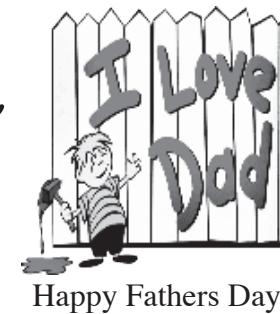




St. Augustine Shores OBSERVER



NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE SHORES

2013-2014 Service Corporation Board



Left to Right: Jerry Zinn, Jim Priester, Sue Chitwood (Secretary), Winston Burrell (President), Claire Lorbeer (Treasurer), Lance Conner (Vice President), Joe Smith (General Manager)

The annual meeting of the St. Augustine Shores Service Corporation was held at 10 a.m., Friday, May 3. The notification and proxy signature pages were mailed to home and property owners as per order of the Policy and Procedures of the organization. Weather conditions caused the attendance to be less than normal. A quorum of voting residents was recognized by Board President Jerry Zinn. Votes and Proxy returns were all counted by the Election Committee.

Current Directors Alan Baker and Nancy Willis did not choose to remain in their positions on the Board of Directors. The two (2) newly elected Directors are Sue Chitwood and Jim Priester. They will serve two (2) years terms. As per history of the Annual Meeting, the meeting was recessed while the new directors held a brief meeting to elect offers for the coming year.

Homes by Deltona Ribbon Cutting Ceremony at San Savino



On Thursday, April 18th, Homes by Deltona hosted a very successful Chamber of Commerce Ribbon Cutting Ceremony at the San Savino Sales Center. Over 50 happy attendees enjoyed tasty Hors d'oeuvres, a wine and beer bar as well as tours through the Designer Décor Models. Many of the professionals had not yet had the opportunity to visit a Homes by Deltona site and there were a number of conversations buzzing around about how everyone was so impressed with the quality of construction and the caliber of the high end finishings experienced in this Homes by Deltona site of San Savino. A number of guests were pleased to learn that Homes by Deltona has four other home sites available for sale and to be built within the St. Augustine vicinity.

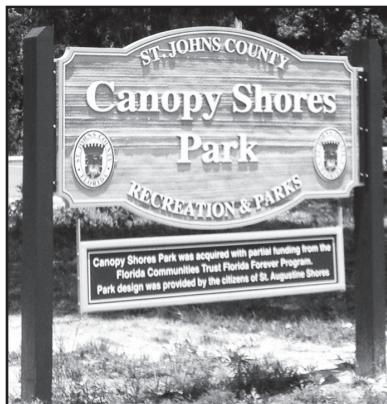
Homes by Deltona, a division of the Deltona Corporation, is a Florida homebuilder that specializes in creating communities where residents can enjoy "Florida living" to its fullest. The company offers a variety of lifestyles from which to choose. In World Golf Village, there are choice coach homes at Laterra Links located on the front nine of the King & Bear Golf Course or spacious townhomes at Isles of the World, featuring private garden courtyards and separate guest suites. In the St. Augustine Shores, San Savino offers custom built single-family homes with summer kitchens. For low maintenance condominium living, choose from elegantly appointed residences at Portofino or Mediterranean-styled town homes or flats in Grand Ravine in south St. Augustine.

All Homes by Deltona Sales Centers are open Monday – Saturday 10 am – 6 pm and Sunday 12 noon – 6 pm. For more information please visit their website www.homesbydeltona.com or call 904.794.7900.

Canopy Shores Offers Retreat and Recreation Area

Don't tell everyone, but there is a great private style retreat right here in the St. Augustine Shores area. Canopy Shores Park was established and opened in early 2012. The land where the park is located was purchased with partial funds from the Florida Communities Trust Florida Forever Program.

Some Shores residents have found this just the place for a walk any time of the day. The large oaks and native trees filled with Spanish moss offers a very large canopy to block the sun rays and



light mist of rains.

Entrance and Exit to the .7 mile walk path is from the parking lot on Christina Drive next to the Riverview Club. Although the traffic pattern registers a large volume of vehicles pass this location each day, the number of residents using the walk path is relative low in volume.

Just a few steps off the paved pathways, there are at least six (6) rest area benches near various Exercraft All-Weather pieces of exercise equipment. The equipment includes equipment from cross country (see page 7)

What's Inside The Observer This Month...

- **News From Around the Shores: Aragon Park Closed Affordable Care Act Seminar July 4th Sprinkler 5K**
- **Chef's Corner: Tasty Mini Beef Wellingtons**
- **Computer Corner: Watch out for Overheating**
- **Health Update: Age - just a matter of time**
- **Anastasia State Park Hosts Annual Beach Bash**

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The Shores Observer
1965 A1A SOUTH #180
St. Augustine, FL 32080-6509

The St. Augustine Shores Observer

is published monthly for residents of St. Augustine Shores, 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: Moving, must sell pickled oak beveled glass end table & coffee table \$60, entertainment center \$50, computer desk \$50, 3 lamps \$5 ea, wall sconces \$10, wooden file draw cabinet \$40, love seat glider and ottoman \$150, 2 small green 2 drawer chests \$10 ea, indoor/outdoor round table & 4 cushion chairs \$100, queen size sleeper couch \$75, 3 piece high top outdoor bistro set \$35, large wooden top with basket storage table \$25, Microwave oven \$20, Double bed box springs & mattress \$25, walnut occasional table \$40, walnut caned tub chair \$5, white bookshelf \$5, 42" HD TV with entertainment table \$50, green leather lazy boy recliner \$50. Call 797-8658.

FOR SALE: Beautifully framed tropical bird picture bought at Tropical Rattan. Measures 22" wide x 28" high. The mat is also printed in a tropical scene. Very attractive. \$40.00. Can send photo via email. Call 797-3736.

