

St. Augustine Aquarium is Excited to Announce New Juvenile Cow Nose Ray





The St. Augustine Aquarium has recently introduced a new juvenile Cownose ray into the main habitat that houses many of their tropical fish. The aquarists and staff at the St. Augustine Aquarium have been tirelessly

ensuring that the new ray, acclimated, thriving, and that he is target trained with food. With one of our main missions being education, this juvenile ray is the perfect opportunity to expand the aquarium and the public knowledge.

helping Sunny to acclimate to his new habitat and he loves when snorkelers are near his target platform. Sunny also makes a great representative of species that are located on our coast in Florida, helping people to learn how to properly help conserve and see them thrive in their natural habitat. Our lead aquarist Sydney states, "Sunny joined us at the end of April, and went through health exams and training process before moving into our 80,000-gallon Florida Reef on July 4th. Measuring in at a whopping 15 inches in wingspan, what this little guy lacks in size he more than makes up for in personality. If you're in St. Augustine and looking for something to do, stop by and meet, feed, or snorkel with all our other amazing fish!" We are so excited to

and joy he will bring to the aquarium. St. Augustine Aquarium was opened in 2016 by husband and-wife Kathy and Shawn Hiester. After consulting with many aquariums across the country they created a unique aquarium centered around conservation through education. The aquarium utilizes guided tours by experts to help educate the public

welcome Sunny and all the education

St Augustine South Reflections

by Ruth Hope

We seem to have gone from Halloween to Thanksgiving, and then straight into The Holidays in only a few days this year. Well, that is, according to the

barometer of the Skeleton Family on San Jose: their Holiday celebration started back in November!! It might have been to cheer themselves during the brief very cold spell. I always like the arrival of St Augustine Nights of Lights as they are so pretty and cheerful on long dark winter nights. Like most locals, I go downtown midweek to see the lights, and not before 10pm, to avoid the terrible traffic congestion. I will certainly go again in January before they are packed away until next November.





In the last issue of The St Augustine Observer, I was being thankful that we had been spared the worst of Hurricanes Helene and Milton. I wrote that our salt marsh had soaked up much of the storm surges, and we had only experienced minor flooding on the lowest part of Shore Drive, to the north of the neighborhood. I have since been chastised by neighbors who had quite prolonged inundation flooding, not as a result of the storm surge. Folks living in the area of Prince Road to Gentian Rd from Gerona Rd to Jasmine Rd had water 17 inches deep behind their homes. The water came almost up to some homes missing them by only a foot or two. The water stayed that way for days which neighbors interpret as being the result of lack of maintenance of the drainage system that runs from behind WaWa to Moultrie Creek. Those affected report that the ground around the drain

has been increasingly soggy since WaWa was constructed. They have notified the County, but nothing has been done. SASIA is advocating for action by

notifying Clay Murphy.

On December 7, the SASIA Arts and Craft Fair was a great event with over 40 vendors, a wide range of talented artists and perfect weather. It was a little chilly in the morning but warmed up. With the expanded number of vendors, there were some inside the Clubhouse as well as the usual stalls round the "village green" at the side of the Clubhouse. Refreshments were by Lovin' Oven food truck. Then December 14, Santa came to St Augustine South! This fun tradition of Santa's arrival



at the Clubhouse had arts and crafts activities and treats for children while they waited their turn to chat with Santa. The jolly Santa was set up inside the clubhouse for perfect Ho, Ho, Ho!

about marine life. The aquarium also offers one-of-a-kind experiences in St. Augustine with feed and touch experiences with sharks and snorkels in the Florida Reef habitat. All of this with the hope that guests will leave feeling like they can play a role in conservation in the future. For information email: info@saaqaium.com or call 904-428-9777.

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St. Augustine Observer

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Cliff Logsdon Publisher/Editor

(904) 607-1410 Email: clifflogsdon@att.net



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

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

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

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

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

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 Community Association Manager Melissa Settoon at 904-471-6606 ext 140. melissa@ coastalrealtyfl.com

St. Augustine South Community Calendar

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

January Community Meeting Wednesday, January 15th Please join us on Wednesday,

January 15, 2025 at 7:00p.m. for our community meeting.

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 1st VP: David Rieger 2nd VP: Nicolette Soucy Secretary: Marcea Lewis Treasurer: Margo Geer Board:

Andre D'Elena Justin Miller Linda Stegall Vicki Cofone Oonna Heuck Rachael Fearing

Classes at the SASIA Clubhouse

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

Square Dancing – Mondays 7:00-9:00 p.m. Come join the fun and dance with others. Contact caller, Mike Akers, with any questions: mi-

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.

Art Classes in January - 14th, 21st and 28th

Tuesdays: 11:30 a.m. - 1:30 p.m. Intermediate/Advanced Art

Tuesdays: 2:00 - 4:00p.m. Intermediate / Advanced Art

Students 18 years and older can register for Art Classes by contacting Jenny at jenny@jennykeyser.com with the class name and time in the subject line.

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. No class on January 1st.

Intermediate/Advanced Wednesdays 3:00-5:00 2nd Monday of each month from 10a.m.-12 noon. Join Jinny for an intermediate/advanced level line dance class. A \$5.00 donation is requested.

Residents interested in joining SA-SIA may do so at www.staugsouth.

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.

at 904-325-9802.

FOR SALE: (1) Fenwick Aluminum fly rod carrier \$70. (2) Waylon and Willie records 12" 78 \$10 a piece. (3) Mexican onyx chess set. \$200 never used. Call 904797 5933.

FOR SALE: Yankees Fans! Autographed, certified baseballs. Gerrit Cole CY Young, DJ Lemahieu Gold glove 1st base, Paul O'Neil WS Champion, Derek Jeter WS 2009 Rawlings all officially signed with certification. \$600 ea. Display cases provided. Must have! Please call S-S anytime before 7pm. Susan 904-599-2498.

