



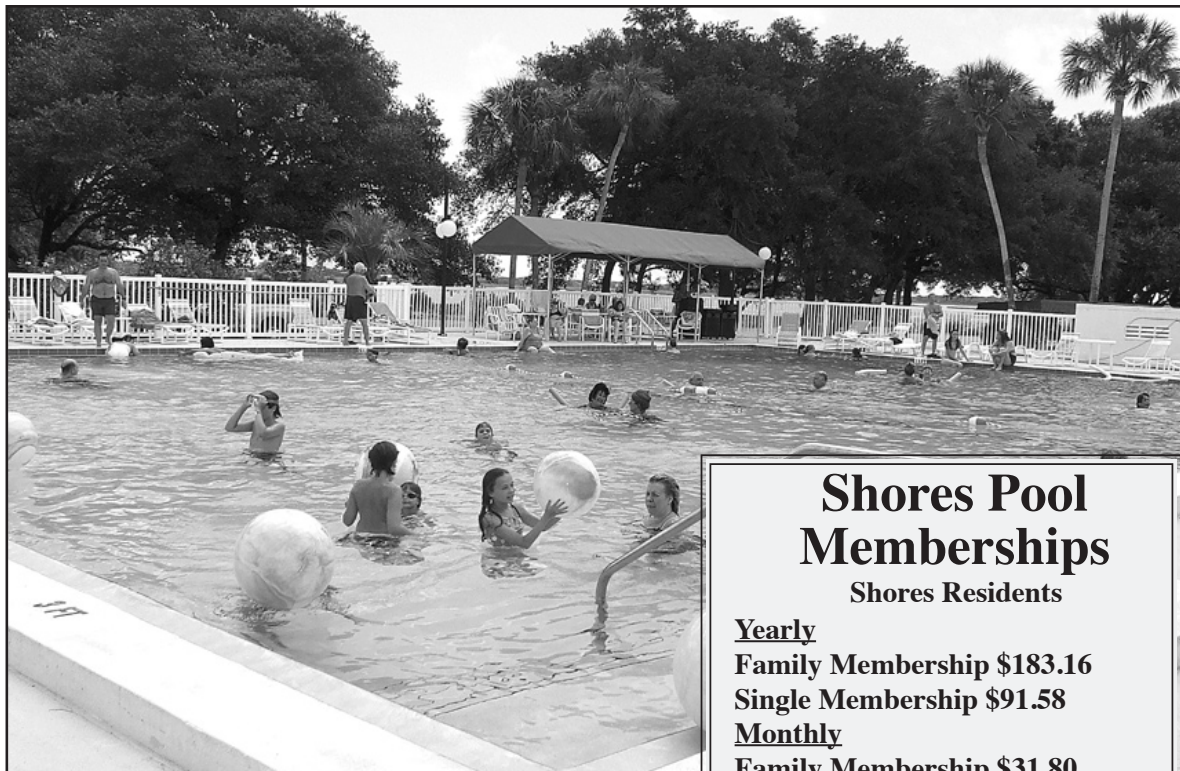
May 2013

St. Augustine shores OBSERVER



NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE SHORES

Summer Time Fun At Shores Pool



The weather is getting warmer just in time for the official opening of the Shores pool for the swimming season.

The Riverview Club pool is a great place for families to enjoy some spring time and summer fun.

The Riverview Club pool and grounds have had some recent renovations including a new pool deck now being put in place and a new pavilion area with picnic tables and grills was recently added.

Check out the pool memberships available listed at the right side of this page.

For more information call the Riverview Club at 794-2000.

Shores Pool Memberships

Shores Residents

Yearly

Family Membership \$183.16

Single Membership \$91.58

Monthly

Family Membership \$31.80

Single Membership \$21.80

Non-Members Daily Pool Use

Adults \$5.00

Students \$2.00 (Shores Residents Only)

Non- Shores Residents

Family Membership \$483.36

Single Membership \$241.68

For more information call 794-2000.

New Tai Chi Classes At Riverview Club

Shores residents who are interested in trying Tai Chi, will now have classes available right in their own neighborhood. A weekly Beginners Tai Chi class is now being held at the Shores Riverview Club. Classes will be from 5 p.m. to 6 p.m. on Wednesdays and are held in the Riverview Club ballroom.

The new class is an introduction to Tai Chi Ch'uan, and all are welcome even if you have no previous experience in practicing Tai Chi. Beginner's Tai Chi is ideal for any age or fitness level. It is a very low impact activity that requires no special equipment. Comfortable loose fitting clothes and flat soled shoes are recommended, but bare or stocking feet are fine as well.

Tai Chi Ch'uan's measured fluid pace has often been described as "meditation in motion," explains instructor Kevin Barry.

"There are many benefits associated with learning Tai Chi including; improved balance, circulation and flexibility, reducing stress and lowering blood pressure. The practice of Tai Chi emphasizes proper posture, alignment, balance and coordination without the use of force or tension in a fun, relaxed setting," said Barry.

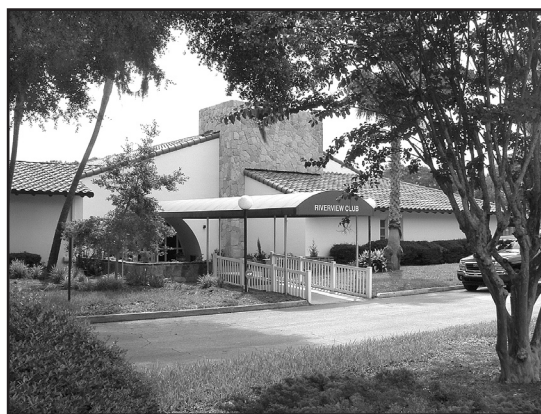
Kevin Barry is instructor for the new Tai Chi classes in the Shores. Kevin, who showed an interest in oriental philosophy and martial arts from a young age, started his training in martial arts as a pre-teen while living in Alaska. Kevin began learning Tai Chi as taught by Grand Master Sam Tam in early 2009 and has been an enthusiastically dedicated to the art ever since.

For more information on the new Tai Chi classes in the Shores call 794-2000.

At Right: Kevin Barry, Tai Chi instructor of the Shores' new Tai Chi classes.



Shores Annual Meeting And Election May 3rd



Annual meeting packets were mailed to all Shores property owners which included a meeting agenda, election ballot and information on the candidates. Ballots must be turned into the Service Corporation office by 5 p.m. on May 2nd.

The meeting begins at 10 a.m. and doors open at 8 a.m. Coffee and donuts will be served. For more information call 794-2000.

