendar

Riverview Club
790 Christina Drive
St. Augustine, FL 32086
(904) 797-6441

FREE Activities are offered daily to Shores Homeowners. Owners may bring a guest with them. All free activities are hosted by volunteer homeowners. This is a great way to get to know other residents in the community. Note: Volunteers will never ask you to pay a fee or ask for a donation to attend the activity.

Are you interested in volunteering to host an activity? Please see Shanna Fredrickson, General Manager, for more information.

Updated 04/15/24

Activity	Room	Mon	Tues	Wed	Thurs	Fri	Instructor
Chair Yoga	Mini-B	10:30-11:45am		10:30-11:45am		10:30-11:45am	Arthur
Barre Class	Mini-B		5:30-6:30p				Mary
Belly Dancing	Mini-B		6:45-7:45p				Gina
Zumba	Mini-B	4:00-5:00pm (standing class)		4:00-5:00pm (seated class)			Nickie
Water Aerobics (\$5.00 per class or pool membership)	Pool	10:00 - 11:00am		10:00-11:00am		10:00-11:00am	Elsa

May 2024

Members & Non-Members
Activities Calendar

Riverview Club
790 Christina Drive
St. Augustine, FL 32086
(904) 797-6441

The activities listed above are provided for a FEE and open to both members and non-members. They are taught by certified and experienced instructors who have been hand selected by management to ensure the highest quality of service is provided.

To sign up for a class, simply show up and pay your instructor directly to attend. Each class is priced differently based on the level of class instructed. Ask your instructor for more information. Interested in teaching a class at Riverview Club? Speak with Shanna Fredrickson, General Manager for more information.

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Short story contest takes on international flair

Writers from Great Britain and Canada are among the nearly two dozen people who have expressed an early interest in entering the 2024 Shores Short Story Writing Competition.

According to contest coordinator Bernie Pope, he has already received more than 20 calls, texts and email messages from writers who are planning to enter the competition.

"Most of the callers had questions concerning the submission format and other details," Pope explained. "One caller wanted to verify that we would accept her entry from Scotland and another, a snowbird vacationing here from Quebec, called with a list of questions. One of our group members has been posting the contest flyer on social media writing group sites and it appears to be gaining interest."

The contest is for short stories ranging from 2,000 to 5,000 words, all beginning with the line "It was a dark and stormy night at the Shores". They must be submitted before midnight, June 1, 2024 and transmitted via email to ShoresContest@gmail.com. Winner will be announced in the July issue of the St. Augustine Observer and will receive a trophy provided by the St. Augustine Shores Service Corp. There is no entry fee and Shores residency is not required.

The writers group meets weekly every Thursday at 2 pm at the Riverview Club. For more information about the writers group or the contest, contact Bernie Pope at 352-551-6913 or email to BernieJoePope@gmail.com.

Southeast Library Book Sale

Spring into Sunner Lobby

June 6th - 8th

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Pictured left to right – St. Johns County District 1 Commissioner Christian Whitehurst, St. Johns County District 4 Commissioner Krista Joseph, St. Johns County District 5 Commissioner Henry Dean, Florida House Rep. Cyndi Stevenson, Florida Sen. Travis Hutson, Florida House Rep. Tom Leek, St. Johns County District 3 Commissioner Roy Alaimo, St. Johns County Administrator Joy Andrews, St. Johns County Chamber of Commerce President Isabelle Renault, St. Johns County Visitors and Convention Bureau President and CEO Susan Phillips.

St. Augustine South Improvement Assoc. Scholarship Program

Attention all high school seniors living in St. Augustine South: Financial grants are being offered by the St. Augustine South Improvement Association to graduating high school seniors who are residents of the St. Augustine South subdivision. Scholarship money may be used to attend a Technical School, Community College, Junior College, or a Private or State University or College. Scholarship money may be applied to registration, tuition, books, and appropriate fees. Applications must be received by SASIA no later than Friday, May 17, 2024. Scholarship grant awards will be announced Friday, June 7th, 2024.

For more information about the grant, eligibility, and guidelines, download the application: www.staugustinesouth.com/scholarship-grant.



The Garden Club of St. Augustine "Stories in the Garden"

May 3 and May 4

The Southeast Branch Library at 6670 US 1 in St. Augustine will be the site of "Stories in the Garden", a standard Flower Show put on by The Garden Club of St. Augustine.

