

January
2017

Welcome 2017!

St. Augustine Shores
St. Augustine South

St. Augustine Observer

NEWS INFORMATION FOR & ABOUT RESIDENTS OF ST. AUGUSTINE, FL

Temple Bet Yam Anticipates Deli Nite



On the menu is your choice of corned beef, pastrami, or turkey sandwiches along with typical deli sides, a dessert, and a beverage. Bill Rosenthal, magician, will provide the entertainment. Get your reservation in now! Tickets go fast! The cost is \$30 per person. RSVP by February 7, 2017.

Checks to be made payable to Temple Bet Yam with Deli Nite indicated in the check memo and send to Temple

Bet Yam, PO Box 860098, St. Augustine, FL 32086. For further information, contact Barbara Carman at 904-826-3676 or email wandmtby@gmail.com.



The City Commission presents a plaque at its December 12th meeting to honor Andrea Samuels for her eight years of service as a Commissioner. She also was the City's first woman Mayor, serving in that position in 2014 and 2015. Pictured left to right: Commissioners Margaret England and Gary Snodgrass, Commissioner Samuels, Mayor Rich O'Brien and Vice Mayor Undine George.

Wild Flower Meadow Group

We plan to mow the meadow in December so don't be surprised when you see it looking bare. If it weren't mowed each year, trees and bushes would grow and crowd out the wild flowers and the space would cease to be a meadow. We believe in letting nature take its course but developers are turning the natural environments into homes, condos, commercial buildings, and lawns. There are fewer and fewer spaces to call meadows and we're preserving this one.

In December we had our annual picnic in Princess Place and the weather was beautiful. Two new people joined us and we hope they will (continued on page ??)



Ballroom Dancing

The St. Augustine Ballroom Dance Association will hold its next dance on Saturday, January 14th at the Riverview Club, 790 Christina Drive, in St. Augustine Shores. The dance starts at 7pm and ends at 10pm.

Hors d'oeuvres, desserts and coffee will be served. Guests pay just \$20 per person. Appropriate guest attire is a dark business suit with tie, or a tuxedo, for the men and a cocktail dress or gown for the women. For an invitation, call President Dennis Larimore at 904-824-4902. Visit facebook.com/SABDASAug for more information and pictures.

Picture Caption: From Left: former association president Peter Canerossi, guest Masako Piper from Australia, former association entertainment chairperson Hatsu-e Wright and guest Bruce Piper from Australia, enjoying themselves at a recent dance.



What's Inside The Observer This Month...

- *News From St. Augustine Shores* - Board Update - Message from President
- *Area Event & Entertainment Guide*
- *Health Update: Nerve Compression*
- *Financial Focus: Estate Planning Tips for Blended Families*
- *Computer Corner: New Years Computer Resolutions*
- *Art Studio: Ann McGlade Featured Artist for January*
- *Civic Association: 2017 is a Big Year for Civic Association*

PRRST SDT
US POSTAGE PAID
ST. AUGUSTINE, FL
PERMIT #132

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



del mar
veterinary hospital

Let's keep them healthy

NOW OPEN
in Anastasia Plaza near Publix

Dr. Ramón Nieves
Veterinarian

low-stress environment
se habla español

Wellness & Preventive Care Plans • Behavioral Problems
Vaccinations • Microchipping • Pediatric & Geriatric Care
Allergies & Weight Management • Dental Care • Grooming
Surgery • Pain Management • Extended Care


Del Mar Veterinary Hospital is dedicated to providing the highest level of veterinary medicine along with friendly and compassionate service. We are also Fear Free Practice committed to low-stress techniques.




Schedule your appointment today!
904.717.0777 • delmarvethospital.com
1023 A1A Beach Blvd. St. Augustine, FL 32080

**WE'VE MOVED OUR OFFICE TO
240 SOUTH PARK CIRCLE EAST IN ST. AUGUSTINE**

Dr. Howard Epstein, Urologist
Dr. John McGetrick, Urologist




Howard B. Epstein, M.D., FACS
Board Certified



John McGetrick, Jr. M.D.
Board Eligible

- **Incontinence** - We offer the newest and most effective therapies.
- **Cancer Detection & Treatment** - Screening for prostate cancer. Ultrasound exams. Biopsies.
- **Robotic Surgery.**
- **Impotence** - Non-surgical and surgical correction.
- **Kidney & Urinary Tract Stones** - Latest laser correction.