FOR SALE: Two very unique night lights; one is a pineapple and the other is an alligator. Bought at Tropical Rattan. They both have on/off switches at the cord. Stained glass type. Pineapple measures 10" high x 5" wide. Alligator measures 14" long x 6" wide. Really beautiful and unique. \$30.00/pineapple; \$45 alligator. 797-3736

FOR SALE: Full size mattress set with support frame, little use \$65. White china decorator lamp \$35. 35 cup coffee urn \$20. Mirror, 40" x 60" frameless with beveled edge circa 1950, excellent quality priced to sell at \$189. Coffee urn, 35 cup \$15. Two antique ivory arm chairs with cognac cotton velvet seats and backs \$350 ea. Silverplate flatware by Rogers, "Eternally Yours" excellent condition \$189. Pennsylvania House cherry oval dropleaf coffee table, like new \$169 (\$450 ecrater). Original oil paintings and drawings by local artist. Call 794.2594.

FOR RENT: Fairview Condo, 2 BR/1Bath, upstairs, no pets, pool, \$700 per month. Call 471-7596.

FOR SALE: Microwave oven \$30 - Sharp, white, 20" w X 12" high X 16" deep - output power 900 w - works well. 904-797-393.

FOR SALE: Espresso wicker dresser/armoire \$50; 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; artist's floor easel \$25; vintage Lane coffee table, good wood, 20x48 \$35; computer desk 24x47, good cond., \$20. (9) Gallery wrapped canvases, varying sizes up to 30x40, all for \$100. Call 797-9089 and lv. message.

FOR SALE: (1) A white kitchen table with 4 chairs for \$50.00, (2) sofa and love seat that is only 4 months old that is a light tan/gray color and it comes with throw pillows. I paid \$1500.00 for it but will sell it for \$900.00, two glass end tables and a glass coffee table that I will include in the price of the sofa and love seat, (3) Baker's Rack for sale for \$75.00, (4) meat slicer for \$50.00, (5) 2 small wooden tables for \$10.00 each. Call Kimberly Victoria at 904-806-1348 or 904-794-1727.

FOR SALE: (1) 7 drawer brown dark wood Executive Desk \$59 (2) Porch/Patio all weather white round 42' metal table and chairs \$125 (3) Whimsical wood painted decorations for top of kitchen cabinets/hose/patio. Various sized & themes \$9 each. (4) Curio/plant stand, Chrome & glass, 2 shelves 35"/12"/12" (5) Glassware-French crystal-Brandy, cordial, dasset, champagne. 8 each \$2 per stem (6) Broadcast spreader for seed fertilizer, used once, 10,000 size \$40 (7) Stand for TV, audio, or storage. Two shelve sturdy wood. 26"/25"/17" \$39 (8) Spice rack with bottles, wall mount, 2 shelves, 2 drawers \$14 (9) Metal walker, new with tags still attached \$45 (10) 1 gallon wet vacuum \$15 (11) Garage work station with door. 2 shelves. For tools etc. \$35 (12) Metal shelves for storage- various sizes (13) Kitchen standing mixmaster, locking aluminum cake cover, bundt pans (14) Various book cassette tapes, trillers, adventure, etc. \$1 each (15) Kitchen Buffet-18th century recreation, mahogany wood, dove tail construction and detailing 34"/50"/20" \$275 call 904-797-5879/

FOR SALE: Automobile Tow Dolly, very good condition, 6,000 lb. capacity, new LED lights. Kar Kaddy SS by Demco. \$800. Call Ray 904-495-8034.

FOR SALE: 2 decorative curtain rods, bronze colored, with nice finials. Bought at Bath & Beyond. Used in greens II Condos sliding doors in Master bedroom and living room. \$30 for both. Call 904-797-3736.

Second Harvest Food Drive Held at San Savino

Deltona San Savino at the Villages of Tuscany held a food drive for "The Second Harvest of North Florida" on Saturday May 11. The event was very successful with several area residents bringing non-perishable food items to donate and help a worthy cause, while enjoying WYRE 105.5 live radio remote. Second Harvest North Florida serves non-profit agencies in 17 counties in North Florida.

San Savino at The Villages of Tuscany is located at 512 Chrisina Drive in St. Augustine Shores community off US 1 South. For information about San Savino, please call 904-797-6565.



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Polly Swindull

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- Documented delivery By U.S. Postal Service
- No Subscription Required... call 904-607-1410 to advertise your business or service.



News From Around The Shores

Homes by Deltona is proud to announce:
 "Construction of the Amenities Center
 at Portofino is Underway!"



Homes by Deltona, a Florida Homebuilder that specializes in creating Resort-Style living, proudly announces the groundbreaking at Portofino Condominiums in the St. Augustine Shores, for their Neighborhood Recreation Center with Cabana Area and Resort-Style Swimming Pool. "We are excited about adding another outstanding feature to this upscale condominium community" reports Kelee Gonzalez, General Manager for Homes by Deltona. Kelee continues, "Residents already enjoy gracious living at Portofino with designer interiors, magnificent kitchens, sumptuous baths, and beautifully landscaped exteriors with scenic lake or golf views. The

addition of this Neighborhood Recreation Center brings Portofino to a wonderful new level. We look forward to announcing the completion of this project in the very near future!"

Photo Above (Left to Right): Brian Loftus-V.P. Operations Manager; Homes by Deltona, **Melissa Owen-Property Manager;** Deltona Realty, **Gail Kwaiser-Sales Associate** for Portofino; Homes by Deltona, **Kelee Gonzalez-V.P./General Manager;** Homes by Deltona.

United Methodist Church Events

School's Out-Welcome Summer Celebration is scheduled on Saturday, June 8, 2013 from 2-4:00 pm, for children and families. There will be a free waterslide, free water games, and free snacks. Everyone is invited to come and encouraged to bring a towel. Be prepared to get wet! Shores UMC is located at 724 Shores Blvd, between the Golf Course and Hartley Elementary. For more information call 797-4416.

Vacation Bible School will be held July 29th to August 2nd at Shores United Methodist Church, from 9 a.m to noon, for students in preschool to 6th grade. Games, crafts, songs, videos, making new friends, and learning about Jesus will be included in the SonWest Round up, a rip roarin' western themed week. Registration forms are available by calling 797-4416. Shores UMC Church is located in the Shores, between the golf course and Hartley Elementary. Rev. Randy Strickland is the pastor.

