



St. Augustine Beaches

NEWS JOURNAL

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



Sing Out Loud is the annual, epic celebration of live entertainment in the Nation's Oldest City. In a convergence of musical genres over multiple weekends in September, Sing Out Loud is St. Augustine's Official Month of Music. Over 100 national, regional and local artists play a mix of free and ticketed shows at a dozen venues throughout the area, with the marquee event being the two-day concert at Francis Field on September 21 and 22.

In partnership with the St. Johns County Tourist Development Council, Sing Out Loud was introduced in September 2016. Guided by its core values of music, community and philanthropy, Sing Out Loud has featured more than 1,300 national, regional and local musicians and raised over \$300,000 for local non-profit organizations.

Sing Out Loud Festival is curated and managed by SJC Cultural Events Inc (SJCCE), a 501(c)3 nonprofit organization committed to enriching St. Johns County and engaging music enthusiasts worldwide through authentic cultural programming. Guided by the principle of being "Community Owned, Community Operated, Community Led," SJCCE passionately promotes performances by internationally acclaimed artists and hosts educational and community-tailored events aimed at fostering a deeper appreciation for the arts. SJCCE also manages and operates The St. Augustine Amphitheatre, Ponte Vedra Concert Hall and Fort Mose Jazz & Blues Series.

Sing Out Loud Festival 2024 Programming:

LOCAL ARTISTS - FREE EVENT
Friday, Sept. 6 – Sunday, September 22 at multiple venues

TEJEDOR – FREE EVENT
Saturday, Sept. 7 at Colonial Oak Music Park

POKEY LAFARGE – FREE EVENT
Friday, Sept. 13 at Colonial Oak Music Park

THE WATSON TWINS – FREE EVENT
Saturday, Sept. 14 at Spinster Abbott's

ST. AUGUSTINE RECORD FAIR PRESENTED BY TONEVENDOR RECORDS – FREE EVENT

Sunday, Sept. 15 at the St. Augustine Amphitheatre

ST. AUGUSTINE AMPHITHEATRE NIGHT MARKET – FREE EVENT
Tuesday, Sept. 17 at the St. Augustine Amphitheatre

TRAMPLED BY TURTLES SOLD OUT

Thursday, Sept. 19 at the St. Augustine Amphitheatre Backyard Stage

A portion of the proceeds will benefit The Sea Turtle Hospital at Whitney Laboratory. (continued on page 6)

St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)

“Hurley Hilton” under renovation

After housing numerous priests, bishops and other religious leaders of the Catholic Church during the past 60 years, the Cathedral Parish rectory located adjacent to the Cathedral Basilica of St. Augustine at 38 Cathedral Place in downtown St. Augustine, is undergoing a four million dollar renovation.

The 14,000-square-foot rectory, built in 1965 under the guidance of Archbishop Joseph Patrick Hurley during a period of rapid growth, has housed numerous priests, including the current residents: Pastor Father John Tetlow, Father Mac Hill, Father Ignatius Yeruva, and occasionally Bishop Erik Pohlmeier.

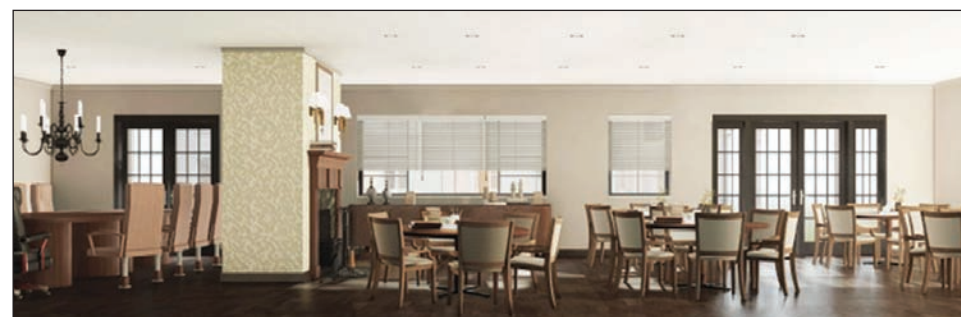
Father Hurley was an American prelate of the Roman Catholic Church. He served as Bishop of the Diocese of St. Augustine in Florida from 1940 until his death in 1967.

Nicknamed the “Hurley Hilton,” the rectory once served as a dormitory for the many priests recruited by Archbishop Hurley to support new parishes statewide. Financial constraints and other church maintenance priorities deferred the project for many years. Now, with critical repairs becoming unavoidable, Father Tetlow is moving forward with

improvements and renovations.

The renovations aim to respect the rectory's historical and architectural heritage while upgrading essential systems. A significant portion of the work addresses the original 1965 electrical, plumbing and windows, and also the HVAC issues that have caused ongoing leaks and air-quality problems. Additionally, the floor plan is being reconfigured and expanded to separate the priest's living quarters from the parish office and ministry spaces. Construction and improvements which began in early July are expected to last eight months. Jacksonville contractor Auld & White was selected for the construction.

Once completed the building will include 8 new offices for parish priests and staff, expanded Verot Room to accommodate meetings and small gatherings, new staff break room and warming kitchen, new reception area, two new handicap accessible bathrooms on first floor, plus upgrade of one existing bathroom, new residential kitchen and expanded great room on the second floor for priest use, new balcony on second floor accessible from the great room and overlooking (continued on page 7)



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Celebration Hall - 5205 A1A S, Saint Augustine






The Barber of Seville
Sunday, Dec. 29, 2024, 2:00 pm
Tuesday, Dec. 31, 2024, 7:30 pm
Lewis Auditorium - 14 Granada St, Saint Augustine

The Magic Flute
Friday, Mar 21, 2025, 7:30 pm
Saturday, Mar 22, 2025, 4:00 pm
Kirk Memorial - 207 San Marco Avenue Saint Augustine



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

City of St. Augustine Beach



Mayor Dylan Rumrell
 City Manager Max Royle

www.staugbch.com
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 or clogsdon1@yahoo.com.

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

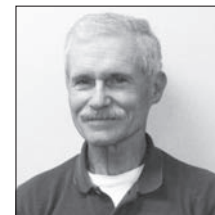
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Layering

By Max Royle
 St. Augustine Beach City Manager



This month's essay features layers that are different from the layers of a cake, though the topic may to some readers seem as "dry" as a confection made of sawdust. And while my theme here is, I hope, significant, it's hard to attach to it bells, whistles and disco dance hall flashing lights to make it festive and interesting. But time to stop apologizing and begin the baking.

"Layering" is a condition that cities commonly experience, either as part of the normal budget cycle, or in order to escape the unwanted notoriety of rut-ism as in "we never do anything new here." Cities don't want to be known as non-happening places best described as stale and "old-fashioned". One way to escape such a dreadful fate is to add new projects and services to the ones a city already is providing. This is often done to prove that a city is up to date on the latest best practices or glitzy gizmos, or when well-meaning residents suggest to their elected officials new projects or services that they believe will move the city up the quality-of-life scale.

