

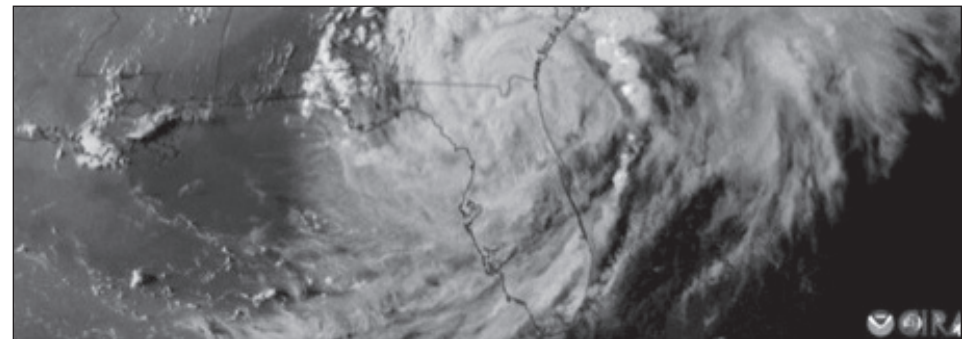


St. Augustine OBSERVER

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

St Augustine South Reflections

by Ruth Hope



The hurricane season has just begun in NE Florida, although we are now in what is regarded as peak season for Atlantic hurricanes. Hurricane Debby made landfall in the Big Bend on the morning of August 5 as a Category 1 Hurricane. It crossed the Florida Panhandle with the eye of the storm following the Florida-Georgia state line to our north, before hugging the southeast coast up past the Carolinas as a tropical storm. There were at least four confirmed deaths in Florida, yet it was rather a damp squib here in St Augustine South. My neighbor recorded 3.26 inches of rain from the storm bands passing across our neighborhood. We were lucky and should not become complacent about future storms.

Has anyone else got election fatigue? Local elections, that is? I am really shocked that our County elections have attracted “dark money” from PACs, fake candidate information and endorsement mailers that purport to come from our local Republican Party but don’t, ghost candidates, and lawsuits alleging defamation, as well as accusations and counter accusations on social media. Fortunately, Jessica Clark at First Coast News, investigated our St Johns County Election issues and published an in-depth article “Where is the money coming from for the high-dollar St. Johns County commission races?” Noah Hertz, at Jax Today, gave clarity to how ghost candidates closed our primary elections: “‘Ghost candidates’ in St.

Johns Commission races?” These sources gave more reliable information for voters to digest before going to the polls, but this voter hopes that the shenanigans are not setting the pattern for future local elections.

One aspect of life in “The South” I will never tire of is gardening. There are so many gardeners with such different philosophies and styles to watch out for while driving round the neighborhood. One imposing example of xeriscaping has stately palms that came with the house when the current owner moved there. She has hand-painted ornaments to make her mark on the front garden, but the very private back of her home is where she has created her personal garden. The family enjoy an outdoor living room, with retractable awning shades, container plants and ceramic decorations.

Corrigendum. In the August Reflections, I wrongly placed Bread Together’s pop-up sourdough stall. It is actually on San Jose on the corner with Shamrock. Many apologies to Ed Sheridan and everyone looking for the stall.



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

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St. Augustine
OBSERVER

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.
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 (Continued on page 14)

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St. Augustine Observer

Published monthly for residents and visitors of St. Augustine Florida area
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Cliff Logsdon
Publisher/Editor

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



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

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

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

"Follow us on Instagram and Facebook: @staugustineobserver"

St. Augustine Shores Community Calendar

The Shores Service Corporation
Shores Homeowners Association

(904) 794-2000
www.staugshores.org

Shores Monthly Meetings

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

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

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

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

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

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

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

St. Augustine South Community Calendar

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

email: info@staugsouth.com
www.staugsouth.com
(904) 615-6916

SASIA June Community Meeting

Happy Summer!
Community meetings are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse, except July and August. The next meeting will be September 18, 2024.

