

# St. Augustine Beaches NEWS JOURNAL



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

## Beach Civic Association Celebrates 45th Anniversary

By Lorraine Thompson (staugbeachwatch@aol.com)

The St. Augustine Civic Association will celebrate its 45th anniversary this year. Known for its annual summer concert series at Pier Park which draws hundreds of visitors and locals, Bill Jones, association president, recently reflected on the association's history as well as possible future plans, points to two recent major achievements:

"Highlights of 2024 were the collaboration with the City of St. Augustine Beach, St. Johns County Cultural Council and the Live Wildly Foundation on the mural project at Pier Park. The old city garage has a new life and a new look. It is also becoming a 'selfie photo spot' for tourists and locals alike.

"The second highlight is the collaboration of our concert series with the SJCCC."

Jones explained that former Executive Director Christina Parrish Stone collaborated closely with him and the association and were able to add two very unique shows to last year's free concert schedule that included the Latin Night



event and the performance by the U.S. Navy Pop Music Band.

As they prepare for the Association's 45th Anniversary, "We plan to do a few things to make this anniversary noticeable and memorable for all," Jones stated, adding, "We also are looking for new talent."

Jones noted that the current board, mostly original members, is aging out and some young blood and fresh ideas are badly needed if the association is to go forward and remain impactful in the community.

"We also looking at changing the date and even revamping Surf Illumination. This event was started 24 years ago and there were very few holiday events happening at that time," he reflected.

"This year we noticed at least twelve different holiday events happening on the first weekend in December. It's fun to celebrate but we know there are many more choices now for people, particularly on that weekend.

"We are also looking at revamping our Bylaws. They were for the most part written 45 years ago and we need to modernize them a bit," Jones noted.

"Instead of traditional titles like executive vice president we need to have more functional officer titles like a Social Media Coordinator, Development or Fundraising Chair, etc. We hope our members and the community will offer ideas that will lead to meaningful growth and change in our organization," Jones concluded.

## Vice Mayor Beth Sweeny and Mayor Dylan Rumrell are sworn in by City Clerk Dariana Fitzgerald for their four-year terms



## St. Augustine Beach and Beyond . . .

By Lorraine Thompson (staugbeachwatch@aol.com)

February may be the shortest month of the year, but here on Anastasia Island and nearby areas, it's a month packed with activities and adventures for all ages. It's the time when the largest influx of visitors from colder areas, affectionately referred to as "snowbirds" arrive seeking warmer weather and activities that only our area offers.

### County Ocean and Fishing Pier Reopens

Locals as well as visitors can once again enjoy visits to the St. John County Ocean and Fishing Pier, located at 350 A1A Beach Boulevard in St. Augustine

Beach. Entry to the pier has been closed since August after the U.S. Army Corps of Engineers completed a shoreline restoration project that exposed the pillars closest to the ocean and revealed damage to the historic structure. After months of work on shoreline restoration by the U.S. Army Corps of Engineers water once again reaches the pier.

Although the last 100 feet of the pier remain closed until further notice, visitors including the hundreds of local faithful fishermen (and women) can now walk the pier, dip their lines in the Atlantic and hope for the best.

Access to the pier is generally 24 hours a day. Pier entry fees or an annual pass are required during hours that the Gift Shop is open which is currently 7 a.m. to 6 p.m.

All annual fishing and sightseeing passes sold before the pier's closure have been extended seven months past their original expiration dates. Current fees are:

- Sightseeing – \$2
- Fishing (by the day) - SJC Residents \$4, Non-Residents \$6, Military, Handicapped \$2.
- Children under 6 years old and SJC Residents over 60 years old—Free
- 12 month passes -- SJC Residents – \$40, Non-residents – \$60, Military, Handicapped – \$20
- 12-month Family Sightseeing passes (allows up to six family members to sightsee) – \$50

Passes and information are available at the Ocean Pier Visitor Information Center & Gift Shop located at the pier. Call (904) 209-0326 or email: [tleahy@sjcfl.us](mailto:tleahy@sjcfl.us)

### Black History Month Living History

Visitors and locals are offered an historic view of the early struggle by freedom seekers from 1687 through 1763 at the Fort Mose (continued page 9)



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

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

See yours online at  
[www.SABNJ.com](http://www.SABNJ.com)

St. Augustine Beaches  
**NEWS JOURNAL**

Reach over 6,400 homes  
monthly with this size space  
for only \$55 per month! Call  
904-607-1410



# HAS YOUR HOME INSURANCE RENEWAL JUST INCREASED?



## FIRST FLORIDA INSURANCE "QUOTE CHALLENGE"

### ST. AUGUSTINE'S PREMIER AGENCY

#### For Homeowner's Insurance

## FACT:

WE OFFER THE LOWEST OVERALL AVERAGE HOMEOWNERS INSURANCE PREMIUMS IN FLORIDA



904-687-2652

Call, or Click

[www.firstfloridainsurance.com](http://www.firstfloridainsurance.com)

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



904-814-2080 Cell / Text

[www.richobrien.com](http://www.richobrien.com)

[rich.obrien@thepremierproperties.com](mailto:rich.obrien@thepremierproperties.com)

COLDWELL BANKER PREMIER PROPERTIES



## FEATURED LISTING



An Ocean View Oasis in Crescent Beach with Two Complete Units



5830 RUDOLPH AVE ST. AUGUSTINE, FL 32080

A Dual-Living Paradise!