Now accepting appointments and referrals
824-1450
240 Southpark Circle East
St. Augustine, FL

Home Equity Line of Credit

Uncover the cash in your home—use the equity accrued for purchases or improvements.


Providing you with value:

- Use the equity accrued in your home for purchases or improvements
- Competitive interest rates
- Monthly Payments
- A HELOC may have tax advantages—consult your tax advisor regarding the deductibility of interest.



To learn more about Ameris Bank Home Equity Lines of Credit, contact me today!

Theresa Lennon
Branch Manager / VP
THE SHORES
4070 US 1 South St. Augustine FL 32086
904.824.9111 Ext. Option 3 then Ext 82203



amerisbank.com




933 Mirror Lake Drive - SEAPINES: Beautifully maintained Catalina model located close to beach in the gated community of Sea Pines. Situated on high lot 3 bedrooms 2 baths split floor plan with 2 car side garage. Enjoy the courtyard entry into the open and spacious high ceiling living and dining area.. The owner has enclosed the porch to add heated and cooled space to make home open and flow from all interior rooms. Great kitchen with white appliances and cabinets opens to family room. Enjoy private guest area with bath. Utility off kitchen. Community pool \$369,900.00



3752 Arrowhead Drive - WILDWOOD CREEK: Desirable well established neighborhood in Wildwood Creek. All brick home waiting for a new owner to enjoy nature. Popular split floor plan on 1/2 acre lot professionally landscaped and maintained. Large kitchen with loads of storage and adjoining dining room with nature's view from bay window. 2006 owner enclosed Florida room with tile and floor to ceiling windows to enjoy the outdoors all trimmed in wood. 2 additional bedrooms with decorative wood closet doors. \$269,900.00



Melissa McCall Owen, REALTOR
49 Shores Blvd. St. Augustine, Florida 32086
Melissa.Owens@Deltona.com
904-794-2920 office, 904-794-5695
904-377-3960 cell

HELPING YOU CALL ST. AUGUSTINE HOME SINCE 1983

The St. Augustine Observer

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

Cliff Logsdon, Publisher/Editor
(904) 607-1410
clifflogsdon@att.net

The function of the St. Augustine Observer is to serve residents of St. Augustine areas Communities.

First priority will be given to reporting news and activities of the residents of the St. Augustine local communities, and other news and events that directly affects the St. Augustine area. Second priority will be given to articles of general interest as space permits. Information should be received by the 15th of

the month in order to appear in the following month's issue. Articles or information may be sent to the St. Augustine Observer, 1965 A1A South #180, St. Augustine Florida 32080-6509. Information may also be e-mailed to clifflogsdon@att.net.

All material submitted to the Observer is subject to editing. Publishing of submitted letters and information is at the discretion of the publisher. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the 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. It is agreed that the Observer and its staff will not be held liable for information provided herein by submitters, including pictures, graphics, websites and/or emails listed, that may have the potential to constitute fraud or other violation of law including copywriting infringements. The publisher reserves the right to refuse advertising that does not meet the publication's standards.

St. Augustine Shores Community Calendar

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

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

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

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

- Greens Condominium Board meetings will vary. Contact Steven Sheremeta at Sovereign-Jacobs at 904-461-5556.

- Casa Bella Condominium Board 2016 meetings- March 14th (Annual Meeting) - 6:30 pm, April 11th, 6:30 pm, May 9th, - 6:30 pm, September 12 - 6:30 pm, October 10th, - 6:30 pm, November 11th - 6:30 pm, December 12th - 6:30 pm.

St. Augustine South Community Calendar

The St. Augustine South Improvement Association
(904) 794-5129
www.staugsouth.com
Associate News Editor
Joan Nizza 904-687-8726

- SASIA Board Meeting - 2nd Wednesday of the month is the SASIA Board meeting at 7pm.
- SASIA Member Meeting - 3rd Wednesday of the month is SASIA monthly meeting.
- Women of the Moose-1101 -

2nd and 4th Thursdays "Women of the Moose-1101" meet at 7pm.