FOR SALE: (1) New Rythm Walker with large wheels \$75. (2) Small Walker \$15. (3) Clothing, tops, large size from \$2. Call904-687-3362.

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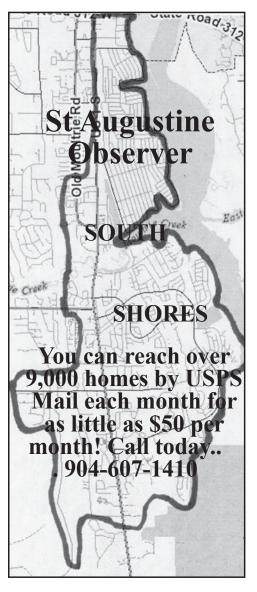
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Shores Communications Corner News & Information from the St. Augustine Shores Service Corp.

Shores President's Update

A Bright Year of Opportunities for the Shores Community
As we enter 2025, the air is filled with excitement and endless possibilities for our vibrant Shores community. A new year isn't just about marking another calendarit's an invitation to reflect on our journey, celebrate our achievements, and envision an even brighter future together.

Celebrating Growth and Progress

The Shores continue to flourish, from enhancements like the beautifully resurfaced community pool to the addition of new homes in Sabal Estates. The upcoming year offers us the chance to build on these successes and embrace the opportunities and challenges of growth.

Strengthening Connections

The Shores is more than a neighborhood—it's a close-knit community where friendships are formed, memories are made, and a true sense of belonging thrives. Last year's events, such as the festive Christmas tree lighting and monthly food trucks, reminded us of the power of shared moments. Let's carry that spirit into 2025 by deepening our connections.

You can get involved in many ways, such as joining a neighborhood meeting, volunteering for an event, or saying hello to a new neighbor. Every small act adds to the rich fabric of our community.

Growing Together

With growth come exciting opportunities. New and long-term residents come together in our community to share experiences, build connections, and create a vibrant, united neighborhood where everyone feels at home. Let's continue to dream big while preserving the warmth and charm that define our community. Together, we can build upon everything we cherish about the Shores and make it an even more remarkable place to call home.

Embracing a Positive Outlook

Every challenge brings with it the seeds of opportunity. The new year inspires us to tackle obstacles optimistically, ensuring every resident feels valued and supported. We can transform hurdles into triumphs through teamwork, creating a community where everyone thrives.

A Shared Commitment

Communities thrive when residents actively shape their future. This year, let's pledge to contribute—whether through major projects or simple acts of kindness. Each of us has the power to make a difference.

I am genuinely excited and honored to step into the role of HOA president. I look forward to working alongside our wonderful community to continue building a neighborhood we're all proud to call home.

Here's to 2025: a year filled with connection, growth, and celebration. Together, let's make it the Shores' best year yet!

Mike Nutile

Living with Cancer Support Group

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

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

Free Tree Giveaway for Florida Arbor Day!

by Helen Boxer, Garden Club Publicity



Florida Arbor Day is around the corner. Always the 3rd Friday of the new year, it's slated for January 17, 2025

The Garden Club of St. Augustine continues its tradition of giving away young potted trees to residents and businesses of St. Johns County. This year, an assortment of 200 fledgling WILD BLACK CHERRY, RED MAPLE, RIVER BIRCH and SUGAR BERRY trees will available for the taking at the the Garden Club at 3440 Old Moultrie Rd. from 9 am to 12 noon, 01/17/25

For information about the Garden Club, visit gardenclubofstaugustine.org. General meetings are open to anyone interested. All are welcome the 2nd Wednesday of most months at the Old Moultrie Rd. location.

Shores Riverview Club Member Activities

January 2	025									
F	Riverview Club	at St. At FREE Activities are offered every week to Shores Homeowners. Owners may bring								
Activity	Room	Monday	Tuesday	Wednesday	Thursday	Hosted By				
Art	Serenity Sitting Room		12-3pm			Una				
Euchre	Serenity Sitting Room		12-1:30pm			Carol				
Scrabble	Serenity Sitting Room				12-3pm	Edith				
Writers Group	Live Oak Conference Room				2-3pm	Bernie				

January 2025												
	Activity	Room	Mon	Tues	Wed	Thurs	Fri	Instructor				
	Chair Yoga	Reflections	10:30-		10:30-		10:30-	** TBA				
		Ballroom	11:45am		11:45am		11:45am					
	Barre Class	Reflections		5:30-				Mary				
		Ballroom		6:30p								
	Zumba	Reflections	3:30-4:30pm		3:30-			Nickie				
		Ballroom	(standing		4:30pm							
			class)		(seated							
			,		class)							

^{**} Please call 904-797-6441 to confirm Chair Yoga class time prior to arrival as this is subject to change during

St. Augustine Beach Democratic Club

by Susan Horwitz
The SAB Democratic Club's January meeting will be on Tuesday January 7, 2025 at 5:30 pm at the Anastasia Island Branch Library 124 Sea Grove Main Street. Our speaker will be Tom Torretta from Habitat For Humanity who will discuss the activities and projects of Habitat. To follow in the footsteps of Jimmy Carter, we will be asking for volunteers to sign up for a day or more of service and to "grab hammers and start building houses." The St Augustine Beach Democratic Club's focus is on current local issues affecting those living in St Augustine Beach. These meetings provide an excellent opportunity to get to know elected representatives, mingle with Democratic candidates and socialize with our Democratic neighbors. The Club meets at the Anastasia Island Branch Library, 124 Sea Grove Main Street, 5:30 pm, plenty of parking available. For additional information, please contact info@sabdems.org or call 617 877-1752.