The Affordable Care Act and How it Affects Me

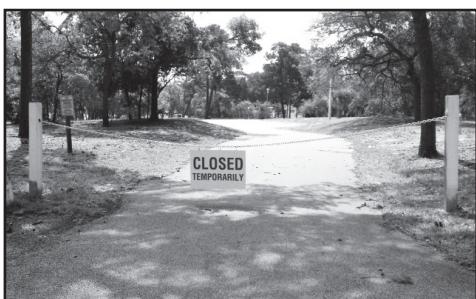
On Tuesday June 11th at 12 noon Amerilife and Health Service of North Florida will hold a luncheon seminar on "The Affordable Care Act (Obama-care) and How it Affects Me".

The program will be held in the

card room at the Riverview Club. Lunch will be provided by The Patio at Pastiche prepared by Chef Scott Reese.

Make your reservation today! Call (904 332-0715 by June 7th.

Aragon Park Closed



The automobile entrance to Aragon Park has been temporarily closed in action of the St. Augustine Shores Board of Directors. This decision is in response to neighborhood residents complaining of suspicious vehicular traffic in the park during the late afternoon and nights. Maintenance personnel reported much of the trash removed from the sight also contained suspicious content. Residents report calling the local authorities with no apparent response. A request to meet with representatives of the Sheriff's Office at an upcoming monthly Board Meeting has been extended.



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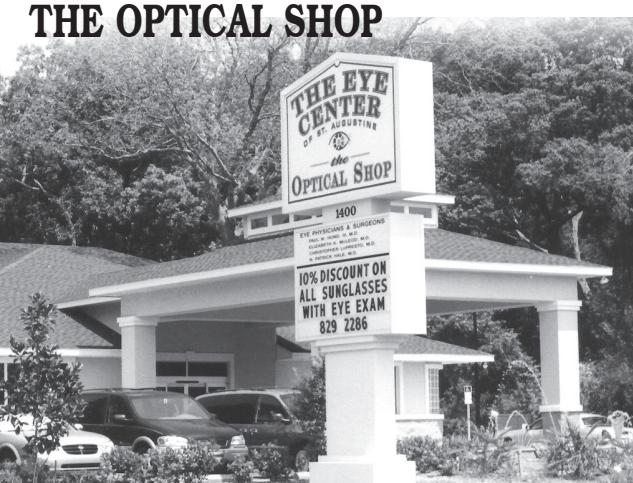
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Luncheon Seminar

Tuesday, June 11th at 12:00 pm
Riverview Club in the Card Room

Presented by
Amerilife and
Health Services of North Florida

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Catered by The Patio at Pastiche, Chef Scott Reece

Make your reservation today!
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Wednesdays at Pier Park

Come spend Wednesdays at the Beach - Shop the Market in the Morning - Concert in the evening - in between enjoy the Pier and the Beach!




Come and spend the morning shopping 90 vendors including Farm Produce, Arts & Crafts, and other various vendors to choose from. **Open from 8:00 am until 12:30 pm**

Music by the Sea
Free Concert Series
Every Wednesday Thru September

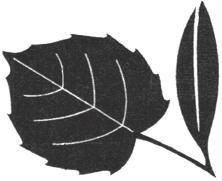
Dinner At 6 p.m. **Concert At 7 p.m.**

May 29th - **Those Guys** - Classic R/R - South Beach Grill
June 5th - **Amy Alyssia & the Soul Operation** - Amici's Italian Restaurant
June 12th - **Funk Shui** - R/R - Mango Mangos
June 19th - **Rob Peck & Friends** - 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

TD Bank Location: St. Johns County Pier Park
St. Augustine Beach
350 A1A Beach Boulevard
(904) 347-8007
thecivicassociation.org




St. Augustine Shores *Club News*



The Corner Garden

By Susanne Murphy, President
The Poinsettia Garden Club

- Begin watching for chinch bug damage in St. Augustine grass. The damage usually occurs in sunny locations near the street, sidewalk or driveway. The grass dies in patches and turns straw brown.
- Fertilize Palms.
- Vegetables to plant now: lima beans, eggplant, okra, Southern pears and sweet potatoes.
- Annuals to plant now: celosia, coleus, coreopsis, crossandras, exacums, gaillardias, gazanias, hollyhocks, impatiens, kalan choe, marigolds, nicotianas, oramental peppers, portulacas (moss rose), salvia, thunbergia alata, torenias, verbenas, periwinkles, and zinnias.

June Activities At The Riverview Club

ACTIVITIES MEMBERS:

TRANSPLANTS - BAR-B-QUE AT THE PAVILLION

Sunday June 9th 3:00 P.M. For information call Jodi Smith 599-308

SINGLES ACTIVITIES- WILL RESUME IN SEPTEMBER

HAVE A WONDERFUL SUMMER!

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

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

TAI CHI- Wednesdays at 5:00 P.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:

EARLY DANCE SOCIAL - Sunday June 2nd 6:00 - 9:00 PM

Music: Ernie on the Keyboard

Hosts: Joan Scop & Sue Hilll

Registration May 28 and May30 from 9:00-10:00 A.M.

Dance Members and houseguests \$5.00; non-members \$10.00

MAIN DANCE SOCIAL - Saturday June 22 7:00 - 10:00 PM

Phil Farino

Hosts: John & Phea Stark and Dennis & Kathy Salvati

Registration June 18 and June 20 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

BOARD MEETING: Second Tuesday of the month at 11:30 AM

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

Travel Club

By Peter Dytrych

St. Augustine Travel Club Presents.....

Stockholm and Helsinki

Join us for our FREE travel club get together. It will be held on Wednesday, June 12, at 3:00p.m. at the Southeast Branch Library. The feature of the afternoon will be Stockholm and Helsinki.

The main focus of the Club is to educate, 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.



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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” Hey Mow, what’s new at the Power House?

