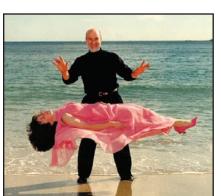
#### St. Augustine's Best Kept Secret

From Moscow to the Black Sea, and from Tokyo to Naples, Magician & Mentalist Viktor Zenko has blown the minds of audiences worldwide. After touring for many

years Zenko moved his incredible show of wonders to St. Augustine in the late fall of 2017. Since then he has been selling out shows at a small theater-space in the community of Palencia called The Houdini Parlor Theater.

In his show Viktor Zenko seems to demonstrate a powerful grasp of the human psyche. Some are convinced that he can read minds, predict the future, and transfer thoughts through mental telepathy. Others claim he has no psychic powers but is an accomplished student of human nature who possesses the keen observation

powers of a modern-day Sherlock Holmes.



On any given night, Viktor may reveal the name of a childhood friend you are thinking of, accurately predict a thought before you think it, or even act as a Human Lie Detector. He also levitates an audience member at every performance.

What is the truth behind this international man of mystery? The best way to answer this question is to see the show and decide for yourself.

Michael Miclon of the Early Evening Show said, "The accent is Russian but the show is out of this world!" David Copperfield, the greatest illusionist of our time said, "The audience loved you."

For show dates & times as well as

ticket information visit www.VZmagic.com or call the box office at (904) 342-2550. Masginician & Mentalist Viktor Zenko has moved his show to St. Augustine and is blowing minds one audience at a time.



## Join Us for an Evening of Song & Dance "Chris Thomas & His Band"

Chris Thomas and his band will be performing at the Shores Activities Club's Early Dance Social on Sunday Evening, April 8th, 2018 from 6:00 PM to 9:00 PM at the Riverview Club Hall in the St. Augustine Shores (790 Christina Drive). Chris and his band recently performed at the Times Union Center in Jacksonville to a packed house and are recently back from performing in London, England. Chris is a professional vocal talent who is also an exciting entertainer fashioned in the way of the great performers of years gone by such as Sinatra, Martin, Bennett and Davis. He is a master entertainer and vocalist as well as a professional dancer whose mission is to bring big band and feel good music back into the mainstream for future

generations to enjoy. You will hear songs from the Big Band, American Songbook, 50s-60s/Motown era all the way up to today's contemporary favorites. One of his motto's is "Sinatra to soul, that's how we roll".

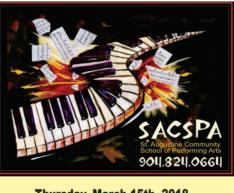
This dance social is BYOB and any snacks that you would like to consume. Shores Activities Club "Dance Members are FREE" and "Club Activity Members and Non-member/Guests are just \$15.00". Sign-ups for this party may be made online by visiting our website at: www.staugshores. org . You may also make your reservations at the Riverview Club office (at 790 Christina Drive in the Shores) or by calling (904) 794-2000. For more information, call Dennis on (904) 461-6782.

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St. Augustine Observer 1965 A1A South #180 St. Augustine, FL 32080-6509



Open house for First Florida Rehab April 6 at 3:00pm 209A Blackford Way St Augustine FL 32086 Snacks available. Everone Invited



Thursday, March 15th, 2018 6:30pm Moultrie Baptist Church

3699 US 1S St. Augustine, FL 33086

SACSPA OUTREACH CONCERT

Featuring private piano and vocal students of Annette Danielson

Reception following in the Fellowship Hall

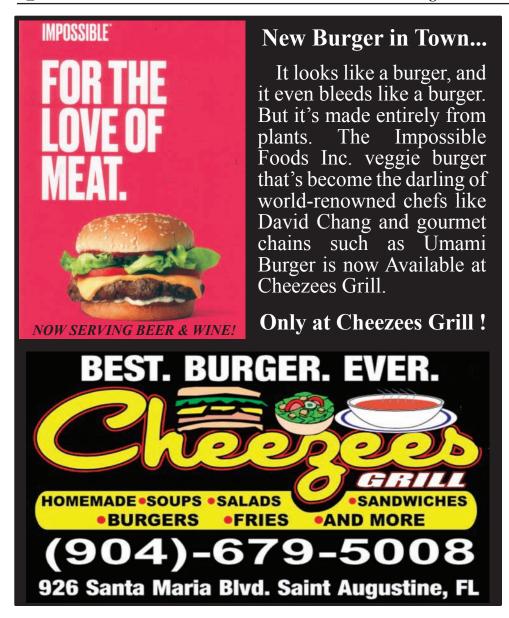
904.824.0664

Augustine Community School of Performing Arts (SACSPA

WWW.SACSPA.ORG SACSPA@GMAIL.COM

## What's Inside The *Observer* This Month...

- St. Augustine Shores: February Board Update
- Health Update: Master Compensator
- Computer Corner: Anti-Virus-More is not better
- Financial Focus: Newer Investors: Dont Panic
- In the Law: Registering a Florida Business Entity?
- Civic Association: Party for Paul set for May
- Who Owns the Buried Gas Tank?
- New Bojangles in St. Augustine
- Diaries of a Shores Grand-Dad





#### SAN SAVINO



Move-in Ready **Homes!** 



~ Let us build your "Dream Home" on one of our remaining oversized lots or select one of our "Ready to Move-In" inventory homes and start "Living the Good Life, today!" Attractively priced from the low \$300,000s.

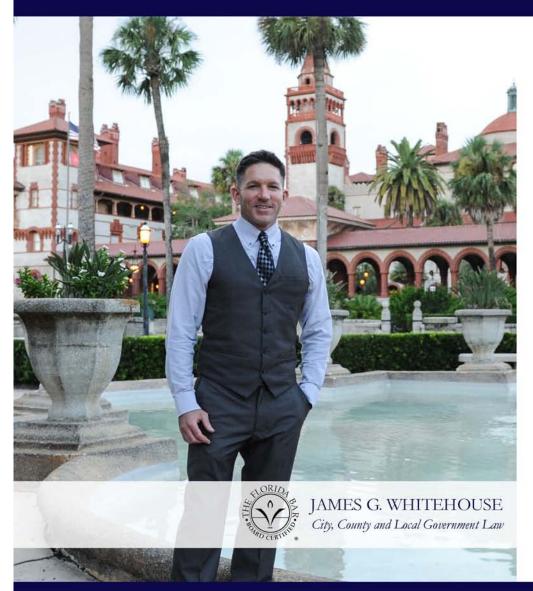
~ Featuring exceptional quality, custom-built homes on oversized homesites

~ 10 exciting floor plans ranging from 1,500 square feet to more than 3,000 square feet

~ Break away from "cookie cutter" committees and enjoy the best life has to offer at San Savino ~ No CDD fee, very low HOA and all homes have irrigation system with well

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CL# CBC1261181





#### **BOARD CERTIFIED LOCAL GOVERNMENT LAW EXPERT**

James G. Whitehouse is a Board Certified expert in City, County and Local Government Law. If you need help with real estate permitting or approvals or have a problem going through planning, zoning or historic architectural review in the City of St. Augustine, James G. Whitehouse specializes in land use and, as a former Assistant City Attorney and former Deputy County Attorney, is a proven expert. James routinely assists clients with applications, public hearings and settling disputes.

904.495.0400 www.sjlawgroup.com

#### St. Augustine Shores Club News March 2018 Riverview Club Calendar

APRIL DANCES - Dance Club Members: FREE, Guests: \$15.00/pp

EARLY SOCIAL Sunday, April 8th 6:00 pm to 9:00 pm Entertainment by The Chris Thomas and \*BYOB\* Hosted by: Nicolas & Mary Arocha RSVP: call 904-794-



2000 or at www.staugshores.org/dance-rsvp MAIN SOCIAL Friday, April 27th 7:00 pm to 10:00 pm Entertainment by Ernie \*BYOB\*Hosted by: Denny & Patty Brady

#### FREE for Activity Members, guests are \$5.00/pp/class.

Bridge - Fridays 1:00 pm. Bridge Lesson. The class is geared to all levels. Thursday at 10:00 am.

**Chicago Bridge** - Must have a partner to play, Monday and Thursday at 12:30 pm. **Card Game** - Calling All Card Players! Card game group on Tuesdays, at 3:30 pm -6:00 pm. Come and share your favorite card game: 500, Euchre, Pitch, Pinochle, Canasta,

Mah Jongg - Tuesday at 1:00 pm & Wednesday at 10:30 am.

Chair Yoga - Monday, Wednesday & Friday at 10:45 am. A gentler form of yoga for those whom balance is an issue. Wednesdays class offers a 30-minute floor stretches after

Yoga - Mondays, Wednesdays and Fridays at 9:00 am. Bring a non-skid mat & wear comfortable clothing. The class is geared to all levels.

Exercise Class - Tuesday and Thursday at 10:00 am.

Thai-Chi - Beginner Tai-Chi, Tuesday at 8:00 am and Thursday at 7:00 pm. Learn the principals of Tai Chi with John Doody and help your overall health and well-being!

Dance Class - Ballroom dance with Dennis Thursday at 2:00 pm. Dance Class is FREE for Activities & Dance Club Members.

Line Dancing - Every Monday at 6:30 pm and Wednesday at 10:00 am. Class is FREE for Activities & Dance Club Members.

Zumba - Tuesdays at 5:30 pm. Low-impact Zumba to protect joints. Come sweat, lose weight, meet people, and have a blast!