5 BR, 3 BA | 2,232 SF | \$1,198,500

RICH O' BRIEN  
REAL ESTATE PROFESSIONAL

Cell / Text  
(904) 814-2080

**Fiesta Falls** Award Winning miniature **GOLF**

18 HOLES Join the Fun!!

Soft Serve Ice Cream  
(904) 461-5571

818 A1A Beach Blvd  
ST. AUGUSTINE BEACH  
1 Mile South of the Pier

**NOW OPEN NIGHTLY TIL 9:00 PM!**

**\$1.00 OFF** Adult Golf  
**.50¢ OFF** Children's Golf

Not valid with any other Discounts. S.A.B.N. ©



**FREE ONLINE!**  
**St. Augustine Beaches**  
**NEWS**  
**JOURNAL**

2465 US 1 South PMB #8  
 St. Augustine, FL 32086  
 Online: [www.SABNJ.com](http://www.SABNJ.com)

**Cliff Logsdon**  
 Publisher/Editor  
 (904) 607-1410  
[clifflogsdon@att.net](mailto:clifflogsdon@att.net)



“News Source for the City of  
 St. Augustine Beach”

City of St. Augustine Beach



Mayor Dylan Rumrell  
 City Manager Max Royle

[www.staugbch.com](http://www.staugbch.com)  
[sabadmin@cityofsab.org](mailto:sabadmin@cityofsab.org)

**Print Distribution Locations for the  
 Beaches News Journal**

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

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

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

Information and ads should be received by the 15th of the month in order to appear in the following month's issue. Articles or information may be sent to the Beaches News Journal, 2465 US1 South PMB #8, St. Augustine Florida 32086. Information may also be e-mailed to [clifflogsdon@att.net](mailto:clifflogsdon@att.net) or [clogsdon1@yahoo.com](mailto:clogsdon1@yahoo.com).

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

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

It is agreed that the News Journal and its staff will not be held liable for information provided herein by submitters/advertisers, including pictures, graphics, websites, dates, times and/or emails listed, that may have the potential to constitute fraud or other violation of law including copywriting infringements. The publisher reserves the right to refuse materials that does not meet the publication's standards.

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

**St. Augustine Beach City Hall Update**

The St. Augustine Beach City Commission held its regular meeting on Monday, January 6, 2025. Here is a summary of the decisions that the Commission made.

1, Heard an appeal of a decision by the Comprehensive Planning and Zoning Board to approve a variance to allow light poles in the parking lot for the new Publix supermarket to exceed the 18-foot maximum height limit mandated in the City Code. The Commission modified the Board's decision by approving that the light poles along A1A Beach Boulevard will be 18 feet tall while the height of the light poles in the shopping plaza can exceed 18 feet. The citizen who filed the appeal and the attorney for the company that owns the shopping plaza agreed to the modification.

2. Approved the City Manager signing a contract with Gruhn May, Inc., to upgrade the storm water pumping station in the Sandpiper Village subdivision.

3. Approved recommending to the County Commission that City Commissioner Virginia Morgan be appointed to the Northeast Florida Regional Council.

4. Heard a presentation from Ms. Beth Page Pelzer and Ms. Deborah Geanuleas, inviting the City to join other local governments and organizations in planning and presenting events in 2026 to celebrate the 250th anniversary of the founding of the United States.

5. Discussed which Commissioners will represent the City on various organizations in 2025. The assignments are: Mayor Rumrell, Tourist Development Council; Vice Mayor Sweeny, Economic Development Council; Commissioner George, Florida Shore and Beach Preservation Association, and the Sustainability and Environmental Planning Advisory Committee; Commissioner Samora, Visitors and Convention Bureau; Commissioner Morgan, Northeast Florida Regional Council.

The City Commission's next regular meeting will be held on Monday, February 3, 2025, at 6:00 p.m. in the Commission meeting room at City Hall, 2200 A1A South. The public is invited to attend or can view the meeting on YouTube at [staugbch.com](http://staugbch.com).



**“Mondays with the Mayor”**  
 St. Augustine Beach Mayor Dylan Rumrell hosts each Monday morning between 9 and 9:30 a.m. Topics are projects and other matters that are happening in St. Augustine. The Mayor's “Mondays” program can be seen on the City's website, [staugbch.com](http://staugbch.com).

**Notice from the City of St. Augustine Beach**

By Max Royle, City Manager

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

**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.

**The American Association of University Women  
 February 19th Meeting**

AAUW St. Augustine branch invites you to our Black History month program on Wednesday, February 19, 2025 at 11:30 am, at The Waterworks, 184 San Marco Ave., St. Augustine, 32084. Our theme is “Nevertheless, She Persisted”, and our guests will be three leaders from the African American community sharing their stories on this theme. Tickets are \$35 pp which includes a delicious lunch. Please text your RSVP to Carolyn Wilson, 512-626-4780, and checks may also be mailed to Cathie Altman, 15 Almaty Tr., Ponte Vedra, FL 32081. Please join us!

**Support the businesses in the  
 BeachesNJ!  
 They make this publication possible  
 for you each month... Thank you!**

**RV FOR SALE**  
 2012 Bighorn 5th wheel  
 39'4 slide outs  
 Good Condition  
 \$15,000  
 Call 904-607-1410

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

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

**STAMP AND COIN  
 COLLECTIONS WANTED.**  
 Top Market Prices. Immediate Payment.  
 Please call Glenn. 301 641-5744

**This Space  
 \$20  
 Per Month**

**Stefano Brena  
 Painting Contractor LLC**

**Complete  
 Painting &  
 Handyman  
 Services**

Custom work,  
 small jobs  
 welcomed!

Insured  
 License #ST69-95  
**904-377-6846**  
 email: [brenapainting@gmail.com](mailto:brenapainting@gmail.com)

**DRYWALL  
 FINISHING**

Repairs and Texture  
 40 years experience  
 Reliable and Local  
 Small Business

**CALL GARY MAGGIO  
 (904) 377-5173**

**Temple Bet Yam**  
 A Reform Congregation led  
 by Rabbi Claudio Kogan  
 2055 Wildwood Dr.  
 St. Augustine, FL 32086  
 Religious School  
 904-819-1875  
[www.templebetyam.org](http://www.templebetyam.org)



## 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.

## St. Augustine Genealogical Society

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

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

## 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.

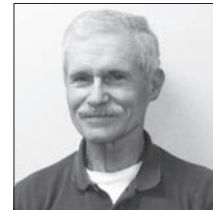
## St. Augustine Multiple Sclerosis Support Group

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 Branch Library, 124 Sea Grove Main Street, St. Augustine Beach, FL 32080. For information or to RSVP, contact: Anita Clark [johnita0013@gmail.com](mailto:johnita0013@gmail.com) 305- 898-1432.