St. Augustine Multiple Sclerosis Support Group

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

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

St. Augustine Orchid Society **Vandaceous Orchids!**

by Janis Croft

On Jan. 7 Keith Emig, owner of Winter Haven Orchids, will talk about other varieties in the vandaceous alliance besides vandas. More unusual vandacous orchids include the Aerides, Angraecoids, Neofinetias, Renantheras and Rhynchostylis. Keith and wife, Dina grow, hybridize and register plants in the Oncidium, Cattleya, Phalaenopsis, Vanda, and Dendrobium alliances, and have even created their own genera (Emigara). They have received more than 45 American Orchid Society awards, so far, including nine for their original crosses.

Bring your blooming orchids for the Show Table. Plants will be available on the sales & raffle tables. The St. Augustine Orchid Society welcomes all to our monthly meetings. No charge. https://www.staugorchidsociety.org/. Meeting January 7, 2024 6:30 til 9 pm at Memorial Lutheran Church at 3375 US 1 South, St. Augustine 32086.

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SASIA News and Calendar of Events

January 2025

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.

January Community Meeting Wednesday, January 15th

Please join us on Wednesday, January 15, 2025 at 7:00p.m. for our community meeting.

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

Food Truck Nights

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

Friday, January 10th – Saucy Pig BBQ

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

Upcoming Events 2025

Friday, January 10th – Saucy Pig BBQ Saturday, April TBA - Spring Festival Saturday, October 25th - Fall Festival

Saturday, December 6th – Arts & Crafts Festival Saturday, December 13th – Santa's at the Clubhouse Dates are subject to change.

Romanza's Collage Concert Series Continues!

by Gloria MacDonald



Romanza's Collage Concert Series continues in January with a great lineup of exciting performances! Romanza's mission is to bring a wide variety of outstanding entertainment to Northeast Florida, and to celebrate the amazing quality of talent in our area. This year we will be presenting 3 more concerts all at The Waterworks, 184 San Marco Ave., St. Augustine. Tickets are \$25. For more information and to purchase visit romanzafestivale.com

January 25, 2025 - 7:30pm

Jazz/Soul Vocalist, Akia Uwanda featuring Taylor Roberts on Guitar

What better way to start a new year than with an intimate concert featuring Jacksonville's own Akia Uwanda. Akia has performed all over the world from Carnegie Hall to Parma Italy. A favorite of Romanza Festivale, Akia's smooth vocals and engaging performances make for an evening of music you won't soon forget.

February 15, 2025 A Special Valentine's Concert

Celebrate love with a special Valentine's concert filled with great love songs from great composers. The team behind the hugely popular Broadway concerts featured in Romanza Festivale return with an evening filled with music to bring out the romantic in everyone. Directed by Cliff Parrish, this concert will feature songs of love from some of the world's greatest songwriters with local favorites Jason Whitfield, Haley Kirk, Trudye Lutton and Timothy Keatley. This special event is the perfect way to celebrate with your valentine.

Temple Bet Yam Presents its Ever-Popular Deli Nite

Our eagerly awaited Deli Nite returns February 13, 2025, to be held from 6:00 to 9:00 p.m. at the Temple, 2055 Wildwood Drive (just off SR 207) in St. Augustine. For only \$36 enjoy overstuffed deli sandwiches with a choice of pastrami, corned beef or turkey, coleslaw, half-sour pickles, potato salad, dessert and refreshments.

A live improv show will be there to entertain you. You can try your luck for fabulous items from the Pickle Jar Raffle. The reserve-by date is February 1, 2025. Questions? Call Tracey at 321-303-8990 or Sharon at 407-625-7483.





Find Joy at Shores United Methodist Church!

724 Shores Boulevard St. Augustine, Florida 32086 (904) 797-4416

Traditional Worship Service 8:45 am

Contemporary Worship Service 11:00 am

Online Worship Service visit www.shoresumc.org

Sheriff's Update

By St. Johns County Sheriff Robert A. Hardwick

2nd Annual St. Johns County Fight Night: First Responders Boxing for Charity



The St. Johns County Sheriff's Office is excited to be hosting the 2nd Annual St. Johns County Fight Night... a boxing battle between Police and Fire! The date of this year's Fight Night is February 13th at 6:00pm at the St. Augustine Amphitheatre. This year's event will benefit Diamond of Dreams and St. Johns PAL.

The Diamond of Dreams is a new build project providing a ball field and a playground for children with special needs. The St. Johns County Police Athletic League (PAL) is an organization that provides all youth an opportunity to play a variety of sports in St. Johns County. While supporting your local heroes, you can contribute to a much larger cause!

The night will kick off with teenagers in the ring that are a part of the PAL Boxing Program. These kids are tough and have dedicated their time to the team to be awarded a legit fight in front of a real audience. The main events consist of members of SJSO, SJCFR and SAFD battling for the belt and annual title. These fighters have shown commitment and devotion to the event on their off time while still serving the community in fire trucks, patrol cars and our jail. The fights will be three rounds, one minute each, with a one-minute interval.

For more information and to order tickets, please visit: St. Johns County Fight Night: First Responders Boxing for Charity | St. Augustine Amphitheatre

St Augustine Genealogical Society

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

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

Temple Bet Yam's 22nd Annual Card Party



Hammock Dunes Country Club, 30 Ave Royale, in Palm Coast will again host our annual Card Party on January 15, 2025. You can look forward to a continental breakfast at 10 and a buffet lunch with desserts at noon. Your choice of games include Mah Jongg, Mexican Train, Canasta, and Scrabble and more.

You might win a door prize or the 50/50 raffle. You may find a great item at the silent auction. Registration info coming soon so keep an eye out for more information.

Contact Ellen Miller at rehsm@yahoo.com or (516) 234-0950.

Recycle Your Tree!

Help reduce the amount of waste that ends up in landfills during the holidays by taking advantage of this free program. Bring your real Christmas tree to a designated

drop-off location so it can be used as mulch in one of our county parks. Only clean, real trees free of decorations will be accepted. For more information call 904-209-0333.