Writers in the Shores - Tuesday April 10th and 24th at 1:00 pm in the Library. the ShoresFor information call Donna at 794-0789.

#### **Upcoming Events at the Riverview Club**

**Shores Spring Yard Sale!** Saturday, April 7th (8 am – 1 pm)

Early Social: Sunday, May 6th (6pm to 9pm) – Entertainment by Nostalgia

Main Social: Friday, May 18th (7pm to 10pm) – Entertainment by Phil Farino

#### **Riverview Club Events**

**APRIL DANCES** 

Dance Club Members: FREE, Guests: \$15.00/pp

RSVP at http://www.staugshores.org/dance-rsvp or call 904-794-2000. **EARLY SOCIAL** 

Sunday, April 8th 6:00 pm to 9:00 pm. Entertainment by The Chris Thomas Band \*BYOB\*

#### MAIN SOCIAL

Friday, April 27th 7:00 pm to 10:00 pm. Entertainment by Ernie \*BYOB\* St. Augustine Shores Spring Yard Sale!

Saturday April 7th 8 am - 1 pm. Rain Date: Saturday, April 14th

Beginner Thai-Chi: Tuesday at 8:00 am and Thursday at 7:00 pm.

Learn the principals of Tai Chi with John Doody and help your overall health and well-being!

## FREE Introductory Fitness Pole Walking Clinic with Sheila Vidamour • Wednesday, April 11th at 12:30 pm – Meet at the Riverview Club.

Pre-registration is required: to register call 904 \( \text{540} \) \( \text{1067}, \) or email Sheila:

Pole Walking is a fun and easy way to get a very effective and efficient total body

Please wear comfortable walking shoes and demo Walking Poles will be provided.

#### Rent our spacious and elegant ballroom, and/or smaller rooms for your next event!

- Weddings Reunions
- Graduation Party
- Birthdays
- Fundraisers
- Retirement Party
- Meetings
- Anniversaries
- Memorial Service
- Rehearsals
- Baby Shower
- Engagement Party
- Dinner Dances Receptions
- · Office/Holiday Party





www.shoresRiverviewClub.com

#### St. Augustine Shores Service Corporation **February 8th Board Meeting Summary**

"This Summary is an overview by the Observer Editor and is not the complete meeting minutes. Minutes are to be approved and posted at the Riverview Club and Association Website.'

The St. Augustine Shores Service Corporation's Board of Directors meeting was called to order by President James O'Such at 7:00 P.M. Present: Vice President Austin Dietly, Treasurer Claire Lorbeer, Director Philip Van Tiem, Director Thomas Filloramo, Director Jeremy Duncan and Secretary Nicolas Arocha.

Motion made and seconded to accept the minutes of January 11 and passed unanimously. Treasurers Report presented and accepted for audit. General Manager Smith explained the

increase in the operating fund and the increase in the reserve fund.

Collection Issue of homeowner with balance of \$240 as of February 6, 2018 requested payment of \$50 per month for 12 months which would keep them current, pay the attorney fees and interest. Motion made and seconded to accept the payment plan and passed unanimously.

Managers' Report - Joseph H. Smith III

Discussion on Time of Annual Meeting: President O'Such stated that he wanted to change the time of the Annual Meeting to 6:00 p.m. on Friday May 4, 2018 so that the working people can attend. General Manager Smith explained that it may be an issue getting volunteers to attend on a Friday evening. He is also concerned about any issues that may arise with the voting machine and the fact that meeting will be after business hours. He explained the process of an audited election. Motion made and Seconded that Annual Meeting be on Friday May 4, 2018 at 6:00 p.m. Motion to amend the motion to have the meeting at 6:00 p.m. only for the 2018 Annual Meeting and approved.

Storm Water Drainage Project Update: The lining project commenced February 1, 2018. G & H set well points and a header between Cecilia Court and Baracoa Court. They TV'd the line February 8, 2018 and cleaned it out and will be lining the pipe on February 12, 2018. General Manager explained the progress. 551 Sevilla Drive and 432 Escalante Court Compliance Update. General Manager stated that the presuit mediation letters had been sent to both owners. Deltona has requested a meeting with President O'Such on 432 Escalante Court. The Board unanimously decided to let Coquina Law Group continue to handle these issues.

**Progress On Board Goals** 

Curb Appeal: The sidewalks in the community have been edged. The front entrances have been weeded and are looking fresh. The damaged parking stops on Shores Blvd have

Safety/Security: The access system for the Pier, the Pool, the Bath Houses and the Office has been upgraded. The standalone access system for the Boat/RV Compound has been installed and is functioning well.

Operations: The Pool Deck Lawsuit against Parry Pools has been drafted.

**Committee Reports** 

ACC - General Manager: The ACC held one meeting in the month of January. They approved 22 applications. 1 Driveway extension, 8 Fences, 1 Florida Sun Room, 1 Miscellaneous, 4 Swimming Pools, 4 Swimming Pool enclosures, 3 Utility Sheds. Total approved YTD 71

Riverview Building and Grounds – Nicolas Arocha: The minutes were distributed.

There was discussion on including 4 upgrades in the Dreux Isaac Reserve Study. The Front Entrance flooring and walls. The Roof at the Pavilion. The installation of landscaping in the center island at the RVF. The rear patio upgrade at the RVF. The committee will prioritize these projects and submit pricing to be approved by the Board at the March 2018 meeting

**Deed Restriction Amendments – Charles Bouton P:** He asked that the Board ratify the approval of the recommended amendments as discussed at the January meetings. These include amendments to the percentage of votes needed to amend the Restrictions, the Safe Harbor provision, the amendment to the Cap on the Maintenance Fees and the amendment to the Fence setbacks. Motion made, seconded and passed to accept the recommended verbiage for the Amendments to the Deed Restrictions.

**Deed Violation Report Presented.** 

Closing Comments

Director Van Tiem inquired about the Pier Project. Treasurer Lorbeer commented on the tree stumps on the bike paths. Secretary Arocha presented an outline of information on the business and operations that he feels will help the marketing effort on the Amendments to the Deed Restrictions. General Manager Smith recommended that we present the 2018 - 2019 Budget on February 21, 2018 at 6:00 p.m.

**Members Comments** 

Charles Bouton commented on the Fire Station in the Shores. He heard that they are abandoning the building and would like us to inquire about ownership and future plans.





#### St. Augustine Shores Service Corporation

# Annual Membership Meeting 2017-2018 Friday May 4th, 2018 6:00 PM (doors open at 4:00 PM) Main Hall Riverview Club 790 Christina Drive, St. Augustine FL 32086

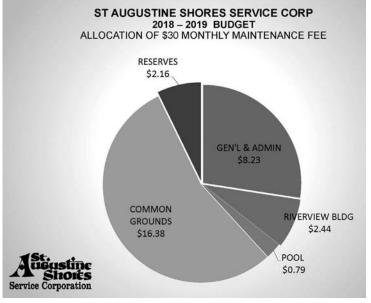
St. Augustine Shores Service Corporation Approved Operating Budget for the Year July 1, 2018 through June 30, 2019