## Busy

By Max Royle  
St. Augustine Beach City Manager



With the year 2024 behind us, I thought a review of the services provided during it by the employees of your fair City might be of interest. But first, some context.

According to state of Florida population estimates, St. Augustine Beach in 2024 had 6,972 residents. Providing services for them and non-resident property owners, as well as thousands of visitors, both daily and overnight, are 67 City employees in the following departments: Police-24, including 21 sworn officers; Public Works-22; Building/Zoning/Code Enforcement-9; Finance and Administration-7; Information Technology-3; Engineering Services-2. What the City spent in 2024: \$14,831,176.

For those of you who hunger for more details, here's a breakdown of the activities during 2024 by three City departments: Police, Public Works and Building /Zoning/Code Enforcement. You will see that 2024 was a busy year.

### 1. POLICE

Calls for Service: 15,921\*    Offense Reports: 643\*\*    Citations Issued: 821\*\*\*  
Local Ordinance Citations: 310\*\*\*\*    Driving Under the Influence: 22  
Traffic Warnings: 2,361    Trespass Warnings: 253    Arrests: 167

\*Calls to which a police officer is dispatched.

\*\*Police reports of a crime.

\*\*\*Violations of state laws, such as speeding tickets.

\*\*\*\*Violations of City ordinances, such as parking tickets.

### 2. PUBLIC WORKS

Quantities of solid waste removed in 2024: household, 3,642 tons; yard trash, 1,461 tons; scrap metal, 782 tons; recyclables, 271 tons; commercial waste, 18 tons.

City facilities maintained: 24 miles of roads, seven miles of sidewalks, 73,000 feet of drainage pipes and culverts, 17,730 feet of ditches and swales, 2,000 feet of Ocean Hammock Park and Versaggi Drive beach access boardwalks, plus City-owned parks and buildings, such as City Hall and the Public Works garage.

### 3. BUILDING/ZONING/CODE ENFORCEMENT

Building Division: building, mechanical, electrical and plumbing permits issued in 2024, 1,398; number of inspections, 3,020; plan reviews, 618; certificates of occupancy issued for new buildings, 27. Revenue from permit fees: \$418,273, all of which can be spent only for Building Division expenses.

Zoning Division 132 inspections and 191 plan reviews. Code Enforcement Division: 299 transient rental inspections ; 72 code enforcement violations processed.

TO CONCLUDE: The above is only a brief summary. The numbers certainly don't show the totality of the services your City employees provided during 2024, such as answering telephone calls and email requests for information, dealing daily with major and minor unanticipated demands and glitches, preparing the City for storms, responding to City Commission requests, planning and presenting special events, accounting for the spending of the public's money, writing grants and so on. As the work never slows, 2025 will be as busy as 2024 was for your employees.

**ELITE GERMAN AUTO SERVICE**  
Formerly known as **JERRY'S MB**  
**COMPLETE REPAIR & MAINTENANCE FOR MERCEDES AND BMW**

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

**STARS REHAB**  
OPTIMIZING MOVEMENT. ENHANCING LIVES.

**OCCUPATIONAL THERAPY**  
**SPEECH THERAPY**  
**PHYSICAL THERAPY**  
**PARKINSON'S & NEUROLOGIC HEALTH CENTER**

**5 LOCATIONS**

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



## St. Augustine Orchid Society

by Janis Croft

Mike Sands, President of the Tropical Orchid Society and owner of Tangled Roots Nursery, will speak about the repopulation of native orchids and other epiphytes in Florida. In the past, native orchids were ripped from trees by the thousands, this along with habitat loss, brought the native orchid population to dangerously low numbers. Mike and his partners are passionately invested in bringing them back to healthy numbers and restoring the orchid paradise that once graced Florida's wild spaces – who knows, maybe you can help by growing native orchids in your own yard! Bring your blooming orchids for our Show Table. Plants will be available on the sales and raffle tables. The St. Augustine Orchid Society welcomes friends and guests to our monthly meetings. No charge. <https://www.staugorchidsociety.org/>



When: February 4, 6:30 to 9 pm

Where: Memorial Lutheran Church, 3375 US 1 South, St. Aug 32086  
Drive around to the back entrance. Phot by Karen Ford

## Interested in the Civil War?



Please join our Civil War Discussion Group. Our next presentation will be Monday, February 10, 2025 at 1pm, at the Anastasia Branch library in Sea Grove.

The February presentation will be with Richard Wild titled "Reasons for High Casualties During Civil War". It will examine the weaponry used and its

devastating effects, as well as other factors that contributed to the casualties. For questions or comments, please contact Len Whiteside at [armyfam831@gmail.com](mailto:armyfam831@gmail.com).

## St. Augustine Travel Club - Peter Dytrych

The St. Augustine Travel Club will hold their next gathering on Wednesday, February 26, at 3:00 p.m. at the Southeast Branch Library, U S 1 South nearby SR 206.

We will cover Berlin and the Rhine and Mosel Rivers, visiting the capital city of Germany and its world class-cultural sites, followed by a scenic cruise along Rhine and Mosel rivers lined with vineyards and ancient castles.



gg62176354 GoGraph.com

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 from around the world, with a 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. You are welcome to contribute in this way! 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 have any questions, please call Peter Dytrych at (904) 797-3736.

## Romanza's Collage Concert Series Continues!

by Gloria MacDonald

Romanza's Collage Concert Series continues 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 5 concerts all at The Waterworks, 184 San Marco Ave., St. Augustine. Tickets are \$25. For more information and to purchase please visit [romanzafestivale.com](http://romanzafestivale.com) **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.