The juried show of horticultural, small and large designs, and a Bonsai Exhibition will be held on May 3rd and May 4th, Friday 2pm to 5pm and Saturday 10am to 3pm. Free event. Open to the public.

SASIA News and Calendar of Events

May 2024

SASIA News and Calendar of Events

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

Check out 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 \$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.

Plant Swap- May 4, 2024

10:00 a.m. - 12:00 p.m.

Come and talk about plants and gardening on Saturday, May 4th from 10 am-12 pm in the picnic pavilion next to the clubhouse. You can come empty-handed and leave with some plants, or you can bring plants in pots, cuttings -- rooted or not -- or seeds that can be planted this year to share. Please join us. It's very informal, folks come and go, meet fellow neighbors and chat about gardening.

SAS Garden Tour – May 11, 2024

10:00 a.m. - 2:00 p.m.

The St. Augustine South Garden Tour will take place on Saturday, May 11, 2024. We'll start at the clubhouse at 10:00 a.m. where you will pick up a map and voting ballot. Come and visit some beautiful gardens located in the South. There will be several categories, so come and vote for your favorites. Tickets for the tour are \$5 per person and can be purchased in advance: staugsouth.com/gt-tickets

Scholarship Program

Do you know a high school senior living in St. Augustine South? Let them know financial scholarships are offered by SASIA to graduating high school seniors who are residents of the St. Augustine South subdivision to assist in further education. The scholarship may be applied to registration, tuition, books, or other appropriate fees.

Applications for the scholarships must be received by SASIA no later than Friday, May 17, 2024. The grant award will be announced Friday, June 7, 2024.

Download an application: www.staugsouth.com/scholarship-grant

Food Truck Nights

Food Truck Nights are 5:00-7:00 p.m. at the Clubhouse, (709 Royal Road)

Friday, May 10th – Wingin' It

Friday, June 14th – El Hombre Tacos

Friday, July 12th – Classic Twists Smoothies

Friday, August 9th – Kings BBQ

Friday, September 13th – Wingin' It

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

Upcoming Events 2024

Friday, May 10th – Wingin' It

Saturday, May 11th - SAS Garden Tour

Friday, June 14th - El Hombre Tacos

Friday, July 12th - Classic Twists Smoothies

Friday, August 9th – Kings BBQ

Friday, September 13th – Wingin' It

Saturday, October 26th - Fall Festival

Saturday, December 7th - Arts & Crafts Fair

Saturday, December 14th - Holiday Celebration with Santa

Dates are subject to change.

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? Please forward them to the Editor for consideration for the monthly Observer. Please contact Editor clifflogsdon@att.net or call 904-607-1410.

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Gail Compton (1937-2018)

By K.F. Wells

Gail Compton taught English at Flagler College in St Augustine for over 30 years and enjoyed her profession, but in her spare time she devoted her efforts toward her real passion – the nature surrounding us. Her goal was to enjoy all the flora and fauna in the area, and to educate people about how to care for, respect and enjoy it.

Having grown up in a family that spent a lot of time outdoors and had a healthy respect for the natural world, Gail developed an interest that would stay with her all her life. In St Augustine, Gail worked as a wildlife rehabilitator, frequently fostering a squirrel or some other wild creature until it could be released back into the wild. During her spare time she also led nature walks almost every weekend, which were popular with the general public.

These activities led her to a friendship with Beverly Fleming and Eileen King and the trio spent many weekends exploring the woods and roadside ditches in St Johns County for the wildlife – animals and plants – to be found there. The three ladies, calling themselves the “Ditch Witches,” hosted weekend programs, dubbing them Wildlife Discoveries, at the St Augustine Amphitheatre. Gail also assisted in founding the local chapter of the National Audubon Society.

After retirement Gail joined the St Augustine Lighthouse and Museum as a naturalist, where she continued her teaching activities. In 2002, Gail and Kathryn Grexa founded the Wildflower Meadow in The Shores. Not only was it to be a reserve for native wildflowers but a place where people who care about wildflowers can learn, work, and have a good time. Her group of Wildflower Meadow members have put in many hours getting the meadow started and maintaining it to this day.

Making use of her literary skills, Gail wrote a series of weekly columns for the St Augustine Record for over 18 years. Members of the Wildflower Meadow Group are compiling those nature articles into a series of booklets. From time to time the Observer will be reprinting some of her columns. The first one is titled Reptiles and Amphibians, and information and copies are available by contacting wildlifediscoveries@yahoo.com. Donations are welcome to offset printing costs.