The Annual Meeting of the St. Augustine Shores Service Corporation (homeowners association) will take place this month on May 3rd at the Riverview Club.

During the meeting, the Shores Service Corporation Board election will also take place. Although there are four vacant seats on the Service Corporation Board and also four candidates, a formal election will still take place in accordance with Shores bylaws. Following the election, the Service Corporation Board will select new officers.

What's Inside The Observer This Month...

• Shores Golf Update

• April events at the Riverview Club

• Computer Corner: Watch out for Overheating

• News From Around The Shores - Writers in the Shores

• Food Drive at San Savino

• Taste of the Beach & Music by the Sea

• 7th Annual Sea Turtle Festival

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St. Augustine, FL 32080-6509

The St. Augustine Shores Observer

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St. Augustine, FL.

St. Augustine Shores Observer
(904) 607-1410
1965 A1A South #180
St. Augustine, FL 32080-6509
clifflogsdon@att.net
shoresobserver@yahoo.com

The St. Augustine Shores Observer

The function of the St. Augustine Shores Observer is to serve the St. Augustine Shores Community.

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

Information must be received by the 10th of the month in order to appear in the following month's issue. Articles or information may be sent to the Shores 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 Shores 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 Shores Observer.

The Observer's acceptance of advertising does not constitute an endorsement or approval of any product or services by the Observer or its staff. The publisher reserves the right to refuse advertising that does not meet the publication's standards.

The Observer is published by an independent publisher and is not affiliated with the Shores Developer, the St. Augustine Shores Service Corporation or the St. Augustine Shores Civic Association.

How To Reach The Shores Service Corporation (Shores Homeowners Association) (904) 794-2000

Shores Community Calendar

- St. Augustine Shores Service Corporation monthly meetings are held on the second Thursday of each month. Meetings are at 7 p.m. at the Riverview Club.
- St. Augustine Shores Recreation Association board meetings are held on the first Tuesday of each month at 11:30 a.m. at the Riverview Club.
- Conquistador Condominium Board meetings are held on the third Thursday of each month.
- 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 be held on February 1st, May 7th, August 6th and November 5th. The annual meeting will be held on October 1st.

Shores Observer Policy For Classifieds

The Observer offers free community classified ads to all Shores residents. Ads May Not Promote A Business Or Service. Classified ads will not be printed without a name, address and phone number included with the request.

Send your ad to Shores Observer, 1965 A1A South #180, St. Augustine, 32080-6509. Or you may email your ad to clifflogsdon@att.net.

Deadline for all ads is the 10th of every month for the next month's issue.

St. Augustine Shores Community Classifieds

FOR SALE: 48" diameter oak pedestal dining table \$125; Espresso wicker dresser/armoire & matching headboard \$125 for both; beige love seat \$75; nearly new 2" oak faux wood blinds 52"x45" and (2) 52"x36" (fits 3 Conquistador windows) \$120 for all 3 "Is Now the Time to Sell and/or Buy?" 797-9089.

FOR SALE: (1) 3 Granite Bar Tops 5' long by 9" wide with Bull Nose on both ends. Green with black swirls. \$300 or best offer. (2) 1 chrome alinator for small block chevy. New. \$50. (3) Polished aluminum A/C compressor for small block chevy. Like new. \$100. Call 794-5631.

FOR SALE: Treadmill Proform Crosswalk 397, 1 year old barely used. Paid \$475.00 asking \$250.00. Call Bob 904-547-2973.

FOR SALE: 2009 Toyota Camry, 35,790 mi, one owner, garage kept, A1 condition, like new. Must sell. \$15,000. call 797-3050.

FOR SALE: Sony DVD-CD-Video CD \$35; Never been used Pilates Performer \$100 & Leg Magic \$30. 4 (18in) Chrome Rims along with 3 All Season Neo Gen High Performance Radial Tires \$500. Call 226-4134.

FOR SALE: 2004 Honda CRV, 41,565

mi, one owner, garage kept, A1 condition, Like new. Must sell. \$9,500. call 797-3050.

FOR SALE: (1) GE Microwave 1650 watt, black, like new \$50. (2) Haier 19" Flat Screen TV, new condition \$45 (3) Scotts Seed Spreader, used once \$10. (4) Minolta SLR X-370 Camera, 1.7 lens, like new \$45. Kalimar Pro-tee V-20 Tripod \$10. (Camera & Tripod \$50). (5) Karate Uniform, Size 2 (fits 113-135 lbs, 5' to 5'5"), clean & worn only once, perfect condition. \$11. (6) Marshall Arts professional Gym shoes, size 7 1/2-8N, nice with cary bag, worn once. \$9. Uniform and shoes together for \$15. Please call 904-377-7191.

FOR SALE: Glass top marble/wrought iron base dining table with 6 upholstered chairs, new \$1,300 - now \$500. White lighted China closet \$200. 2 floral hidabed-love seat, 1-3 cushion, each \$200. 2 couches, 2 or 3 cushions each \$150. 2 Rattan end Tables \$20 each. 3 Gass Top wrought iron base tables, new \$700, now \$350 each. Table lamps \$20 each. Brother Portable Sewing Machine \$35. Guardian 4 wheeled walker with seat and basket, \$50. All in like new condition. 794-5282.

Community Orchestra Concert May 5th

The St. Augustine Orchestra under the direction of conductor William McNeiland will present an encore performance of the "Secret of Suzanne" by Ermanno Wolf-Ferrari the orchestra will feature some solo instruments that are rarely heard as soloists.

Bob Moore, the orchestra's composer-in-residence, has written a vibraphone solo called "Low Viscosity" that will feature Tony Steve, soloist. Mr. Moore will conduct his own work and will also serve as guest conductor for a tuba solo; "Variations on the Cobbler's Bench" by Arthur Frackenpohl. The youngest member of the orchestra at twelve years of age, Cameron Black, will be the soloist playing in Mozart's Violin Concerto No. 3.



The orchestra will salute our heroes serving in the military musically and will close the concert with "Superman Returns", which features music from several of the superhero's films. As a part of the orchestra's tribute any active military will be admitted free to either concert.

The St Augustine Orchestra's concerts are held in the Lightner Museum, 25 King Street where you can enjoy orchestra music in the historic swimming pool. The concert will be held Sunday afternoon, May 5th at 3:00 p.m. at Christ Episcopal Church, 400 San Juan Avenue, Ponte Vedra Beach. Tickets for this performance are \$10.00 at the door. For additional information, go to www.staugustineorchestra.org.