## 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, SJCPR 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

### Friends of Anastasia Island Branch Library Book Sale & Spring Basket Silent Auction

by Mollie Meikle

#### Book Sale

Looking for something new to read? Our amazing book sale is back: Friday, February 28, from 10:00am to 5:30pm and Saturday, March 1, from 10:00am to 4:30pm. All Friends Members are invited to our pre-sale Fri, Feb 28 from 9:00am to 10:00am.

#### Spring Basket Silent Auction

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

The Book Sale and Spring Basket Silent Auction take place at the Anastasia Island Branch Library, 124 Sea Grove Main St, St Augustine Beach, FL 32080. 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 [anastasiainlandfaibl@gmail.com](mailto:anastasiainlandfaibl@gmail.com).

### St. Augustine Beach Democratic Club

The SAB Democratic Club's February meeting will be on Tuesday February 4, 2025 at 5:30 pm at the Anastasia Island Branch Library 124 Sea Grove Main Street. Our speakers will be Joy Case from "Port in the Storm" a Safe Harbor For Homeless Youth, that works to transform lives one step at a time. The SAB Dems members have been helping Port in the Storm since 2021 by providing weekly lunches. Also speaking to commemorate Black History Month, will be Park Ranger Billy McNaught from Fort Mose Historic State Park.

The St Augustine Beach Democratic Club's focus is on current local issues affecting those living in the St Augustine Beach area. These meetings provide an excellent opportunity to get to know elected representatives, mingle with Democratic candidates and socialize with our like minded 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](mailto:info@sabdems.org).

**Jeff Mobley Tree Service**

**Tree Trimming, Hazardous, & Storm Damage Removals, Stump Removal, Land Clearing Since 1998**

**(904) 540-2167**

**JeffMobleyTreeService@gmail.com**

**24 HR Call Out**

**MORRELL PLUMBING**

**OVER 35 YEARS EXPERIENCE!**

**WILLIAM MORRELL**  
74 OCEAN CAY BLVD  
ST. AUGUSTINE FL 32080  
609-827-8570  
609-634-6781  
[WILLIAMJMRRELLJR@COMCAST.NET](mailto:WILLIAMJMRRELLJR@COMCAST.NET)

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





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



Howard Epstein, M.D.  
FACS, Board Certified



Gordon Fifer, M.D.  
Board Certified



Bill Vanasupa, D.O.  
Board Certified



Dean Zimmermann  
PA-C



Jonathan Baron  
PA-C



Katherine Gardner  
NP-C



Karina Chang  
MSN, ARNP

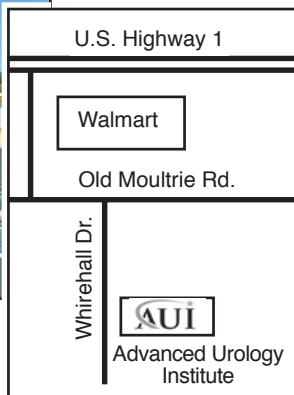
**(904) 824-1450**

113 WHITEHALL DRIVE, ST. AUGUSTINE, FL 32086

**New Office In St. Augustine**



Visit our new state-of-the-art office located off Old Mountrie Road just West of Walmart at 113 Whitehall Drive, St. Augustine.



**HEART AT HOME SENIOR CARE LLC**

**Compassion is the Heart of Our Care!**

- Services Include:
- Medication Reminders
  - Meal Preparation
  - Light Housekeeping
  - Memory Care
  - Ride to Dr. Appointments, Shopping and Errands
  - Available for 24/7 Care

**904-689-9990**

heartathomestaug@gmail.com

Lisa Taylor Platt - Owner  
Licensed & Insured

**ANASTASIA LAW**

Wills, Trusts & Estate Planning  
Business, Complex Commercial, Construction & Real Estate Law  
Probate & Trust Administration  
Civil & Construction Litigation  
Medicaid Asset Protection

www.AnastasiaLaw.net  
107 A 11th Street  
St. Augustine, FL 32080  
904.236.6243

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

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

*Strictly Senior Services Inc*

StrictlySeniors.org

**You or your loved one can now travel with peace of mind.**

*My service promotes independence while providing personalized care. I offer short and long distance transportation with a kind, caring advocate in the driver's seat!*



**904.481.6786**

StrictlySeniors.org

**Call for escorted door-to-door transportation to/from:**

- ♥ Medical Appointments
- ♥ Special Occasions with family and friends
- ♥ Community Activities
- ♥ Social Engagements
- ♥ Shopping Trips
- ♥ Salon Visits
- ♥ Airports (pick-up, drop-off and flight companions)



**WHEELCHAIR ACCESSIBLE SENIOR TRANSPORTATION**











## The Magic Flute

Friday, March 21, 2025, 7:30 pm  
Saturday, March 22, 2025, 4:00 pm

Kirk Memorial - 207  
San Marco Avenue, St. Augustine

Celebrating 25 years of  
staging unforgettable  
memories!



For more information scan the QR Code or contact us at 904-417-5555 - fcopera@gmail.com www.firstcoastopera.com





## The Art Studio

of St. Augustine Beach, FL

### Art Studio News

by Paul Slava



Don't forget that February is Valentine's Month and what better place to find a lovely gift for your significant other than The Art Studio's one of a kind, original gifts of art! First Friday is also near and February's featured artist for the month is Susan Brady. Come see her Opening as well as the other Member's Art Exhibits on Friday, February 7th from 5pm to 8pm where there will also be snacks, beverages and live music.

Brady has called St. Augustine home for over 30 years. She grew up in an artistic family and has enjoyed art her entire life. Her father, FJA Brady was a longtime St Augustine artist, and her sisters, Elyse and Francine have been involved in all aspects of the Creative Arts. According to Brady, art is in her blood.