- DAV Meeting -3rd Tuesday of the month DAV monthly meeting at 7pm.

- Vietnam Vets Meeting - 4th Tuesday of the month Vietnam Vets meet at 7pm.

- Bingo - Every Thursday at 1pm except Holidays with a light lunch is available from 11:30 to 12:30.

Officers

Theresa Nizza – Acting President
Louis Zimmer – Vice President
Ed Olsen – Treasurer
Jenna Cuzick – Secretary

Board Members

Lynn Rowland
Travis Cuzick

St. Augustine South January Events

Sunday Jan.22,2017
Women of the Moose-1101 will host "Sunday Brunch" 10am to 1pm
Donations: \$8.00 for adults, \$5.00 ages 6-12, Free to under 6
For reservations Call Sandra 806-0535 or Theresa 794-5129

Daisy Troop #2228 will hold their meetings twice a month at St Augustine Clubhouse . Their leader is Mary Strohminger and co-leader Andrea Smith.

SASIA business meeting will be held Wednesday 1/18/17 at 7pm. The speaker will be Mary Strohminger of Daisy Troop #2228.

Community Classifieds

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

Business, Services, seeking work and others may be placed in the classified section according to the following rate schedule: 1/2" (4 lines) \$5, 1" (8 lines) \$10, 1 1/2" (12 lines) \$15, 2" (16 lines) \$20. These Ads are to be paid in advance before running in the Observer.

Send your ad and payment if required to 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 15th of every month for the next month's issue.

FOR RENT: Garage in Shores. Locked. Secure neighborhood. Call 94-413-8407.

FOR SALE: (1) 2010 Blue/Black 2010 Harley-Davidson FLHTK Electra Glide Ultra Limited. Great condition. 8,000 miles. Vance & Hines exhaust system. AM/FM, CD, Weather radio with 4 speakers. Intercom, Mounted GPS, Saddle bag luggage, and 2 covers. Asking \$14,500. (2) 2014 Red Ford Mustang Convertible. Pony Package. Side stripes and rear spoiler. Excellent Condition. 47,000 highway miles. Great Shaker sound system. Asking \$15,000. Call Allen at 615-1606.

FOR SALE: Double stainless sink complete with faucet and spray attachment. Less than 2 years old. Measuring 22x33. \$50 904-217-0940.

FOR SALE: 1430 Epson printer – wide format. Includes installation software and Adobe Photo Elements, all ink cartridges plus two extras. In good condition. \$200

Call Cindy at 797-3931.

FOR SALE: (1) Decorative Throws, 2, pale yellow and white w/fringe. Made in Portugal. Heavier weight for added warmth. Like new. Freshly laundered. \$35.00 for both. Call 904 797-3736 (2) Shower curtain, bought at Target. Contains beige, light and darker blues. Scalloped pattern throughout. Like new. Redecorating. Must sell. \$5.00 Call 904 797-3736 (3) Laura Ashley Queen size sheet sets including pillowcases. 2 pair the same. A very nice blue paisley (multi blue hues and a little white). Like new. Freshly laundered. \$20.00/per pair; or \$35.00 for both pairs. Call 904 797-3736.

FOR SALE: 2 Person Golf Cart Cover. \$100. Call 904-446-6805.

FOR SALE: Entertainment Center \$75.00 Call 904-607-1410



Will Russell

- Shores Resident
- Real Estate Agent
- Whether Buying or Selling I can help make it happen!

Call Now for a Free Market Analysis of your Property!!!!

(904) 814-7305

will@EndlessSummerRealty.com

"Helping Dreams Come True"



521 A1A Beach Blvd.

St. Augustine, FL 32080

Office (904) 461-8878

Fax (904) 461-8879

Reach St. Augustine By U.S. MAIL!

FREE Newspaper for all Shores & South Residents!

- We deliver to Residential Mail Boxes

- Not thrown on lawns or driveways - NO LITERING!

- Documented delivery By U.S. Postal Service

- No Subscription Required

Not in the Shores? You can get it in your mail box for

\$12 per year to cover postage.