Well and good, except... the undertaking of new projects, the adding of new services, are often done without attention to their long-term effect on the city's budget other than the initial expenditure to, say, construct a new sidewalk or purchase a new sanitation truck to replace an aging vehicle. The projects are done, the new vehicle is bought or the new services are implemented without concern for the "budget creep" this will cause. Thus,

what the City must maintain (insure, repair) grows and grows, often without adding money to the budget to pay for that growth of expenses. Property taxes aren't raised, fees aren't increased, no new sources of money are found. The inevitable then happens: The city's budget is squeezed, sometimes to the point that a city commission either must use cash reserves to pay for normal operations or must postpone to later fiscal years needed repair of existing assets. But such postponement simply postpones (what else?) the inevitable: repairs eventually must be done, aging vehicles must be replaced, money has to be spent. Budgeting-by-deferring forces the city to manage its finances on a slippery slope indeed, and with each year of postponing the angle of the slope becomes steeper and steeper. How, then, to avoid the squeeze and the slippery slope?

Simply reduce spending or increase taxes you'll declare. Ah, if it only were that simple. Perhaps a more proactive way would be to have a program, perhaps developed using artificial intelligence, which would provide a clear guide of the cumulative effect on a city's budget as projects and services are added over time. The elected leaders could then evaluate whether a new project should be done or perhaps delayed until an existing project is finished or an existing service is no longer needed. This could then make money available for a new project or service without "layering" the budget.

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 August 14-November 6 2024
 Wednesday, 6pm-730pm
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 Contact Melanie, 904-759-1054 or email rscogn@gmail.com or register at GriefShare.org under Find a Group. You are welcome to join at any point during the 13 weeks.

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St. Augustine Beach City Hall Update

The St. Augustine Beach City Commission has held two meetings recently. At the first on July 29, 2024, the Commission discussed the proposed budget for Fiscal Year 2025, which will begin on October 1, 2024. At that meeting, the Commission also set the tentative property tax for General Fund operations at 2.6895 mills and the debt millage at 0.0887 mills. The budget can be seen online at staugbch.com. There will be a public hearing on the budget and the proposed millages on Monday, September 9, 2024, at 5:01 p.m.

The City Commission held its regular monthly meeting on August 5, 2024, and took the following actions:

1. Approved a proclamation to recognize the graduation of the one hundredth veteran from the St. Johns County Veterans Treatment Court.

2. Approved two resolutions: the first to set the base rate for the annual stormwater utility fee for the average single-family home at \$200 (reduced from \$224.40) with credit for private subdivisions that maintain their own drainage system. The second resolution is to approve the terms and conditions of an agreement with the County Tax Collector to implement the stormwater

3. Passed on first reading an ordinance to adopt a new Chapter 7 of the City's General Code for stormwater management.

4. Approved an eight-unit hotel to be built on the southwest corner of E Street and A1A Beach Boulevard.

5. Re-appointed Mr. Hulsey Bray to a three-year term on the Comprehensive Planning and Zoning Board.

6. Tabled approval of a resolution to adopt a preservation agreement with the State of Florida for a grant that will provide money to renovate part of the interior of the former City Hall adjacent to the pier park.

7. Did not approve a proposal to provide public Wi Fi in the Commission meeting room.

8. Approved legislative priorities for 2025 that will be submitted to the Northeast Florida Regional Council.

The City Commission will next meet on Monday, September 9, 2024, with a hearing on the property tax millage and budget for Fiscal Year 2025. The budget hearing will begin at 5:01 p.m., the regular meeting at 6 p.m. The public is invited to attend both meetings, or may view them online at staugbch.com.

Interested in the Civil War?

Please join our Civil War Discussion Group. Our next presentation will be Tuesday, September 3, 2024 at 1pm, at the Anastasia Branch library in Sea Grove.

The September presentation will be with Len Whiteside. It is Part 2 of the presentation on the evolution of the Emancipation Proclamation. We will examine Lincoln's decision to finally release the proclamation, the reaction to it, the limited nature of freedom for the slaves, and criticisms and praise for the emancipation proclamation.

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

Living with Cancer Support Group

Our Living with Cancer support group has moved to Cancer Specialists of North Florida, 121 Whitehall Drive, St. Augustine 32086 on the third Wednesday of every month at 11:00 am. We still have the ability to ZOOM in if needed. This is an informal gathering for adults with any type of cancer and their caregivers. It is open to all affected by cancer. This group will provide the opportunity to meet others in similar situations, share your stories, provide practical suggestions and offer support to each other. If you prefer to participate virtually via Zoom, please call 904-819-4793 for further instructions.



Sheriff's Update

By St. Johns County Sheriff Robert A. Hardwick



Back-to-School

The new school year is officially underway! Whether you have school-aged children or not, you will experience the effects of this time of year. Please be patient and plan accordingly as there will be the usual delays that accompany the first few weeks of school as families and students are establishing their routines. St. Johns County Sheriff's Office Youth Resource Deputies, Threat Assessment Deputies, K9 teams, Public Service Assistants, School Crossing Guards, and our Real Time Intelligence Center are looking forward to working together to ensure the safety and well-being of all students, school district staff, and visitors. I remain steadfast in my challenge to all parents to continue being an active participant in your child's life. Their future depends on it. I would also encourage you and your child to utilize the FortifyFL app to report suspicious information that is learned by our schools and

students. These tips are relayed to law enforcement and school officials for immediate investigation. It is incredibly important for parents to remain vigilant and aware of their children's activities at school and elsewhere.

I also highly encourage both parents and students to get to know your respective school's Youth Resource Deputy. The St. Johns County Sheriff's Office Youth Resource Deputies are there for each of you. If you hear or see something you think isn't right or have a question, reach out to them. It is vital that our students know that the deputy in a uniform is a friend and there to be a resource to them.

I'd like to thank you for your continued support of law enforcement in St. Johns County. It is truly our honor to be of service to you. As always, please do not hesitate to contact my office if we can ever be of assistance. Feel free to contact me at sheriff@sjsso.org.

The American Association of University Women September 17th Meeting

The American Association of University Women (AAUW), St. Augustine branch, extends a warm invitation to all members and friends interested in learning more about AAUW, to a Welcome Back Meet n Greet on Tuesday, Sept. 17 at 5:30 pm at Chapman Community Hospice center, 1355 US 1 South. We will have light refreshments and will collect donations for the Salvation Army.

Our speaker will be a recent AAUW scholarship recipient who will tell us of her endeavors to seek a higher education and help she received along the way. Please join us! Contact Cathie Altman, cathie.altman@gmail.com for any questions.

St. Augustine Beach Hotel Added to NPS Civil Rights Network

The National Park Service recognizes the St. Augustine Beach Hotel & Beachfront by including it on the African American Civil Rights Network (AACRN) for its significant role in the passage of the Civil Rights Act of 1964.

Sites on the AACRN offer a comprehensive overview of the people, places, and events associated with the African American Civil Rights Movement.

Designed by St. Augustine architect Francis Hollingsworth, the St. Augustine Beach Hotel is one of two remaining structures from the St. Augustine Auxiliary Pier Project constructed in 1939-1940 by the Works Progress Administration (WPA). A mirror-image hotel was located north of a wooden fishing pier originally constructed in the approximate location of the St. Johns County Ocean Pier. A seawall and boardwalk were also constructed as part of the WPA project.