Brady has had various careers throughout her life. She started in the graphics field, spending over 15 years in printing and design. After returning to school to pursue a degree in Special Education, Brady spent over 20 years working for various school districts throughout the United States, retiring from St Johns County School District in 2021. She shared, "My creative spirit was inspirational in the classroom as many of the students I worked with were right brain learners. I believe the creative spirit is alive in everyone, and everyone has something special to contribute to this world."

A specialty item of Brady's, and a collector's favorite, are the painted palms she started creating during the Covid-19 Pandemic. Brady explained, "The Pandemic has proven to be a time of great sadness, reflection, and inspiration for me and for many others. During my daily walks I would see piles of palms in my neighbors' yards. One day I picked up a palm pod and took it home, and began the creative process of painting on the palms. I was not a great artistic master, but my whimsical style would make people smile. If I can bring just a bit of joy into people's lives, I feel I have fulfilled a part of my purpose on this Earth."

You will find Susan Brady selling art throughout St Augustine as well as at various art shows in the region. You can also find her artwork and books at the St Augustine Beach Art Studio, as well as on Amazon. She is proud to say that her work is hanging in various galleries, businesses, and homes around the world.

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](http://www.beachartstudio.org), Facebook or call 904-295-4428.






## An Art Affair

llc

Global Fine Art without crossing the bridge!

There's a new gallery in St Augustine Beach, featuring world renown artists collected by museums, celebrities and board rooms, plus the colorful impressionistic creations of local artist and gallery owner Melodye Rouisse-Stimpel.




Visit us soon at Eleven 14th Lane - Suite B - St. Augustine Beach  
facing A1A Beach Blvd, across from Beachside Diner.

Open various hours Wednesday thru Sunday  
904.907.5720

Welcome to Southie, in Boston, where a night on the town means a few rounds of bingo and Margie was just let go from her Dollar Store job. A powerful and ferociously funny look at living paycheck to paycheck and acts of kindness come at the most surprising moments.

Cathy O'Brien • Matthew Turnage • Maureen Chandler Reid  
Andrea Valenti • Joseph Stearman • Denise Dean

by David Lindsay-Abaire  
Directed by Cindy Alexander

GOOD PEOPLE

March 7-16, 2025

at The Waterworks

GET YOUR TICKETS AT  
[www.aclassictheatre.org](http://www.aclassictheatre.org)



The Waterworks is available through the generous support of the City of St. Augustine and the St. Johns Cultural Council



## Robert C. Kelsey MD

Accepting New Patients

Primary Care

Cardiology &

Internal Medicine

(904) 827- 0078

2720 U.S. HWY 1 SOUTH, STE B

ST. AUGUSTINE, FL 32086

PrimecarePL.com





## St. Anastasia Catholic Church “Faith, Hope and Love Gala”

provided by Wanda Nitsch 904-540-6865

A festive Gala in support of the St. Enda Formation Center at St. Anastasia Catholic Church has been scheduled for Saturday, Feb. 15, 2025 beginning at 5:30 p.m. at the Center’s Celebration Hall on the church campus.

Situated at 5205 AIA South in St. Augustine Beach, Celebration Hall has served not only the parishioners of St. Anastasia, but has become a community resource and a site for the hosting of numerous private, civic and business events. Gala organizers hope the event will go a long way in maintaining the first class facilities that are a part of the Center and Celebration Hall.

The “Faith, Hope and Love Gala” will include a sumptuous meal catered by the Purple Olive restaurant, dancing with live music provided by Tim Rippey, a complimentary beer and wine beverage station, silent auctions, and many other surprises. Although there will be no formal dress code, those attending will be encouraged to “dress up” and enjoy the festivities.

Tickets are \$150 each and are being sold before and after all Masses at St. Anastasia. Tickets are also available through the on-campus church office open Monday through Friday, from 8:30 a.m. – 4:30 p.m. You can contact the office at 904-471-5364.

The Formation Center been serving parishioners and community members since its opening in 2017 with many memorable events taking place in its Celebration Hall. Money raised through the Gala will be used both to reduce the debt involved with its construction and maintain the venue as an exceptional community-based facility.



**YOU'RE INVITED TO THE  
MARSH CREEK WOMEN'S ASSOCIATION'S ANNUAL CHARITY GALA**  
**Saturday, March 29th 7-11pm**  
**LIVE PERFORMANCE, DJ & DANCING, CUBAN CUISINE**  
**GUEST CHEFS, CASH BAR, CIGARS UNDER THE STARS & MORE**  
**ATTIRE: TROPICAL CHIC**  
**\$125 PER PERSON**  
**PROCEEDS BENEFIT: ALPHA-OMEGA MIRACLE HOME, FOOD 4 KIDS, AND PIE IN THE SKY**  
**PLEASE SCAN QR CODE TO PURCHASE TICKETS. REGISTRATION REQUIRED.**

**CHRISTINE MATTHAEI**  
904-347-9976  
ChristineMatthaei.com  
ChristineMatthaei@floridanetworkrealty.com  
**BERKSHIRE  
HATHAWAY  
HOMESERVICES**  
FLORIDA NETWORK  
REALTY



**THE SHEE  
FAMILY**



**Rob Cook Attorney At Law P.A.**

Rob Cook, Esq.

**Auto Accident & Injury Law**

904 Anastasia Blvd., Suite A  
St. Augustine, FL 32080



(904) 471-4560 phone  
(904) 471-4561 fax  
rcook@robcookpa.com  
www.robcookpa.com



**FALL IN LOVE  
WITH NEW  
FLOORS THIS  
VALENTINE'S  
DAY!**



CARPET • VINYL • TILE • WOOD • LAMINATE

**904-824-4311 • 1670 U.S. 1 South**

**North of Home Depot**

**www.staugustineflooring.com**

## Paradise is here...

*Tripadvisor Rated # 1*



**Your Hosts**  
*Lauren & Rich O'Brien*



1 F Street  
St. Augustine Beach  
**904-461-8727**  
**www.beachfrontbandb.com**



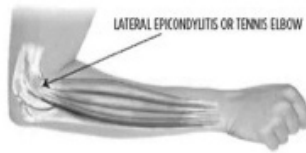


## Tennis Elbow Lateral Epicondylitis

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

Most people have heard of “Tennis Elbow”. But a lot may not be aware that “Tennis Elbow” is actually a “wrist” problem. Tennis elbow is also known as Lateral Epicondylitis because it is the inflammation of one of the wrist extensor tendons (Extensor Carpi Radialis Brevis), where it originates from the bony structure (lateral epicondyle) at the outside or lateral side of the elbow.