Call 904-607-1410 to subscribe

or to advertise your business or service.

Part Time Opportunity St. Augustine Observer

The Observer is seeking a part time marketing person to reach local business organizations for promotion in the local newspaper. If interested please contact:

Cliff Logsdon
904-607-1410



St. Mary's by the Sea National Catholic Church (PNCC)

Mass Time - 10:00 Sundays

Healing Mass 1st Wednesday 12:00 Noon

All are welcome!!

Worship with us in the Historic Moultrie Chapel
480 Wildwood Drive 32086 • 904-392-9840 • Stmarysbts.org



St. Augustine Shores Club News

January 2017 Riverview Club Calendar

JANUARY DANCE

MAIN SOCIAL
7:00 pm to 10:00 pm
BYOB

Saturday, January 21st
Entertainment by Phil Farino
Hosted by: Angel & Mary Ellen Hernandez
Dance Club Members: FREE, Activity Members and Guests: \$15.00/pp
RSVP at www.staugshores.org



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

Bridge	Fridays 1:00 pm
Bridge Lesson	The class is geared to all levels. Thursdays at 10:00 am.
Card Game	Calling All Card Players! New card game group on Tuesdays, at 3:30 pm – 6:00 pm. Come and share your favorite card game: 500, Euchre, Pitch, Pinochle, Canasta, etc.
Chicago Bridge	Must have a partner to play , Monday and Thursday at 12:30 pm
Chair Yoga	Monday, Wednesday & Friday at 10:45 am. A gentler form of yoga for those whom balance is an issue.
Dance Class	Ballroom dance class with Dennis, classes will resume February 2nd . Dance Class is FREE for Activities & Dance Club Members.
Exercise Class	Tuesday and Thursday at 10:00 am.
Line Dancing	Every Monday at 6:30 pm and Wednesday at 10:00 am
Mah Jongg	Tuesday at 1:00 pm & Wednesday at 10:30 am.
Yoga	Mondays, Wednesdays and Fridays at 9:00 am. Bring a non-skid mat & wear comfortable clothing (no belts or anything tight around your waist). The class is geared to all levels.
Zumba	Tuesdays at 5:30 pm. Low-impact Zumba to protect joints. Come sweat, lose weight, meet people, and have a blast!
Writers in the Shores	Tuesday January 10 and 24 th at 1:00 pm in the Library – topic for January 24 th is "Every time I think about..." For information call Donna at 794-0789.

Check out the latest events at
www.staugshores.org

Upcoming Events at the Riverview Club

Early Social: Friday, February 3rd (7pm to 10pm) – Entertainment by Ernie

Main Social: Saturday, February 18th (7pm to 10pm) – Entertainment by Southern Style

Shores Riverview Club Committee Activities

FREE Introductory Fitness Pole Walking Clinic for Residents of St. Augustine Shores!

- Wednesday, January 11th, at 12:30 p.m. in the Ballroom of the Riverview Club, 790 Christina Drive, St. Augustine FL.
- Pole Walking is a fun and easy way to get a very effective and efficient total body aerobic workout!
- Please wear comfortable walking shoes - demo Walking Poles will be provided.
- This Free Clinic has limited space, pre-registration is required, please contact Sheila Vidamour, Certified Pole Walking Instructor: Tel: 904-540-1067.

Shores Committee Meetings

- **Riverview Facilities & Ground Committee Meeting:** Tuesday, January 10th at 7:00 pm, Riverview Club's library.
- **RV & Storage Compound Committee Meeting:** Tuesday, March 7th at 6:30 pm, Riverview Club's library.
- **HOA Deed Restrictions Committee Meeting:** Monday, January 09, 2017 at 6pm at the Riverview Club's Library.

Come and visit us at our unique waterfront property and rent our spacious & elegant ballroom space for your next event!