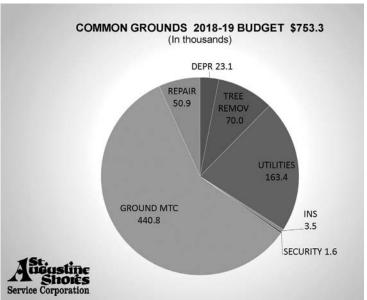
|                                   | GENERAL &          | COMMON         | RIVERVIEW           | POOL       | 2019 TOTAL            | 2018 TOTAL            | % CHANGE  |
|-----------------------------------|--------------------|----------------|---------------------|------------|-----------------------|-----------------------|-----------|
|                                   | ADMIN              | GROUNDS        | BUILDING            | 1002       | BUDGET                | BUDGET                | FROM 2018 |
| MAINTENANCE FEES                  | \$1,234,080        | CITOCITEC      | BOILDING            |            | \$1,234,080           | \$1,233,720           | 0.0%      |
| LEASE INCOME-COMPOUND             | ψ1,204,000         | 12.516         |                     |            | 12.516                | 12.508                | 0.1%      |
| ACC PERMITS                       | 3.000              | 12,010         |                     |            | 3.000                 | 3.000                 | 0.0%      |
| TRANSFER FEES                     | 7,896              |                |                     |            | 7.896                 | 7.740                 | 2.0%      |
| ESTOPPEL FEES                     | 13,896             |                |                     |            | 13.896                | 14.496                | -4.1%     |
| RIVERVIEW ACTIVITY FEES           | 13,036             |                | 39.982              |            | 39,982                | 38,601                | 3.6%      |
| POOL FEES                         |                    |                | 39,902              | 41.987     | 41.987                | 45.247                | -7.2%     |
| RIVERVIEW RENTALS                 |                    |                | 52,408              | 41,907     | 52,408                | 52,408                | 0.0%      |
| COMPOUND RENTALS                  |                    | 43.896         | 52,400              |            | 43,896                | 38,934                | 12.7%     |
|                                   | 44.504             | 43,090         |                     |            |                       |                       |           |
| OTHER INCOME                      | 14,521             | <b>650 440</b> | £00.000             | 644.007    | 14,521                | 12,743                | 14.0%     |
| TOTAL REVENUE                     | \$1,273,393        | \$56,412       | \$92,390            | \$41,987   | \$1,464,183           | \$1,459,397           | 0.3%      |
| EVDENOEO.                         |                    |                |                     |            |                       |                       |           |
| EXPENSES:                         | 0470 004           |                | 200.040             | 040.000    | 0000 544              | ****                  | 0.00/     |
| PAYROLL TAYER                     | \$176,294          |                | \$33,218            | \$19,000   | \$228,511             | \$222,727             | 2.6%      |
| PAYROLL TAXES                     | 14,255             |                | 2,689               | 1,539      | 18,483                | 18,060                | 2.3%      |
| WORKERS COMP INSURANCE            | 2,534              |                | 478                 | 912        | 3,924                 | 4,729                 | -17.0%    |
| DISABILITY INSURANCE              | 1,824              |                | 360                 |            | 2,184                 | 2,184                 | 0.0%      |
| EMP MED/LIFE INSURANCE            | 49,824             |                | 11,203              |            | 61,027                | 59,376                | 2.8%      |
| PENSION COSTS                     | 11,580             |                | 1,792               |            | 13,372                | 11,386                | 17.4%     |
| LIABILITY & PROP DAMAGE INSURANCE | 11,180             | 3,520          | 11,680              | 3,943      | 30,323                | 33,019                | -8.2%     |
| LEGAL SERVICES                    | 6,000              |                |                     |            | 6,000                 | 12,700                | -52.8%    |
| ACCOUNTING SERVICES               | 17,939             |                | 815                 | 466        | 19,220                | 19,175                | 0.2%      |
| OFFICE EXPENSE                    | 28,450             |                |                     |            | 28,450                | 28,642                | -0.7%     |
| POSTAGE                           | 11,401             |                |                     |            | 11,401                | 10,322                | 10.5%     |
| ANNUAL MEETING EXPENSE            | 12,320             |                |                     |            | 12,320                | 12,320                | 0.0%      |
| TRAINING                          | 150                |                |                     | 220        | 370                   | 370                   | 0.0%      |
| SECURITY                          |                    | 1,573          | 1,620               |            | 3,193                 | 2,632                 | 21.3%     |
| CONTRACT LANDSCAPE SERVICE        |                    | 339,100        |                     |            | 339,100               | 322,954               | 5.0%      |
| REPAIR AND MAINTENANCE            | 267                | 19,119         | 20,370              | 5,360      | 45,116                | 46,014                | -2.0%     |
| TELECOMMUNICATIONS                | 4,450              | -              | 672                 |            | 5,122                 | 5,500                 | -6.9%     |
| ELECTRICITY                       | 1,101              | 160,233        | 11,804              | 5,968      | 179,105               | 156,784               | 14.2%     |
| WATER                             | 377                | 3,177          | 4,037               | 2,958      | 10,549                | 10,707                | -1.5%     |
| PROPANE                           |                    | ,              | 2,366               | ,          | 2,366                 | 2,560                 | -7.6%     |
| TRASH SERVICE                     | 4.158              | 9.284          | 3,710               |            | 17,152                | 14.923                | 14.9%     |
| GAS AND OIL                       | 3,140              | ,              | ,                   |            | 3,140                 | 2,825                 | 11.2%     |
| SUPPLIES                          |                    |                | 6,436               | 25,586     | 32,022                | 25,950                | 23.4%     |
| OUTSIDE SERVICES                  | 1,844              | 31,800         | 52,000              | 8,000      | 93,644                | 92,436                | 1.3%      |
| MISC ADMINISTRATIVE EXPENSE       | 2,573              | - 1,000        | ,                   | -,,,,,     | 2,573                 | 2,599                 | -1.0%     |
| MISC RIVERVIEW EXPENSE            | _,,,,,             |                | 7,785               |            | 7,785                 | 7,670                 | 1.5%      |
| MISC COMMON GROUNDS EXPENSE       |                    | 20,908         | .,                  |            | 20,908                | 19,478                | 7.3%      |
| RIVERVIEW ACTIVITY CLUB EXPENSE   |                    | 20,000         | 28,200              |            | 28,200                | 28,200                | 0.0%      |
| BAD DEBTS                         | 5.247              |                | 20,200              |            | 5,247                 | 0                     | 0.070     |
| TAXES AND LICENSES                | 353                |                | 2,630               | 350        | 3,333                 | 3,213                 | 3.7%      |
| LAKE TREATMENT                    |                    | 36,400         | 2,000               |            | 36,400                | 30,000                | 21.3%     |
| TREE REMOVAL                      |                    | 70,000         |                     |            | 70,000                | 70,000                | 0.0%      |
| ANIMAL/PEST CONTROL               |                    | 2,800          |                     |            | 2,800                 | 2,800                 | 0.0%      |
| PLANTS, MATERIALS AND MULCH       | 1                  | 26,770         |                     |            | 26,770                | 26,545                | 0.0%      |
| COMPOUND COST                     |                    | 4,450          |                     |            | 4,450                 | 4,420                 | 0.7%      |
| SERVICE CHARGES/CREDITS           | 10,968             | 4,450          | (10,968)            |            | 4,450                 | 4,420                 | U.1 %     |
| DEPRECIATION                      |                    | 22.075         |                     | 0.440      | •                     |                       | G E0/     |
| TOT OPERATING EXPENSES            | 6,932<br>\$385,158 | 23,075         | 30,634<br>\$223,532 | 9,446      | 70,087<br>\$1,445,720 | 65,788<br>\$1,379,008 | 6.5%      |
| 101 OPERATING EXPENSES            | \$385,158          | \$753,281      | \$223,532           | \$83,748   | \$1,445,720           | \$1,379,008           | 4.8%      |
| NON CASH EXPENSES                 | \$7,260            | \$23,075       | \$30,656            | \$9,446    | \$70,436              | \$65,885              | 6.9%      |
|                                   |                    |                |                     |            |                       | • ,                   |           |
| CASH SURPLUS/(DEFICIT)            | \$895,495          | (\$673,795)    | (\$100,486)         | (\$32,315) | \$88,899              | \$146,274             | -39.2%    |
| RESERVE FUNDING                   |                    |                |                     |            | \$88,900              | \$146,274             | -39.2%    |
| ACCURATION OF NEW ACCUTO          |                    |                |                     |            | **                    |                       |           |
| ACQUISITION OF NEW ASSETS         |                    |                |                     |            | \$0                   |                       |           |
| FEE CHANGE                        |                    |                |                     |            | (\$0)                 | \$0                   |           |
|                                   |                    |                |                     |            |                       |                       |           |

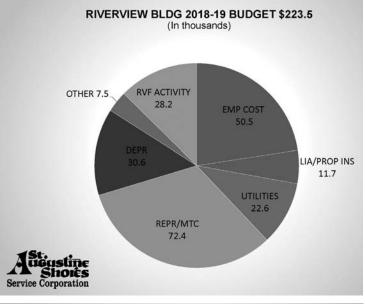


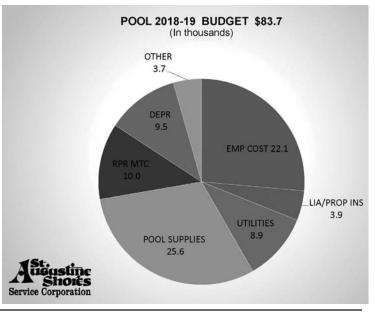
- Rain date: Saturday, April 14th
- Shores Residents: sign up for \*booth space at the Shores office or call us at 904-797-6441.

\*You must provide your own table.









## News Around Southern St. Augustine

#### **Veterans of Foreign Wars** Annual Golf Tournament at Shores Golf Club

Veterans of Foreign Wars, Bryan Tutten Memorial Post 2391 will be hosting its 20th annual Golf Tournament at the Shores Golf Club on Saturday, April 21st. Cost will be \$50.00 per player and includes 3 mulligans. Coffee and Donuts will be offered prior to the 8:30 tee time. A luncheon will be served with prizes and raffles at the post located at 6134 US 1 South, immediately following the tournament. For more information please contact Ann Rendall at 904-797-2247.

#### Youth Car Wash Fundraiser **Shores United Methodist Church**

The SWAG Youth Group of Shores United Methodist Church will hold a car wash from 9 a.m. to 2 p.m. on Saturday, April 28 at the church parking lot.

All donations will help defray the costs of the group attending the Warren Willis Summer Camp in Fruitland, Florida.

The church is located at 724 Shores Blvd., between the golf course and Hartley Elementary. The Rev. Randy Strickland is pastor. For more information, call 797-4416.

#### **Ballroom Dance Association Installed 2018 Board of Directors**

The St. Augustine Ballroom Dance Association installed its 2018 board of directors during its January board meeting held at the Riverview Club in St. Augustine Shores. From left are Jay Abel, Secretary; Peggy Berrier, Treasurer; Fred Hathorn, President; Joe Burch, Vice President; Darlene Van Tiem, Corresponding Secretary; and Mary Ellen Hernandez, Past President Ex-Officio. Not pictured is Past President Ex-Officio Dennis Larimore.

The association's next dance is scheduled for Saturday, April 14th from 7 to 10pm at the Riverview Club, 790 Christina Drive. Beautiful dance music will be provided by DJ Jim. Hors d' oeuvres, desserts and coffee will be served throughout the evening. For a reservation, call Dennis or Mary Larimore at 904-825-4902. Guests pay just \$20. Appropriate guest attire is a dark business suit with tie, or a tuxedo, for the men and a cocktail dress or gown for the women. For more information and pictures, visit facebook. com/sabdastaug.