The St. Augustine Beach Hotel and the pier, now known as Pier Park, quickly became one of the most popular beach access points. Business generated by Pier Park played a key role in the economic development of the community of St. Augustine Beach. The building exterior is made of coquina, a local stone formed from deposits of shells accumulated over thousands of years. Coquina was quarried from Anastasia Island by enslaved Africans to construct the Castillo de San Marcos. Its use as a building material continued but was relatively limited by the mid-20th century, requiring reopening of the quarries for the construction of the hotels.

In 2022 the St. Augustine Beach Hotel was listed on the National Register of Historic Places for its national significance related to the passage of the Civil Rights Act of 1964.



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St. Augustine Travel Club

Our St. Augustine Travel Club will return on Wednesday, September 11 @ 3:00 pm at the Southeast Branch Library. The subject will be Germany and Belgium, based on our personal experiences. We will show pictures, taken and narrated by Peter, from Peter and Linda's recent trip earlier this year, driving around in both countries, including Frankfurt, Aachen, Trier, Munich and Wuerzburg in Germany, also Brussels and Ardennes Region (site of the WWII Battle of the Bulge) in Belgium. The Travel Club is a free event. We welcome our regular attendees and newcomers. Any questions, please call Peter Dytrych at 904-797-3736.

St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Sunday, December 8 - 15, 2024 on the beautiful Italian ship MSC SEASHORE out of Port Canaveral to the Caribbean and Mexico, to the ports of Ocean Cay (MSC private island and Marine Reserve in the Bahamas), Costa Maya and Cozumel (Mexico) for a 7-day cruise. Prices start from \$799 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Balconies and Oceanviews are also available at additional cost. Book now with a \$199 p.p. deposit and receive \$50 per stateroom On Board Credit, Free Beverage Package, Wi-Fi and more. Call Peter, St. Augustine Travel Club at (904) 797-3736.



gg62176354 GoGraph.com

St. Augustine Beach Democratic Club

The SAB Democrats will have its next gathering on Tuesday, September 3, 2024 at 5:30 pm at the Anastasia Island Branch Library. Our speakers for September 3 will be discussing the Amendments on the ballot on November 5, 2024. Maria Garcia from Floridians Protecting Freedom and Progress Florida will be explaining and discussing Amendment 4, the Amendment to Limit Government Interference with Abortion. Jay McGovern, Democratic Candidate for Congress District 5, will also be speaking.

The St Augustine Beach Democratic Club's focus is on current local and national 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 Democratic neighbors.

The SAB Dems Club meets on the first Tuesday of the month at Anastasia Island Branch Library, 124 Sea Grove Main Street, 5:30 pm, plenty of parking available. For additional information, please contact info@sabdems.org

The Garden Club of St. Augustine 53rd Holiday Tour of Homes "Christmas in the Gilded Age"

The Garden Club of St. Augustine will be hosting the 53rd Holiday tour of Homes "Christmas in the Gilded Age" on Sunday, December 8, 2024 from Noon to 5:00 P.M. This is one of St. Augustine's oldest and most anticipated Holiday Traditions. The Tea and Boutique will be held at the beautiful River House, 179 Marine Street from Noon until 4:00 P.M.

There will be six Houses decorated by the Garden Club of St. Augustine. All of the Floral arrangements and Holiday Wreaths, Swags and Garland are made with fresh Flowers and local, native Greenery. Our Designers work with the homeowners to come up with unique plans to compliment their home and décor. The Houses are all located in The Flagler Model Land Neighborhood, with two houses on Riberia Street, three on Valencia Street and the Markland House on King Street. The Homes are a short walking distance from the Downtown Garage on Castillo Drive.

This is considered a walking tour with limited transportation provided. There will be Council on Aging buses located at the Parking Garage, the River House, and on the corner of Malaga and Valencia Streets. Some of the homes

have steps.

The Tea includes Holiday cookies made by the Garden Club members, coffee, tea, and punch. The Boutique will take place in several rooms of the River House. Holiday wreaths, ornaments, live arrangements, and gift baskets, made by Garden Club members, are for sale. A "will call area" will be available so attendees do not have to carry their purchases on the tour.

Tickets will go on sale on October 1, 2024. The cost is \$45.00 per ticket. We are only allowed to sell a limited number of tickets and they sell out quickly.

For information on how to purchase your tickets online, please go to our web site www.gardenclubofstaugustine.org.

Tickets may be purchased at the following local venues (Cash or Check sales only) starting October 1, 2024:

Southern Horticulture, 1690 A1A S, St. Augustine 32080 (904-471-0440)

Leonardi's Nursery, 902 Anastasia Boulevard, St. Augustine 32080 (904-829-5909)

Flowers by Shirley, 2200 US1, St. Augustine, 32086 (904-824-8163)

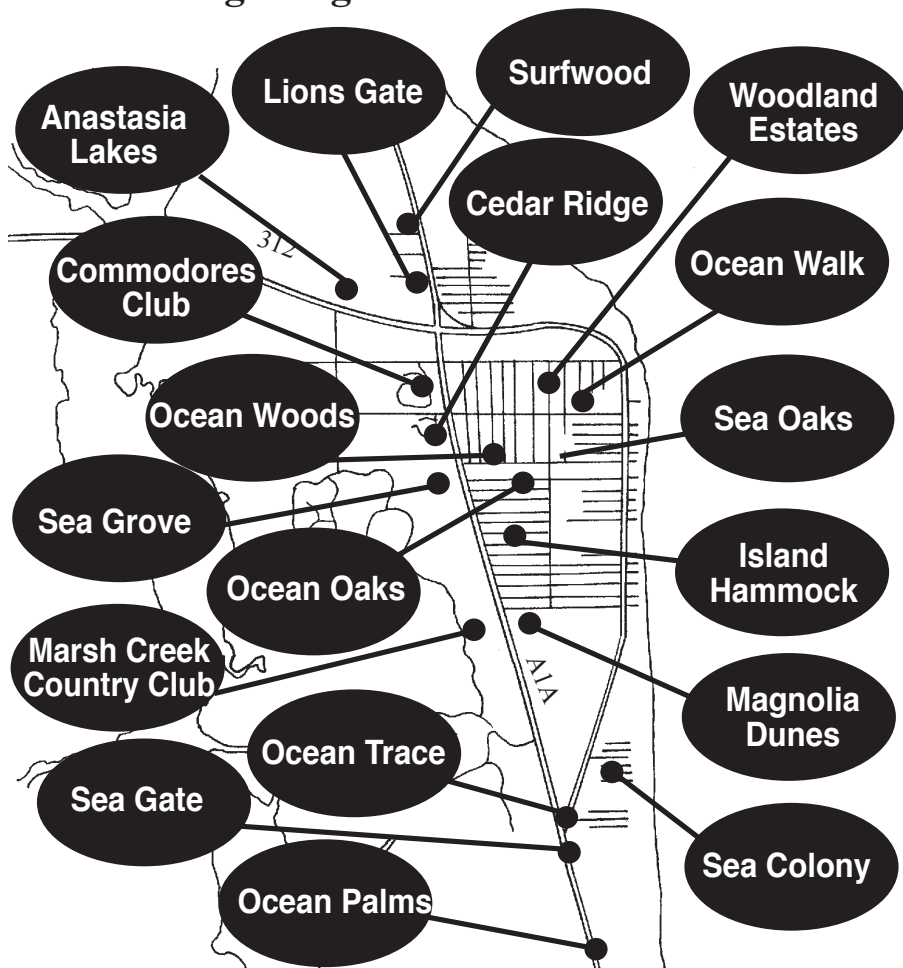
Downtown Whetstone Chocolate, 139 King Street, St. Augustine 32084 (904-217-0275)

Do You Have Community News to Share?