December 26 – January 6 from 9 a.m. – 5:30 p.m. drop off locations:

- Ron Parker (By the Community Garden and Dog Park): 607 Old Beach Rd.
 - Mills Field: 1805 Racetrack Rd.
 - Davis Park: 210 Davis Park Rd.
- Tillman Ridge Transfer Station: 3005 Allen Nease Rd. (closes at 1p.m. on Sat., closed on Sun.)
- Stratton Rd. Transfer Station: 250 N. Stratton Rd. (closes 1p.m. on Sat., closed Sun.)

Families Anonymous Support Group

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

We meet Thursdays from 9-10 a.m. at Unitarian-Universalist Fellowship, 2487 A1A S. Street, St. Augustine (Use red back door entrance). For more information to restore peace and harmony, contact 843-367-1475.



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As we usher in 2025 we are excited to embark on a New Year at the Art Studio with more Classes and Workshops, some free and all affordable. It's never been a better time to be a Member. We opened up our Membership this January and for \$60 you can show and sell your work in our Gallery. We kick off the year with our New Artist of the Month for January: Pam Consolie, Born and raised in the Finger Lakes region of New York in the small town of Geneva, "I met my husband in high school and we married in 1983. We were blessed with our two boys, Jack and Anthony, in 2000 and 2001, respectively. They are a constant source of pride and immense joy. Being a wife to my best friend and a mother to two great young men have been my greatest accomplishments. A year after graduating from The State University of New York at Geneseo with a major in educationand a minor in art, we moved to Georgia and settled in Stockbridge and then in McDonough, both suburbs of Atlanta. I worked for Henry County Schools in Georgia in several positions, ultimately serving as an elementary school Principalfor 17 years. During those years I continued my education culminating with a Doctorate from The University of Georgia. After working in schools for 30 years, I retired from Henry County Schools in 2017. Shortly after retiring, I began working part-time as a coach for new teachers and did this for three years until Covid changed everything.

In 2021, our family realized a long-held goal of moving to St. Augustine. Having spent countless vacations in St. Augustine over the years, we were finally able to make it our full-

The Art Studio Spinner Del First Friday Opening January Artist of the Month m Gonsolia January 3rd - 5pm to 8pm Art - Music - Snacks - Beverages - Free Plus Member's Show - Runs through January 904-295-4428 www.beachartstudio.org

time home. After making the move, I found I had time to indulge my lifelong interest in art, having studied art in both high school and college. I converted our pool house into an art studio where I happily spend countless hours creating. I enjoy working in a variety of mediums including acrylic painting, resin, coastal art, beading and jewelry making. Currently, I devote much of my time to working in acrylic paints and resin. I love the beach with its vibrant colors, beautiful marine creatures and plant life, and ever-changing moods. The beauty that surrounds me on a daily basis is a heavy influence on the art work that I do.

Along with art, I enjoy reading, crocheting, walking the beach, travel, all things Notre Dame (Go Irish!), and most of all, spending time with my

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.

Interested in the Civil War?

Please join our Civil War Discussion Group. Our next presentation will be Tuesday, January 7, 2025 at 1pm, at the Anastasia Branch library in Sea Grove.

The January presentation will be with Len Whiteside titled "Bloody Kansas and Missouri". It examines the

1854-1861 political turmoil in Kansas over slavery. It includes the guerrilla warfare that ensued that made Kansas and Missouri bleed and determined their fate.

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



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2025 Beach Driving Passes Going on Sale

St. Johns County annual beach driving passes for 2025 go on sale starting Monday, Dec. 9. Residents' passes are \$50, non-resident passes are \$100, and ADA-accessible passes are \$40.

Passes will be available during regular business hours at the following locations through March 1, 2025:

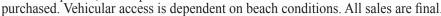
- Tax Collector's Main Office 4030 Lewis Speedway, St. Augustine
- Tax Collector's DuPont Center Office 6658 US 1 South, St. Augustine
- Tax Collector's Julington Creek Office 725 Flora Branch Blvd., St. Johns
 Tax Collector's Ponte Vedra Office 151 Sawgrass Corners Drive, Ponte Vedra
- St. Johns County Beach Services Office 901 Pope Road, St. Augustine

• St. Johns County Ocean and Fishing Pier Gift Shop – 350 A1A Blvd., St. Augustine For 2025, toll attendants will scan pass barcodes at entry points. Be sure to stop and have your pass ready. Debit and credit cards will now be accepted at the booths.

To purchase a resident pass, residents must present a valid I.D. with a St. Johns County address or proof of property tax payments in St. Johns County. A disabled person parking

permit or proof of qualification must be presented when requesting an ADA-accessible pass. Disabled military veterans are eligible for a free annual pass by showing their military I.D. or a letter from Veterans Affairs verifying their disabled status.

Vehicles accessing the beach do not need a beach pass until March 1, 2025. After March 1, annual and daily beach passes will be available for purchase at toll booth locations. If passes are lost or misplaced, a new pass must be



The old Reach the Beach app is set to be retired on Dec. 2, with all beach info and updates now accessible via the SJC Connect app. For more information about beach driving passes, please call the St. Johns County Beach Services Office at 904-209-0331.



Friends of Anastasia Island Branch Library **Upcoming 2025 Events**

Book Sale



Our amazing book sale will be Friday, February 28, 2025 from 10:00 a.m. to 5:30 p.m. and Saturday, March 1, 2025 from 10:00 a.m. to 4:30 p.m. As a special treat, we will hold a pre-sale for Friends members only from 9:00 a.m. to 10:00 a.m. on Friday, February 28. 2025. Spring Basket Silent Auction

Our 10th annual Spring Basket Silent Auction will be held from Monday, March 3 through Friday, March 21, 2025 during normal library hours. In past auctions, we have had up to 30 various baskets for auction.

If you'd like to become a Friends member, have questions about membership, or would like to be added

to our email list, please email us at anastasiaislandfaibl@gmail.com.





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

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.







Rob Cook Attorney At Law P.A.

Rob Cook, Esq.

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Have a Happy Healthy Holiday!! and All the Best for 2025!!