Right now the big news is we have a new owner. Here are a few words from the previous owner Andy Gessells. “I want to take this opportunity to thank of all you for being loyal and valued customers throughout the past 10 years of St Augustine Power House’s business journey. After much thought, I have decided to spend more time with family and Andy's Taylor Rental”. “With that being said we are pleased to announce that as of June 8, 2013 the ownership of St Augustine Power House is changing. The new owner is Lance Conner, Lance and his family have lived in the St. Augustine area for over 30 years. Lance has an extensive background with equipment Sales and Service management. He is excited with the opportunity to take on and grow St. Augustine Power House for the future. I want to support Lance and wish him all the best in his new venture.”

Wow that’s big news Mow! Any changes that you know of following the new ownership?

Without going into allot of detail, the one thing we can expect is expansion. We have seen a real need for a consumer only based location, offering a personalized experience, faster turnaround times for shop repairs with competitive pricing for replacement parts. We also see a lot of online shoppers out there we are working on that part of the business too.

Sound exciting Mow, are there any specials running right now?

Of course, Echo is running a Spring Campaign with tons of serious offers. String Trimmers starting @ \$159, Hand Held Blowers starting @ \$159, Chain Saws starting @ \$199. Check out our website for more details or stop by and see the guys, they are always there to help you out.

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 call 904-461-0310 or email him askmow@staugpowerhouse.com.

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• Shores References Available

Writers In The Shores

By Donna Johnson

The June meetings for Writers in the Shores will be on Tuesday the 11th and again on the 25th. The chosen subjects "What if I had" or "What if I had not" was suggested for this month's topic to write about on the 25th. 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.



Age - just a matter of time

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

This year I celebrate a birthday many consider significant. I think the phase is 'over the hill'? I'm not sure what hill is being referred to but I'm told it's a big one. I think it's relative to one's perspective. Nonetheless, times like these often cause (me) us to re-assess - look where we are, maybe take a look back and certainly look forward.

I'm told the 'golden years' are ahead. Yet some of my patients say there's nothing golden about them. Such statements, I think, are delivered with tongue-in-cheek or maybe with a little bitter/sweet, because despite changes of appearance or the number of aches and pains - they are usually said with a smile.

I don't know when these 'golden years' are suppose to start but I know I'm headed straight toward them. And, being a healthcare worker I can't help but observe a difference between those who report significant or regular pain to those who do not. Indeed, there are many factors contributing to dysfunction: genetics, lifestyle, occupation, history of trauma, accidents or disease, but the one thing I don't find on the list is age. No where can I find that age is a cause of pain yet it is the common scapegoat. I'm told - "I guess I'm just getting old" or "I guess I'll just have to accept the fact this comes with age." True, habits and lifestyle can take their toll as the years go by but age is just the timeframe, not the cause.

FACT - our bodies respond to the forces put on them, i.e. lifting weights increases muscle mass, aerobic activities challenge the cardiovascular system and thereby increasing stamina or endurance, and stretching promotes flexibility.

FACT - A sedentary lifestyle is a life without such forces and can result in atrophy of muscle, decreased endurance and general stiffness. Causes of the sedentary lifestyle or lack of regular exercise are many. I've experienced several if not all. For me they have included injury, work schedule, family commit-

ment, discouragement and soreness after 1-2 tries of getting back on the exercise wagon or just plain laziness or procrastination.

If you have a heavy work schedule - learn simple exercises you can do while sitting at your desk, driving, or waiting for copies. I've learned this myself and have helped many others who never realized how easy it can be. If you have night and day family commitments - get the family involved and make movement a family event. I too have resorted to this if only wrestling with my children, going for a walk with my wife or chasing the dog among other things.

If you have experienced soreness or an injury - consult your physical therapist. It may be you simply over-exercised initially. Or, perhaps the exercise was too difficult given your current condition, or you compensating due to an underlying problem such as muscle imbalance or a stiff joint. These things can be easily treated no matter your age.

Regardless of why you stopped moving - now is the time to start or start again. Our healthcare system is changing and people are living longer. Those I see living true golden years are those who are moving and when they can't move for some reason they are get help and keep going. The physical and occupational therapists at First Coast Rehabilitation are in the business of helping people move and they can help you despite where you are on the calendar of life. I know they can help you because they've helped me.

Call: 904-829-3411 (St. Augustine) or 386-325-2721 (Palatka).

Rob Stanborough is a physical therapists, president and co-owner of First Coast Rehabilitation. He is co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He has been in practice for over 14 years, is a Fellow of the American Academy of Orthopaedic Manual Therapists and trained/certified in a number of soft tissue techniques.

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Chef's Corner

By Matt Coan

Tasty Mini Beef Wellingtons

Both of the recipes have been scaled to serve eight, but it is easy enough to scale them down, just do a little math and you'll be set. You could serve the Beef Wellingtons with store purchased twice baked potatoes and a green vegetable.

Mini Beef Wellingtons with Gorgonzola
Recipe courtesy Gourmet Magazine

- 8 (1 1/2-inch-thick, 6 ounce) center-cut filets mignons
- 2 tablespoons vegetable oil
- 8 large mushrooms (about 1/2 pound total)
- 2 tablespoons unsalted butter
- 2 tablespoons finely chopped shallot
- 2 tablespoons minced garlic
- Salt and freshly ground black pepper
- 2 large eggs
- 2 puff pastry sheets (from a 17 1/4-ounce package frozen puff pastry), thawed
- 1/2 cup Gorgonzola (about 5 ounces)

Preheat oven to 425 degrees F. Pat filets mignons dry and season with salt and pepper. Sear on both sides in sauté pan with heated oil. Chill filets, covered, until cold, about 1 hour.

Thinly slice mushrooms and in a heavy skillet cook in butter with shallot, garlic, and salt and pepper, to taste, over moderate heat, stirring, until mushrooms are lightly browned. Transfer mushroom mixture to a bowl to cool completely. In a small bowl lightly beat eggs to make an egg wash.

On a lightly floured surface roll out puff pastry sheets into 2 (14-inch) squares. Trim edges to form 2 (13-inch) squares and cut each square into 4 (6 1/2-inch) squares.