Do you have news, events or personal interest information that are relevant to our communities in and around St. Augustine Beach? Please forward them to the Editor for consideration for the monthly News Journal. Please contact Editor clifflogsdon@att.net or call 904-607-1410.

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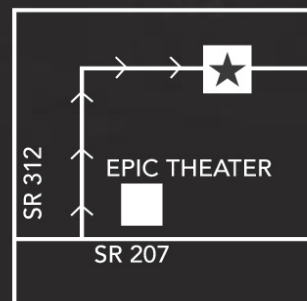
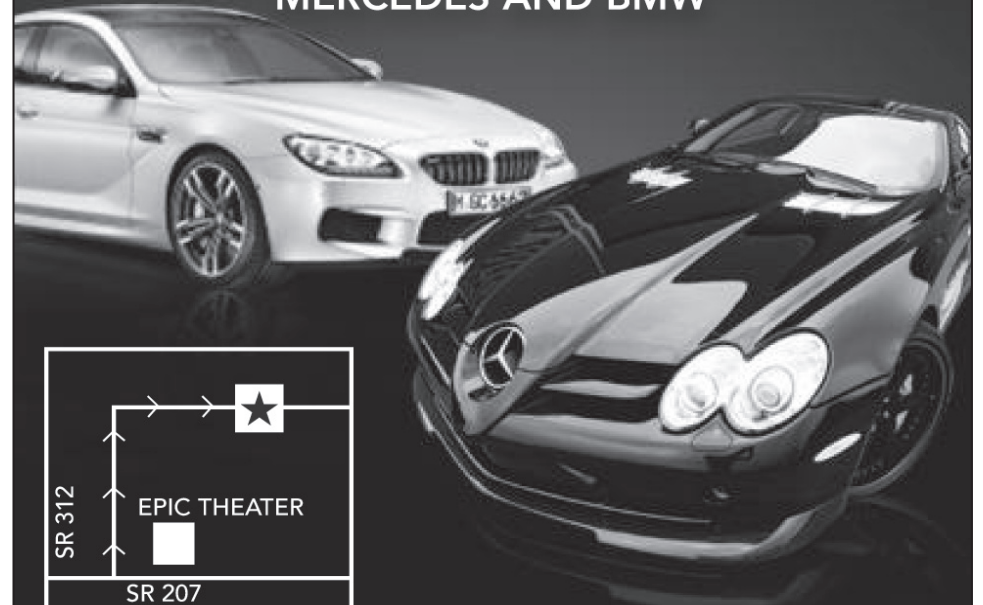
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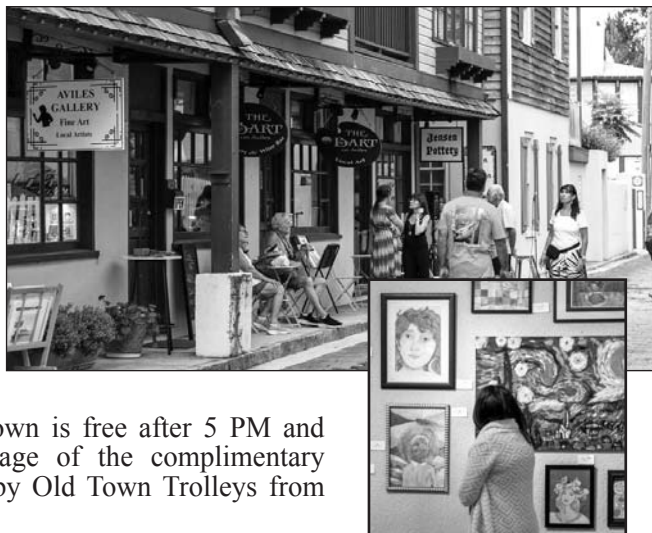
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First Friday Art Walk September 6th Presented by Art Galleries of St Augustine

Join the Art Galleries of St. Augustine on the first Friday of every month for First Friday Art Walk each month from 5-9 PM.

Participating galleries open their doors to offer new art exhibits and receptions to the public making it the perfect time to support local artists and shop for gifts.

Public parking downtown is free after 5 PM and visitors can take advantage of the complimentary shuttle service provided by Old Town Trolleys from 6-9 PM.



Signs you need to see a Physical Therapist for balance

By Lindsey Hall

Balance is something that comes natural to most of us. However, as we age and develop certain disease processes our balance can begin to change. We wanted to share with you a few things to look out for and if you feel like any of these things apply to you, we would love for you to reach out and we can talk more about what's going on and the next steps we can take to help improve your balance and get your life back!

- 1) I get dizzy when I sit up, stand up or turn my head
- 2) I have fallen or worry about falling.
- 3) I do not participate in more normal activities, sports, or hobbies as much as I used to
- 4) Sometimes when I'm walking, my legs feel weak or my joints "give"
- 5) I avoid steps, curbs, or uneven walking surfaces

Age is not a diagnosis! Everyone has room to improve their balance and improving balance reduces your risk of falls, reduces risk of hospitalization, and improves quality of life by being able to participate in more high level and meaningful activities.

Call us today for more information 904-217-4259

Deadline for Home Owners to Appeal Property Values is September 10th

by Melissa Bergman, Communications Director
St. Johns County Clerk of the Circuit Court and Comptroller

The St. Johns County Clerk of the Circuit Court and County Comptroller's office wants to remind residents that the annual St. Johns County Value Adjustment Board (VAB) petition filing period begins on Aug. 16 and runs through Sept. 10.

"Our Minutes and Records Division plays a vital role in the VAB process," said John Rundgren, Clerk Designee. "We ensure residents have the necessary resources to file appeals related to their property value assessments, schedule hearings, and maintain records of the proceedings."

"The Truth in Millage or TRIM notice is the most important property tax document you receive from our office," said Property Appraiser Eddie Creamer. "The TRIM notice will be mailed on August 16, 2024. This starts a 25-day period that you may request an informal conference with the Property Appraiser's office to address any questions or concerns you have about your property. Should we not be able to reach an agreement on your concerns during this period, the VAB is the next step in the process."

Residents will soon receive Truth in Millage (TRIM) notices,

detailing their property's assessed and market values. The TRIM notice outlines proposed property taxes and assessments, including any applicable exemptions. Property owners who disagree with their property's assessed value, classification, or exemption status are encouraged to file a petition with the VAB.

The VAB operates independently from the Property Appraiser and Tax Collector. It is composed of five members: two from the Board of County Commissioners, one from the County's school board, and two citizen representatives. The board is responsible for hearing appeals related to the denial of exemptions and classifications, property assessments, and ad valorem tax deferrals.