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Special Primary Election · January 28, 2025 congressional district 6



Open ONLY to registered Republican and Democrat St. Johns County voters residing in Congressional District 6.

Florida is a Closed Primary State

Florida is a closed primary state. To vote in this Special Primary Election, you must be a registered voter in the party for which the primary is being held. In this Special Primary Election, Democrats receive a **Democratic** ballot and Republicans receive a **Republican** ballot.



Use the My Voter Status tool on our website to view your current party affiliation.

Vote-by-Mail

All mail ballot requests in the state of Florida will expire on December 31, 2024.

If you wish to continue voting by mail in 2025 and 2026, you must RENEW your request.

Visit **www.votesjc.gov** or call **904-823-2238** to request a vote-by-mail ballot!

Early Voting

January 18 - January 25, 2025 9 AM to 6 PM Daily at both early voting locations below:

Supervisor of Elections Office

4455 Avenue A, Suite 101 St. Augustine, FL 32095

Southeast Branch Library

6670 US 1 South St. Augustine, FL 32086

Election Day

January 28, 2025 Polls open 7 AM to 7 PM

- You must vote at your assigned precinct on Election Day
- ID is required when voting in person

Visit **www.votesjc.gov** to find your polling place and view your sample ballot.

For a map of Congressional District 6, visit **www.votesjc.gov**!

USCG Flotilla 14-7 Change of Watch



PHOTO: Flotilla 2025 Officers, L-R: Louis Laguardia, FSO-DV; Henry Seiden, FSO-NS; Herbert Peters, FSO-VE; Georgia Young, FSO-PV; Roxanne Anstett, FSO-FN; Jon Cegielski, FSO-MA; Steven Rich, FSO-SR; Joe McCoy, FSO-PE. Shown conducting the ceremony for Staff Officers is Alphonse Albano, Vice Flotilla Commander.

U. S. Coast Guard Auxiliary Flotilla 14-7 held its annual Change of Watch program on December 10 (2024) at the GTM NERR (Guana Tolomato Matanzas, National Estuarine Research Reserve. Saint Augustine's Flotilla 14-7 is one of almost eight hundred nationwide volunteer units with more than 21,000 members, whose mission is to contribute to the safety and security of boaters, ports, waterways, and coastal regions with the focus on recreational boating safety and education.

The U. S. Coast Guard Auxiliary, authorized by an act of Congress in 1939, recently commemorated its 85th anniversary. Flotilla members come from all walks of life. Some are retired military. Others are experienced or unexperienced boaters just looking to learn more about their local waterways, with the desire to become part of the local boating scene. Members are trained in boating safety and other aspects of on-the-water experiences.

Flotilla 14-7 meets monthly, generally on the first Tuesday, at the St. Augustine Yacht Club - 442 Ocean Vista Avenue, St. Augustine starting with a social at 6:30 p.m. followed by the meeting at 7 p.m. For membership and other information contact Flotilla Commander Joseph McCoy, Flotilla Vice Commander Henry Seiden, or Human Resources Officer Steven Bergmann, at CS@mysafeboating.com/



ONLY YOU KNOW & I KNOW

In an Exclusive CENTURY 21 ECONOMIC UPDATE by NAR's Chief Economist, Dr. Lawrence Yun, CENTURY 21 Brokers around the Country were provided an In-Depth look at his market predictions. Here's what you should know:

to rise by 9% whereas New Home sales are expected to inflation rate. Job gains are expected to be see an increase by 11%.

In 2026, Resales are expected to see a larger increase years yet by 13% whereas New Home sales will be up by 8%.

Yun based his statistics on the pent-up home demand MAY EVEN KNOW MORE THAN MANY caused in part by the election having caused uncertainty in the market. Combine that with interest rates as high as 8% FORUMWASACENTURY21EXCLUSIVE. which have recently started to dip under 7% and then you Get with the Largest, Most Trusted Real add Hurricane Helene and the market was not so great this Estate Brand in REAL ESTATE: CENTURY

In the next two years, Yun predicts that INTEREST RATES AT 6% will become the new normal but rates will INFORMATION THAT MATTERS:

In 2025, the number of Resales Nationwide are expected fluctuate in the 6's depending on job numbers and the

at 2 Million jobs per year for the next two

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Diaries of a Shores Grand-Dad

by Dirk Schroeder

Spellchecker ought to be ashamed two dictionaries and yet "Communion" of itself: after I read my Diaries from last month, we both need to do better. Speaking of better (which was the underlying theme of the last issue), "better" is a perspective that may be somewhat subjective. Case in point: The St. Augustine Observer is delivered to many different neighborhoods, all of which are somewhat different but not one of them is truly "better" than another; it's the people in our neighborhoods that make our neighborhoods and thank God we're

We use the word "Community" to describe our neighborhoods, our City, our County yet rarely our households. In my 1977 Websters Dictionary, "Community" definition 1.c is: "an interacting population of various kinds of individuals in a common location". In my 1982, Houghton & Mifflin Dictionary the definition that most closely resembles the Webster's is 1.a: "a group of people in the same locality and under the same government." Finally in my 1988 Roget's Thesaurus, "Community" has NO Synonym (defined simply as "persons as an organized body") although the word directly above "Community" is "Community" above 'Communion" and it has two synonyms: "Faith" (the religious relationship) and "Communication" – "the exchange of ideas by writing, speech or signals." Notice how "interacting" was nowhere to be found in a 5-year span between the State of Mind.

(in the Thesaurus) gives us a better idea "what "Communities" are all about?

To me, the interaction and the exchange of ideas, not just in writing, speech and signals but in the deeds of the people – our collective souls can make our communities better. These principles can also make our households better.