St. Augustine Film Society

“Asterix and Obelisk: Mission Cleopatra”

by Joseph Marx

May 5th "Asterix and Obelisk: Mission Cleopatra" will be preformed at 4:00 PM at the Unitarian Universalist Fellowship located at 2487 A1A South.

In partnership with the St. Augustine Francophone Club, this 2002 French historical comedy tells the story of Asterix and Obelisk who help Cleopatra build a pyramid. Absolutely wacky and funny so come laugh with us. For further information staugustinefilmsociety@gmail.com or call (904) 254-9524.

St. Augustine Community Chorus Sing On!

by Dawn McGee

For the culmination of our 75th Anniversary year the St. Augustine Community Chorus will debut our commissioned piece, A New Constellation, by Z Randall Stroope.

The exciting Chichester Psalms is our other featured work, a true masterpiece of the 20th century. The program is titled "Sing On!" and opens with Stephen Paulus' Sing Creations Music On. Other composers on the docket are Mendelssohn, Bach, and several contemporary selections.

Part of the Romanza Festival, join us for a spectacular concert on May 11 at The Cathedral Basilica in downtown St. Augustine.

Tickets are available at www.staugcc.ticketleap.com: Adults \$30, Youth \$15, Active Military \$10 and Child are Free.

Sheriff's Update

By St. Johns County Sheriff Robert A. Hardwick

Inaugural 911 Fight Night: Brawl of the Badges



Earlier this year, the St. Johns County Sheriff's Office in partnership with the Florida Man Games hosted the inaugural 911 Fight Night: Brawl of the Badges which pitted police vs. fire against each other in a boxing match. It was an exciting event with nearly 1,000 in attendance at Ketterlinus Gym on February 24th. The Florida Man Games was an all-day event at Francis Field and the boxing match was the grand finale event. Thanks to numerous community partners like Woolsey Morcom, 201Wraps, MasterCraft, and Amp Hardcore Gym, we were able to host a successful event with no overhead expenses. The night featured 8 bouts including 2 bouts with kids from our PAL Boxing Program. They were the highlight of the night and did a phenomenal job. The other 6 bouts were adult matches featuring 3 female bouts and 3 male bouts. All of the

boxers on the police side were SJSO employees while the boxers on the fire side were from the St. Augustine City Fire Department, St. Johns Fire Rescue, and Amp Hardcore Gym/Fight Like A Girl. In addition, we had an excellent group of guest judges which included MMA Champions James Singletary and Alexandre “Café” Dantas, NFL Legend Marcus Pollard, Former Jacksonville Jaguar and Current JSO Detective Ernest Wilford, and Local St. Augustine High School Legend and former Florida Gator/NFL Player Brandon James. We were also joined by 2022 Cunningham Creek Teacher of the Year Veronica Fuata who sang the National Anthem. It was an awesome evening highlighting our relationships with our partner agencies, business partners, and youth in our county. We are already looking forward to 2025 for Round 2!

Interested in the Civil War?

Please join our Civil War Discussion Group. Our next presentation will be Tuesday, May 7, 2024 at 1pm, at the Anastasia Branch library in Sea Grove.

The May presentation will be with Len Whiteside. This month we examine Union General McClellan's ill-fated 1862 campaign up the Virginia Peninsula to capture Richmond. We will review the Seven Days' Battles and the poor combat leadership demonstrated by both the North and South.

IF you have questions or comments, contact Len Whiteside at: armyfam831@gmail.com.



St. Augustine Travel Club

The St. Augustine Travel Club will hold their next gathering on Wednesday, May 8 @ 3:00 PM, at the Southeast Branch Public Library. We will cover ENGLAND: CASTLES, COTTAGES

AND COUNTRYSIDE - PART 1. Touring London's traditional and contemporary sights, followed by beautiful countryside, the ultimate college town, Oxford, mysterious megaliths of Stonehenge, castles and palaces along the way.

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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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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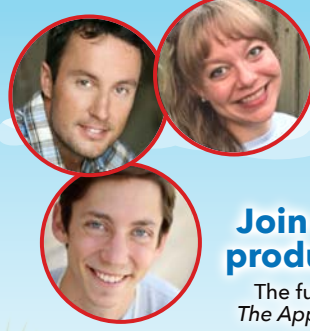
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Diaries of a Shores Grand-Dad

by Dirk Schroeder

If it weren't for the mothers, our Play Group would have fallen apart decades ago. Over 30 years ago, when each of the Play Group families had their first child, they decided to form a "play group" so that the babies could have some social interaction with their fellow babies. Over the many years, the kids either went to school together or played together, even went on a cruise together and they still interact with one another to this day, although the kids are now 30+ years old and are physically further apart than their parents.