It was originally called Tennis Elbow because of the stress that occurs to that tendinous structure when a person is repetitively hitting the tennis ball using an incorrect backhand stroke, hitting the ball off center, or using a racket that's too short or is too tightly strung. Therefore, it commonly affects people who participate in racket or paddle sports like tennis, pickleball, racquetball, squash, padel, and paddleball. Those who participate in other sports, or those who do more strenuous occupations, or intensive household or yard activities can also be affected. Activities like using a computer mouse or keyboard, using hand tools, painting, and preparing food, or being a butcher, a dentist, an auto mechanic, a carpenter, or a musician can also lead to repetitive strain to that tendon. As you can see, it is not always from playing Tennis.



They may have performed the same activities for years and never had a problem until they reached a certain age. As a person ages, the short tendinous structures at the elbow can become more brittle and less elastic and will be prone to microtears. This breaking down of the tissue causes inflammation and pain in the area.

If you have Tennis Elbow, you may have pain with direct resistance to the tendon involved or when you lift or grip something with your elbow extended, especially with your palm down.

You may have pain when the tendon is stretched, like if your wrist is forced down into flexion.

Pain may also be noted when you perform repetitive gripping or wrist movements.

Tennis Elbow can usually be treated conservatively and does not usually require surgical intervention. Because inflammation is the initial problem, resting the tendon can help.

Sometimes a wrist extension splint and/or counterforce brace can be helpful to take the load off the wrist extensor tendons. It is important that the wrist splint properly fit and the counterforce strap is worn correctly to obtain the best result.

Because the tendon is becoming brittle and less elastic, we need to restore the elasticity to the tendon, by using modalities, massage, and careful stretches.

As the elasticity is improving, controlled strengthening can begin to restore the proper balance to the muscles and tendons. People with Tennis Elbow are often very active and busy people, so it is hard to get them to slow down, therefore, it is important to educate them on proper body mechanics and some techniques that can help prevent further injury in the future.

If you feel like you may have symptoms of Tennis Elbow or have questions about pain or weakness in your elbow, one of our occupational therapists, certified hand therapists at First Coast Rehabilitation would be happy to evaluate you and make some recommendations. The earlier your symptoms are addressed the better.

We can help you discover what may be the cause and rule out any more serious problems. It could be a simple solution that a home exercise program or some education could fix. If we feel it may be more serious, we can suggest further options. If you are interested in pursuing an evaluation, you will need a referral from your primary care or other specialist. We would be happy to see you at your earliest convenience. Please contact us at 904-829-3411.

*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.*

## St. Augustine Beach and Beyond...

(continued from page 1)

Historical Society presentation of its Annual Flight to Freedom event. The Black History Month presentation takes place from 9 a.m. to 4 p.m. from Thursday to Saturday, February 20 through 22, at Fort Mose Historical Park, 15 Fort Mose Trail, St. Augustine.

During this living history showcase, re-enactors demonstrate what life was like for the hundreds of slaves who traveled the Underground Railroad's southern route to Gracia Real de Santa Teresa de Mose (Fort Mose).

Activities include historical demonstrations and guided walks along the park's Freedom Trail, which represents the journey for slaves escaping from coastal Carolina to Spanish Florida. Tours along the park's freedom trail will start every 15 minutes between 9 and 11 a.m. and again from noon to 3 p.m. Visitors will also be entertained by African drumming from 11 a.m. to 12 noon.

Park admission is free. Admission to the museum inside the visitor center is \$2.00 for all over the age of six.

Free parking at Fort Mose is available on Thursday and Friday. On Saturday, the lot is designated for those who need accessible parking. Free general parking is available at the County Health Department, 200 San Sebastian View. There is a free shuttle service only on Saturday beginning at 8:30 a.m. The final shuttle departs for the parking lot at 4:00 p.m. For more information, call (904) 823-2232 or visit the Fort Mose website: [fortmose.org/flight-to-freedom](http://fortmose.org/flight-to-freedom).

### New app for boaters

Boaters—be prepared! A free app for boating safety is now available from the Florida Fish and Wildlife Conservation Commission (FWC) in collaboration with the National Safe Boating Council. The free mobile app called DECKEE is designed to keep boaters safe and informed. Safety features in the DECKEE app help boaters to:

Plan your next adventure on the water with detailed maps, facility information, official warnings, aids to navigation and community insights.

Access personalized equipment checklists, boating forecasts, regulations and resources from the FWC to ensure you are always ready for the ideal weather window.

Automatically log your activities while on the water and share your live location to give friends and family peace of mind.

Florida boaters are encouraged to explore the new safety capabilities in the free DECKEE app, available from the Apple App Store, Google Play Store or [Deckee.com/download](http://Deckee.com/download).

For more information about FWC boating safety initiatives, visit [MyFWC.com/boating](http://MyFWC.com/boating)

### Whitney Lab brain lecture

Visitors as well as locals are invited to learn some interesting facts about the brain at the February 13 free lecture at Whitney Laboratory for Marine Bioscience, located at 9505 Ocean Shore Boulevard just south of Anastasia Island on scenic A1A in the Town of Marineland.

“The Illusion of Reliable Brain Function—How does the Brain Detect Mistakes and Corrects them?” is the subject of the lecture by Dr. Carlos Lois, Research Professor of Biology at California Institute of Technology. The lecture begins at 6 p.m. Parking is free.