Community Meeting Speakers:
October 16, 2024 - Sandra Parks,
St. Augustine History & SASIA Board Nominations

November 20, 2024 - Amanda Goodall, 150th Lighthouse Anniversary

2024 SASIA Board Members

President: Jerri Sue Dawson
1st VP: Mick Jones
2nd VP: Nicolette Soucy
Secretary: Melissa Whitehead
Treasurer: Margo Geer
Board:
Jim Whitehead
David Rieger
Linda Stegall

Classes at the SASIA Clubhouse

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

Square Dancing – Mondays 7:00-9:00 p.m. Come and join the fun and dance with others. Con-

tact caller, Mike Akers, with any questions contact michael_akers@bellsouth.net or (904) 466-8663

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

Art Classes in September– Cost is \$65 per four-week class

Tuesdays: 11:30 a.m. -1:30 p.m.
Abstract Art (September 3rd, 10th, 17th 24th)

Tuesdays:2:00 - 4:00p.m. **Intermediate /Advanced Art** (September 3rd, 10th, 17th 24th) Students 18 years and older can register for Art Classes by contacting Jenny at jenny@jennykeyser.com with the class name in the subject line.

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

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

Residents interested in joining SASIA may do so at www.staug-south.com

Community Classifieds

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

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

FOR SALE: (1.) Generac Generator RS7000E Power Dial Series Portable Generator. Used just once for a few hours. Runs perfect. Looks new. Garage kept and maintained. \$600. (2.) Kamado Joe Classic Smoker/Cooker. 18" Little used. Has extra SS waterproof cap and new wheels. \$450. (3.) Fiskars Pole Saw 16' \$40. (4.) Orek Vacuum \$35. (5.) Large Art May signed print of Blue Herons. Excellent condition, beautifully framed. Perfect over fireplace or large wall. 57" x 38" \$175. Call 904-806-6376.

FOR SALE: (1.) Bought new twin memory foam mattress and foundation by mistake. Need Queen size. Must sell \$400 in order to buy Queen. (2.) New bedroom lamps. Shades still wrapped. Unused. Stand

is blue/clear glass resting on metal base. Will send pics and measurements upon request. Originally \$120 selling for \$80. Call Susan 904-599-2498 before 7pm S-S.

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

Shores President's Update

Did you know that Fall is the best time of year to start planning your vegetable garden? "Autumn vegetables and fruit gardening in the Shores" was the subject of our guest speaker, Lou Greco at our August HOA meeting. Lou inspired us to get planting and shared what grows well in our area.

Lou also shared his 4 gardening rules with the membership. I couldn't help but think while Lou was speaking that these rules were also great words of wisdom for our association:

(1) Plant what you like to eat: This made me think of the importance of focusing on issues that our members value the most. Our membership loves our pool. This amenity provides a great way for our community members to come together in the name of fitness and fun and we are committed to keeping our pool in excellent shape. We unanimously voted at our last meeting to resurface the pool during the off-season and selected a company that we thought would best ensure that the resurfacing work would last for many years to come. The resurfacing work should commence in late Fall and is expected to take 4-6 weeks to complete.

(2) Don't fight where you live: This made me think about how The Shores is a Planned Unit Development (PUD) started in the 1970s. Our aging infrastructure also has drainage issues that need to be addressed. We have prioritized those issues and work will begin mid to late August. Heavy Florida downpours are occasionally causing drainage challenges on our pool deck both in front of the

pool bath house and the ballroom. We're researching the proper engineering solution to resolve this issue once and for all.

(3) Feel free to experiment with new and different vegetables and every year is different: This made me think about a few of the things that we have recently discontinued or added. We have been taking a critical look at many of our business expenses and found that the printing and mailing of coupon books is an antiquated process that has been costing the association over 11K per year. We voted to discontinue the use of coupon books beginning as of July 1, 2025, and are looking towards better ways to make payment processing safe and efficient for all. Our Deed Restrictions Committee created a brand new document entitled "Guidelines to Life in the Shores" to help new homeowners with common questions about our community.

(4) Every year is different...don't get discouraged. This made me think about how last year at this time, our clubhouse was closed and we were working through the grueling heat of summer to complete mold remediation and renovations. This year we are excited about the beautiful new canopy and frame at the front entryway to the clubhouse. What a difference a year makes!

Whether we decide to plant eggplant in August, sugarcane in September, or onions in October, Lou reminded us that there is no better time than now to set our plans and get to work...we couldn't agree more!