As we typically make pledges for the days ahead of us at New Years Day, I want to reflect back for just a moment because, in all of our communities, certain souls have disappeared. Neighbors know who they were and, in some cases, the entire community knows who they were. And for good reason – they were a part of what makes our community better. All of us can probably think of someone who made a difference, who helped out, who lifted spirits, who walked with us, who joked or maybe cried or prayed with us. Maybe they worked on community projects or volunteered to help others. These are the people whose interactions make a positive impact and will be missed in our communities. They have set a better example for all of us.

If we want to look for some inspiration for our 2025 resolutions, maybe we can do more and be more like them and honor them in this way. With that, I wish everyone, as always, a Happy New Year and a Sunshine

Bookmobile

SERVICE UPDATE

City of St. Augustine accepting applications for Neighborhood Grants Program

The City of St. Augustine Neighborhood Services Neighborhood Grant Program (NGP) application period will open on Wednesday, January 1, 2025, and closes on Wednesday, January 15, 2025.

The NGP provides funding up to \$3000 to formally and informally organized groups that undertake small-scale neighborhood improvement, enrichment, and enhancement projects or events. NGP funds accompanied with City staff's technical assistance are designed to empower neighborhood organizations to effectively plan and implement neighborhood and community initiatives.

Applications will be accepted in the City of St. Augustine Neighborhood Services and CRA Division office via email at NGP@citystaug.com in person at 75 King Street, 4th Floor or by mail to: City of St. Augustine Neighborhood Services Division, PO Box 210, St. Augustine, FL 32085

For Neighborhood Grants Program inquiries, contact Jaime D. Perkins, Neighborhood Services and CRA Manager at jperkins@citystaug.com.

St. Johns County Bookmobile Off-Road

Bookmobile service will be suspended from Monday, Dec. 2, until Monday, Jan. 27, to allow for onboarding and training of new staff. All due dates and holds that were unable to be picked up will be extended until service resumes. For more information or to request a hold transfer to one of our branches, please email libbe@sjcfl.us or call 904-827-6944.

Bookmobiles and direct-delivery services have been important parts of libraries nationwide for over 100 years. They help people in rural, urban, suburban, and tribal areas by bringing books, information, and learning resources to

communities that might not have easy access to a library.

In 1905, the first bookmobile in the United States was a horse-drawn buggy at the Hagerstown Public Library, which is now part of the Washington County Free Library in Maryland. Since then, these vehicles have been designed to transport resources from a physical library to other community sites.

Computer Corner

by Steven Aldrich

Got Updates?

The Importance of Updating Operating Systems

Updating operating systems like Windows and macOS is crucial for maintaining the security, performance, and functionality of your devices. Regular updates provide a range of benefits that enhance user experience and protect against potential threats.

Enhanced Security

One of the primary reasons to update your operating system (OS) is to improve security. OS updates often include patches for vulnerabilities that hackers could exploit to gain unauthorized access to your system. By installing these updates, you protect your personal and business information from cyberattacks such as malware and ransomware. For instance, Windows updates frequently include security patches that address new viruses and vulnerabilities, ensuring that users have the latest protection available.

Improved Performance

Operating system updates can significantly boost device performance. Over time, systems can become sluggish. Updates often include optimizations and bug fixes that enhance speed and efficiency, allowing devices to run more smoothly. For example, keeping macOS updated can extend the lifespan of older devices by improving their performance and stability.

Access to New Features

Updating your OS also provides access to new features and functionalities that can improve productivity and user experience. These updates may introduce new applications, tools, or improvements to existing features. Recent macOS updates have included features like SharePlay for shared experiences on FaceTime and enhanced multitasking capabilities.

Compatibility with New Software and Hardware

As technology evolves, new software and hardware require compatibility with the latest operating systems. Regular updates ensure that your device remains compatible with new applications and peripherals, preventing issues with installation or usage. This is particularly important for users who rely on their devices for professional work or need to integrate them with other modern technologies.

Improved Stability and Accessibility

Operating system updates often address bugs and stability issues, reducing the likelihood of crashes and improving overall user experience. Additionally, updates may introduce enhanced accessibility features that make devices more usable for individuals with disabilities.

Conclusion

Regularly updating your operating system is not just a matter of convenience; it is essential for ensuring device security, performance, and longevity. By keeping your OS up-to-date, you protect against cyber threats, gain access to new features, improve compatibility with modern software and hardware, and enhance overall device stability. Whether using Windows or macOS, enabling automatic updates can help maintain your system without manual intervention.

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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Steve saved my computer, which I had failed to update for several years. It was so behind that I could not even get to my banks online. He picked up the computer and brought it back fixed before dinner. THANKS STEVE

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& Spine Specialist



Kaleb Griffel
Physical Therapist
Manual Therapist
Orthopaedic &
Sports Rehab



Jocelyn DiFolco
Physical Therapist
TMJ & Manual Therapist
Balance & Vestibular Specialist
Fall Prevention



Meg RobinsonOccupational Therapist
Certified Hand Therapist



Brittany Cole OTR/L, CHT



Rob Stanborough
Physical Therapist/ Fellow
Manual Therapist
Dry Needling
Orthopaedic & Chronic
Pain Specialist



Nick Guardia
Physical Therapist
Orthopaedic &
Sports Rehab
Vestibular Specialist



Cheryl Wynn Physical Therapist Manual Therapist Vestibular Specialist



Beverly Bass
Occupational Therapist
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Certified Lymphedema
Specialist



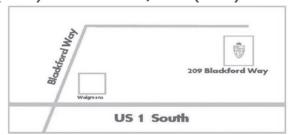
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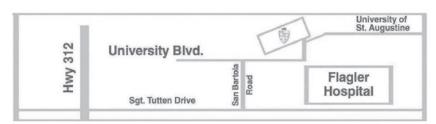
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Dupuytren's Disease

By Meg Robinson, OTR/L, CHT First Coast Rehabilitation 904-829-3411

You may have seen recent commercials with NFL quarterback John Elway for a condition called Dupuytren's Contracture and wondered what it is. You may have wondered if it applies

Dupuytren's Disease is a condition that affects approximately 5% of the population in the US. It has also been termed "Viking's Disease" because of the prevalence in those of Northern European decent. It tends to affect men more than women and becomes more prevalent with age, typically affecting those over 40 years old.