#### **Orchid Society April Meeting**

Phalaenopsis By Phillip Hamilton, Brenden Orchids

Phillip will talk about Phalaenopsis, their history, culture and current trends in hybridizing. Phillip is the son of Claude Hamilton of Hamlyn Orchids in Jamaica, so he grew up with orchids, has a degree in Enviornmental Horticulture and is an Accredited Judge with the American Orchid Society. Phillip's hybridizing program focuses on the fragrant violacea and bellina Phalaenopsis.

DATE & TIME: Tuesday, April 3, 6:30 pm at Watson Realty Conference Room by back parking lot 3505 US 1 South, St. Augustine

PLANY CLINIC

The first Saturday of the month from February through October SAOS members will

be available to talk with you, answer questions and help you to repot orchid s.

DATE & TIME: Saturday April7, 9 am to 1 pm at Ace Hardware on US 1 South, 3050 Highway 1 South, St. Augustine 32086.

#### St. Augustine South Improvement Association **Looking for Community New Members**

Chartered in 1959, SASIA has been offering economical clubhouse rentals, a weekly bingo session drawing about fifty people, monthly meetings with guest speakers, free meeting space for groups like Disabled American Veterans and scouting, holiday events and dinners, and has awarded over \$35,000 in scholarships to residents enrolling in colleges and vocational schools

Goals for 2018 are to increase membership and participation by residents of "The South.

The association meets at the clubhouse on the Wednesday third of each month at pm, except for July and August. Complimentary refreshments More served. information about the St. Augustine South Improvement Association available at www.



staugsouth.com, or plan to attend our next monthly meeting at 7 pm, Wednesday, April 18, at the SASIA clubhouse. Photo shown of some of longtime SASIA volunteers and years they have served. From Left to right is Keith Rowland, 14 years, Edith O'Keefe, 28 years, Gus O'Keefe, 28 years.

#### St. Augustine Travel Club

Our next Travel Club will be held on Wednesday, April 4, at, 3:00 pm, at the Southeast Branch Public Library. The topic will be Athens and the Greek Islands. The Travel Club is free to all St. Augustine residents and their friends and no preregistration is necessary. Any questions, feel free to call Peter Dytrych at 904 797-3736.

#### **Holy Week Activities at Shores United Medthodist Church**

Shores United Methodist Church invites the community to celebrate the resurrection of

- Jesus Christ in several ways this year during Holy Week.

   On Palm Sunday, March 25, Jesus' entrance into Jerusalem will be celebrated during both worship services (8:45 a.m. Traditional Worship and 11 a.m. Contemporary Worship). Sunday School, for all ages, is at 10:00 a.m.
  - A Maundy Service is Thursday, March 29 at 7:00 p.m. Holy Communion will be served.
- A Good Friday Service, March 30 at 12:00 noon will be held at Grace United Methodist Church (8 Carrera St).
- A Community Easter Brunch and an Egg Hunt starts at 10:30 a.m. Saturday, March 31.
- Easter Worship Services are on Sunday, April 1 at 8:45 a.m. (Traditional Worship) and 11:00 a.m. (Contemporary Worship). A live Biblical representation will be performed at both services. A Devotion at the outdoor cross is at 10:00 a.m. Attendees are encouraged to bring cut flowers to decorate the cross.

The community is welcome to join and participate in all the Holy week activities. Shores UMC is located at 724 Shores Blvd. located between the Shores Golf Course and Hartley Elementary School. For more information call 797-4416 or visit www.shoresumc. org. Rev. Randy Strickland is the pastor.

Past Lives: Real or Imagined?

Cheryll Robertson, Clinical Hypnotherapist, will be hosting a free event on April 14th from 10am to 12pm. It will be a group hypnosis session for Past Life Regression. Please wear comfortable clothing, bring a yoga mat, small blanket and pillow for added comfort, as you will be in a lying position.

Here are a few of the reasons that hypnosis for a Past Life Regression may be used:

- 1 Curiosity
- Discover the cause of a problem
- Understanding present day relationships
- Finding the origin of present day relationships
- Exploring physical health issues
- 6. Find the past life most affecting you today
- Discover the cause of special talents and abilities
- Resolve Karmic patterns
- Discover you Life's purpose

Each person needs to be aware that for a successful Past Life Regression, the client must be willing to accept responsibility for the information that is uncovered. My wish for every client, is peace, wisdom, and joy in their life.

#### **Temple Bet Yam's Murder Mystery Theater Presents Don Carrasino and the Murdered Mobster**

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Join us at The Italian Café at 6 p.m.on April 14 for a fun-filled and rewarding evening. Come dressed in 1920's garb if you like to add to the merriment. While solving the murder, enjoy a complete Italian dinner which includes appetizers, wine, and dessert. You can find the Italian Café at Temple Bet Yam, 2055 Wildwood Drive, St. Augustine, just off SR 207. Tickets are \$33.00 per person. Contact Carol Levy, 904-895-7332, or bernie.levy@att.net for more information and to reserve your tickets and seating preference.

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## News From Around St. Johns County

#### First Coast Card - Newcomers Clubs

First Coast Card Club Dates For April 2018:

Saturday, April 7th-Lunch 1PM. Cards: 2P-4:30P. Coffee Cafe. St. Augustine. Contact Lea to be added to Attendee List. Limited To 12. RSVP EARLY!

Tuesday, April 10th. Main Library, 1960 N. Ponce De Leon Blvd., St. Augustine. Refreshments

Saturday, April 14th-Lunch/Cards. 2 Story Paddlewheeler 2 Hour Boat Tour. Arrival 1PM-Sets Sail 2P. Pick From 4 Meals. \$19.95 + Tax, Gratuity + \$2. Port Fee=\$25.72. Lea has Location/Address. Been Before-Great Experience! Contact Lea to attend. Limited To 10. RSVP Early!

Thursday, April 19th. Anastasia Library-124 Sea Grove Main St., St. Augustine Beach. Bring Your own food, food to share, beverages. Refreshments. 12:00Noon.

Tuesday, April 24th . Main Library, 1960 N. Ponce De Leon Blvd., St. Augustine. Refreshments. 1:00P

Sunday, April 29th. Lunch: 12:30PM. Cards: 1:30-3:45P. Cobblestone Plaza-St. Augustine. Please contact Lea to be added to Attendee List. Limited To 12. RSVP Early!

Meet more card players at our Community Libraries Every Month. Contact Lea: 904-829-0643 for locations, more information, & verification of events. Your Support Is Appreciated.

#### First Coast Newcomers Club Of Northeast Florida Recreation Events: April 2018

SPECIAL EVENT: Saturday, March 31st. Club's Annual Easter Dinner. Guests Welcome. 12Noon. Southside Restaurant-Jacksonville. Buffet-\$14.99. Good Experience. Large Food Selection: Breakfast, Lunch, Desserts. Easter Bunny Treats. Unlimited #. RSVP Early!

Wednesday, April 18th. Monthly Trivia. WGV-St. Augustine. Dinner 5:30PM. Trivia 6:30PM. Fast Jax Trivia. Limited 12. RSVP Early!

Friday, April 13th. Florida Friendly Landscaping St. Johns County. 10AM-11AM Free.

Saturday, April 21st. Spring Dance Show. Good Experiences. St. Augustine. 7P. \$15.At The Door. Contact Lea: 904-829-0643 to Join Our Club & how to attend events. Your Support Is Appreciated.

#### Free Quit Smoking Class

Let's become Tobacco Free! Join us for a FREE Quit Smoking Now class at Flagler Hospital in the Wellness Center starting on Tuesday, April 3rd-May 8th, 2018 from 11:00am-12:00pm. FREE patches, lozenges, and gum! FREE quit plan, workbook, water bottle, stress ball and more. Call Northeast Florida AHEC at (904) 482-0189 to register and learn about more classes near you.

#### **Old City Scrabblers**

Join us for a low-key, friendly game of Scrabble! All skill levels welcome. Tables and game equipment provided. Tuesdays and Thursdays at 1:30 pm. We are located at the St Augustine Record Building, One News Place (corner of Routes 312 and 207), St Augustine, 32086. There is no fees involved. If you have questions please call Maggie Borst at 904-599-3456.

#### St Augustine Genealogical Society General Session Meeting – April 21, 2018

Presentation by MICHAEL PORTS - "Robert Franklin Thomas (1834-1922): A Case Study in Climbing Over Southern Brick Walls" - Join us for a presentation by Michael Ports. He will share his research skills with a program about climbing over southern brick walls as he delineates his research of Robert Franklin Thomas.

Michael Ports is a practicing civil engineer with more than 47 years of professional experience. His interest in his own family history began at a very young age, when at family gatherings, he preferred to sit with the adults and listen to the old family stories rather than play with the other kids. When in graduate school, the genealogy bug bit him hard, and he's been researching his own family lines since 1972. Starting in the 1990s, he published more than 90 articles in various genealogical magazines, journals, and bulletins, mostly on his own lines. He's also self-published five genealogies on the web, available at www.scribd.com. Finally, he published 40 books with the Genealogical Publishing Company, most of which are transcriptions of various Georgia county records. You can get a feel for the subjects covered by going to their website at www.genealogical.com and searching for his surname under authors. His latest book is titled Indian Wars of the American South, 1612-1858: A Guide for Genealogists and Historians.