Happy planting! Mary Jenson

GriefShare
Crescent Beach Baptist Church

GriefShare, a weekly seminar designed to help you rebuild your life after the loss of a loved one in a comfortable, caring environment

August 14-November 6 2024

Wednesday, 6pm-730pm

Crescent Beach Baptist Church, St. Augustine, Fl 32086

Contact Melanie, 904-759-1054 or email rscoggn@gmail.com or register at GriefShare.org under Find a Group. You are welcome to join at any point during the 13 weeks

Shores Riverview Club Member Activities

Updated 08/13/24

Activity	Room	Monday	Tuesday	Wednesday	Thursday	Hosted By
Art	Serenity Sitting Room		12-3pm			Una
Euchre	Serenity Sitting Room		12-1:30pm			Carol
Scrabble	Serenity Sitting Room			12-3pm		Edith
Writers Group	Live Oak Conference Room				2-3pm	Bernie

September 2024
Members Only-Activities Calendar

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

FREE Activities are offered daily to Shores Homeowners. Owners may bring a guest with them. All free activities are hosted by volunteer homeowners. This is a great way to get to know other residents in the community. Note: Volunteers will never ask you to pay a fee or ask for a donation to attend the activity. Are you interested in volunteering to host an activity? Please see Shanna Fredrickson, General Manager, for more information.

****Holiday Closure Notice: Monday- Sept. 2nd - Labor Day****

Updated 08/13/24

Activity	Room	Mon	Tues	Wed	Thurs	Fri	Instructor
Chair Yoga	Reflections Ballroom	10:30-11:45am		10:30-11:45am		10:30-11:45am	Arthur
Barre Class	Reflections Ballroom		5:30-6:30p				Mary
Belly Dancing	Reflections Ballroom		6:45-7:45p				Gina
Zumba	Reflections Ballroom	3:30-4:30pm (standing class)		3:30-4:30pm (seated class)			Nickie
Aqua Zumba (in the pool) \$10 class	Pool					10:00am Arrival 10:15-11:15am	Nickie
Water Fitness (\$5.00 per class or free with pool membership)	Pool	9:00 - 10:00am		9:00- 10:00am		9:00-10:00am	Elsa

September 2024
Members & Non-Members Activities Calendar

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

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

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

****Holiday Closure Notice: Monday- Sept. 2nd - Labor Day****

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

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.

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SASIA News and Calendar of Events

August 2024

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

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

Effective July 1st SASIA dues are prorated to \$12.00 per household through December. Members receive discounted clubhouse rentals and benefits at events. For more information, to request an application mailed to you, or for questions about renting the clubhouse, please contact us at info@staugsouth.com or 904-615-6916.

SASIA Community Meetings

Please join us on Wednesday, September 18th, 2024, Martha Yamnitz, a member of St. Johns County Beekeepers Association, will speak on Pollinators.

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

Future Community Meeting Speakers: October 16, 2024 - Sandra Parks, St. Augustine History & SASIA Board Nominations and November 20, 2024 - Amanda Goodall, 150th Lighthouse Anniversary

2024 Health Fair

Join SASIA's Business Partner, St. Johns Community Pharmacy, at the St. Augustine South clubhouse, 709 Royal Road, for a Health Fair on Saturday, September 7th from 10am-2pm. Meet health care providers and wellness organization that are invested in this community. There will be raffle, prizes and more! Crazy Good Eats and Hippie Chix Ice Cream food trucks will be there with their delicious food and sweet treats.

Food Truck Nights

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

Friday, September 13th – Wingin' It

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

Upcoming Events 2024

Friday, September 13th – Wingin' It Food Truck

Friday, October 11th – Bone of My Bone Food Truck

Saturday, October 26th - Fall Festival

Friday, November 8th - Food Truck Friday – TBA

Saturday, December 7th - Arts & Crafts Fair

Saturday, December 14th - Holiday Celebration with Santa

Dates are subject to change.

St. Augustine Film Society September Events

by Joseph Marx, President/Executive Director
(904) 254-9524

1. Sept 3rd 4 PM S.E. Branch Library "Origin" The St. Augustine Film society is partnering with the St. Johns Public Library System to show the film "Origin". This Ava Duvernay film describes the events which led Isabel Wilkerson to write the bestseller "Caste". There will be a guest speaker to lead the discussion after the film. Event is Free.