Put 1 tablespoon Gorgonzola in center of 1 square and top with 1/8 of the mushroom mixture. Top mushroom mixture with a filet mignon, pressing it down gently, and wrap 2 opposite corners of puff pastry over filet, overlapping them. Seal seam with egg wash. Wrap remaining 2 corners of pastry over filet and seal in same manner. Seal any gaps with egg wash and press pastry around filet to enclose completely. Arrange beef Wellington, seam side down, in a non-stick-baking pan. Make seven more beef Wellingtons in same manner. Chill remaining egg wash for brushing on pastry just

before baking. Chill beef Wellingtons, loosely covered, at least 1 hour and up to 1 day.

Preheat oven to 425 degrees F. Brush top and sides of each beef Wellington with some remaining egg wash and bake 20 to 30 minutes, or until pastry is golden and the meat temperature is 117 degrees F.

Sauce: (Optional but very nice)

- 2 cup veal or beef demi-glace
- 4 tablespoons Sercial Madeira

Make sauce while beef Wellingtons are baking. In a saucepan, boil demi-glace and Madeira 1 minute and keep sauce warm. Serve beef Wellingtons with sauce.

Molten Mocha Lava Cakes (8 servings)

Since your oven was already set at 425 degrees if you made the Beef Wellingtons you just leave it on and place the cakes in the oven while you enjoy the main course. You will need:

- 8 ounces semi sweet baking chocolate or chocolate morsels
- 1 Cup Butter (one half pound)
- 2 Cups of powdered sugar
- One half cup international instant coffee, any flavor
- 5 whole eggs
- 4 egg yolks

Three quarters of a cup of flour
Preheat the oven to 425. Grease 8 custard cups or soufflé dishes or ramekins and place on a baking sheet.

Microwave the chocolate and butter in a large bowl until melted. (You can also use a double boiler if you like). Add powdered sugar and instant coffee and mix well. Add the whole eggs and the egg yolks; stir until blended well. Stir in the flour and mix until incorporated into the batter. Pour the batter evenly into the prepared cups.

Bake 15 minutes until the cakes are firm around the edges but soft in the center. Remove from the oven and let stand for a minute or so. Run a small knife around the edge to loosen. Carefully invert the cakes onto a dessert plate, garnish with powdered sugar and berries if desired. *Serve and watch her swoon gentlemen!*

Remember to live well, laugh a lot, love a lot and that it is okay to enjoy decadent eating in moderation!

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Canopy Shores Offers Retreat and Recreation Area

(continued from page 1)

walk, arm and chest crunch machines, etc.

In the gathering area before the trail begins and ends, there is a covered open style picnic area complete with an outdoor grill, 6 tables with seating for 24-30 people. Well maintained public rest rooms are just steps away.

If residents would like to have a few minutes to enjoy nature, this 15-20 minute walk offers the ideal opportunity. You might want to take a little longer and enjoy the outdoor exercise opportunities.



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News From Around St. Johns County

Marine Corps League and Womens Auxiliary Meetings

ATTENTION MARINES

The Oldest City Detachment of the Marine Corps League will be meeting on June 4, 2013 at 1900 (7:00pm). at the Elks Lodge. Please contact Walter Mosher at 904-315-0392 or email me at mosher400@bellsouth.net

The Oldest City Unit Marine Corps

League Womens Auxiliary monthly meetings are held on the first Tuesday of each month at the Elks Lodge at 7:00 pm. If you would like to attend one of our meetings, please e-mail Ellen Maguire, President- MCLA at ellen.r.maguire@gmail.com or call 904-315-6870.

Council On Aging Programs Include Grief Support, Financial Assistance For Seniors

The Council On Aging offers a variety of classes and programs for seniors. Below are some of the programs and events offered at the Council On Aging.

Grief Support - A complimentary support group led by Sheri Wallace, Bereavement Counselor with Community Hospice meets on the 4th Friday of each month. Call 209-3655 to sign up.

Memory Enhancement Program - Offered at locations throughout St. Augustine on Thursday afternoons including at St. Augustine Shores United Methodist Church.

Assistance With Rent/Mortgage/Utilities - If you are a St. Johns County resident who is age 60 or over and who is eligible for government benefits, you may qualify to receive assistance with your rent, mortgage or utility bills. Applicants must meet Federal Poverty Level income requirements.

Volunteers Needed -

Meals On Wheels: Volunteers are urgently needed to deliver Meals on Wheels to homebound seniors in the St. Augustine area any morning Monday through Friday.

Volunteers are needed to package meals on wheels at the Coastal Community Center on Tuesday, Wednesday and Friday mornings for the months of June, July and August, beginning the week of June 10, 2013. This is an ideal

opportunity for high school students to fulfill community service requirements.

Connection coaches are needed on Tuesdays and Thursdays, 8 a.m. to 12:30 p.m. at the coffee bar and to help with activities. Volunteers are also needed to help decorate the center for special events, such as holidays and parties.

A volunteer clerical assistant is needed in the Travel Department on Fridays from 10 a.m. to 2 p.m. Good telephone and communication skills are required - computer knowledge is preferred.

A volunteer licensed hairdresser is needed to cut seniors' hair - any morning, Monday through Friday.

Volunteer receptionists are needed at River House and Coastal Community Center. Morning and afternoon hours are available. Office experience and good communication skills are required.

Volunteers are needed in the Minor Repair Program. Change a light bulb, fix a leak, hang a curtain, install a tub safety bar or even build a hand rail or repair a stair. No roof work - simple jobs only. Training is available if required. All material needed is provided. Work on your own schedule.

To volunteer or for more information call 209-3686 or visit www.coasjc.com.

5K Run or Walk Through the Sprinklers

A Benefit for "Home Again St. Johns" and "Sertoma Club of St. Augustine" is July 4th 2013 in St. Augustine Shores. Registration begins at 9 A.M. at the Riverview Club, 590 Christina Blvd. The Riverview Club, Pool, Pier, and playground is open to the public.