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Polly Swindull

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News From Around The Shores

The St. Augustine Shores Annual Meeting
Is May 3rd Starting At 10 a.m.
Meeting Will Be Held At The Riverview Club
790 Christina Drive

Shores Golf Update

By Peggy McGovern
pegaboo49@aol.com

May 2012 tee-leaves

Going back a month or two, March was a wicked month for us golfers. Rain, & cold & hail, but at the end of March, our social committee went all out & Jean Viscariello, Patti Lamy & Ruth Willis turned March madness into Spring-Time glory.

The dining room was beautiful, the luncheon, well attended & the food so oooo good. Thanks to all concerned! Ciaran Monaghan was there to answer all our questions on the rules of golf.

The Hi-lite of this award luncheon is to honor the winner of the Shores Ladies' Golf Association Club Champion tournament. This tourney is a low gross, 36 hole event & the winner for 2013-2014 is Margaret Crooks, who carded 164.

The winners in their own flight are:

A. 1. Shay Hall 2. Marcia MacPherson

B. 1. Jan Wesselman 2. Jean Burns 3. Dale Kelleher

C. 1. Fran Bennett 2. Ann McDow-

ell 3. Norma Pire

D. 1. Peggy McGovern 2. Edie Shubert.

Congratulations to Margaret & the gals that did so well.

Our next tournament is the Sally Croyle Memorial, Thursday, April 25, 2013. See you all then.



Margaret Crooks

Marine Corps League Meeting for May 2013

ATTENTION MARINES

The Oldest City Detachment 383 of the Marine Corps League will be meeting on May 7, 2013 at 1900 (7:00 pm) at the Elks Lodge. If you are interested in attending please contact Walter Mosher at 904-315-0392 or email mosher400@bellsouth.net.

Second Harvest Food Drive at San Savino Saturday May 11th

Homes by Deltona invites you to San Savino in the St. Augustine Shores to benefit Second Harvest of North Florida on Saturday May 11 from 12 Noon to 2 PM. There will be games and prizes!

Please bring non-perishable food items to donate and help a worthy cause, while enjoying WYRE 105.5 live radio remote, snacks and prizes. Second Harvest North Florida serves non-profit agencies in 17 counties.

San Savino at The Villages of Tuscany is located at 512 Christina Drive in St. Augustine Shores community off US 1 South. Directions from I-95 exit #305 on SR 206, go to US 1 and turn left. Go 1.5 miles and turn right on Shores Blvd. Turn left on to Christina Drive and the Salef Center is on the left. For information call 904-797-6565.

Food Drive



Birdies For Charity To Benefit Habitat

Habitat For Humanity has partnered with the 2013 PLAYERS Championship for its Birdies For Charity Program to raise funds for Habitat projects and programs.

The individual who guesses the exact number of birdies made (or closet thereto) at the 2013 PLAYERS will win \$5,000. In addition, the charity that the individual supports with their entry will receive an additional \$5,000 bonus.

Deadline for entries is May 8th. The PLAYERS Championship at TPC Sawgrass will be held May 6th - 12th. www.habitatstjohns.org



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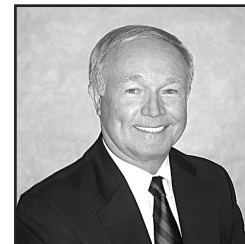
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"CALLING ALL ARTISTS"

- Endless Summer Run shirt design contest open to all ages -

The Florida Department of Environmental Protection's Anastasia State Park, in conjunction with the Friends of Anastasia are holding an art contest. For our 10th Annual Endless Summer 10K XC Run to be held on September 21, 2013, we are seeking an artists design for the race t-shirts. The topic of design is "your favorite thing about Anastasia State Park!" This contest runs now to June 30th, is open to all ages, and will be limited to four colors. (Black is considered a color). Media of any kind including photography, oil, watercolor, computer generated, and sketch will be accepted. Art must be submitted on 8x11 paper. The words: 10th Annual Endless Summer 10K XC Run 2013 and Anastasia State Park must be incorporated in the design. Each entry must be accompanied by a signed registration form obtainable at www.endlesssummerrun.org or by contacting Cristy Leonard. The deadline for the contest is June 30, 2013. The winner will get their design printed on over 200 t-shirts, have the opportunity to be on hand and sign the shirts during the day of the race, and receive a framed certificate. There is no cost to enter the contest.

Anastasia State Parks' goal is to provide access for people of all abilities. If you have any special needs, please contact park staff at (904) 461-2033 before your arrival. Accessible parking is provided throughout the park. For more information, visit www.floridastateparks.org.

National Safe Boating Week Kickoff Event at Vilano Ramp

David Patrick, Commander, Coast Guard Auxiliary Flotilla 14-7 has announced that St. Augustine's observance this year of National Safe Boating Week (May 18' - 24) will commence with a multi-agency Kickoff Event to be held at the Vilano Boat Ramp on Saturday, May 18, from 8:00 AM to 4:00 PM. The St. Johns County Unified Marine Response Consortium will be participating with the U.S. Coast Guard in a public outreach event for National Safe Boating Week. The lead agency for this event will be the U.S. Coast Guard Auxiliary, St. Augustine Flotilla.

Flotilla 14-7 will present a Boating Safety Outreach Activity exhibit combined with a Vessel Safety Check Station offering free safety checks to assist the boating public in identifying safety and legal deficiencies on their boats so that they may correct those deficiencies before running afoul of enforcement agencies.

The event will also feature marine flare demonstrations, CPR demonstrations, and firefighting demonstrations as well as static boat displays presented by the other agencies of the Consortium, an organization formed to promote, coordinate, and evaluate marine search and rescue efforts on the waterways of St. Johns County. Anticipated agencies displaying boats are the U.S. Coast Guard, St. Johns County Sheriff's Office, St. Johns County Fire-Rescue, City of St. Augustine Police and Fire Departments, the Florida Fish and Wildlife Conservation Commission, and U.S. Customs Border Protection.

Members of the general public as well as the boating public are invited to come and observe up close the safety, rescue, and interdiction equipment regularly in service on our St. Johns County waterways.

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St. Augustine Shores *Club News*

Travel Club

By Peter Dytrych



Join us for our FREE travel club get together. It will be held on Tuesday, May 7, 2013, at 3:00p.m. at the Southeast Branch Library. The feature of the afternoon will be Amsterdam, The Netherlands

The main focus of the Club is to ed-

ucate, inform, and enjoy armchair travel. The Travel Club is open to all St. Augustine residents, free of charge. We also would be happy to help you plan your trips to any destination as a free service of our expertise. Group travel can be arranged if enough members are interested.