2. Sept 22nd 4 PM Temple Bet Yam 2055 Wildwood Dr. "Bill Evans - Time Remembered" This award winning documentary follows the life of jazz great Bill Evans. Many notable musicians and singers including Tony Bennet appear in the film and producer/director Bruce Spiegel is travelling to St. Augustine to lead the discussion afterwards. Film Society members free, guests \$8.00

3. Sept 27th 7 PM Waterworks 184 San Marco "Housekeeping For Beginners". The Macedonian entry for the 2023 Academy Awards from acclaimed filmmaker Goran Stolevski features a story exploring the universal truths of family, both the ones we're born into and the ones we find for ourselves. Dita never wanted to be a mother, but circumstances force her to raise her girlfriend's two daughters, tiny troublemaker Mia and rebellious teen Vanesa. A battle of wills ensues as the three continue to butt heads and become an unlikely family that must fight to stay together. Film Society members free, guests \$8.00.

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.

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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Shores Writing Group Short Story Writing Contest Winner!

More than 20 stories were submitted and "A Second Act" was the unanimous first-place choice of all three judges. The judging panel for the contest, which called for short stories between 2,000 and 5,000 words that began with the words: "It was a dark and stormy night at the Shores." Part 1 of the winning short story was printed in the August issue.

The writers group meets every Thursday at 2 pm at the Riverview Club. There is no charge to attend and new members are always welcome.

"A Second Act" Part 2 by Tom Rea

(Part 2 continue from the August 2024 issue of the Observer)

Looking particularly frustrated Bob looked around at the mess, brushed off the sawdust from his six foot frame and muttered "Probably not."

"What are you working on? It looks like you're cutting it twice and wondering why it's still too short."

Bob smiled and said "I'm trying to level up my Tiki bar. The ice seems to slide to one side of my drink and I was hoping to fix that."

"Which side of the glass does it slide to?"

"The bottom!" Bob laughed his answer back again "The bottom! Got to find a way to fix that!" When Bob laughed, everyone in the block could hear it. Laughter was never far away in this end of the neighborhood.

After scratching Grace behind her ears Bob slumped into his rocking chair, opened up another beer and asked "What brings you around? You look like somebody just ran over your dog or something - no offense Grace." As he wiped more sawdust from his face.

"Just been wrestling with this retirement thing, you know. Thinking about doing something different but not knowing who to talk to about it or where to get help."

"So what are you doing here? Are you considering bartending? If so, I can offer an internship!"

"No, not bartending, although that is a tempting thought." I said chuckling. "Grace seemed to think you could help since you know everyone in this county, and I was hoping you could point me towards someone who could, umm, give me some pointers about writing?"

"Writing? You mean like books and stuff?"

"Yes, writing. Surely you know someone, a writer or teacher or bartender?"

"Speaking of that, help yourself to a beer if you, or Grace, would like one. And yes, there are more writers in St John's County than you can shake a stick at! Plus, there's a school in downtown St Augustine that has some pretty fair professors who teach the subject too. But I'm thinking you're in need of well, shall we say, remedial training?" Bob's grinning was contagious, and I couldn't help but just nod my head in agreement with him. He leaned back in his chair, took a long sip of his beer, and then said "You need to talk to Julie. She knows more about writing than anyone I've ever known. She'll put you on the right track." And with that, he pulled out his phone and shared her contact with me after making me promise to come back and inspect his re-engineered Tiki bar when it was completed.

The next week saw heavy rains so Grace and I were limited on our walks, but I did find time to reach out to Julie. Since the pandemic, meeting someone remotely has become old hat. Julie was traveling, so an online FaceTime session became our best option. It took only a few minutes for Julie to crush any hope I had of writing so much as a sticky note without extensive training and additional schooling.

"You want to write a short story? Do you have a plot? Characters? Location? Time and setting? How about a story board? Have you considered your style?" My "fight or flight" gene was kicking in full force and leaning heavily towards faking an immediate and severe network outage, but I hung in there long enough to assure her I was totally ignorant of all of the above items. Once she realized I was still wrestling with whether to write or not, and the question was more of a life choice

than a question for the Thesaurus, she eased up on the gas pedal and downshifted a notch.

"Make that decision first," she said, "and then if you decide you want to write, then write. Write anything, any story, whatever comes to mind and then send it to me. We'll start there and I'll see if there's any hope for you. You have my email." And with that, she was gone.