Other lectures and subjects coming up include: Origins of Animals, Brains and Mind: How and Why? on March 13; Beyond the Skelton: Modeling the Soft Tissues of Dinosaurs and Why We Should Care on April 10; and How to Build a Spider in Just 400 Million Years on May 8.

Founded in 1974, the Whitney Lab, a full-time University of Florida research center for biomedical research and biotechnology, is dedicated to using marine model animals for studying fundamental problems in biology and applying that knowledge to issues of human health, natural resources, and the environment. For more details on Whitney Lab and the lectures, visit: <https://www.whitney.ufl.edu/news--events/evenings-at-whitney-public-lectures/>.

### St. Augustine Film Society February Films

“La Mome”: Sunday February 2nd, 4:00 pm: Unitarian Universalist Fellowship, 2487 A1A S, St. Augustine, FL 32080. "La Mome" Chronicles the turbulent life of French chanteuse Edith Piaf, from her impoverished childhood in the slums of Paris to her rise as France's most beloved singer. The film weaves between different periods of Piaf's life: her early years being raised in a brothel by her grandmother, her discovery while singing on the streets of Montmartre, her meteoric rise to fame, and her passionate love affairs. Film Society Members Free. Guests \$10.00.

“Valentines Day Party”: Wednesday February 12th, 7:00 pm at Temple Bet Yam, 2055 Wildwood Dr. St. Augustine, FL 32086. Film Society will show some of the short subjects nominated for the upcoming 97th Academy Awards. Bring your friend, partner, plus 1 or come solo. Society Members Free. Guests \$10.00. You're sure to have a great time!

“The Guilty” Friday February 21st at 7:00 pm at the Waterworks, 184 San Marco Ave, St. Augustine, FL 32084. Film Society Members Free. Guests \$10.00. Set entirely within an emergency dispatch center in Copenhagen, a police officer receives a cryptic call from a woman who pretends to be talking to her young daughter while actually trying to covertly signal that she's been kidnapped. The film masterfully builds tension within severe spatial limitations. Doors open 6:30PM, Film Begins at 7:00 pm.

## St Augustine's # 1 Radio Station!

**103.9**  
FM



Classic  
Hits &

**WSOS**

Local Info

Contact us at (904) 481-9952 STUDIO LINE  
or (904) 615-6200 OFFICE  
[www.StAugustineRadio.com](http://www.StAugustineRadio.com)





*The Power of One...  
 Making a difference in our profession,  
 in our community,  
 and in the lives of our patients,  
 one patient at a time.*

**One Patient - One Therapist - One Plan - One Goal**



**Bryan Olson**  
 Physical Therapist  
 Manual Therapist  
 Dry Needling  
 Balance / Vestibular Specialist  
 & Sports Rehab



**Jim Viti**  
 Physical Therapist/ Fellow  
 Manual Therapist  
 Certified Orthopaedic  
 & Spine Specialist



**Kaleb Griffel**  
 Physical Therapist  
 Manual Therapist  
 Orthopaedic &  
 Sports Rehab



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



**Meg Robinson**  
 Occupational 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  
 Certified Hand Therapist  
 Certified Lymphedema  
 Specialist



**Jamie Vernaglia**  
 Physical Therapist  
 Manual Therapist  
 Vestibular Specialist

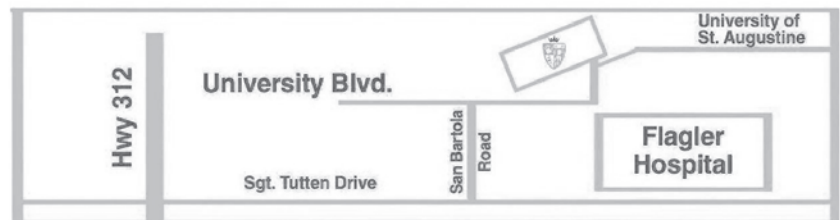
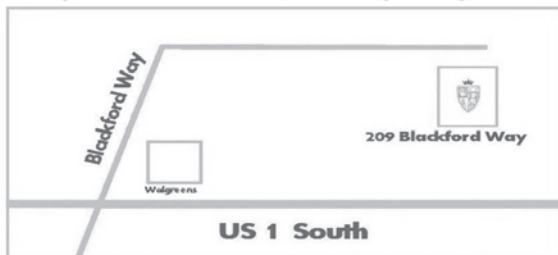


**Beth Olson**  
 Physical Therapist  
 Manual Therapist  
 Women's Health &  
 Pelvic Floor Pain Specialist

- Physical/Occupational Therapy
- Manual Therapy
- Orthopaedics & Neuro Therapy
- Dry Needling
- TMJ Therapy
- Vestibular & Balance Therapy
- Certified Hand Therapy
- Lymphedema Therapy
- Women's Health & Pelvic Floor Therapy and more.

209 Blackford Way / St. Augustine, FL 32086  
 Ph: (904) 907-1122 / Fx: (904) 907-1123

1 University Blvd / St. Augustine, FL 32086  
 Ph: (904) 829-3411 / Fx: (904) 829-3412







## Financial Focus

Information Provided by

Edward Jones

Cory Caplinger AAMS

### When is a good time for Roth conversion?

In life, you often get second chances — and the same is true with investing. To illustrate: You might not have been able to contribute to a Roth IRA during your working years due to your income level, but you may get that opportunity as you near retirement, or even when you are retired — through a Roth conversion.

Why is a Roth IRA desirable for some people? Here are the key benefits:

- **Tax-free withdrawals** — You put in after-tax dollars to a Roth IRA, so you can withdraw your contributions at any time, free of taxes and penalties. And if you've had your account for at least five years and you're at least 59½, you can also withdraw your earnings free of taxes.