Your host is Peter Dytrych. Call 904 797-3736 for additional information.

Writers In The Shores

By Donna Johnson

The May meetings for Writers in the Shores will be on Tuesday the 14th and again on the 28th. The chosen subject "The Challenge of Tomorrow" was suggested for this month's topic to write about on the 28th.

Come and check us out, everyone is welcome and we would like to invite anyone who loves to write. You do not

have to be a member.

We meet the 2nd and 4th Tuesday of each month at 1:30 pm here at the Riverview Club Library. We are a casual group who enjoy sharing their work and related discussion with each other. There are no officers, dues or requirements. All genres are encompassed. For information call me at 794-0789.

May Activities At The Riverview Club

ACTIVITIES MEMBERS:

Sunday May 12th - **TRANSPLANTS CARD PARTY** 4:00 P.M. Bring table snack. For information call Jodi Smith 599-308.

Tuesday May 21st - **SINGLES-COOKOUT @ Riverview Club.** 12 Noon. The members will be called. For information call Margaret Hand 794-4698.

BILLARDS - Monday, Wednesday & Saturday at 9:00 A.M. Tuesday & Thursday at 1:00 PM

BINGO - Wednesdays at 7:00 PM

A minimum purchase of three cards at one dollar each is required. Ten games of two parts each are played and all monies are returned to players.

BRIDGE - Monday, Wednesday & Friday at 12:30 PM

BRIDGE LESSONS - Mondays at 10:30 AM.

CHICAGO BRIDGE - Thursday at 12:30 PM. Tuesday at 7:00 PM. Must have a partner to play. Info Nancy Willis 794-1855.

EXERCISE TEACHER-Tuesday & Thursday at 10:00 AM. Donation at door

FRENCH CLASSES - Conversational French on Thursdays at 3:00 PM with Micheline Sterling.

LINE DANCING- Wednesday at 10:00 AM.

MAH JONGG - Tuesday at 1:00 PM and Wednesday at 10:30 AM.

PENNIES FROM HEAVEN CANASTA- Monday 10:00 A.M.-12 Noon. For information and to sign up call Jean Haggerson 794-9443.

TAI CHI- Wednesdays at 5:00P.M. An ancient Chinese discipline of meditative movements practiced as a system of exercise. It is not strenuous. The instructor will be

teaching for beginners. Wear comfortable clothes. \$2.00 per person.

YOGA - Monday, Wednesday and Friday at 9:00 AM and Monday at 7:00 PM. Tuesday at 8:30 A.M.

CHAIR YOGA - Friday @ 10:45 A.M. Additional mobility for those who have a hard time with the floor exercise. Wear loose comfortable clothing and bring a mat.

DANCE MEMBERS:

Saturday May 4th - **EARLY DANCE SOCIAL - SATURDAY** Music by Frank Saffi 9:00-10:00 PM Hosts: Ed & Marcia Farrell. Registration April 30th and May 2nd from 9:00-10:00 A.M. Dance Members and houseguests \$5.00; non-members \$10.00

Sunday May 19th- **MAIN DANCE SOCIAL** Music by Nostalgia 6:00-9:00 P.M. Hosts Joe & Nancy LaPaglia Registration May 14th & May 16th from 9:00-10:00 A.M. Members and houseguests \$5.00; non-members \$10.00

All dances are BYOB and snacks. For information 794-2000.

ALL MEMBERS:

DANCE CLASS - Thursdays at 2:00 PM. Members \$2.50 per person, Guest \$3.50. Call Dennis Salvati 461-6782.

REC ASSOCIATION MEETING: Second Tuesday of the month at 11:30 AM.

"PENNIES FROM HEAVEN" CANASTA. Learn to play a new and challenging Card Game. Jean Haggerson will be giving lessons from 10:00 A.M.-12 Noon at the Riverview Club. All are Welcome to join. For information call Jean at 794-9443.

For information on any of the club activities please call 794-2000.

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Ask Mow?

Answering Questions About Homeowner Lawn Equipment. Featuring "Mow"

St. Augustine Power House Spokesperson.

Hello readers and welcome to another edition of "Ask Mow". During the past few weeks we have heard some outrageous stories regarding mower accidents, they just make us sick. At the Power House we are all about safety. Isn't that right Mow?



Yes absolutely. Remember the incident last year at Power House? We had a full blown Scag Zero Turn Radius <ZTR> Mower turn itself straight up while loading it on a trailer. Still gives me the chills when I think of what could have happened, that mower weighed over 1000 lbs. The man was watching over us that day.

What's the best safety tip we could discuss this month Mow?



The most important factor for safety is really simple. Two words. Common Sense. Granted that's asking a lot from some, but those simple words are long forgotten for most accidents that happen. People being stupid are generally the case. Here are a couple of things to consider. Never mow your lawn wearing flip flops. Never ever disconnect any safety switches that are factory installed on a mower. Not only is that wrong but imagine the trouble you would be in if you injured someone else. Now I ask you, is it worth it?

Why would someone disconnect a safety switch Mow?



Generally what we see at the Power House are units that have been altered because the customer is annoyed that the mower shuts off when they don't want it to. Like if there is an obstacle in the way of mowing and it needs to be moved, they don't want to re-crank the mower. That's just lazy. The safety system was put on there for your protection. Granted some people should have to take a test first to use lawn equipment but they don't so that's why the manufactures have safety systems in place.

How does the Power House handle these situations of disconnected safety systems?



Good question. First of all if a unit is brought in for repair and the safety system has been altered, we give the customer two choices, one we repair the mower and attach the safety system back to factory settings, or two they can take the mower back home. We will not release a unit back to a customer if the safety system is not functioning to factory settings.

That's all the time we have this month, so until next month, remember St Augustine Power House is located at 125 Pope Road. Visit us at www.staugpowerhouse.com and if you have any questions for Mow email him askmow@staugpowerhouse.com. In closing we realize that this safety system issue is one of major concern, we do not take it lightly. Safety first always!

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Manual Physical Therapy

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

At First Coast Rehabilitation we provide physical and occupational therapy using a manual approach. Patients often ask me to explain what it is, why we practice this way and what the advantages are.

Physical and Occupational therapists are trained and therefore use a variety of skills to examine and treat problems of dysfunction and pain. Manual therapy is a hands-on approach focusing on finding the cause of the dysfunction as well as addressing the symptoms. When using a manual therapy approach, our goal is to permanently solve the core issue causing the dysfunction and/or pain. Even chronic conditions can be greatly alleviated with this solution-oriented approach. It's like continually putting air in a leaky tire (the symptoms) versus fixing the leak (the problem).