The "Sprinkler Run" is a 4th of July morning event; a 5K Run and Walk in conjunction with a lunch barbeque (hamburgers/hotdogs) and open pool party at the Riverview Club. The Sprinkler run begins and ends at the Riverview Club parking lot. Runners/walkers will go up Christina, West on Shores Blvd. and turn around at Altara Drive. All the while the median sprinklers will be turned out into the Boulevard and everyone will return down Shore Blvd. to the second connection of Christina down past the Conquistador Condos to return to the Riverview lot. Prizes will be awarded to runners and door prizes given out. Everyone will be invited to stay for lunch and a swim. Everyone is encouraged to wear red, white and blue and to bring a towel! The Sprinkler Run is a fundraiser by the "Sertoma Club of St. Augustine" and will benefit "Home Again St. Johns" and Sertoma's local charitable activities.

Start your 4th of July with a great event. **FIRST 200 REGISTRANTS GET T-SHIRTS**

Sprinkler Run registration:

- Ancient City Runners - \$17.00
- Pre-Registration up to June 21st - \$20.00
- Day of Race Registration - \$25.00
- Register ONLINE at: sertomastaugustine.org/

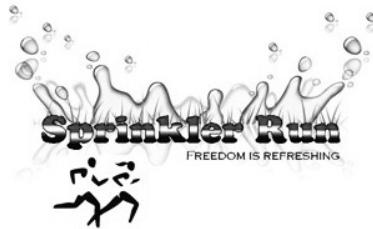
Sprinkler Run Sponsorship:

• \$50 - "Sprinkle" You get One Runner and a sign ad on the Run Route.

• \$100 - "Water Balloon" You get Two Runners, a sign ad on the Run Route and name on the T-Shirt.

• \$250 - "Gusher" You get Four Runners, a sign ad on the Run Route, Logo on the T-Shirt and Placement on the SERTOMA Website.

For information contact website www.sertomastaugustine.org.





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A June Wedding & Homeowners Insurance

By Jane Tucker, First Florida Insurance

Insurance provides disaster protection and peace of mind. The last thing newly married couples need is a financial crisis due to a home fire, hurricane, or home robbery.

Young marrieds have to make several adjustments when planning for two. They depend on each other for support and may need financial protection they haven't considered before. In merging two households and perhaps two careers, couples need to consider how they will protect their assets.

When you buy homeowners insurance, don't be surprised when the insured value of the house is less than the market value. There's no need to insure the land the house is on. The insured value needs to be sufficient to repair or replace the home if there is a major disaster. Be sure the coverage keeps pace with additions or major improvements that increase the value of the home. Coverage will cost less if you set the deductible as high as you can afford.

A standard homeowner policy includes a limit on personal possessions, so an endorsement or floater may be needed to cover high value items. Merging two households presents a good opportunity to do a home inventory. This helps couples understand what their insurance coverage needs are, and provides have a record of what to claim if a real disaster strikes.

When arranging homeowners insurance, one important decision involves

replacement cost versus actual cash value coverage. Replacement cost pays the dollar amount needed to replace a damaged item with one of similar kind and quality. Actual cash value covers the amount needed to replace the item, minus depreciation.

When you start having children, you'll likely acquire more belongings such as additional TV's, home computers, or other electronic equipment. Make sure your homeowner's insurance keeps pace with your growing family and possibly a larger home. Consider inflation protection so that the homeowners insurance automatically rises with property values in your region. Safety features, such as alarm systems, smoke detectors, strong doors and deadbolts, not only keep the family safe, they save money because they reduce the likelihood of insurance claims. If you plan to add a family dog, check with your insurer before bringing home an aggressive breed. If you have a backyard pool, trampoline or swing set, consider increasing your liability coverage through an umbrella policy in case someone is injured on your property.

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.

Anastasia State Park Hosts Annual Beach Bash

The Department of Environmental Protection's Anastasia State Park would like to invite everyone out to the park for Beach Bash 2013, the 20th Annual event. This day of fun has activities for everyone, starting with a scavenger hunt and ending with a spectacular sandcastle/sculpture contest.

There will be interpretive programs, geo-caching event, kite demonstrations, hands on kayaking demonstrations, Smokey the Bear will be joining us along with other groups from our community, and thanks to the donations of local businesses lots of great PRIZES!!! Everyone leaves a winner!!! Come enjoy the park and

kick off summer with a trip to the beach.

There is no charge to join in the activities; however the standard park entrance fee of \$8.00 per vehicle for up to 8 people and \$2.00 for walking and bicycling individuals will still apply. Bring the whole family and spend the day at the beach.

The event will be held Saturday, June 1, 2013, 9:00 am-4:00 pm (weather permitting) at Anastasia State Park 1340-A A1A South St. Augustine, FL. 32080.

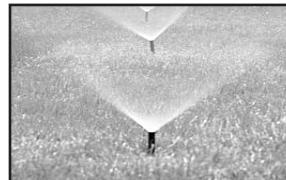
For more information, please call (904) 461-2033 or visit www.floridastateparks.org/anastasia.



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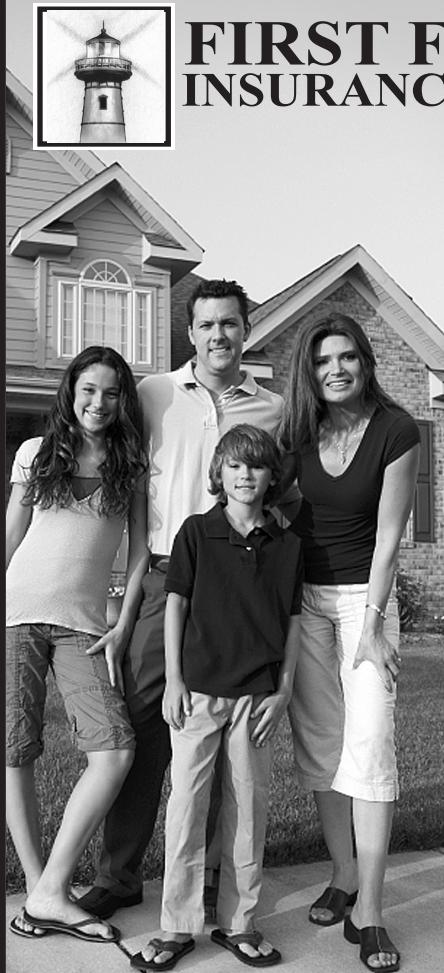


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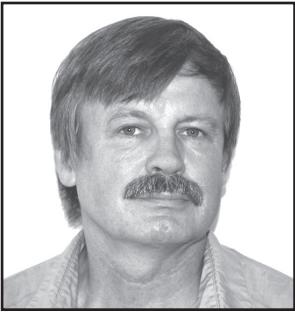


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Computer Corner

By Gary Herrick, Computer Professor
mainely2@bellsouth.net

Watch out for Overheating

Greetings from Computer Professor.