Sitting there somewhat stunned, I felt a soft hand on my shoulder and then a kiss on the cheek. "You don't need someone to make up your mind for you. Writing isn't the destination, it's just part of the journey. So relax and enjoy the trip! And speaking of trips, Grace needs to go for another walk so let's both take her out."

The next day I woke up thinking about what kind of short story I was going to write when it hit me. The decision was made, I just needed to act on it. So, after a cup of coffee and another long walk with Grace through her neighborhood, I hugged my spouse, walked into the back yard and climbed on top of my dog house, rolled a fresh sheet of paper into my typewriter, and began the "Second Act" of my life.

"It was a dark and stormy night in the Shores..."

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.

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.

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“Hurley Hilton” under renovation

By Lorraine Thompson (staugbeachwatch@aol.com)



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.

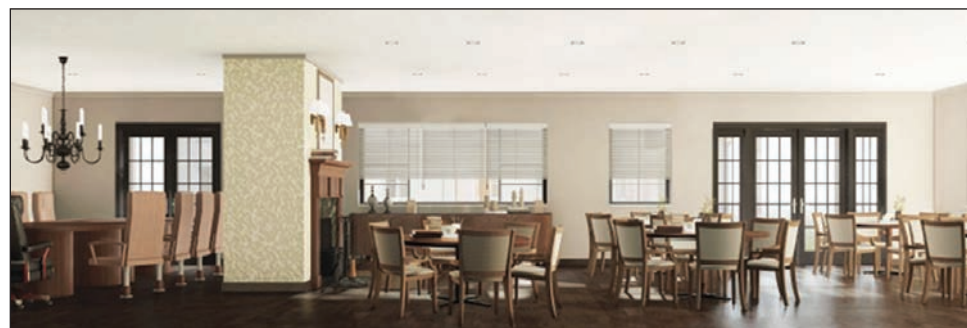
The 14,000-square-foot rectory, built in 1965 under the guidance of Archbishop Joseph Patrick Hurley during a period of rapid growth, has housed numerous priests, including the current residents: Pastor Father John Tetlow, Father Mac Hill, Father Ignatius Yeruva, and occasionally Bishop Erik Pohlmeier.

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,



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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 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>

www.thefirstparish/capital-campaign

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The Art Studio
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Art Studio News by Paul Slava

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.



The Art Studio
of St. Augustine Beach, FL

First Friday Opening
September Artist of the Month
Donna Woodward

September 6th - 5pm to 8pm
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Plus Member's Show - Runs through September

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

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.



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provided by Glo MacDonald, Marketing Director



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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**

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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.

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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)

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 farms 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.

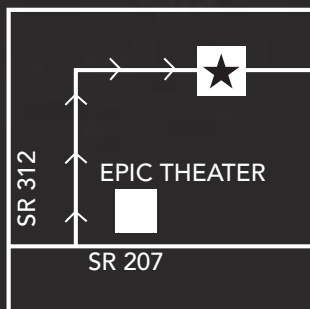
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Physical Therapist
Manual Therapist
Women's Health &
Pelvic Floor Pain Specialist

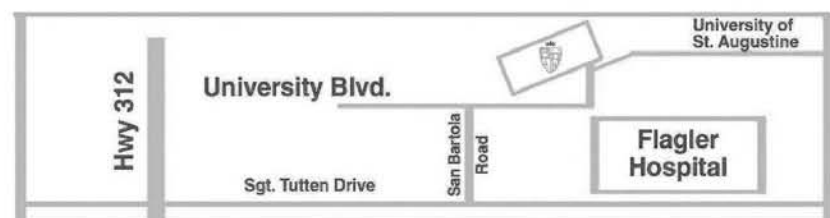
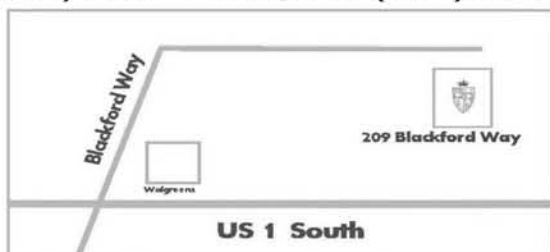


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What is Blood Flow Restriction

By Rob Stanborough

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

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

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

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

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

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

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

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

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

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

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Arbors of Valencia & Villages of Valencia Community Yard Sale October 19th

The Arbors of Valencia & Villages of Valencia Home Owners Associations are planning a community yard sale from 8am - 5pm October 19th. This large yard sale will give people in the southern part of our county an opportunity to find great deals on holiday, household, clothing items, and more.