Petitions may be submitted online, by mail, or in person at the Richard O. Watson Judicial Center, located at 4010 Lewis Speedway, St. Augustine, FL 32084. In-person petitions must be received by 5:00 PM on Sept. 10, while online petitions can be submitted until 11:59 PM on the same day. For more information and resources regarding VAB filings, please visit our website at <https://stjohnsclerk.com/vab/> or contact our office at (904) 819-3600.

Sing Out Loud Festival

(continued from page 1)

SING OUT LOUD "LIVE WILDLY" SHOWCASE featuring Eric Church, Noah Kahan, Norah Jones and More

Saturday, Sept. 21 & Sunday, September 22 at Francis Field

SING OUT LOUD MUSIC BUSINESS PANEL

FREE EVENT WITH RSVP REQUIRED

Wednesday, Sept. 25 at The Markland House, Flagler College RSVP

JEWEL & MELISSA ETHERIDGE – TICKETED EVENT – SOLD OUT

Friday, Sept. 27 at the St. Augustine Amphitheatre

ST. AUGUSTINE SONGWRITERS FESTIVAL – FREE EVENT

Friday, Sept. 27 – Sunday, Sept. 29 at multiple venues

Participating Venues:

The Backyard at the St. Augustine Amphitheatre, Colonial Oak Music Park, Dog Rose Brewing Co., Francis Field, Nobby's, Prohibition Kitchen, Sarbez, Spinster Abbott's, The St. Augustine Amphitheatre, St. Augustine Distillery, Tradewinds Lounge, and The Waterworks.

For more information contact Danya Markovits, Director of Public Relations: dmarkovits@theamp.com or 904-615-5942.



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<p>CENTRAL 65 STRONGWAY COURT (904) 679-3204</p>		<p>ISLAND 4299 SR-A1A S (904) 679-3449</p>

Do You Have Community News to Share?

Do you have news, events or personal interest information that's relevant to our communities in Southern St. Johns County? Please forward them to the Editor for consideration for the monthly Beaches News Journal.

Please contact Cliff Logsdon
email: clifflogsdon@att.net or call 904-607-1410

Music for the Matanzas

by Silas Tanner (Silas@matanzasriverkeeper.org)



We are thrilled to invite you to Music for the Matanzas, a special event in support of Matanzas Riverkeeper! Mark your calendars for October 11th and join us for an unforgettable evening along the beautiful shores of the Matanzas River.

Enjoy live music by the talented Mike Cook and savor a delicious seafood boil plate from Outer Banks Boil Co. as you soak in the atmosphere. This event is a wonderful opportunity to support the vital work of Matanzas Riverkeeper in protecting and preserving our local waterways.

Gather your friends, bring your appetite, and join us for an evening of good food, great music, and even better company—all for a worthy cause. Tickets are \$40 and include a seafood boil plate by Outer Banks Boil Co. Don't miss out on this fantastic event!

WHEN: October 11, 2024 at 6:00pm - 9pm

WHERE: Genung's Fish Camp, 291 Cubbedge Rd., Saint Augustine, FL 32080

Music for the Matanzas ft. Mike Cook
10/11 6PM @ Genung's
\$40, includes seafood boil
RSVP HERE

St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)

(continued from page 1)

Treasury Street, new residential laundry room on second floor, five guest suites, and a covered outdoor terrace for parish use.

During the renovation, recent occupants Fr. John, Fr. Mac and Fr. Ignatius moved out of the rectory in early June to a home downtown provided by an anonymous donor.



Parish office operations have temporarily moved to St. Benedict the Moor Mission Church rectory at 86 Martin Luther King Avenue. There are no anticipated disruptions to the church for the celebration of Mass and other liturgical services.

Over \$3M has been raised to support this project, but more is needed to reduce the loan secured to cover the \$4.5M project cost.

Anyone interested in making a gift can contact the

Parish Manager John Garofalo at (904) 824-2806 or email cathadmin@gmail.com. More information about the project can be found at <https://membership.faithdirect.net/enroll/FL144/30> or www.thefirstparish/capital-campaign

Do You Know.....

St. Augustine Beach has two electric vehicle charging stations. Location: west side of City Hall parking lot, 2200 A1A South

2024 General Election · November 5, 2024

October 7, 2024 Deadline to Register to Vote

You can register to vote, update your information, or request a new voter card online

[RegisterToVoteFlorida.gov](https://www.RegisterToVoteFlorida.gov)

Visit www.votesjc.gov to check your voter status

For registration and election information, call or visit: 904.823.2238 ★ www.votesjc.gov

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Please join us for our First Friday Opening on September 6th starting at 5pm and ending at 8pm. Live Music, Snacks and Beverages will be provided and it's all Free! Featuring Donna Woodward, our Artist of the Month and her Exhibit will be on display through the month of September. We are open from 12 to 5pm Daily.

Donna L.C-Woodward lives with her husband, Woody, in Palm Coast, Florida. She grew up in Miami, a quiet, inquisitive child, who came alive by the challenge of resourcefully making something out of seemingly nothing. The special relationship of how ideas, patterns and textures relate to one another intrigues her. Her artistic expression is inspired by those such treasures hidden in plain sight all around. She dares to imagine outside the proverbial box.

"The world will always be her palette for artistic growth and exploration.

To 'CREATE' is a MUST, simply because." September means back to school, but we have Children's Classes Year-Round! Our Monthly Free Classes are

on the 3rd Saturdays of each month. The next one is September 21st from 10am to 12 noon. Text Mandy at 757-201-5577 to register your child.

Another ongoing Children's Class is Norah Sutphin's Art Club. This is held every Monday Evening from 5pm to 7pm contact Norah for more information at 336-862-9644.

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.

A Classic Theatre focuses on the Power of a Story

provided by Glo MacDonald, Marketing Director



It's said that a good story has the power to expand your mind, see the world anew, and take you places you've never dreamed of. Theater is the very voice of our experience and it shines a spotlight on our triumphs and failures. Watching a live performance creates a shared happening.

Telling a story can also build bridges. Truly a community theatre, ACT is reaching out into our community, bridging differences and celebrating our shared values in an entertaining and engaging way, by presenting plays that tell a good story.

ACT is proud to announce next season's lineup of stories that will make you laugh, think, feel and perhaps see the world from a different angle.



The inaugural show in October will be **BAKERSFIELD MIST** by **Stephen Sachs**, a thought-provoking comedy-drama that asks vital questions about what makes art and people truly authentic. This special production will be in partnership with The St. Augustine Art Association to celebrate their 100th anniversary in the Ancient City.

Our December production will be **IT'S A WONDERFUL LIFE**, A Live Radio Play by **Joe Landry**. This beloved American holiday classic comes to captivating life as a live 1940s radio broadcast. This will be followed in March by **DAVID LINDSAY-ABAIER'S GOOD PEOPLE**, a powerful and ferociously funny story that explores the struggles, shifting loyalties and unshakeable hopes of living paycheck to paycheck.

The final main show of the season runs in May, as part of the Romanza Festival of Music and the Arts. **THE FOREIGNER** by **Larry Shue** is a laugh-out-loud comedy of misunderstandings, misrepresentations and misdeeds that manages to take serious subjects and turn them on their heads.