There is never enough time or space in this article to have an in-depth training session; so this month I am going to direct you to a few websites with information for the beginner or the productive computer user. The first web address is:

<http://www.microsoft.com/atwork/productivity/>

We are starting with Microsoft themselves, for the past seven years they have done an excellent job providing information to help every user. At the link above look at the topics (links) down the center of the page of seven different sections. At the top of the webpage you see sections like: Productivity and Organization (want to know how to make and use folders), Skills for more effective use of the computer, Security, maintenance and more. Side bar links lead you to many other helpful articles. Don't miss the lower left where it says "Article Index", you may even want to start here.

The next site is: <http://www.theonlinemom.com>. After you look at the home page, before you get lost in the website, click the link at the top right of the page that says "Archive". Here there is a list of the articles that have been run on this website. If you are a mom, you really need to visit this website, visit it with your kids if they have to help you with your computer.

The last website doesn't have a lot of information on it, it does have a downloadable calendar of classes in both computers, iPads and other items, if you can do that. But the best item on the website is the two names and phone numbers on the bottom of the page. I work for these two young ladies teaching computer classes, give them a call we CAN make a class just for you (and at least five others).

www.riverhousecoa.com. Questions? Call or email me at 904-377-6785 or mainely2@bellsouth.net.

"A Day Without Violence" in 2014 Betty Griffin House Announces Children's Art & Poetry Project Winners

Out of 732 entries (630 art and 102 poems), the winners have been chosen from each category to have their entries published in the Betty Griffin House "2014 Day Without Violence Calendar".

Winning Artists:

(1st place, cover) *Nathan Kim*, PVPV Rawlings

(2nd place) *Philip Valco* - Schnotalla, Murray Middle School

11 Honorable Mentions:

Kendra Gardine, Cunningham Creek
Turner Garner, Hartley Elementary School

Jane Heffernan, RB Hunt

Zoe Ayala, Southwoods Elementary School

Nicklas Rice, Durbin Creek Elementary School

Hannah Henrich, Ketterlinus Elementary School

Sara Gaster, Sebastian Middle School

Heather Yu, Pacetti Bay Middle School

Georgia Nichols, Palencia Elementary School

Rachel Wilson, Fruit Cove Middle School

Quinlan Richmond, Landrum Middle School

Winning Poets:

(1st place) *Rose Petrowicz*, Gamble Rogers Middle School

(2nd place) *Cordia Milam*, St. Johns

Tech High School

10 Honorable Mentions:

Shannon Patterson and Ryan Schroeder Fruit Cove Middle School

Kirean Coker and Lola Berg, Ketterlinus Elementary School

Kellyann Cernese, RB Hunt Elementary School

Maggie Boylan, Liam Carey and Michael Hwang, Landrum Middle School

Matthew Hastings, St. Johns Virtual School

Juilette Holder, PVPV Rawlings

These 25 students will receive cash prizes and will be honored with a special reception in October 2013. The 2014 calendar will be distributed free to every classroom in St. Johns County, pending funding.

In addition, the top 100 art entries will be exhibited at Main Library Branch all through the month of October, 2013.

As a private, nonprofit agency, Betty Griffin House provides emergency shelter to abused women, men, their minor children. Other 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

St. Augustine's Chapter of the Iron Order Motorcycle Club Hosts Ride Benefitting Local Boys & Girls Club

For the fourth year, the HellsGate Chapter of the Iron Order Motorcycle Club will hold a benefit ride for THE PLAYERS Championship Boys & Girls Club on June 15th. According to President Danny Scitticatt, the ride is a favorite event for the club members because it benefits such a wonderful cause --- underserved boys & girls in St. Augustine.

The Players Championship Boys & Girls Club located at 555 W. King Street will be the starting point for the Ride with registration starting at 10:00 AM. The members love riding for at-risk kids in the community who may not be able to attend the Club or join the Summer Camp without their help. They are very happy that the money raised stays in the community to provide educational programs and sports enrichment activities to youth aged 5 to 18.

The 100 mile ride will be escorted by police officers through St. Augustine and will include stops at the Cheyenne Saloon, 3 Bananas, White Eagle, and

Finns and finishes at Mardi Gras where PRONOUNCED will perform. Food and refreshments will be provided along the route. Entry fee is \$20 for an individual rider and \$25 for a couple. Kick-stands are up at 12 Noon. For registration information visit the club's web site at <http://ironordermc-hellsgate.com> or contact Danny at 904-392-6405.

The PLAYERS CHAMPIONSHIP Boys & Girls Club serves youth from throughout St. Johns County with educational after-school programs, sport activities, and Summer Camp programs for boys & girls aged 5 to 18.

The Boys & Girls Clubs of Northeast Florida is dedicated to inspiring and enabling all young people, especially those from disadvantaged circumstances, to realize their full potential as productive, responsible and caring citizens.

For more information about the Boys & Girls Clubs of Northeast Florida, visit www.bgcnf.org. For St. Augustine visit: www.bgcnf.org/bgcsjc.aspx.

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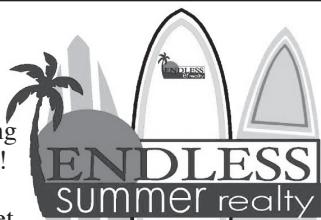
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"8 Helpful Tips for Buying a Home"

Whether you are a first time home buyer or a seasoned one, there are a few tips that all buyers should consider.