At first it was just get-togethers at each other's homes. Then it became more involved and it was the moms who would organize the kids events. We would support them by going to each homes for dinners, attend each other's football, soccer, basketball games and other participate in activities as often as we could. At one point, we gathered up the play group to serve the homeless downtown. Everyone was humbled by that experience. The moms cooked and prepared the meals.

The kids grew older and, before you know it, we were attending graduations, and then engagement parties and weddings. Then came the baby showers. Today, there are several of the moms that are grand-moms. We hope that there might even

be a point at which our kids will form the next "Mom's Group" to gather their children together and carry on the tradition. Maybe the existing Moms can help the new Moms to get organized.

On Mother's Day(May 12th), I am absolutely certain that mothers would simply like to spend the day with their children. Don't take this time for granted since some children are not physically or emotionally close - so some cannot and others will not make the effort to be with their mothers. Worse yet, some children are survived by their moms.

Family relationships, like friendships, require effort. If they were entirely effortless that would be great. Yet, even in our Mom's Group, someone had to make the effort to organize the events and gatherings. For these special times, I am grateful. Thank you for making the effort to enrich our lives!

This Mother's Day, if you can't be there in person, call or video-chat - just make an effort. You can also send a hand-written, personal card or letter to Mom - she will smile from the mailbox to the house. If you can be there in person, simply return the love from where it originated. I hope your day is filled with joy and I wish everyone, as always, a Sunshine State of Mind!

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.

Parkinson's Awareness Month Lift a Pint and Lift a Life at Dog Rose Brewing

For Parkinson's Awareness month "Lift a Pint and Lift a Life" on April 25th at Dog Rose Brewing Company to support the ReBloom Center who has made it their mission to improve the lives of people living with Parkinson's disease through free targeted exercise, education and support!

The party starts at 630pm and there will be live music, food trucks, a raffle featuring the great local businesses of St Augustine, and of course lots of beer! Entry is FREE and Dog

Rose will donate a portion of the pints proceeds to support Parkinson's disease. Dog Rose Brewing Company is located in beautiful downtown St. Augustine at 77 Bridge Street.

If you have Parkinson's disease, or know someone who does, and want to learn more about ReBloom's programs please contact Melanie Lomaglio at 904-501-8779 or email at melanie@rebloomcenter.org. Melanie is a board certified neurologic physical therapist and the president and founder of the ReBloom Center




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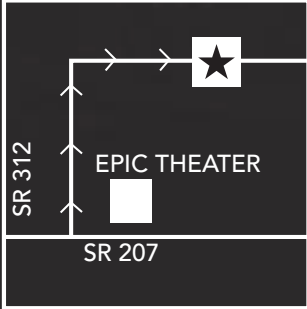
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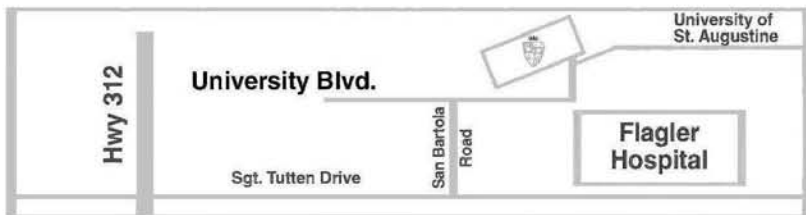
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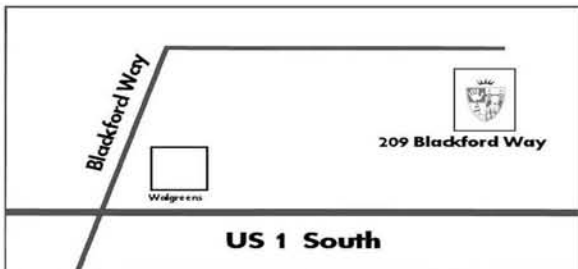
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Does your face hurt?

By Rob Stanborough
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT
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Facial, jaw or neck pain is no laughing matter. Such pain can be debilitating and often is a result of a temporomandibular joint (TMJ) dysfunction or TMD. Some estimates suggest over 10 million Americans are affected by TMJ dysfunction. It tends to affect women more than men and although the cause is often unknown, it is considered a musculoskeletal disorder that responds to conservative treatments such as physical therapy.