The communities are located off US 1 and north of Watson Rd behind the Classic Car Museum. For additional information please contact Kristee at: kirkandkristee@gmail.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.

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.

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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



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

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.

The Wildflower Meadow Group

by Marlene Land

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

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



Diaries of a Shores Grand-Dad

by Dirk Schroeder

It was that time again, much like World Cup Soccer does every 4 years, when the Summer Olympics have been taking place. Whether you're a Summer or Winter Olympic fan or both may be related to the sports that you grew up with.

It's quite an honor to represent your country. This Summer, approximately 2,900 athletes from 184 countries tried to come home with bronze, silver or gold. Regardless of whether they achieved a spot on the podium or not, they should be proud of the fact that they've participated. Now, I'm not a fan of "participation trophies" but this is the Olympics we're talking about, where the difference between having a medal hanging around your neck and not can be a fraction of a second, a centimeter of length or height, a kilogram of weight or a judge's subjective decision. The fact that these athletes made it there, merits our respect.

All too often, the spectator's perception can be way too judgmental when it comes to sports. It's gotten worse with the Internet as everyone can now chime in with their opinions. Here's the bottom line: all of the participants will be referred to as "Olympians".

Life is a little more complicated than the Olympics. From the opening ceremonies (childhood) to get to the level of a teenager can have a lifelong impact. The teenage years are like the first heat in the race – you get measured up and you show what you're made of - Junior High and High Schools can

be so mentally, physically and emotionally challenging. The twenties may be likened to semi-finals – you start getting things sorted out; college degrees, career choices, life partners and the beginning of a financial future. The thirties, forties and fifties are like your finals – hard work produces rewards (most of the time), achievements are realized in many forms and the podium comes in many forms.

At any time, "the thrill of victory and the agony of defeat" may come in to play. Sometimes it's deliberate and other times it's accidental. Good and bad luck plays into life and sometimes it's just a fraction of a second or a centimeter or kilogram one way or the other or maybe something completely out of our control, that makes or breaks our perception of how we measure ourselves or our reality; our medal count. Yet, if we've worked hard and tried our best and we treated one another with dignity and respect, then we can be champions. Maybe we're not Olympians but humanity will judge us kindly, our personal vindication.

When you get into your 60's and older, you have more opportunity to reflect on these things and to share your knowledge and wisdom with others. Don't get me wrong, the learning never stops but at least you can chalk up about 15 Olympics worth of experience to ready others for the race. On that note, I wish everyone, as always, a Sunshine State of Mind.



Sing Out Loud Festival

(continued from page 1)

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
Diana Markovits, Director of Public
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ONLY YOU KNOW & I KNOW

What is the National Association of Realtors (NAR) implementing as a result of the recent legal settlement. Here are the bullet points:

For Sellers:

- Realtors, as a Standard of Practice, will now be required to enter into Buyer Representation Agreements with Buyers prior to looking at homes and Realtors could face fines for showing property without agreements.
- Buyers may negotiate compensation with their Broker/Realtor and yet the Buyer's Broker/Realtor may continue to receive compensation from Seller's or the Seller's Broker.
- Compensation Rates will be transparent. Buyer's may need to compensate their Realtor/Broker depending on which property they are looking at.

For Sellers:

- In all Multiple Listing Services (MLS) nationwide, the compensation rates (known as Cooperative Compensation) that had been displayed for decades – these rates will NO LONGER BE DISPLAYED. This means Buyer's Realtors will need to ask the Listing Realtor if there is any compensation available from the Seller or Listing Broker.
- Sellers may continue to offer "concessions" to buyers and compensation to Selling Brokers but compensation is not to be masked as concessions.

The new rules apply to ALL REALTORS. Work with a Realtor who is "in the know" about these matters. Call Dirk Schroeder at 904-540-2360. I've been helping Buyers and Sellers in St. Augustine since 1984.



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