- **No RMDs** — With a traditional IRA, you'll have to start taking withdrawals — called required minimum distributions, or RMDs — when you turn 73, or 75 if you were born in 1960 or later. But there's no RMD requirement with a Roth IRA — you can essentially leave the money intact as long as you like.

- **Tax-free legacy for your heirs** — When your heirs inherit your Roth IRA, they can withdraw the contributions without paying taxes or penalties, and if the account has been open at least five years, they can also withdraw earnings tax free.

- **But even if you were aware of these advantages, you might not have been able to invest in a Roth IRA for much of your life.** For one thing, you might have earned too much money — a Roth IRA, unlike a traditional IRA, has income limits. Also, a Roth IRA has only been around since 1998, so, in the previous years, you were limited to a traditional IRA.

As you approach retirement, though, you might start thinking of just how much you'd like to benefit from a Roth IRA. And you can do so by converting your traditional IRA to a Roth. While this sounds simple, there's a major caveat: taxes. You'll be taxed on the amount in pre-tax dollars you contributed to a traditional IRA and then converted to a Roth IRA. (If you have both pre- and after-tax dollars in your traditional IRA, the taxable amount is based on the percentage of pre-tax dollars.)

If you have large amounts in a traditional IRA, the tax bill on conversion can be significant. The key to potentially lowering this tax bill is timing. Generally speaking, the lower your income in a given year, the more favorable it is for you to convert to a Roth IRA. So, for example, if you have already retired, but have not started collecting RMDs, your income may be down.

Timing also comes into play with the financial markets. When the market is going through a decline, and the value of your traditional IRA drops, you could convert the same number of shares of the underlying investments and receive a lower tax bill or convert more shares of these investments for what would have been the same tax bill.

Finally, you could lower your tax bill in any given year by stretching out your Roth IRA conversions over several years, rather than doing it all at once.

You'll want to consult with your tax advisor before embarking on this conversion — but if it's appropriate for your situation, you could find that owning a Roth IRA can benefit you and your family for years to come.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*

## Computer Corner

by Steven Aldrich

### Wearable Technology for Seniors Transforming Health and Independence



Wearable technology has emerged as a game-changer for seniors, offering tools to monitor health, enhance safety, and promote independence. As the aging population grows, these devices are increasingly tailored to meet the unique needs of older adults, empowering them to take charge of their well-being.

#### Health Monitoring and Early Detection

Modern wearables are equipped with advanced sensors that continuously track vital signs such as heart rate, blood oxygen levels, and sleep patterns. Devices like the Apple Watch Series 9 and Wellue O2Ring not only provide real-time data but also detect potential health risks. For example, the Apple Watch can perform electrocardiograms (ECGs) and identify signs of atrial fibrillation, while other devices monitor glucose levels or detect early symptoms of illnesses like respiratory issues.

Predictive capabilities are another breakthrough. Using AI algorithms, wearables can analyze health trends to forecast life-threatening conditions such as strokes or heart attacks. This proactive approach allows seniors to seek medical advice before emergencies occur, potentially saving lives.

#### Safety Features

Safety is a top priority for seniors living independently. Wearable devices now include features like automatic fall detection and emergency SOS buttons. These functions enable users to alert caregivers or emergency services instantly in critical situations. GPS tracking is another valuable tool, especially for seniors with memory-related conditions, as it helps loved ones locate them in case of disorientation or wandering. Alexa can be set up to call a specific person, by saying something like "Alexa, call for help". But does not call 911, without the upgraded Alexa Emergency Assist (\$6/mo).

#### Ease of Use and Accessibility

Manufacturers are addressing barriers to adoption by designing wearables with senior-friendly interfaces. Devices feature larger screens, simplified controls, and companion apps that integrate with smartphones. For instance, fitness trackers like Fitbit not only monitor activity levels but also encourage social engagement through friendly competitions on connected apps.

#### Challenges and Future Potential

Despite their benefits, some seniors remain hesitant due to perceived complexity or discomfort. However, these concerns are gradually being mitigated through education and improved designs. As technology advances, wearables are expected to become even more intuitive and multifunctional, incorporating features like telehealth consultations and automated alerts for caregivers.

#### Conclusion

Wearable technology is revolutionizing senior care by offering tools that enhance health monitoring, safety, and independence. With continued innovation and increased adoption, these devices have the potential to significantly improve the quality of life for older adults while reducing the burden on healthcare systems.

*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.*

**Edward Jones**

> edwardjones.com | Member SIPC

### Investing can reflect your values

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

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



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



## Computer Problems?

**\$149 Standard Service Call**  
At Your Home or Business

OR

**\$69 REMOTE Service**  
call for details

**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**

**(904) 479-5661**

info@fccspro.com www.fccspro.com

Ask about our discount for Veterans





**ST. AUGUSTINE LIONS** 

# Seafood FESTIVAL

MUSIC • ARTS & CRAFTS • FUN ZONE

**March 29th — 30th, 2025**

**FRANCIS FIELD, 25 W. CASTILLO • DOWNTOWN ST. AUGUSTINE**

For more details visit  
[www.lionsfestival.com](http://www.lionsfestival.com)

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

*Hey, We're Havin' Fun Now!*

LIFE WILL GIVE YOU MANY REASONS TO HIRE AN ATTORNEY

WITH A TEAM OF 11 LAWYERS  
AND 250 YEARS OF COMBINED LEGAL EXPERIENCE

WE HAVE MANY WAYS  
TO SERVE YOU

REAL ESTATE	CONSTRUCTION
LITIGATION	MEDIATION
FAMILY LAW	PROBATE
ESTATE PLANNING	BUSINESS
REAL ESTATE CLOSINGS	CONTRACTS



“As St. Augustine’s largest law firm, we put clients with the right attorney for their legal issue, giving them the power that comes with concentrated experience.”

DOUGLAS BURNETT  
Owner and Founder

ST. JOHNS  LAW GROUP

**(904) 495-0400**  
[www.sjlawgroup.com](http://www.sjlawgroup.com)