When using manual therapy, our first objective is to identify the cause of the dysfunction. This is done by performing a thorough, dynamic structural examination, which provides information not always evident on a static radiograph/x-ray, MRI or stationary test. A dynamic exam is a biomechanical assessment, specifically targeted at the working or non-working relationships between the body's components – joint and muscle controlled by a nervous system.

Some physical/occupational therapists prefer to immediately prescribe exercises for a given problem. Manual physical and occupational therapist use their hands (and some equipment) to correct the cause of the problem first by loosening stiff joints, soften tight/painful muscles using myofascial manipulation and restoring function by facilitating

correct movement patterns. Tactile cues can help patients learn how to move properly again.

Manual therapy is effective when treating patients with a multitude of either orthopaedic or neurological problems – general aches and pain to post surgical recovery – any age and any part of the body. Application decisions are made based on stage of condition, the type of tissue involved, the reactivity of the patient and the tissues involved. It is beneficial where motion is restricted or painful movement resulting in decreased function.

To achieve optimal results, manual therapists combine the hands-on treatment with strengthening and flexibility exercises. Manual therapy training, particularly achieving manual therapy certification, is above and beyond entry level training. If you would like to see if your therapist is a manual therapist go to: APTA.org. Many of the therapists from First Coast Rehabilitation are listed there. For more information regarding physical therapy, occupational therapy and the manual approach – call First Coast Rehabilitation.

Rob Stanborough is a physical therapist serving St. Augustine for over 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.

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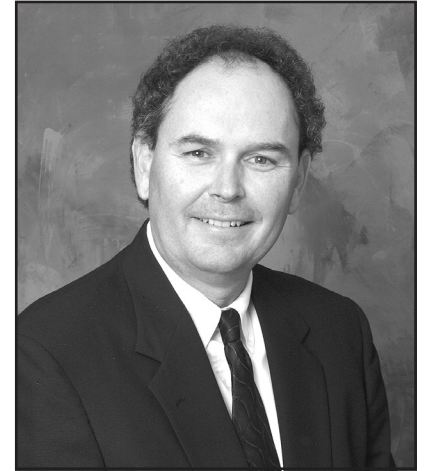
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Annual Letter Carriers Food Drive Is May 11th

On Saturday May 11th 2013, letter carriers in 10,000 cities and towns across America will deliver much more than mail when they walk and drive their postal routes. They also will collect the goodness and compassion of their postal customers participating in the 21st annual Letter Carrier Food Drive- the largest one day food drive in the nation.



The effort of letter carriers, with the help of rural carriers, other postal employees and numerous other volunteers has resulted in the delivery of well over 1 billion pounds of donations to community food banks and pantries over the past 20 years. In St. Johns County 57,485 pounds of food were collected and delivered to local food banks in 2012.

More and more families all across the nation are turning to food banks for assistance. Our neighbors need our help

now more than ever before. We would appreciate your assistance in promoting our annual food drive to help "Stamp out Hunger" here in St. Johns County, and across the nation.

All residents need to do is place a box or can of non perishable food next to their mailbox before their letter carrier delivers the mail on Saturday, May 11th. The carrier will do the rest.

Shores Residents....Send Us Your News. Send your news about what is going on in the Shores to the Shores Observer. E-mail clifflogsdon@att.net.



Chef's Corner

By Matt Coan

Beef...It's What's For Dinner

April is still cool enough in Northeast Florida to enjoy a delicious beef stew and since many Professional Chef's have a deep seated gastronomic hope that after the Mediterranean hubbub dies down, Americans will pay a little more attention to the superb cuisines of *northern* Europe. This delicious stew, based on an idea from Belgian cuisine, is cooked with beer. Now, **not any beer will do**. Make sure to pick a dark beer that is full-flavored, but not too bitter; Brooklyn Brown Ale from Brooklyn Brewing Company is an ideal choice.

Try this Beef Stew recipe for your next family get together or dinner party. Don't scoff at the prunes, the beer and the prunes combine well and produce a wonderful "depth of flavor."

Carbonnade of Beef with Prunes (serves 4 to 6)

- 5 T vegetable oil
- 3 pounds boneless beef chuck for stew, cut into 1 inch cubes
- 2 teaspoons kosher salt
- 1 teaspoons freshly ground pepper
- 2-3 large yellow onions, cut into one inch slices
- 1 C beef stock
- 1 C pitted prunes, quartered
- 1 scant teaspoon dried thyme
- 2 bay leaves
- 8 sprigs fresh flat-leaf parsley, torn into pieces, plus 3 T finely chopped parsley for garnish
- 4 whole cloves
- 3 C amber or dark beer (not porter or stout)

1. Preheat oven to 325
2. In a deep, ovenproof kettle with a tight fitting lid, heat 3 T oil over moderately high heat. Dry the meat thoroughly and sprinkle with 1 teaspoon of the kosher salt and one half

of the black pepper. You can also toss the beef with a bit of flour if you like. Sear the meat in batches until deep brown, about 2 to 3 minutes per side. You do not want to crowd the meat in the pan or it will not color properly! Remove the meat with slotted spoon and set aside. Add the remaining oil and onions, and sauté onions, stirring frequently, until nicely caramelized, about 7 to 8 minutes. Set onions aside.

3. Increase heat to high and deglaze the pan with the beef stock, scraping the bottom of the pan with a wooden spoon. Boil for about 5 minutes, until stock is slightly reduced. Turn off heat.

4. Put a layer of beef on the bottom of the kettle, followed by a layer of cooked onions. Sprinkle the top with half the prunes, half the thyme, and half a teaspoon of salt. Repeat this process and sprinkle the top with the remaining ground black pepper. Place the bay leaves, parsley sprigs and cloves in a piece of cheesecloth and tie off. Place the mixture in the center of the stew.

5. Pour beer over the stew and bring to a boil. Cover the kettle with the lid and place in the oven. Cook for 1 hour and 45 minutes, and check the meat for doneness. (Meat should be fork tender but not falling apart. The stew might take another 15 minutes.)

6. Remove cheesecloth and discard, adjust the seasonings, and sprinkle with the parsley garnish just before serving.

Carbonnade can be made up to several days ahead. Cool and refrigerate, tightly covered. Bring to room temperature and warm gently. Garnish with parsley.