#### Heritage Baptist Church

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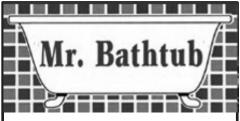
Sunday School 9:30 a.m.

Morning Service 10:30 a.m.

Evening Services 5:30 p.m.

Wednesday Night Services 7 p.m.

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## Children's Shorebird Nesting Program by St. Johns County Parks and Recreation

St. Johns County Parks and Recreation has partnered with the St. Johns County Audubon to offer a FREE Children's Shorebird Nesting Program. This program is for children third grade and up. Participants will learn about the unique birds that nest along our beaches. In addition, children will participate in activities that mirror what the real bird biologists do to protect our local nesting sites. The event is Sat, April 7, 2018 from 10:00~AM-12:00~PM EDT at Nease Beachfront Park, 3171 Coastal Highway, St. Augustine, FL 32084

## **Bird Watching and Recreational Opportunities at Masters Tract**

St. Johns County's Masters Tract has emerged as a prime location for hiking, bird watching, photography, and general wildlife viewing in the Hastings area. Located at 7756 Hub Bailey Road and open from dawn to dusk daily, the facility consists of a pond, wetlands, and wildlife habitat near Deep Creek and the St. Johns River. Pedestrians and bicyclists are welcome to explore the area but are asked to stay on the berms. Motorized vehicles, fishing, swimming, boating, and hunting are prohibited. For more information on the Masters Tract, please visit www.sjcfl.us/environmental or call 904.209.0621.

#### **Dream Interpretation Class**

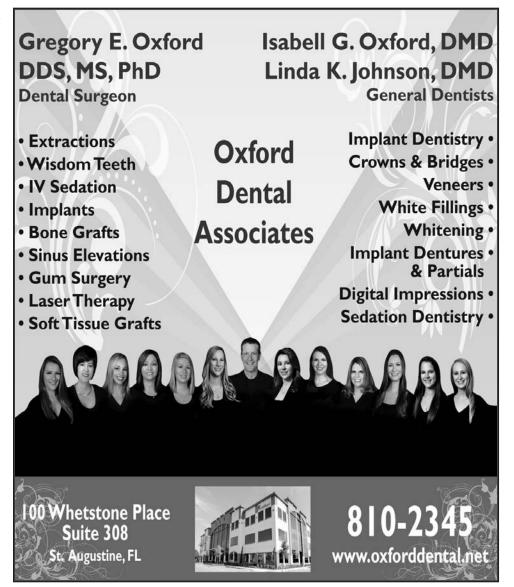
A class on Dream Interpretation at the Council on Aging River House in April on Tuesday afternoons April 3, 10, 17 & 24. The cost is \$25.00. Please call 209-3655 to join the class. I am a Certified Clinical Hypnotherapist as well as a graduate of the Robert Moss Active Dream Teacher Training Level I and Level II classes. Contact Toni Wilder at ancientcityhypnosis.com.

#### Wags 'n Whiskers Pet Shelter Buy a Table Spot Flea Markets

The pet shelter, Wags 'n Whiskers, on Old Moultrie Road in St. Augustine is a volunteer organization sheltering and fostering pets (dogs and cats), and works with Petco as a venue for the adoption days. They are always looking for ways to raise funds as they neuter and provide all the pets with their necessary medical needs and tests before any pet is released to a new home. Also included is a chip for each pet. If you are ready to adopt or foster a pet, please check their website for your next companion. Their website is www.petrescue.org.

Wags 'n Whiskers Pet Shelter at 1967 Old Moultrie Road, St. Augustine will be organizing a monthly flea market at their parking lot, every second Friday of the month for the remainder of the year. The next one will be on Saturday, April 14, 8:00 - 3:00. Rain date will be Saturday, April 28, if needed. The garage sales will be held Saturdays instead of Fridays now.

Sellers would be able to buy space for \$10.00 for the day, bringing their own tables and marking their goods to sell. They are looking for 10 or more vendors to participate. The function will last from 8:00 a.m. to 2:00 p.m. If you are interested in participating, please call Denise Click at 904-392-7896 to reserve your spot.





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#### Wild Flower Meadow Group

by Cindy Taylor

The first Saturday in March we planted some salt and pepper bushes and moved two spider lilies so they'd be close to a third. This way they'll keep each other company, won't get lost in the lawn grasses, and show better. We also moved a beauty berry bush

away from the honeysuckle vine so the latter won't continue to suffocate the former. We hope to give the berry bush some company in the near future and give the honeysuckle vine a second trellis. To each their own.

We plan to put in more native wildflowers and native bushes in April after we buy some from the Deland Wildflower and Garden show on March 24th. Until now we mostly let the meadow to do its own thing but, because of the nature of lawn grasses, it needs a little help. Our plan is not to interfere but to introduce "suggestions"

It's up to the meadow to accept or reject them and it will do its own thing. Blooming in early March are penny royal, honeysuckle vine, Conradina (wild rosemary), Coreopsis, shiny blueberry, blackberry, spiderwort, toadflax, false dandelion, and sour grass (field sorrel).

We occasionally visit state and county parks and welcome newcomers, even if you

want to come only on the outings. Our group meets the first Saturday of each month at 8:30 AM by the Riverview Club House. Our goal is to preserve the wildflower meadow, learn about native plants, and those that grow in this location. We're an informal group without officers or dues and hope you will join us.

Call Claire at 904-826-5366 for more information.





#### **Computer Corner**

by Steven Aldrich

#### **Anti-Virus - More is not better**



is true. Such as your car having locks plus an alarm, your money in a bank plus FDIC insurance on those bank deposits, or a 300+ pound center plus several large linesmen guarding your favorite quarterback on an important play. Computer virus protection is different,

and more than one application is actually much worse. They will fight one another in several ways, which can prevent the virus protection you need, and slow your computer down.

Anti-virus applications can be very "resource intensive", meaning that they slow your computer down. All Anti-virus applications make your computer slower than it would be without them. Some antivirus advertising campaigns brag about their product having less impact on performance than the competitors.

If you have more than one, not only are they both using resources and slowing you down, but they are actually fighting one another, and in some cases you may see dramatically slower computer speeds.

Each application you have running on your computer requires computing power, and the more you have running the less efficient each will be. Then, if you have applications that fight each other, it spirals into a very inefficient situation.

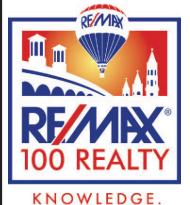
they are running more than one anti-virus

If more than one is not better, you might ask which is best. That depends on your specific needs. If you are a business that holds customer financial information, you will need more protection than a home user that seldom uses their computer. Do you primarily use your computer to check email, or are you checking your financial assets and retirement accounts? The latter needs more protection than the former.

Cost is an important factor. If you are a Comcast customer, they offer Norton for free. If you are an AT&T customer, they offer McAfee for free. Both of these provide respectable virus protection.

No matter what anti-virus you choose, be certain that you only have one installed. Any qualified computer tech can help you in this regard, and I would be happy to discuss your specific needs, and help you make the

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. See my ad on this page. Steve@fccspro.com or (904) 479-5661.



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#### Who Owns the Buried Gas Tank?

By Stephen Collins & C. J. Godwin

A man buys a house. Who owns the dormant gas tank under the rose garden? The previous owner had bought the house on the courthouse steps in a foreclosure auction. He had no idea there was a gas tank on the property. The house had been wired for electric

heat and oven, etc., and had an old school wood-burning fireplace. The house had not run on gas for a long time and no one knew the gas tank was even there until the gas company called; they wanted thousands of dollars in delinquent bills and late charges, plus they wanted to dig up the tank. The new owner had just planted a beautiful rose garden over the place where the tank was located. He didn't want his roses dug up any more than he was willing to pay those delinquent gas bills.

The outcome? Great question. This is an ongoing challenge without a resolution in sight. Some believe the gas company has the right to get the gas tank. Others believe they should have gotten it a long time ago. What's the right answer? You decide.

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How to prevent this from happening to you: When you go to purchase property, not only do you get a survey, but also ask your home inspector to do a thorough check to see if there's any evidence of a gas tank being used in the past. Remember there can be

#### New Bojangles'® Franchisee Announces First Restaurant in St. Augustine

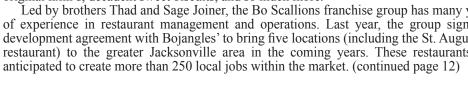
Franchise group plans multiple Bojangles' locations in the greater Jacksonville area in coming years. Bojangles' fanatics in St. Augustine: a new Bojangles' is coming to the First

Coast! Construction is currently underway on the new restaurant, located off Florida Highway 16 at the corner of Old Town Parkway.