Within the palm of the hand, you have a layer of tissue, called the palmar fascia or aponeurosis, which stabilizes and anchors the skin of the palm during use. This palmar fascia can undergo mutation causing it to contract forming lumps, nodules, and cords, which gradually pull the fingers down into the palm. Movement then is restricted causing Dupuytren's Contracture, which decreases the ability to perform everyday tasks, such as putting your hand in your pocket, driving, wearing a wedding ring, putting on gloves, and holding and letting go of tools and objects. Dupuytren's Disease most commonly affects the ring and small fingers of the hand but can draw the other fingers and even the thumb down toward the palm.

The presence of a lump in the palm does not mean that the disease will progress or even that you have Dupuytren's Disease. It can be helpful to see a hand surgeon to evaluate what is going on in the palm of your hand and obtain a thorough diagnosis. If your hand surgeon suspects that you have Dupuytren's, he will most likely perform the Tabletop Test, where he has you try to lay your hand flat on the table. If you cannot lay it flat, it is considered positive for Dupuytren's and he will discuss treatment options, based on the stage



and pattern of the disease and the joints involved. In mild cases, especially if hand function is good, only observation is needed. Dupuytren's Disease can and often does affect both hands.

Nonsurgical Treatment: The procedure that John Elway was advertising can be performed in the doctor's office. It is a two-step procedure. At the first visit, the physician will inject the cord with an enzyme called collagenase (common brand name is Xiaflex), which works to dissolve the cord tissue. After allowing the enzyme to break down the cord for 24 hours, the physician will have you return to physically stretch out and straighten the finger joints to mechanically break the cord. Bruising, increased swelling, and small tears in the skin are common.

Surgical Treatment: The most common surgical procedure is a fasciectomy where the nodules, cords, and diseased skin is removed and the skin is then sutured shut.

Surgery can be performed with the patient asleep or awake using a variety of anesthesia techniques and is considered outpatient surgery. Typically, the patient will be placed in a post-op dressing which may have a temporary finger extension splint incorporated.

Attending occupational therapy/hand therapy after nonsurgical and surgical procedures can improve overall hand function by addressing open and closed wounds, limited motion, swelling, and to ensure greater extension of the fingers, with the fabrication of a finger splint. The sooner the patient begins hand therapy after the procedure, the more successful the final result will be.

If you feel like you may have Dupuytren's Disease, I recommend you consult a hand surgeon. If you had a procedure to address your Dupuytren's or are planning to have a procedure to correct it, please consider First Coast Rehabilitation. One of our occupational therapists, certified hand therapists would be happy to evaluate you and address your needs. The earlier we see you the better. If you are interested in pursuing an evaluation, you will need a referral from your physician. We would be happy to see you at your earliest convenience. Please contact us at 904-

Meg Robinson is an occupational therapist and certified hand therapist who has been working in hand therapy for over 38 years. She moved from Cincinnati, Oh to the St. Augustine area at the end of 2023 and joined First Coast Rehabilitation staff in early 2024. Before that she worked closely with hand orthopedic surgeons in Ohio and Northern Kentucky. She taught hand therapy and splinting for over 20 years at various universities in Cincinnati. She also received a US patent for a dynamic splint, which is currently manufactured by Alimed, Inc.



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"Two of Us" January 5th: Two of Us"Two of Us is a poignant romantic drama that explores the tender yet tumultuous relationship between Nina (Barbara Sukowa) and Madeleine (Martine Chevallier), two older women secretly in love for decades. Living in adjacent apartments, they share an intimate, clandestine life, hidden from Madeleine's family, who remain unaware of their bond. Their quiet routine is upended when a sudden health crisis renders Madeleine incapacitated, leaving Nina to navigate her role as a hidden partner while facing barriers imposed by societal prejudices and familial ignorance.

Doors open at 3:30 pm Film at 4:00 pm at The Unitarian Universalist Fellowship 2487 A1A S, St. Augustine, FL 32080. Film Society Members Free, Guests \$8.00

"In the Fade" January 24th: In the Fade (Aus dem Nichts), directed by Fatih Akin, is a gripping German drama that delves into the emotional and legal aftermath of a terrorist attack. The story follows Katja Sekerci (Diane Kruger), a woman whose life is shattered when her husband Nuri (Numan Acar) and young son Rocco are killed in a bomb explosion. The attack is eventually linked to a neo-Nazi couple, leading to a courtroom battle as Katja seeks justice for her family. The film transitions from personal grief to legal drama and, finally, to a tense moral quandary as Katja contemplates revenge when the judicial system appears to fail her.

Doors open at 6:30 pm, Film at 7:00 pm at The Waterworks 184 San Marco Ave,

St. Augustine, FL 32084. Film Society Members Free Guests \$8.00

"The Year Earth Changed" January 28th: The Year Earth Changed is a 2021 documentary narrated by Sir David Attenborough. It chronicles the extraordinary environmental transformations that occurred during the global COVID-19 lockdowns of 2020. With human activity drastically reduced, the film showcases how nature responded in unprecedented ways: clearer skies, rejuvenated ecosystems, and wildlife reclaiming spaces once dominated by humans.

Doors open at 5:30 pm, Film at 6:30 pm. FREE event at the St. Augustine Yacht Club 442 Ocean Vista Ave, St. Augustine, FL 32080.

Matanzas Riverkeeper's Litter Gitter



Have you ever seen a 24-foot yellow skiff, filled with volunteers, cruising along one of our rivers or stopping by a local island? That's The Litter Gitter in action! We are Matanzas Riverkeeper, part of the global Waterkeeper Alliance. Our mission is to protect the health of the Guana, Tolomato, Matanzas estuary and watershed through advocacy, education, and community engagement. Our work includes everything from advocating for stronger water quality protections, to organizing waterway cleanups, to teaching children

and adults how to be good stewards of our environment.