Serve with buttered egg noodles and a fresh green vegetable and **Enjoy!**



The Corner Garden

By Susanne Murphy, President
The Poinsettia Garden Club

Spring Is Here!

Here are some tips for your Spring garden:

- Repair dead or damaged spots in your lawn with sod, plugs or seedings. Keep lawn watered well, if the weather is dry.

- This is the month to begin mowing lawns. Sand may be applied to uneven areas of the lawn for leveling. The sand should not be more than 1 inch thick, or it may damage the lawn.

- Begin watching roses for black spot fungus disease, small black spots on the leaves. Control by spraying every 7 to 10 days with a fungicide.

- If the weather is dry, water your lawn.

- Recycle grass clippings by not catching them in when the lawn is mowed.

- Divide over crowded fall flowering perennials and bulbs.

- Vegetables to plant: Cantaloupes, cucumbers, eggplant, kohlrabi, sweet potatoes, summer squash, tomatoes, turnips and water melons.

- Annuals to plant now: Celosia, coleus, coreopsis, crossandras, dusty miller, exacums, gaillardias, gazanias, hollyhocks, impatiens, kalanchoe, lobelias, Marguerite daises, marigolds, nicotians, moss rose, rudbeckias, salvia, streptocarpus, Sweet William, torenias, verbenas and periwinkles.





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 May 22nd - **Navy Pride** - R/R - Coquina Beach Surf Club
 May 29th - **Those Guys** - Classic R/R - South Beach Grill
 June 5th - **Amy Alyssia & the Soul Operation** - Motown R & B
 Amici's Italian Restaurant
 June 12th - **Funk Shui** - R/R - Mango Mangos
 June 19th - **Rob Peck & Friends** - Classic Southern Blues
 Paula's Beachside Grill
 June 26th - **Steam the Band** - Motown Review
 Napoli Italian Restaurant
 July 3rd - **The Falling Bones** - Classic R/R - Purple Olive

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News From Around St. Johns County

Coast Guard Offering Boating Safety Classes

Flotilla 14-7 of the Coast Guard Auxiliary has announced its 2013 public boating course schedule.

All courses are offered at the St. Augustine Campus of St. Johns River State College, 2900 College Drive (off SR-16), St. Augustine. Students must register prior to any classes by contacting Vic Aquino at (904) 460-0243.

About Boating Safely – Is a day-long comprehensive boating class for both beginners and experienced boaters that will give the participant the knowledge needed to obtain The Florida Boater's Card. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete this course. Topics include: Introduction to Boating; Boating Law; Boat Safety Equipment; Safe Boating; Navigation Aids; Boating Problems; Trailering, Storing, and

Protecting Your Boat; River Boating, and Water-skiing. The course is offered from 7:45 a.m. to 4:30 p.m. on May 4th, August 3rd, September 7th and November 2nd.

How to Read a Nautical Chart – Is a 4-hour course that will provide the student with the knowledge to interpret the nautical chart's contents in order to navigate safely to their destination and return to port. Text and training chart are included. The course is offered from 8 a.m. to Noon on April 6th and June 1st.

Suddenly in Command – Is a boating safety primer designed for those not generally at the helm to help them to be prepared with the basics in the event of an emergency such as the captain becoming incapacitated. This course is offered from 1 p.m. to 4:30 p.m. on April 6th and June 1st. Visit <http://www.uscgaux.info/content.php?unit=070-14-07>.

BEACH FITNESS WORKSHOP

The Florida Department of Environmental Protection's Anastasia State Park, in conjunction with the Friends of Anastasia will offer a Beach Fitness Workshop. It will take place in a relaxing, peaceful, outdoor environment. Its on April 20, 2013 and continue each Saturday from 8 AM to 9:00 AM morning until May 25, 2013. Classes are 1.5 hours long and include one session of: Tai Chi, Zumba, Pilates, Yoga, Personal Trainer, and an Alternative Health/Naturalist Nutritionist to close out the series. Six weeks, six individual classes, all for sixty dollars or \$15.00 per class.

Registration fees will go toward the fundraising effort intended for playground restorations and upgrades. One of the continued goals for The Friends of Anastasia State Park in the year 2013 is to refurbish and upgrade the current playground that is located within the park across from the Island Grill and Sea Turtle Pavilion.

If you have any special needs, please contact park staff at (904) 461-2033 before your arrival. Suggested items to bring include water, comfortable shoes, sunscreen, and yoga mats. For more information, visit www.floridastateparks.org.

7th Annual Sea Turtle Festival

Sunday May 19th

Keepers of the Coast will host the 7th Annual Sea Turtle Festival Sunday, May 19th, 2013, from Noon to 5 p.m. The event will take place in downtown St. Augustine at the City of St. Augustine Municipal Marina, 111 Avenida Menendez. There is a suggested donation of \$2.00/person, all proceeds to fund annual local beach clean-up efforts and summer education activities in St. Johns County.

The family-oriented festival will feature live music, conservation and wildlife education tables, arts and crafts vendors, a silent auction, food and beverages, and "Keeper's Cove," an interactive children's program. Last year, over 1,000 people attended the afternoon event. Jacksonville area trio, Grandpa's Cough Medicine will headline the musical performances and other featured artists include Chelsea Saddler

and Aslyn and the Naysayers. Food vending and Sweetwater beer will be available for purchase.

The Annual Sea Turtle Festival is the best way to experience every aspect of Keepers' mission and will be a terrific, family-friendly fun day. Join the organization and other local businesses as they work to preserve area beaches and endangered wildlife. One of the primary goals of the event is to educate youth on protecting their coastal environment, which is vital for the future health of all species. There are Festival sponsorships available, ranging from \$100.00 - \$2,500.00 for

those businesses that are interested in partnering with Keepers of the Coast.

Parking for the event will be on a first come, first serve basis and is available free of cost at downtown public parking areas.

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Tips On Buying Life Insurance

By Jane Tucker, First Florida Insurance

Life insurance protects your financial future. It provides the resources your family or business may need to pay immediate and continuing expenses when you die. There are different types of life insurance and choosing a policy is an important decision.

Make sure that you fully understand any policy you're considering and that you're comfortable with the company, agent, and product.

Ask for outlines of coverage so you can compare the features of several policies.

Check with your state insurance department to make sure the company and agent are licensed in your state.

Look for a company that is reputable and financially strong. A number of insurance rating services rate the financial strength of companies. You can get such information from your agent, public or business libraries, or on the Internet.