Bojangles' franchisee Bo Scallions, LLC will celebrate the new location with a ground breaking event hosted in conjunction with the St. Johns County Chamber of Commerce. The event will begin at 11 a.m. on Wednesday, February 28, at the site of the new restaurant (2075 Highway 16, next to the Courtyard by

Marriott). Light refreshments will be provided. Founded in 1977, Bojangles' is a southern icon. Bojangles' fanatics crave the company's unique and delicious menu items, including its breakfast, served hot and fresh all day and its one-of-a-kind tailgate and family meal offerings, featuring flavorful, hand-breaded bone-in chicken; hot, fresh buttermilk biscuits;

original fixin's, decadent sweet biscuits, and so much more. Led by brothers Thad and Sage Joiner, the Bo Scallions franchise group has many years of experience in restaurant management and operations. Last year, the group signed a development agreement with Bojangles' to bring five locations (including the St. Augustine restaurant) to the greater Jacksonville area in the coming years. These restaurants are





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#### Registering a Florida **Business Entity?**

by Colby Keefe, Esq. Jackson Law Group 904-823-3333

Beware of Suspicious Notices that Corporate Record Forms Request Money for Certificates or Filing Fees.

Last year, the Florida Division of Corporations saw a total of 395,777 business entity filings. This figure includes all filings – including entities formed for a specific business purpose, LLCs formed for the transfer of property, and other various reasons. Some of these filers may have received correspondence from various companies, claiming the entity has "one step left in order to attain your elective Florida Certificate of Status and corporate agreement templates." The correspondence goes on to request a fee, usually approximately \$70.00, with instructions for remitting

correspondence is not sent by the Florida Division of Corporations. Once a business entity or registration is properly formed, incorporated, organized or registered on record with the Florida Division of Corporations, it is not required to purchase or receive a certificate of status to be considered

Suspicious notices and solicitations may include a variety of "services' that are presented as necessary for your business entity. Beware of notices that are not from the Florida Division of State or Corporations and solicit payment for the following:

Annual Minutes or Annual



- Certificate of Status
- Corporate Agreement Templates
- Unofficial Fictitious Name

Registration Renewal

While these notices may offer services that are legitimate (such as getting a Certificate of Status or renewing a fictitious name registration), they often charge rates in excess of the statutory fees. The Florida Division of Corporations website (dos.myflorida. com/sunbiz) serves as a great resource for those who have questions regarding the entity registration process.

Colby Keefe is an associate at Jackson Law Group. After earning her Bachelor of Arts from Flagler College in 2012, Ms. Keefe earned her J.D. from Most, if not all, of this type of the University of Georgia School of Law in Athens, Georgia.



#### St. Augustine Beach Civic Association

by Bill Jones, President www.thecivicassociation.com

#### Party for Paul set for May 16th



The 2018 edition of Music by the Sea Concert kicks off Wednesday May 16th with "A Party for Paul". The event will benefit former SABCA Board Member Paul Slava who is a recent liver transplant recipient and has several health challenges and now a small mountain of medical bills. Paul served on our Board from 2010 through 2014. He was also a founding member, board member and volunteer with the Art Studio Group. According to SABCA Executive Robert Samuels "Paul is a guy who gave countless hours to serve others here in our community, all while being a single Dad and dealing with rheumatoid arthritis and now organ failure. He's a friend and we hope the community will come out and show their love and support. The event will start at 6 PM with free dance lessons by our friend Captain Adam Morley and his beautiful better half Janine. D Dan from VIP Entertainment will spin a wide variety of tunes including some swing, Motown and disco too. We area asking MBTS fans to leave their coolers at home and purchase beer, wine and soft drinks at the event. Much like Taste of the Beach we'll have a beverage station, a few door prizes and a 50 / 50 Raffle. All proceeds will go the Paul Slava Medical Fund. A link to the Paul's fund can be found on our website at www.sabca.org.

More notes on Music by the Sea – We'll again be offering free parking and a shuttle for all 17 concerts. We excited to announce that Friends of Scenic A1A Historic Byway are partnering with the Civic Association this summer. Scenic A1A President Bill McClure and SABCA hope to attract advertisers and grants to establish some consistent public transportation along the byway. The 24-passenger shuttle will bear the logos of both organizations. Thanks to this year's sponsors Longstreet Auto, Ameris Bank, Diane's Natural Market, Annie-Mac Mortgage, Pop A Lock, Life Storage, Old City Homes, Wayne Fusco Photography and Eclipse Studios. The complete 2018 Concert and Restaurant

schedule can be found at www.sabca.org
Good news for fans of The Wednesday Market! While the County prepares and eventually accepts applicants to compete to operate The Wednesday Market, Chairman Henry Dean suggested the Civic Association operate the market until that process concludes. It appears SABCA will continue to operate the market at least through the summer months. The market is open ever Wednesday morning from 8 am until 12:30 pm at the Pier Park, 350 A1A Beach Blvd here at the Beach.

Our next meeting will one that covers the subject of dangerous drugs in our community. As you may have already heard or read, our nation is facing an opioid crisis and like it or not, we have heroin dealers and users in our county. Some even here in our backyard. The Beach Police in conjunction with the Sheriff's Department Narcotics Unit will do a presentation on the reality of this crisis and its impact on our community. Please join us on Thursday April 12th at City Hall Community Room. Door open at 6:30 pm and the meeting starts at 7 pm. Soft drinks will be served and the public is welcome and encouraged to join us.

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#### The St. Augustine Community Chorus **Annual Pops 2018 Performances**

The St. Augustine Community Chorus, under the direction of Mike Sanflippo, is pleased to present From Stage to Screen Opera Choruses, Broadway Fare & Film Music, as part of its 2017-2018 concert season on Saturday, March 10th at 7:30 pm and Sunday, March 11th at 3:00 pm at Ancient City Baptist Church, 27 Sevilla Street in beautiful downtown St. Augustine. This year our annual Pops Concert, accompanied by our "Pops Band" coordinated by Gary Bunt, including piano, bass, drums, guitar, and reeds, feature some familiar tunes and some new ones to enjoy! We will sample a few opera choruses, then the finale from an operetta by Gilbert and Sullivan, and revisit music made famous on both the Broadway stage and on the big screen. You will hear selections from Oklahoma, Sound of Music, Wicked, and Into the Woods along with some Disney tunes from years of live action and animated films. The St. Augustine Youth Chorus will be joining the Community Chorus to sing a medley of songs from the hit Disney show, Mary Poppins. There are a few other surprises to end the program..... You will go out with fingers snapping and toes

Concert tickets: Adults \$15 in advance and \$20 at the door, \$5 for students and military with ID. Advanced tickets for our upcoming concert can be purchased at these supportive businesses: Carter's Jewelry, Flowers by Shirley, Herbie Wiles Insurance, Southern Horticulture, Sterry Piano, and online at: www.staugustinecommunitychorus.org. Please specify Saturday or Sunday attendance when buying your tickets.

The St. Augustine Community Chorus, under the direction of Mike Sanflippo, has been performing choral music in St. Augustine and St. Johns County since 1948. Our community highly anticipates attending first rate distinctive performances. The chorus traditionally presents three concerts a year: a holiday program including portions of Handel's Messiah and other music; a mid-season Pops program of popular songs and show tunes; and a spring program featuring major choral works. The chorus is made up of 100+ volunteer members and depends on the good will of audiences, donors and grants for support in our musical endeavors. For more information, visit www.staugustinecommunitychorus.org.

The St. Augustine Community Chorus is a recipient of a Music Grant from the Florida Division of Cultural Affairs in the General Support Grant program and supports the promotion of CULTURE BUILDS FLORIDA.

## St. Mary's by the Sea

**National Catholic Church (PNCC)** 

Mass Time - 10:00 Sundays

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#### **Master Compensator**

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

Webster defines becoming a master as "a person with exceptional skill at a certain thing". Mastering is defined as "becoming proficient in the use of something". I've said for years we are all master's of compensation - meaning we all have great proficiency in making small, subtle changes in our movements, which enables us to master any and all tasks at hand.

Sometimes compensations or adapting movement is a good thing. All top athletes rely on this to help them defeat their opponent. By making small changes in their movements they may hit an outside pitch, a golf ball from the rough or snag a lob that drops just past the net. But all too often, compensations are non-productive and can even have negative, dysfunctional side effects. Multiple compensations are capable of producing accumulated dysfunction.

Why do we compensate and how do we do t?

We compensate because we are living, ever changing beings. We have an adapting musculoskeletal and nervous system. We learn how to move and when we can't move properly we move improperly.

We learn compensations early. I often say, tongue and cheek, we learned many compensations in Kindergarten. "Sit here and be still", we're told. But we're not made to be still. We are made to move. But we learned the lesson well because 40, 50, or 60 years later we're still sitting. We sit at computers, in front of TV's, at events, in cars and the list goes on. Our pelvis makes contact with the chair and gravity pushes the trunk and head forward into varying degrees of a slump. The compensation occurs when we have

to stand back up. Because we are now curved and instead of keeping our head down, looking at the ground we bring the eyes up by putting the head back. This is a movement that should come from several small movements throughout the spine instead of just a few in the upper levels of the neck. But this is just one example.

There are all types of compensatory masters. Are you one of the following?

The Limp Master: The individual who lacks full range of motion in the lower extremities following trauma or surgery. The results may be an altered gait pattern, hip knee or back pain.

The Mother Master: The mother who has difficulty restoring full motion back in the spine following pregnancy or tends to stand leaning to one side with a child resting on the hip. Both problems may hinder regaining the much needed core stabilization and result in sacro-iliac dysfunction or low back pain.

The Robot Master: This is the person who

The Robot Master: This is the person who lacks neck or shoulder mobility following a whiplash injury or other types of neck trauma. Movements tend to look robotic as the head is held still. But in order to look right/left and up the compensation manifests in low back rotation or extension.