The TMJ is a complex joint connecting the lower jaw (mandible) with the upper jaw (temporal bone). Two convex joint surfaces of the mandible, called condyles, rotate and slide in two concave surfaces within the temporal bone. The joints are filled with fluid and like many other joints, contain a fibrocartilage disc (like the meniscus of the knee). This helps fill the joint space and keeps the joint movement smooth.

The TMJ is a very active joint considering it moves with each spoken word, each bite of food, every yawn, laugh, or clenching of the teeth, day, or night.

The joints are also very powerful with the "muscles of mastication", Masseter, Temporalis and Pterygoids producing up to 275 lbs, in some cases. With such forces, nightly teeth clenching, or "bruxism", is often a source of TMJ pain. Signs and symptoms can include radiating pain into the face, jaw or neck, jaw stiffness, limited jaw movement or opening, painful clicking, popping, or grating with jaw movements or locking of the jaw. Many times, these symptoms resolve on their own but if they become reoccurring or are constant, help may be needed.

Initial intervention can include the use of a stabilizing splint or bite guard but sometimes these become devices chewed through. More help may be necessary, particularly if TMJ pain is coming from the muscles of mastication or something called an "internal derangement" develops. Internal derangement can be a displaced disc, dislocated disc, jaw injury or faulty mechanics within one or

both joints. If this is the case, treatment to the joint can help restore proper joint motion, treatment to the muscles can reduce the pain and the forces produced from chewing, talking, or yawning can be distributed in a more balanced manner.

Treatment of TMD usually includes soft tissues manipulation to help relieve muscle tension in the head, neck, and face. Dry needling may be used to eliminate painful trigger points, often followed by stretching and strengthening, which are helpful in restoring muscle balance. The treatment goal is to provide better control movement of the movement in the joints.

In some cases, although the pain may present in the jaw, the neck can be a contributing factor. And, in such cases, postural alignment is considered as well as muscle pain that may refer to the jaw and face.

If you are experiencing pain as described above, perhaps consider talking to your doctor or dentist about receiving physical therapy, or simply call and speak with your physical therapist for additional information.

Rob Stanborough is a physical therapist serving St. Augustine for over 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 (HYPERLINK "http://www.myopainseminars.com" www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation, and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. Read previous columns posted on HYPERLINK "http://www.firstcoastrehab.com" www.firstcoastrehab.com.



Computer Corner

by Steven Aldrich

The Power of Voice Access: Enhanced Accessibility Features in Windows 11



Windows 11 continues to break new ground in accessibility and user experience with its latest updates, particularly in the realm of voice access. This article delves into the new voice access features introduced in recent Windows 11 updates, highlighting how these improvements empower users with disabilities to navigate and interact with their computers more effectively.

One of the key areas of improvement in Windows 11's accessibility features is voice access. This tool allows users to control their PC and author content in any application using their voice. This innovation has been particularly impactful for individuals with limited mobility, such as those with conditions that make it difficult to use a keyboard and mouse. With voice access, these users can now command and control their PC and engage in tasks that were previously challenging or even impossible to perform independently.

The voice access features go beyond basic commands. Users can navigate through their system, interact with applications, and even emulate standard keyboard and mouse inputs using voice commands. This feature is particularly helpful for those who may struggle with fine motor skills or dexterity, as it eliminates the need for precise physical movements.

Moreover, the voice access system in Windows 11 is designed to be flexible and

adaptable. For instance, users can move the live captions, which display audio content in text form, to the bottom or into a floating window for easier viewing. This adaptability ensures that the system can be customized to meet individual needs and preferences, further enhancing its usability and accessibility.

In addition to voice access, recent Windows 11 updates have also improved the Narrator feature, which is crucial for users with visual impairments. Improvements include better detection of text in images, including handwriting. This enhancement allows the Narrator to provide more detailed and accurate descriptions of visual content, making it easier for visually impaired users to understand and interact with digital content.

In conclusion, the recent improvements in Windows 11's voice access and Narrator features are a significant step forward in accessibility. These tools empower users with disabilities to navigate and interact with their computers more effectively, allowing them to participate more fully in the digital world.

Steven Aldrich is a technology advisor with decades of experience as an IT Director and is the owner of First Coast Computer Services. Contact Steven if you need a trusted advisor to come to your business or home and help with your technology. Steve@fccspro.com or (904) 479-5661.