In addition to these full theatrical productions, we are again offering a

series of Staged Readings which offer compelling stories in the more casual format of a dramatized reading.

In November we bring you **ADMISSIONS** by **Joshua**

Harmon, a provocative look at college admissions is a no-holds-barred look at privilege, power, and the perils of hypocrisy.

MORNING AFTER GRACE, by **Carey Crim** comes in January. It is an unconventional, big-hearted comedy which tackles love, loss and new possibilities while coming to terms with growing older. It's an unexpected journey toward a new lease on life.

February offers **WHO AM I THIS TIME? And Other Conundrums of Love** by **Aaron Posner**, adapted from stories by Kurt Vonnegut, explores the complexities of love.

The last in our series of Staged Readings will be **BITE-SIZED THEATRE: An Evening of 10 Minute Plays** which will be in April. As the title states, it's a collection of short but complete (not excerpts) plays covering a variety of subjects.

Our main productions will be performed at The Waterworks - 184 San Marco Ave., St. Augustine.

Staged Readings will be performed at The Center for Spiritual Living - 1795 Old Moultrie Rd., St. Augustine.

For more information and to purchase tickets go to www.aclassictheatre.org

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GET YOUR TICKETS AT
www.aclassictheatre.org

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

A thought-provoking dramedy that asks vital questions about what makes art and people truly authentic.

Humane Society Announces “Pin Up Paws” Winners

This year’s St. Augustine Humane Society’s annual Pin Up Paws Calendar features St. Augustine’s winningest pets in a “Sweet Things” theme. Thirteen pets who gathered the most votes have taken the stage in a professional photo shoot conducted by photographer Addison Fitzgerald and will grace the pages of this year’s calendar, with a total of 80 local animals featured. This year’s cover model is Katherine, a tuxedo cat, with 4,920 votes. The twelve months will be represented by another tuxedo cat, Cupcake, and 11 dogs: Lucy, Bix, Otis, Ginger, Mabel, Piper, Charlie, Sookie, Layla, Tucker, and Harley. And one winner, Sookie, is looking for her forever home.



“All of our featured pets have made stunning models, but we would love to call special attention to Sookie,” says Carolyn Sindad Smith, Executive Director of the St. Augustine Humane Society. “She was entered by Swamp Haven, a local rescue that advocates for underprivileged dogs – they literally saved

Sookie’s life and have fostered her for eight months. She is a very sweet senior pup who had a rough start in life, and despite all that, she’s just a cuddly homebody looking for a family to love. Interested adopters can learn more about Sookie on the Swamp Haven website.”

Each whiskered winner also receives a tasty treat for their human companions – gift cards to The Columbia Restaurant, a local eatery in Historic Downtown St. Augustine. The gift cards are part of a donation made through the restaurant’s annual Community Harvest Program, coordinated by The Columbia’s corporate arm, The 1905 Family of Restaurants. The 1905 Family of Restaurants and its legacy owners, the Gonzmart family, have organized its annual Community Harvest every September since 1998. Now in its 27th year, the Gonzmarts have donated nearly \$4 million in gift certificates to more than 100 non-profit organizations across Florida.

“As we look ahead to Columbia’s 120th anniversary in 2025, I’m reminded that great restaurants are more than just places to eat; they’re part of the fabric of the community,” said Richard Gonzmart, fourth generation owner/caretaker. “I started this program to help many of the worthy non-profits so important to the people — and animals — near our restaurants across Florida. The simple concept is to ‘eat well and do good.’ It’s a delicious way to help these organizations.”

The calendar will be unveiled and available for purchase at the **Pin Up Paws Party** at The White Room on Thursday, October 24th.

Humane Society help prevent animals from entering shelters by providing low-cost services, training, food, and support. To make a donation or learn more, visit staughumane.org and follow along on Facebook @StAugustineHumaneSociety and Instagram @StAugHumane.

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GORGEOUS BLUEGRASS MUSICAL IN THE NATION'S OLDEST CITY!

Limelight was voted **BEST THEATRE** in Jacksonville by *Broadway World* and is presenting an exciting bluegrass musical this fall.

[SEE FULL CAST LIST](#)

“The Blue Ridge Mountains display the majesty of nature and beauty of earthy creation. North Carolina is a wonderful backdrop to celebrate the message of not giving up on your dreams. My mother was forced to give me up for adoption and did not realize that I would be able to find her one day. Discovering your story and to whom you are connected can be life changing. I related to this birth story of reunion and wanted to encourage others to search and connect with their heritage. Gifts can be passed down through generations, and we may not even realize it.

Bright Star was created by the great Steve Martin and Edie Brickell. It is a story about love, loss, and redemption. *Bright Star* reveals how anything can happen that is meant to happen when orchestrated by powers greater than us. Even in tragedy, we must not lose hope. Limelight invites everyone to enjoy this bluegrass musical in the country’s oldest city. St. Augustine has myriad ways to experience the best vacation, as we have some low country waters that are also quite breathtaking.”

-Sherrie Provence
Executive Director
Limelight Theatre

BRIGHT STAR
INSPIRED BY A TRUE STORY
MUSIC, BOOK, AND STORY BY STEVE MARTIN
MUSIC, LYRICS, AND STORY BY EDIE BRICKELL

“Truth walks beside us like a shadow and one day it merges with us. Until it does, we are not truly whole.”
- Billy, Bright Star

SEPT 27 - OCT 20

DIRECTED BY SHERRIE PROVENCE
MUSIC DIRECTED BY JEFF DODD

Bright Star Tickets

Doubletree Hotel is offering discounts for out-of-town visitors!

Press Contact:
Mary Claire Branton

678-800-8787
ddlighthouse@gmail.com
www.limelight-theatre.org

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Computer Corner

by Steven Aldrich

Perplexity.AI: My new way to search for anything.

When it comes to searching for information online, the choice of search engine can significantly impact the quality and relevance of the results you receive. My decision to switch from Google to Perplexity AI was driven by several key factors that highlight the strengths of Perplexity in providing well-rounded, accurate, and comprehensive answers.

Enhanced Relevance and Quality

One of the primary reasons I began using Perplexity AI is its ability to deliver highly relevant and quality results. Unlike Google, which often presents a plethora of results that may include low-effort content forms or spammy websites, Perplexity focuses on curating responses that are directly relevant to the query. This is particularly important in an age where the internet is inundated with generic and sometimes dubious content.

Contextual Understanding and Depth

Perplexity AI excels in understanding the context of queries and providing in-depth answers. This is crucial for complex or nuanced questions where a simple keyword match is insufficient. For instance, when searching for academic or technical information, Perplexity can offer detailed explanations and references, ensuring that the information is not only accurate but also comprehensive. This level of contextual understanding is something I found lacking in traditional search engines, which often prioritize popular or recent content over depth and accuracy.

User-Centric Approach

Another significant advantage of Perplexity AI is its user-centric approach. Traditional search engines like Google often prioritize results based on advertising revenue and click-through rates. In contrast, Perplexity is designed to prioritize the user's need for accurate and reliable

information. This means fewer distractions from ads and sponsored content, and more focus on delivering the best possible answer to the user's query.