The Sitting Master: This person sits in the

office all day developing tight anterior hips, which makes straightening the hips difficult. The compensation is often is made in the lumbar spine.

We are all masters and therefore guilty of ignoring such adaptations year after year. To minimize compensations, first seek analysis or assistance early; second, move but learn to move properly and move regularly. Improper movements can simply lead to more compensation and further dysfunction.

Becoming a master at most things takes years of practice and dedication. Becoming a master of compensation is easy - it just takes years to see what kind of master you've become. And being a master of faulty compensations is a direct path to earning your doctorate of dysfunction.

Rob Stanborough is a physical therapist serving St. Augustine for nearly 10 years. He is president and co-owner of First Coast Rehabilitation, as well as co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He is certified in manual therapy, a Fellow of the American Academy of Orthopaedic Manual Therapists and has presented on the topic of soft tissue dysfunction in a variety of venues. Read previous columns posted on www. firstcoastrehab.com.

#### New Bojangles'®

(From Page 9)

"We firmly believe in the power of the Bojangles' brand," said Thad Joiner, Bojangles' franchisee. "We're thoroughly committed to bringing Bojangles' highquality food, a first-class location for customers and a place where team members can grow their careers. We are thrilled to become a staple in St. Augustine and the Jacksonville area for years to come."

"Customers will find that our delicious menu items are unrivaled," added Sage Joiner. "We serve breakfast all day, every day, and our biscuits are made from scratch every 20 minutes. You won't find a microwave in a Bojangles' restaurant. It's important for us to go the extra mile for our customers, and we look forward to being a mainstay in the community."

The new St. Augustine location will feature Bojangles' newest restaurant design prototype unveiled in early 2017. The 3,200-square-foot concept features a distinctive, contemporary exterior, combining sophisticated materials like brick, tile and steel canopies. Upon entering the restaurant, customers will immediately be drawn to the "Biscuit Theater," where they can witness biscuits being made fresh every 20 minutes by a Bojangles' Master Biscuit Maker. The dining room will feature free Wi-Fi, multidevice charging stations and a variety of seating options to accommodate large groups and solo diners alike. Get all the scoop on the latest offers by signing up for Bojangles' E-Club on www.bojangles.com/eclub.

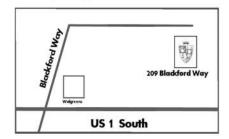
E-Club on www.bojangles.com/eclub.
Founded in 2017, Bo Scallions, LLC is a licensed Bojangles' franchisee with plans to bring multiple Bojangles' restaurant locations to the Jacksonville, Fla. market. The group will proudly serve Bojangles' menu items such as delicious, famous chicken; madefrom-scratch buttermilk biscuits; flavorful fixin's and Legendary Iced Tea®.





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#### The St. Augustine Observer

Published monthly for residents and visitors of St. Augustine, Florida 1965 A1A South #180 St. Augustine, FL 32080-6509 www.observer.vpweb.com Email:.shores@observer.vpweb.com

Cliff Logsdon, Publisher/Editor

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

> Joe Thomas, Sales (505) 903-2127

Email: joeatobserver@gmail.com

The function of the St. Augustine Observer is to serve residents of St. Augustine areas 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, 1965 A1A South #180, St. Augustine Florida 32080-6509. Information may also be e-mailed to clifflogsdon@att.net.

All material 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

The Observer's acceptance of advertising does not constitute an endorsement or approval of any product 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 and/or emails listed, that may have the potential to constitue fraud or other violation of law including copywriting infringements. The publisher reserves the right to refuse advertising that does not meet the publication's standards.

#### meetings are held on the fourth Monday of each month at 6 p.m. at the Riverview Club.

- Fairview Condominium Board meetings are held on the second Tuesday of every other month at 4 p.m. at the Fairview Condo club
- Greens Condominium Board meetings will vary. Contact Steven Sheremeta at Sovereign-Jacobs at 904-461-5556.
- Casa Bella Condominium Board 2016 meetings-March 14th (Annual Meeting) 6:30 pm, April 11th, 6:30 pm, May 9th, - 6:30 pm, September 12 - 6:30 pm, October 10th, - 6:30 pm, November 11th - 6:30 pm, December 12th - 6:30 pm.

#### **St. Augustine Shores Community Calendar**

The Shores Service Corporation **Shores Homeowners Association** (904) 794-2000 www.staugshores.org

- Shores Service Corporation monthly meetings are held on the second Thursday of each month. Meetings are at 7 p.m. at the
- · Conquistador Condominium Board

St. Augustine South

**Community Calendar** 

The St. Augustine South **Improvement Association** 

(904) 794-5129

www.staugsouth.com

**Associate News Editor** 

Joan Nizza 904-687-8726

#### **Monthly Meeting:** 3rd Wednesday 7:00 PM

- Women of the Moose-1101 2nd and 4th Thursdays "Women of the Moose-1101"
- DAV Meeting -3rd Tuesday of the month
- DAV monthly meeting at 7pm.
   Vietnam Vets Meeting 4th Tuesday of the month Vietnam Vets meet at 7pm.
- Bingo Every Thursday at 1pm except Holidays, light lunch, from 11:30 to 12:30. Open to the Public.

**Board Member & Officers** 

Theresa Nizza - President Keith Rowland - Treasurer

Louis Zimmer – Vice President Lynn Rowland - Secretary

#### St. Augustine South Improvement Association **Community Block Grants Topic at Monthly Meeting**

by Handly Caraway

The February meeting of the St. Augustine South Improvement Association featured presentations on Community Development Block Grants and on St Johns County Parks

Gregory Lulkoski, of SJC Housing and Community Services, stated that the U.S. Department of Housing and Urban Development will allocate approximately \$827,000 to St. Johns County for 2018, and invited applications from all eligible community groups seeking to improve and revitalize their neighborhoods.

Applications must be aligned with at least one of the following: those benefiting lowincome and moderate income persons, elimination of slums and blight, and particularly urgent community projects covering a wide range of needs. Deadline for applications is May 4, 2018.

Help to eligible individuals with needed home repairs may be made by the St. Johns Housing Partnership, which also receives funding through this grant. More information may be obtained by e-mailing him at glulkoski@sjcfl.us or calling 904-827-6897.

Jamie Baccari, Community Program Manager of the St. Johns County Parks and Recreation Department, gave some ideas for increased utilization of the SASIA clubhouse at 709 Royal Road

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## **Community Classifieds**

The Observer offers free individual community classified ads to Shores and South residents. Classifed ads will not be printed without a name, address and phone number included with the request. Free ads Are Not to Promote a Business or Personal Service.

Business, Services, seeking work and others may be placed in the classified section according to the following rate schedule: 1/2" (1-4 lines) \$5, 1" (5-8 lines) \$10, 1 1/2" (9-12 lines) (13-16 lines) \$20. These Ads should be paid in advance before placed.

Send your ad and payment if required to Observer, 1965 A1A South #180, St. Augustine, 32080-6509. You may email your ad to clifflogsdon@att.net. Deadline for all ads is the 15th of every month for the next month's issue. Free ads up to 5 items only should be sent.

FOR SALE: 5 piece Cape Cod Maple Leaf Pattern Cake Plate, Platter, Bowl, 4 bedroom set 2 nightstands, woman's dresser w/mirror, man's dresser w/mirror \$500. Will sell pieces separately. Baker's Rack, side chair w/matching ottoman, King metal handpainted headboard. All in excellent condition. Call 904-687-3929

FOR SALE: CRAFTSMAN LAWN MOWER..like new 21 inch blade, 149cc engine with bagging attachment. \$100.00 call 797-1501

FOR SALE: Collectors Halls Superior

Custard Cups, Salad Bown, Picture, Sugar Bowl/Lid, Casserole. All for \$110.00. Call 904-797-6752

FOR SALE: SOLE F63 Treadmill in good condition with motorized fold-up feature \$95; 19 ft 2006 Starcraft camper trailer in excellent condition \$2995. 904-687-9028

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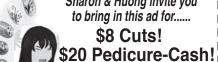
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#### **Financial Focus**

**Information Provided by Edward Jones** 

#### **Newer Investors: Don't Panic** if Bear Market Returns

might be starting to focus more on investing to reach your financial goals. Because of this, you also may be more attuned to moves in the financial markets. Depending on your age, you may have only experienced the bull market of the past nine years, so you might not know what to expect – or how to respond – whenever the next bear market strikes.

Of course, just recently, you've witnessed a market correction – a drop of at least 10 percent in the major stock market indices, such as the S&P 500. This sudden plunge made big news and reminded many investors of how volatile the financial markets can be

But a full-fledged bear market usually isn't identified until the markets are down 20 percent from their recent highs. Plus, bear markets, unlike corrections, tend to linger for a while.

"bear" The last emerged from hibernation in October 2007 and stayed on the prowl until early March 2009. During that time, the S&P 500 declined by about 50 percent. Clearly, investors were not happy - but the market recovered and moved to new heights. This long and strong runup may have obliterated your bear market memories, if you ever had them at all. And that's why you might want to familiarize yourself with some of the bare facts about bear markets:

Bear markets may provide good buying opporunities. When gas is expensive, you may just buy a few gallons at a time – but when the price falls, you're probably more likely to fill up your tank. The same principle can apply to investing – when stock prices

If you're in your twenties or thirties, you are down, your investment dollars will buy more shares. And the more shares you own, the greater your ability to build wealth once the share price rises. In short, a bear market may provide you with a chance to buy quality investments at good prices.