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The **Art Studio**
of St. Augustine Beach, FL
Art Studio News
by Paul Slava

First Friday Opening
May Artist of the Month
Dante D'Onofrio



May 3rd - 5pm to 8pm
Art - Music - Snacks - Beverages - Free
Plus Member's Show - Runs through May

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

Our Member Artist and Artist of the Month for May is Dante D'Onofrio and his themed exhibit, "Sun, Sand & Surf" Paintings reflect his many years living in Hawaii. The vibrant colors and bright seascape vistas are in his words, "Exact colors of the surroundings that might look exaggerated or enhanced, but I swear are totally real".

So come and look at nature through his eyes and experience what he has seen and remembered. Dante has been a member for many years and his art is beautiful, so don't miss out on seeing these close up and in person and meet the artist himself at our May First Friday Opening on May 3rd starting at 5pm and ending at 8pm. Live Music, Snacks and Beverages will be provided and it's all Free! Dante's show will be on display through the month of May. We are open from 12 to 5pm Daily.

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.

St Augustine Genealogical Society

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

Our Genealogical Society is open to all. We encourage visitors, as well as current and former members to join us. Refreshments will be served, and feel free to bring your favorite. For information visit website stauggnso.org or contact Georgia Horsey at 770-337-6137.

St. Augustine Lions 2024 41st Seafood Festival Tasting Contest

(continued from page 1)

The Judges were impressed...all samples were delicious and well presented. The winners are listed below:



- Best Shrimp was Hammerheads Seafood
- Best fish was Real Cajun Cookin'
- Best Dish 1st prize was DJ's Clam Shack
- Best Dish 2nd prize was Voo Doo Shrimp Shack
- People's Choice 1st prize was Island Girl
- People's Choice 2nd prize was Real Cajun Cookin'
- Best of Festival was Flagler Broadcasting 105.5 and 106.3



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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.bcsogstaug.com or email bcsgofsa@gmail.com.

Restorative Yoga: Rest, Heal, Restore

Every Wednesday from 1:00-2:00pm at
The Wellness Center
120 Health Park Boulevard

Taught by Certified Yoga Instructors through
the Christina Phipps Foundation

Restorative yoga encourages physical, mental and emotional relaxation. Ease into this yoga session with gentle stretching and breathing techniques that allow you to experience the following benefits that Restorative Yoga offers:

- Relax the mind and body
- Enhance your mood
- Soothe the nervous system
- Reduce chronic pain
- Improve sleep

Scan for more information



400 Health Park Blvd. | St. Augustine, FL 32086
Tel: 904-819-4793 Email: OncologyNavigation@FlaglerHealth.org
www.flaglerhealth.org



St. Augustine Orchid Society

by Janis Croft

"Multifloral Paphiopedilums" by David Sorokowsky, Paph Paradise


Multifloral paphiopedilums require a bit more space but the spectacular display of flowers they provide makes them worth growing! Dave has been growing paphiopedilums for about 15 years and seriously hybridizing for the past 10 years. He is an accredited AOS judge and his paphiopedilums have received over 100 awards to date from the AOS and CSA. Many of those awarded plants play important roles in his breeding program.

Bring your blooming orchids for the Show Table. Plants will be available on the sales & raffle tables. The St. Augustine Orchid Society welcomes friends and guests to our monthly meetings. No charge. Information can be found at <https://www.staugorchidsociety.org/>. The monthly event is May 7, 2024, 6:30 until 9 pm, at Memorial Lutheran Church, 3375 US 1 South, St. Augustine 32086.

The St. Augustine Orchid Society presents

Multifloral Paphiopedilums

with David Sorokowsky from Paph Paradise



Multifloral paphiopedilums require a bit more space but the spectacular display of flowers they provide makes them worth growing! Dave has been growing paphiopedilums for about 15 years and seriously hybridizing for the past 10 years. He is an accredited AOS judge and his paphiopedilums have received over 100 awards to date from the AOS and CSA. Many of those awarded plants play important roles in his breeding program. In 2018 Dave left winemaking in order to focus all of his time running Paph Paradise Orchids.

Bring your blooming orchids for the Show Table. Plants will be available on the sales & raffle tables. The St. Augustine Orchid Society welcomes friends and guests to our monthly meetings. No charge. <https://www.staugorchidsociety.org/>

When: May 7, 2024
6:30 til 9 pm
Where: Memorial Lutheran Church
3375 US 1 South
St. Augustine 32086

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