Beware of offers for "free" life insurance. Investors may approach some seniors to offer them money to buy life insurance and then sell the policy to the investors. The investors expect to profit by receiving the death benefit when the senior dies. Often called stranger-originated life insurance, legislators and regulators are concerned about these transactions because they violate public policies against wagering on human life. Also, there may be hidden pitfalls, such as unexpected taxes, fees, and loss of privacy.

Always answer questions on your life insurance application truthfully.

Be sure your application has been filled out accurately. Promptly notify your agent or company of errors or missing information.

When you buy a policy, make your check payable to the insurance company, not the agent. Be sure to get a receipt.


Contact the company or agent if you don't get your policy within 60 days.

Always check the date the insurance becomes effective.

Keep your life insurance policy with your other financial records or legal papers, or anywhere your survivors are likely to look for it. However, don't keep your policy in your safe deposit box. In most states, boxes are sealed temporarily on the death of the owner, delaying a settlement when funds may be needed most.

Review your policy periodically or when a major event occurs in your life—such as a birth, divorce, remarriage, or retirement—to be sure your coverage is adequate and your beneficiaries are correctly named.


First Florida agents invite you to take their "Quote Challenge." Call First Florida to discuss your current policy coverages. Their goal is to be certain you have the absolute best rate for which you qualify. Call 808-8600, click on www.firstfloridainsurance.com, or come by to visit one of First Florida's friendly agents.



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Come have a “Taste of the Beach”! The St. Augustine Beach Civic Association is sponsoring the 8th Annual “Taste of the Beach” to be held on Sunday, May 19, 2013 at the St. Augustine Pier and Pavilion from 12:00 pm to 6:00 pm. Our local restaurants within the beach community will be featured.

Fifteen island restaurants will be participating and serving in the pavilion at St. Augustine Beach. Tickets are sold for \$1 and guests will use these to purchase taste size portions. Each restaurant will individually decide on pricing per taste (between \$2 and \$5), and there will be a wide variety of “tastes” on display for guests.

In addition, Kenyon Dye and his online interactive Piano Bar, will entertain from 12:00-6:00. Sodas, water, beer and wine will also be available for sale.

The Community will vote for the “People’s Choice.” Celebrity judges will decide which restaurant has the “Best Appetizer; Best Dessert and Best Entrée. Of course, the restaurant to be named the “Judges Choice” will also be decided by our celebrity judges. The winners will be awarded their trophies near the end of the event. The five celebrity judges are:

- St. Augustine Beach Mayor, S. Gary Snodgrass
- St. Augustine Beach Police Chief, Robert Hardwick
- Public Works Director, Joe Howell
- Tourist Development Director, Glen Hastings
- Council on Aging Director, Cathy

Brown

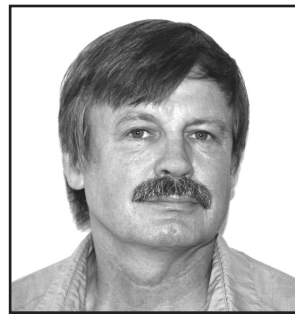
•Scenic A1A Director, Sallie O’Hara

A portion of the proceeds from the event will go to support Betty Griffin House. As a private, nonprofit agency, Betty Griffin House provides emergency shelter to abused women, men, their minor children. Others support services available to shelter residents and non residents include a 24-hour crisis hotline, individual and group counseling, forensic / medical rape exams, and legal assistance. Confidential individual and group counseling are available in all parts of St. Johns County including, Hastings, Ponte Vedra Beach, St. Johns, St. Augustine and St. Augustine Beach. For more information or to make a donation, visit their website at www.bettygriffinhouse.org

Participating Restaurants include: *Amici’s Italian Restaurant, Beach Garden Restaurant, Café Eleven, Coquina Beach Surf Club, Gas Full Service, Mango Mango’s, Napoli’s Italian Restaurant, Panama Hattie’s, Paula’s Beachside Grill, Purple Olive, Red Frog & McToads, Ripe Bistro, Sea Oats Café, South Beach Grill, and Sunset Grille.*

If you or someone you know is being abused, please call our hotline at (904) 824-1555. Please be advised there will be a shuttle bus running from Anastasia Square Plaza, at 1961 A1A South, to the Pier Pavilion from 12:30 pm – 6:00 pm.

For further information, please contact St. Augustine Beach Civic Association at 904-347-8007, 904-471-1686 or www.TheCivicAssociation.org.



Computer Corner

By Gary Herrick, Computer Professor
mainely2@bellsouth.net

Watch out for Overheating

Greetings from Computer Professor. The summer is here and most of us do our best to stay cool, we all know it is not good for us to get overheated. Did you know it is just as bad for your computer to get overheated?

Your laptop or desktop can get overheated while you sit there, nice and cool. I am sure, if you were trying to cool off, you would not wrap yourself in blankets, sit in a hot closet or block the air-conditioning vent of the room. Sound silly; yet we are doing these things to our computer. We overheat laptops the most; they should not even be called laptops. The only cooling for the extremely hot processors inside the laptop is from a fan inlet/outlet on the BOTTOM of the laptop, you know, that surface you are blocking while it is on your lap or the bedding you have it sitting on. Since cooling is extremely important for a computer it has one

or more powerful fans that are always pulling in every dust or lint particle floating anywhere near the computer, not much of it makes it back out – gee I wonder where it is? All that lint makes a great blanket. Do you have a desktop in a nice closed cubby area of your desk? Hot closet anyone?

I see many businesses often make an even worse mistake. Leaving computer on all the time is not a bad thing for them, IF power and temperature is stable and cool; but when a business turns off their air-conditioning for the weekend, the computer get really hot only to get a blast of cold air come Monday morning, instant moisture. I assume everyone knows electricity and water does not play well together.

Don’t even get me started about how ruff some laptops are handled – losing hard drives are you? Take care of them and they will last longer.

Masters of Hope Fundraiser World Golf Hall of Fame

In an ongoing effort to bring greater awareness to sexual assault and child abuse, Betty Griffin House held a fundraiser coordinated by Linda Flahardy and her committee at the World Golf Hall

of Fame on April 9th. The event was golf themed with a putting contest and simulator swing contests for the guests to test their golfing abilities. William Mayhem, the Pirate Magician entertained guests with magic as the Mike and Jay Duo played music for all to enjoy. More than 60 silent auction items were sold and everything was colored in teal supporting April as Sexual Assault Awareness Month. (see page 2)

Betty Griffin House has numerous resources available to help victims of sexual assault, throughout St. Johns County. Sexual assault is any unwanted sexual contact from another individual, including rape, fondling, sexual harassment and stalking.