Bear markets don't last forever. No one can predict precisely how long bear markets will run, but they've typically been much shorter than bull markets. So, while you might not particularly like looking at your investment statement during a decline, you can take some comfort in knowing such downturns are a normal feature of the investment landscape.

Bear markets don't affect all investments equally. If you only own U.S. stocks, your portfolio may well take a sizable hit during a bear market. But other types of investment vehicles may not be as directly affected – and some may even show positive results. Consequently, you could reduce the bear's 'bite" if you also own a variety of other investments, such as international stocks, bonds, government securities, certificates of deposit (CDs) and so on. However, while owning this type of diversified portfolio can help reduce the impact of market volatility, it does not guarantee profits or protect against losses.

A bear market can be challenging. But by making the right moves, such as staying patient, looking for buying opportunities and maintaining a diversified portfolio, you may be able to prevent a market decline from becoming unbearable.

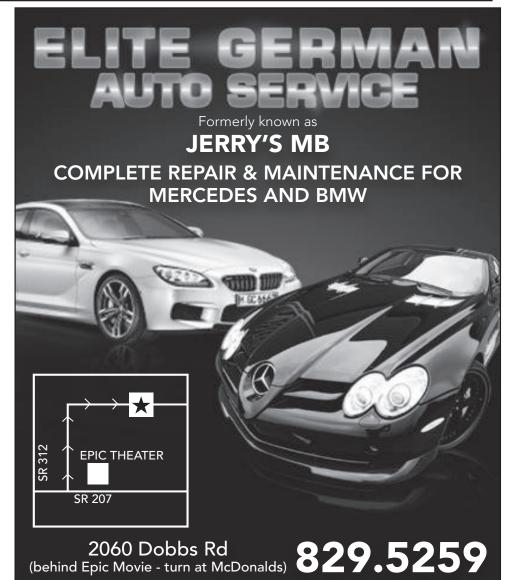
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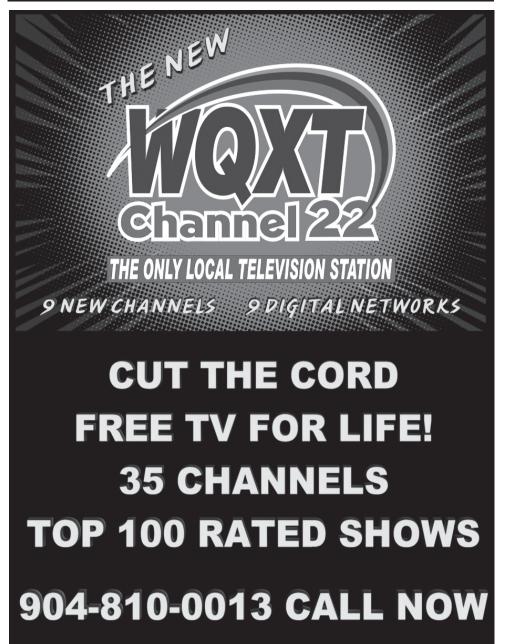


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Drama Evangelist, Mark Winter **Brings Bible to Life** 

Come and see Bible characters come to life in the exciting "One Man Show" dramatic with a message from the book of Matthew on

ministry of Rev. Mark Winter at Shores United Methodist Church on April 22, 23 and 24.

"Transform Your World" is the theme of the 2018 Shores UMC Revival. Rev. Winter emphasizes that each of us is "Wired for Connection." He drama, combines song, scripture, video, and oratory to share a message of God's love for us, as exemplified through the life of

The 1st service of the revival is Sunday morning, April 22 at 8:45 a.m. and presented again at 11:00 a.m. The drama title is "The Prodigal Son in Overalls" from the book of Luke. The message is about repentance and God's grace. The 2nd service is Sunday



Spiritual freedom and following Jesus. The 3rd service is Monday, April 23 at 7:00 p.m. titled "Transformers" from the book of Ephesians on personal transformation, growth and discipleship through Christian Community. final service, April 24 at 7:00 p.m. is titled "Pick Up Your Trowel" from the book of Nehemiah focusing on claiming

our spiritual gifts to serve.

Rev. Mark Winter is a General Evangelist of the United Methodist church. He formed One Man Show Ministries in 1999 and has taken his ministry to Mexico, Washington D.C. and 25 states from Arizona to New York. His many portrayals include Lazarus, Simeon and the disciples of Jesus. Additionally, he is a published writer and author of If There Is No God, The Devil's Diary and Just One Word.

Transform Your World" revival services are free and open to the public. Come and join Rev. Winter, the people of Shores UMC and the surrounding communities to learn about God's grace. Discover what it means to experience spiritual freedom as a follower of Jesus. Shores United Methodist Church is located at 724 Shores Blvd, between the Shores Golf Course and Hartley Elementary. For more information, call 797-4416 or visit www.shoresumc.org.

#### "Diaries of a Shores Grand-Dad" by Dirk Schroeder

In last month's issue of The Observer, the "Lifetime in a Word" was "discipline" and it is highly likely that we all struggle with discipline when everything else is in order. The struggle begins with self-discipline and this Grand-Dad finds himself constantly tempted by foods that are not good for anyone's health but are way too delicious to pass up. With my father -in-law's Hungarian cooking, I'm surprised that he stayed so thin. God bless you Joe.

A common theme in the last three Diaries has been the upheaval in leaving your home country (or home town) and being cast into a strange new environment. This month's Diaries are about someone else who had to leave her family and her home town of South Bend, Indiana. My mother-in-law, Kathy, grew up in this area and her parents and extended family lived in the immediate area of South Bend. Joe (her husband) had been contemplating moving his business, H & H Instruments - a surgical instrument manufacturing company, to Florida. Kathy would have to leave all of her family to come to St. Augustine. Fortunately, her daughter was coming

with her. This brings me to the "Lifetime in a Word" for Kathy - "Devotion".

Dictionary.com defines "Devotion" as a profound dedication, an earnest attachment to a cause or person and an assignment to a purpose or cause. It also suggest that one look for synonyms under "Love". Kathy embodies these definitions. She was deeply attached to her family and unconditionally devoted to her husband whom she followed to St. Augustine. "Devotion" also implies respect for the persons to whom you're devoted and respect begins with self-respect. Kathy has always exhibited a respectful image; abundantly displayed in her deeds (where it counts most).

Kathy is someone who's purpose in life has always been clear. She is a devoted mother, grandmother and now a great grandmother (and caretaker of Zollie, the miniature Apricot Poodle) and this devotion is out of love. She is dedicated to always improving her knowledge, orderliness and well being: she's an avid reader of non-fiction, keeps her home in immaculate condition and takes care of herself by eating healthily (most of the time - like me) and going for walks. This may sound simple but these are some essential elements of longevity which in turn give her more time and opportunity to love her family. For all these reasons and more, her 'Lifetime in a Word" is "Devotion".

Devotion is what brings you to your house of worship and/or closer to your Creator. It is the pledge of trust you give to your spouse when you are wed. It is what gives you pride when you recite the Pledge of Allegiance and place your hand on your heart when you hear the Star Spangled Banner or God Bless America. It provides the enthusiasm you have for your work. It is the renewed sense of life's purpose when you hold your grandchild. Devotion is an essential element of a better human spirit.

As we come into life, we hope that someone is there who is devoted to our survival and well being. As we grow and flourish (go from independence to inter-dependence), we devote ourselves to others (as we hope others may devote themselves to us). As we grow old, we hope that others will remember how devoted we were to them and all we hope for is that they'll remember to visit us or have us over often - it's called respect.

Now that you have gotten to know my parents and my In-Laws, I encourage you to stay tuned for next month's edition of the Diaries of a Shores Grand-Dad; there are more "Lifetimes" to explore. As always, I wish you a Sunshine State of Mind.

## DID YOU KNOW

#### **Informatively Speaking...**

- As the WAWA Gas Station on US 1 in St. Augustine South is going through the approval process another WAWA is planned for the I-95 and SR 16 Interchange. The US 1 Wawa store may take up to 2 years to come on line.
- The Construction of the Dunkin Donuts on Santa Maria Boulevard continues.
- Rumors of a Popeye's on the Dunkin's Site are NOT true there is nothing on the plans to show a Popeye's.
- The 9.5 Acre Site for the new 30,000 SF Automobile Museum has been cleared out (not to be confused with the 4 Acre site just cleared for the new Fire Department).

Some interesting "Shores" Numbers (from the Last 6

• THE GREENS had 11 sales in the last 6 months had 11 sales - Seven 2BR Units at \$136,500 on average and four 3BR Units at

\$160,500 on average. As of 2/21/18 6 Units are available about a 3 month supply. Three others are Under Contract.

- CASA BELLA had 3 sales at \$243,333. Three Units are available now - a 6 month supply.
- FAIRWAY APARTMENTS had 3 Sales averaging \$69,500 with NO UNITS available.
- CONQUISTADOR CONDOS had a whopping 25 sales in the last 6 months averaging \$114,950 and there are only 3 units available - a 1 month supply.
- SAN SAVINO (a part of UNIT 7 of St. Aug. Shores) had 8 sales in our MLS system that closed in the last 6 months MLS averaging \$434,454 at \$184/SF. There are 6 available and 1 is Under Contract - about a 6 month supply.

Want to know more from a Realtor who've been serving St. Augustine Shores for 35 years?

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