Through our Litter Gitter program we bring volunteers out on the water to clean up hard-to-reach areas where trash accumulates due to wind, storms, and careless visitors. Armed with rubber boots, gloves, 5-gallon buckets, and grabbers, we collect everything from plastic bottles, food containers, and aluminum cans to tires, treated wood, and even lost toys. We also tackle dangerous microplastics—tiny bits of plastic and styrofoam that wildlife often mistake for food. Unfortunately, there's always more work to be done, especially in areas only accessible by boat. Once you experience the satisfaction of cleaning up a trashed island to its natural beauty, you'll understand why we do what we do.

How Can You Help?

- 1. Volunteer for Cleanups: We are always looking for volunteers! Whether you're part of a team, a family, or a group of friends, you can help us clean up local waterways. Cleanups are also great team-building exercises, and high school/home school students can earn community service hours.
- 2. Support Outreach Events: Beyond cleanups, Matanzas Riverkeeper staff and volunteers attend local events, educational fairs, and children's festivals to teach the public about river conservation. By volunteering to support these events, you'll help us reach more people and inspire future environmental stewards.
 - 3. Spread Awareness: Through advocacy, education, and (continued on page 14)



St. Johns County Beach Services to Accept Applications for Beach Toll Attendants

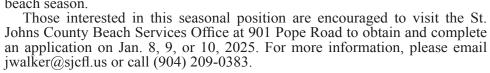
St. Johns County Beach Services will begin accepting beach toll attendant applications from Jan. 8 to 10, between 9 a.m. and 3 p.m.

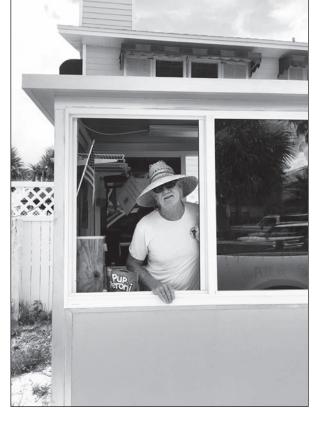
Pay for attendants starts at \$12.90 hourly but goes as high as \$15.05 based on

experience and the level of responsibility an attendant is willing to take on. Shifts will be around five hours long, depending on the weather.

The season will begin mid-February and end the last weekend in September. Toll attendants will be responsible for selling vehicle beach access passes and providing customer service for St. Johns County beach visitors. In 2025, attendants will begin using handheld card readers and scanning vehicle barcodes.

2024, In Beach Services' nine booths sold over 78,000 daily and annual beach passes, with proceeds funding local law enforcement, marine operations, rescue and maintenance of beach parks and beach access points. Some attendants will work from newly constructed booths during the 2025 beach season.

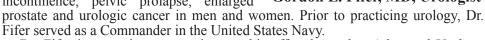




Advanced Urology Institute Expands To New Offices - Dr. Gordon Fifer Joins Practice

Gordon L. Fifer, MD, a board certified urologist with more than 22 years experience, has joined the medical group at Advanced Urology Institute in St. Augustine. Dr. Fifer specializes in minimally invasive surgical options for kidney stones, prostate and kidney cancers, and upper urinary tract reconstruction. He also provides medical and surgical treatments for enlarged prostates BPH), bladder cancer, erectile dysfunction (ED), and low testosterone. Dr. Fifer graduated from the University of Cincinnati/Medical Center.

He is fellowship trained in Endourology, treating conditions affecting the urinary tract system or male reproductive organs. Dr. Fifer provides non-surgical and surgical care options for urinary tract infections, incontinence, pelvic prolapse, enlarged



Dr. Fifer is accepting new patients at his office located at Advanced Urology Institute, 113 Whitehall Drive, St. Augustine, FL 32086. To schedule an appointment, call 904-824-1450.



Gordon L. Fifer, MD, Urologist

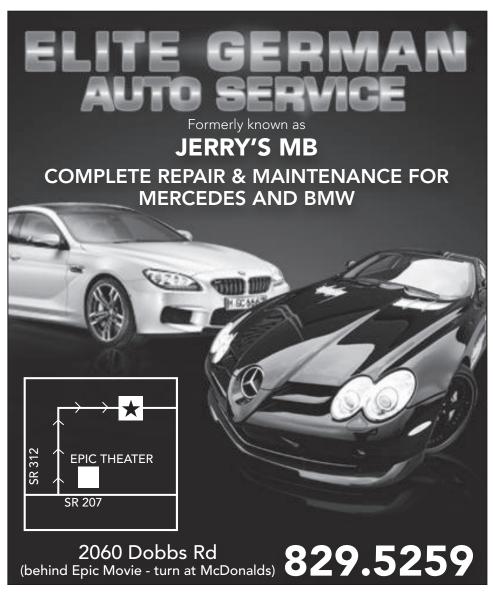
Matanzas Riverkeeper's Litter Gitter

(continued from page 13)

community engagement we aim to stop litter before it starts. The more people understand the importance of keeping our waters clean, the greater impact we can make

4. Critical Need: Fundraising for a Truck. We are currently fundraising to purchase a truck to tow and launch the Litter Gitter and haul trash to the dump. Right now, we rely on the generosity of volunteers to move the boat and dispose of debris. Get Involved! If you or your organization is interested in volunteering, donating, or supporting our cause, we'd love to hear from you. Together, we can protect our waterways and keep our rivers thriving for generations to come. Stay up to date at www.MatanzasRiverkeeper.org or you can contact us directly by emailing info@matanzasriverkeeper.org!











- BPH
- Erectile Dysfunction
 - Bladder Cancer
 - Kidney Cancer
 - Kidney Stones
- Overactive Bladder
- Prostate Cancer
- Urinary Incontinence
 - Vasectomy
 - Space Oar



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