Integration of Advanced AI Capabilities

Perplexity AI leverages advanced AI capabilities to enhance the search experience. For example, it can understand and generate natural language responses, making it easier to interact with and obtain information. This is particularly beneficial for users who need quick, concise, and accurate answers without having to sift through multiple pages of search results. The AI-driven approach also allows for continuous learning and improvement, ensuring that the quality of responses keeps getting better over time.

Specialized Knowledge and Expertise

In areas requiring specialized knowledge, such as academic research or technical fields, Perplexity AI stands out by providing expert-level insights and references. By using Perplexity, I can trust that the information provided is not only accurate but also sourced from credible and authoritative references.

In conclusion, my shift from Google to Perplexity AI was motivated by a desire for more relevant, accurate, and comprehensive search results. Perplexity's focus on contextual understanding, user-centric design, advanced AI capabilities, and specialized knowledge makes it a superior choice for anyone seeking high-quality information. Perplexity AI offers a more satisfying and effective search experience.

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.

Happenings in September at Anastasia Island Branch Library

by Leslie Goode, Programs Coordinator

St. Johns County Public Libraries celebrate National Library Card Sign-Up Month and the start of Hispanic Heritage Month!! Don't have a library card? Come see us at any of our six branches or Bookmobile.

SPA DAY WITH ANASTASIA ISLAND CRAFTERS

Tuesday, September 3 @ 10:30 am-11:30 am

Let us get crafty! Bring your friends and make new ones, while we enjoy using our creativity & imagination. We are making it a Spa Day – scrubs, balms... Ages 12 and up are welcome! Please RSVP so that we will have enough supplies available and the room set up for attendees. All supplies are provided by the Friends of the Anastasia Island Branch Library.

MID-WEEK MEDITATION WITH NANCY at Anastasia Branch Library

Every Wednesday @ 10:30 am - 11:30 am

LITTLE ONES STORYTIME (AGES 2-5)

Every Friday @ 10:30 am

Join us for Little Ones Story Time! We'll have stories, songs, and activities to help develop pre-literacy skills and spark your child's love of reading.

LITTLE ONES CRAFT TIME (AGES 2-5)

Every Friday @ 11:00 am

Join us for a simple craft to encourage your little ones to practice fine motor skills and explore their creativity!

BABYTIME (AGES 0-18 MONTHS)

Tuesday, September 10th @ 10:15 am

Join us for a lapsit storytime program for babies and their grown-ups. We will gather in a circle to read stories and sing songs to help your baby develop early literacy skills.

LEGO BUILDERS' BONANZA (YOUTH)

Wednesdays, September 4 and 18 @ 3:30 pm-4:30 pm

In this fun-filled program, you can be the builder of your own epic creations! We will supply a mountain of LEGOs for kids to create masterpieces.

LINE DANCING LESSONS WITH THE ST. AUGUSTINE LINE DANCERS

September 5 @ 6:30 pm-7:30 pm

Do you want to learn some line dances or get some exercise and make new friends? The St. Augustine Line Dancers are here to help! Learn some fancy footwork while getting a bit of exercise and making new friends. Please wear comfortable clothing and shoes. Please RSVP at www.sjcpls.org

ART EXPLORERS-WATERCOLOR

Wednesday, September 11 @ 3:30 pm-4:30 pm

Let's experiment! What can we use to create different textures with watercolor paints? Kids will discover the magic of watercolor, play with the intriguing effects of salt, wax, and common household items to create unique works of art.

AI ADULT BOOK CLUB

Thursday, September 12 @ 10:30 am-11:30 am

Join us for a lively discussion of Homecoming by Kate Morton. Available in a variety of formats!

MID-DAY MOVIES

Thursday, September 12 @ 2:00 pm-4:00 pm

Robot & Frank with Frank Langella, Susan Sarandon and more! Refreshments provided by the Friends of the Anastasia Island Branch Library.

HEARTFULNESS MEDITATION at the Anastasia Branch Library

Saturday, September 21 @ 10:30 am - 12:30 pm

ART EXPLORERS-MOLAS

Wednesday, September 25 @ 3:30 pm-4:30 pm

Let's explore the rich and colorful traditions of the Guna people of Panama by creating our own molas! What are molas? They are intricate textile art pieces featuring bold patterns and vivid colors. Instead of fabric and thread, kids will use layers of colorful paper to craft their own molas.

I LOVE JULIA (CHILD)

Thursday, September 26 @ 11:00 am – 12:30 pm

Celebrating Hispanic Heritage Month with special guest, Ned Pollack, local chef, author & restaurateur! Please RSVP at www.sjcpls.org. Generously sponsored by Friends of the Anastasia Island Branch Library.

DENNIS FERMIN – SPANISH GUITAR

Thursday, September 26 @ 6:00 pm – 7:30 pm

Join us for a very special evening with Dennis Fermin and his Spanish guitar! Events Room will open at 5:45 pm. This event is generously sponsored by Friends of the Anastasia Island Branch Library.

READING WITH THERAPY DOGS (AGES 4-10)

Friday, September 27 @ 3:30 pm – 4:30 pm

Join us in the events room at the Anastasia Island Branch Library for an hour of reading with certified therapy dogs. Kids can increase their reading confidence with no judgement (and lots of love) with our furry friends from Tri-State Canine and their handlers!

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 Dry Needling
 Balance / Vestibular Specialist
 & Sports Rehab



Jim Viti
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 Certified Orthopaedic
 & Spine Specialist



Bobbi Blancq
 Physical Therapist
 Manual Therapist
 Lymphedema &
 Vestibular Specialist



Matthew Sheltz
 Physical Therapist
 Manual Therapist
 Dry Needling
 Vestibular Specialist



Kaleb Griffel
 Physical Therapist
 Manual Therapist
 Orthopaedic &
 Sports Rehab



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



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

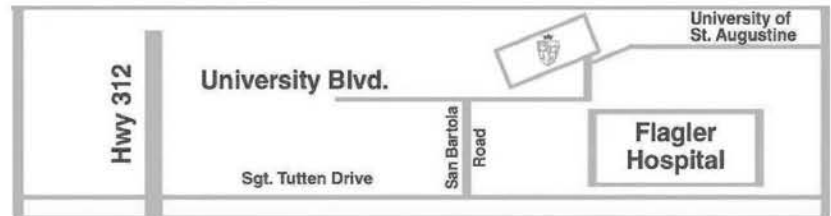
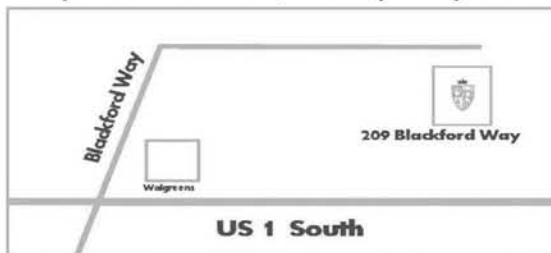


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 Certified Hand Therapist

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What is Blood Flow Restriction

By Rob Stanborough

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

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

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

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

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

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

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

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

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

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



St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)

Labor Day beach update

The days of the summer of 2024 may be dwindling, but here in St. Johns County, the beach season continues year-round. Beachgoers, however, can expect somewhat of a slowdown as changes go into effect after Labor Day:

- Local schools have already resumed for the 2023-24 academic year and schools in northern states will soon resume. The Labor Day holiday traditionally marks the end of the busy summer beach season and it will conclude seasonal lifeguard tower staffing provided by St. Johns County Fire Rescue. Although lifeguard towers will no longer be staffed, mobile truck patrols supplemented by career Fire Rescue personnel will continue in the various beach zones through September.