Before you begin your search you should...

1) Develop a Wish List - The list should include everything you want in a home. Next to each item, mark whether it is a "must have" or a "could live without." This list should include things like number of bedrooms and bathrooms, location, school zone, etc...

2) How Much Can You Afford - Determine how much money you can and/or are willing to spend on a home. Any good lender will be able to determine your borrowing power and debt-to-income ratio with ease. Additionally, there are some great websites which can do this for you as well (Google - how much house can I afford).

3) Find a Realtor - Share your wish list and your budget with your realtor. A realtor can help you find a great home that meets your needs, but will also make sure you are progressing toward your goal of home ownership.

4) Get Pre-Approved - A pre-approval letter is almost always required to accompany an offer. Having this letter helps assure the seller that you mean business. Furthermore, there are a number of loan programs available to home buyers. Make sure you understand the pros and cons to each program, whether it is 100% financing via a VA or USDA loan, 96.5% financing via a FHA

loan, or a more traditional conventional loan. Make sure you know the terms as well as your options.

5) Research the Homes/Areas - You should be researching the homes, areas, schools, etc... in which you are interested. If you don't know the answer, ask your realtor (e.g. What school is the home zoned for? Is there city water? Is there an HOA fee? How much are the CDD Fees?).

Once you find a home...

6) Make an Offer - When you find the home you want, make an offer. Start the process of negotiating. I have seen too many people (including me) miss out on a good deal because they waited too long.

7) Know your Contract - Make sure you understand your contract and deadlines outlined within. If you have any questions, ask your realtor.

8) Always get an Inspection - Have a professional inspect your home. He/she will be able to determine if the home has issues (e.g. roof leak, hot spots, wood rot, etc...).

Remember, if you are considering buying or selling a home or land, and would like to discuss your options, please contact me anytime at (904) 814-7305 or via email at Willbr3@yahoo.com.

Will Russell is a realtor with Endless Summer Realty. He has lived in St. Augustine for over 25 years. He currently lives in the St. Augustine Shores with his wife and four children.

The Dance Company Prepares for 20th Anniversary Dance Concerts

The staff and students of The Dance Company are currently preparing for their 20th anniversary dance concerts next month and are celebrating the rich history of the non-profit dance studio.

Established in 1993, The Dance Company was founded by Artistic Director Carole Dickens, who now leads the dance department at Murray Middle School Center for the Arts. Dickens recalls the early years of the studio saying, "We started the school with Monika Macbeth as our master ballet instructor and were one of the first studios in the state to offer modern, taught by Ellie Potts Barrett. At the time, it was generally only offered in colleges." Barrett and Macbeth offered their expertise to help build the school, and they are currently still master instructors at The Dance Company today. "It seems like just yesterday that we had a single studio in a strip plaza," Dickens recollects. Today, The Dance Company has grown to nearly 300 students and is now located at the Cultural Arts Center overlooking St. Augustine Beach.

Current Artistic Director Stephanie Burkhardt was one of the original students at the studio and recalls the transformations the studio has seen.

"The common denominator throughout the years has been the quality of instructors at the studio and the passion they bring to the art of dance. I am very proud to now be working alongside

the people who sparked this passion in me." Burkhardt is not the only alumnus to return to the studio where she trained. Every year, the studio continues to welcome back alumni, many of who return to teach classes as master instructors themselves. Others are now bringing their own children to take classes at the studio.



After producing dozens of concerts for thousands of viewers, The Dance Company does not seem to be slowing down any time soon. With an original holiday production scheduled for later this year and multiple guest artists scheduled for the summer, 2013 is sure to be a memorable year at The Dance Company.

The Dance Company currently offers classes in ballet, modern, jazz, tap, acrobatics, hip-hop, and musical theatre from dance instructors throughout the area. There is an evening concert featuring the studio's prestigious Performance Ensemble on June 8 in Lewis Auditorium at Flagler College at 7pm. There will be a reception preceding the concert with food and beverages at 5:00pm at the future home of the Children's Museum of St. Johns. Alumni, friends, community supporters, and locals are all invited and encouraged to attend the occasion to celebrate the past and see where The Dance Company is today. Dancers will also have matinee performances in Lewis Auditorium at Flagler College on June 8 and 9 at 1pm.

Please visit www.showtix4u.com to purchase tickets online. Tickets will also be available at the door on the day of the show. For more information, please visit www.thedanceco.com or call 471-4946.

Friends of A1A Promotes Videos Promoting Cycling & Safeth along 72 Mile Coastal Byway

The Friends of A1A has produced six new videos designed to attract more cycling visitors to the 72-mile Scenic & Historic A1A Coastal Byway that travels through St. Johns and Flagler counties and includes one of the few routes in Northeast Florida in which bicyclists can cruise along the Atlantic Ocean and have a direct view of the water.

The videos, which were produced through financial assistance from VISIT FLORIDA to promote "Safety Along A1A," features numerous cycling routes, off-road trails, historical areas and scenic vistas to assist bicyclists in their journey.

The Friends of A1A Scenic & Historic Coastal Byway is a non-profit organization that protects, preserves, and enhances resources along the A1A National Scenic Byway. This citizen's advocacy group collaborates with municipalities, governmental agencies and other civic groups to maintain and improve resources along the A1A corridor.

All of the cycling videos are on YouTube and are less than three minutes in length. They can be viewed at: http://www.youtube.com/user/FriendsofA1A?view_as=public. The videos feature the local areas with interviews from cyclists who use the Byway and businesses geared toward cycling.

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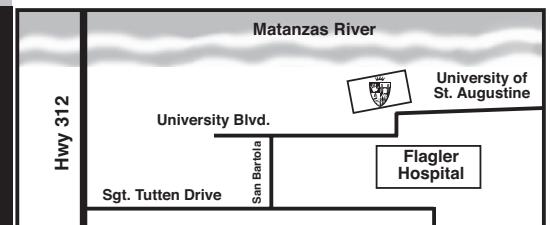
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