Last year, Betty Griffin House provided 2,000 crisis interventions to victims and their significant others; accompanied 31 survivors to medical exams, law enforcement interviews and

court appearances; provided individual and group therapy to 110 clients; gave presentations to more than 5,524 students and county residents.

Betty Griffin House offers free, confidential, bilingual services for all victims of domestic and sexual abuse in St. Johns County, 24-hours a day, seven days a week at 904-824-1555. Check out our website www.bettygriffinhouse.org, become our fan on Facebook and follow us on Twitter @BGHStAug.



Above Top: Malinda Everson, BGH Development Director; Joyce Mahr, CEO and Jennifer Blay, Board Member. Above Bottom: Jody Sutton, Director of Events and Special Projects at the Hall of Fame; William Mayhem, Pirate Magic.

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St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

Internet Safety Information

The Internet is such a fascinating place to learn, work, and even play for both adults and children alike. But it can also be a dangerous place for children if they are not taught about Internet Safety. The challenge for parents of children using the Internet is to stay "one-click" ahead of would-be pornographers, hackers, child-predators, and anyone who would misuse your and your child's sensitive information. I am hopeful that the information contained in this column will enlighten you and get you the resources you may need on matters pertaining to the Internet and computer crimes.

Here are some helpful tips for parents. Learn about computers so you can monitor your child's use of them. Spend quality time with your children, thereby reducing their dependency on computer technology for recreation, communication, and companionship. Keep your family computer in a common area of the house. Don't EVER allow a child to give out personal information on-line, not real name, address, or phone number. Don't allow a child to meet someone face-to-face they have met while on-line. Remember that people on-line may not be who they seem, a "12-year old girl" may actually be a "40-year old man." Though they are not fool proof, consider purchasing and installing a pornography blocking software package. Periodically check the Web sites your children are visiting and look at files they are storing. If you become aware of the transmission, use, or viewing of child pornography while online, immediately report this to your local law enforcement agency or the U.S. Customs Cyber Smuggling Center at 1-(800) BE ALERT or by e-mail at icpicc@customs.treas.gov.

I would like to pass along some tips for you to discuss with your children that use the Internet. Never give out personal information such as your address, telephone number, parent's work

address, or telephone number or the name and location of your school. Be sure to tell your parents if something that you come across on-line makes you feel uncomfortable. Never agree to get together with someone you "meet" on-line without your parents' permission. If your parents agree to the meeting, be sure to meet only in a public place and that your parents go with you. Never respond to messages or bulletin board items that are suggestive, obscene, belligerent, threatening, or make you feel uncomfortable. Give a copy of such a message to your parents and have them forward it to your Internet Service Provider. Never send pictures of yourself or any other personal material to a friend you meet on-line without telling your parents first. Be sure to follow the rules that your parents set for your on-line activities.

There are places on the Internet that are for adults only. If your child finds themselves in one of those areas, guide them to leave immediately and go to one of the cool places on the Internet for kids. Don't give out personal information about your family situation, school, telephone number, or address. If someone harasses you on-line, says anything inappropriate, or does anything that makes you feel uncomfortable, tell your parents right away.

Here are some helpful links for parents to Internet Safety: www.getnetwise.com; www.theinternetandyourchild.org; www.learnthenet.com; and www.missingkids.com. I hope that these tips will help you and your family has a good and useful experience with the World Wide Web. For additional tips on Internet Safety as well as general Crime Prevention please go to the St. Johns County Sheriff's Office website at www.sjsos.org. There is a world of information available and please feel free to contact me anytime at my e-mail address at dshoar@sjsos.org.



Real Estate Corner

By Will Russell, Licensed Real Estate Agent
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'Is Now the Time to Sell and/or Buy?

As a licensed real estate agent with Endless Summer Realty, my customers always ask me "is now the time to buy and/or sell or should I wait?" This is a great question. It is also one that is not always easy to answer because every buyer and seller is different and because I am not a fortune teller. However, there is some standard information that I impart to my clients to help them make an informed decision. This standard information relates to current home values, real estate market, and mortgage rates and programs.

With that said, the St. Augustine real estate market is currently trending upward at a remarkable rate. Homes are being listed and are selling very quickly. According to RealEstate.com, the average number of days properties have been listed is 73. This is significantly shorter

than the national average. Additionally, sale prices of homes in Saint Augustine have increased by 19.49% since January 2013. Simply put, homes in Saint Augustine are selling faster and for more money than in the recent past. Couple the active real estate market with historically low mortgage rates and one could find him/herself in the ideal situation to buy and/or sell a home.

So until next time, remember if you are considering buying or selling a home and would like to discuss your options please contact me anytime at (904) 814-7305 or via email at Will@EndlessSummerRealty.com.

Will Russell has lived in St. Augustine for over 25 years. He currently lives in the St. Augustine Shores with his wife and four children.



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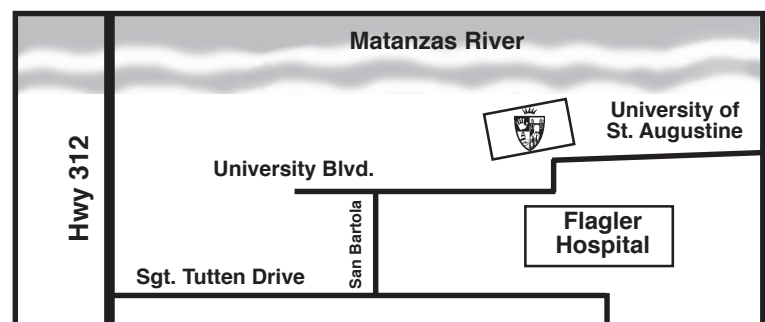
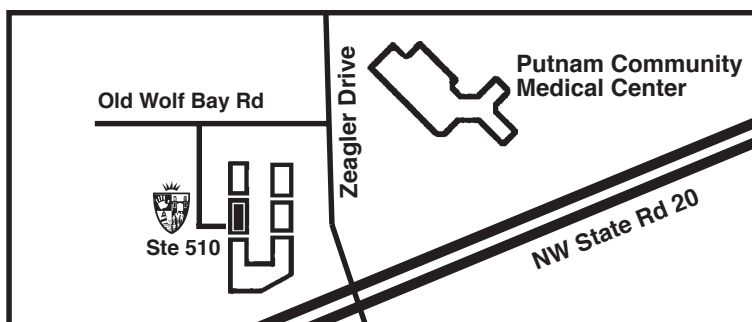
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