- There are approximately twelve miles of St. Johns County Beaches that allow vehicular access which is permitted year-round. During the months of May through October, access is limited to the hours of 8 a.m. to 7:30 p.m.

- Annual driving passes are available for purchase. Daily fees are \$10 from March through September. Tolls continue to be collected on Fridays, Saturdays and Sundays through September 30.

- Beach gates will continue to be closed from 7:30 p.m. to 8 a.m. daily through October 31 or until the last turtle nest is hatched, whichever occurs later.

- Beach patrons are reminded to utilize the 911 system throughout the year for any emergency occurring on the beaches. These emergencies will continue to receive a Fire Rescue response. For current beach conditions and updates, call the information line at 209-0333, or visit the mobile website <http://www.sjcf.us/beach/> for daily updates.

2024 National Night Out October 1

St. Augustine Beach will join thousands of communities nationwide to celebrate National Night Out. The local event will take place from 5 to 8 p.m. on Tuesday, October 1 at the St. Augustine Beach Pier, 350 A1A Beach Boulevard. The free event is presented locally by the St. Augustine Beach Police Department in conjunction with the St. Johns County Sheriff's Office and the St. Augustine Police Department.

The community is invited to the festival, a unique crime/drug prevention event presented nationwide by the National Association of Town Watch, an organization dedicated to crime and drug prevention and safety awareness.

The local event will feature free food and beverages, music, exhibitors, free goodie bags, raffles for locally donated prizes, and exhibitors. Law enforcement personnel will be on hand to answer questions and emergency vehicles will be on display. For information call 904-471-3600.



Music by the Sea concerts continue

With fewer beach visitors this time of the year, it's a great time for locals to enjoy the remaining 2024 Wednesday evening Music by the Sea Concerts at St. Augustine Beach Pier and Park Pavilion, 350 Beach Boulevard. Concerts begin at 7 p.m.

Bring your own chair or blanket for seating. You may also bring food and beverages or purchase them from a local food truck. The remaining concerts and participating food trucks include:

September 11—U.S. Navy Pop Music Band (Village Garden Burgers)

September 18—LPT Band with Latin music (Little Sombrero)

September 25—Paper City Hustlers pop and rock music (Big Island Bowls)

October 2—Jim Stafford & Friends Beach Jam Band (Kusina Colorado)

For concert updates including weather and other related cancellations, visit: <https://sabca.org/>



Sea Turtle Report

They keep coming and going—slowly! Thousands of sea turtle hatchlings have already abandoned their nests along St. Johns County beaches and have scurried to the Atlantic Ocean to begin their lives, seeking food and safe travel modes. Early August statistics report a total of 841 nests along county beaches with 613 on north beaches, 152 on Anastasia Island and 66 at Matanzas Inlet South. Of those numbers, 179 nests have hatched, sending 15,864 hatchlings to sea. The hatchlings will face a gauntlet of predators, such as shore birds, ghost crabs, and insects. During the first year after hatching, many species of sea turtles are rarely seen. This first year is now as the "unknown year." It's estimated that only one in a thousand will survive to adulthood because of dangers they will encounter.

The sea turtle season ends on October 31, or until the last nest is hatched. Beach front visitors and residents are reminded to be vigilant about lighting. All beachfront properties are required to reduce the impact of interior and exterior lighting which may impact nesting sea turtles.



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Financial Focus

Information Provided by
Edward Jones

Do you need to fear retirement?

If you're planning to retire in a few years, are you looking forward to it? Or are you somewhat apprehensive? Are you asking yourself: "What sort of retirement can I afford?"

It's a good question — because the answer can make a big difference in your ability to enjoy life as a retiree.

And retirement can indeed be enjoyable, exciting and fun. Consider this from a recent survey by Edward Jones and AgeWave: A majority of respondents said retirement should be looked at as a whole new chapter of life, and not just a time for rest and relaxation. In other words, people are viewing retirement as a chance for new experiences and new opportunities, rather than a time to simply wind down. But if you're going to make the most of your retirement — which could last two or even three decades — you need to be financially prepared.

This preparation can involve many steps, but here are some of the key ones:

- Decide what your retirement lifestyle will look like. How you choose to spend your retirement years can make a big difference in the financial resources you'll need. For example, if you plan on traveling the world, you might need more income than if you were to stay close to home and pursue your hobbies. If you can envision your retirement lifestyle and estimate how much money you'll need to support it, you can help reduce some of the uncertainties you might face once you do retire.

- Review your income sources. During retirement, you'll likely need to draw on all your income sources, so it's a good idea to know what

you'll have available, such as your IRA, 401(k) and other investment accounts. You'll also need to decide when to take Social Security — if you wait until your full retirement age (probably between 66 and 67), you'll get much larger monthly benefits than if you started taking them at 62. And here's another variable: earned income. Even if you've retired from your career, you might, if you desire, use your acquired skills in a consulting or part-time position. The more you can earn, the less you may have to withdraw from your investment accounts and the better position you'll be in to delay taking Social Security.

- Consider adjusting your investment portfolio. For most of your working years, you may have invested mostly for growth — to increase your assets as much as possible. But growth-oriented investments are also, by nature, riskier, so when you retire, you should review your portfolio to determine whether you need to move it toward a more conservative position. Also, more conservative investments may provide more current income in the form of interest payments. However, even in retirement, you may need some investments with growth potential if you want to keep ahead of inflation.

Retirement is certainly a major milestone in your life — and adjusting to it can take some time. But there will be much less to fear — and much more to enjoy — if you've done what you can to prepare yourself financially.

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

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Romanza's Collage Concert Series Returns!

by Gloria MacDonald

Following the success of last season's inaugural Romanza's Collage Concert Series, we are pleased to present a new 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 visit romanzafestivale.com

September 28, 2024 - 7:30pm
Linda Cole presents Nat King Cole and the Great American Songbook

To kick off the series, we are very excited to announce the return of Linda Cole, one of the headliners of the last Romanza Festivale, who brought down a packed house with her jazz and swing program.

For the Collage series, she will be digging into her family history with "Nat King Cole and the Great American Songbook", an evening of American favorites we just don't hear often enough!

October 26, 2024 - 7:30pm
The Jazzy Blue Band - A Taste of the Tropics

Heading into cooler temperatures, we bring you one last blast of the tropic heat with local favorite, Jazzy Blue. Described best as a one-of-a-kind One-Man-Band, vivacious songwriter, and trained vocalist, Jazzy Blue's concert will feature timeless favorites, original compositions, interwoven with Caribbean treasures from his time living and performing in St Croix, USVI.

November 23, 2024 - 7:30pm
On Dasher, On Prancer, ON POINT!

Last year, the a cappella group On Point brought their harmonies to a packed house and brought everyone to their feet with a great program of classic and modern arrangements. On Point has delighted audiences all over the country. They return this year with new selections and some holiday tunes to usher in the season!

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.




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