- | | | |
|--------------|-----------------|--------------------------|
| • Weddings | • Reunions | • Graduation Party |
| • Birthdays | • Fund Raisers | • Retirement Party |
| • Meetings | • Anniversaries | • Memorial Service |
| • Rehearsals | • Baby Shower | • Engagement Party |
| • Receptions | • Dinner Dances | • Office & Holiday Party |



790 Christina Drive
St. Augustine, FL 32086
904.794.2000



Main Hall 5,520 sq. ft.
& Commercial Grade Kitchen
Seating capacity: 350 people

Game Room 1,440 sq. ft.
Seating capacity: 70 people

Card Room 825 sq. ft.
Seating capacity: 40 people



St. Augustine Shores Service Corporation November 10th Board Meeting Summary

"This Summary is a brief overview by the Observer Editor and is not the complete meeting minutes. Minutes are posted at the Riverview Club and on the Association Website."

The St. Augustine Shores Service Corporation's Board of Directors meeting was called to order by President Jim Priester at 7:00 P.M.

Minutes of October 13, 2016 were approved and Treasurer report approved. General Manager Smith explained the decrease in the operating fund and the increase in the reserve fund.

2015 -2016 Annual Audit was presented by Todd Neville, Neville, Wainio CPA's. He reported that the allowance for doubtful accounts has improved due to diligent collection efforts by Management and the Corporations Legal Counsel. He summarized the financial statements and reported a surplus for fiscal year 2015 - 2016. He explained that some special procedures were performed by his audit team that provided comfort to the Board and that this presentation was the annual check – up. Copies of the audit were available for the membership.

Managers' Report - Joseph H. Smith III

Progress on Board Goals:

Curb Appeal - New plant stock will be planted at the entrances and the Riverview Facility the week of November 14th. Rye seed has been distributed in the medians. A new irrigation well has been installed at the main entrance. President Priester commented on the shoulder work that has been done to correct the issue with the drop off from the recently paved roads at the South entrance to the tennis courts and ball field.

Safety and Security: Tree removal has been the main focus to protect the membership. The three phases of the clean – up effort were summarized. Removal of trees from structures. Removal of trees threatening pedestrians and vehicles. Clean – up of downed trees from the common areas. The safety fence has been installed at the foot of the pier.

Operations: General Manager Smith reported that Hurricane Matthew had swept away approximately 110 feet of the pier and the gazebo. Yelton Construction estimates that it will take \$75,000 to \$100,000 to repair the pier using the existing wood and the pilings that can be salvaged. A total replacement would be around \$300,000. There is \$300,000 budgeted in the Reserve Replacement Fund. There is a disaster loan available for homeowners associations at a rate of 2.85 percent. The Board will solicit a written estimate and make a decision. Board Member Janet Cassford has resigned from the Board for personal reasons.

Committee Reports

ACC Committee – General Manager Smith: 2 variances were brought to the Board. Sommers, 900 Viscaya Blvd. – Approved request for a variance to bring their fence 8 ft. forward of the rear of the house. Approved request by George Thanos, Deltona Corporation, 405 Maribella Ct. for setback of the pool. The ACC reviewed 8 applications: 5 fences, 2 new homes, 1 pool. Total approved YTD 275.

Riverview Building and Grounds Committee – Holly: Suggestions offered for consideration: dry erase board for meetings; no pets allowed sign for the Kiddie Park; entrances to the Riverview Facility painted blue and the hinges and the hardware need to be replaced; pool table be removed from the Game Room.

The Deed Restriction Review Committee – Charlie Bouton: Suggestions offered for consideration: Fences as a starting point; Sidewalks in the cul de sacs in Tuscan. Next meeting is January 9, 2016.

New Business

Home Office Applications

Following approved: Lehman Norman, 1023 Mindello Ave. for the purpose of an inshore fishing charter company office; Heather Ann Warren, 248 Marius Court for the purpose of handmade body care products to be sold at craft fairs.

Directors Comments

Vice President O'Such inquired about filling the vacancy on the Board. We will ask all candidates to submit a resume for review and vote a secret ballot at the next meeting.

Director Burrell thanked the Management and contractors for their efforts after Hurricane Matthew.

Members Comments

Charles Bouton requests that we move the ACC manual to the governing documents section of the web site. Rita Latchis 591 W. Bianca Circle requested the Board of Directors to remove her neighbor's continuous hedge planted on the side of her house for safety concerns.

Message from Shores President Jim

Happy New Year!

A new year and for many another opportunity to start fresh or anew.

If you're thinking about or have considered serving your community. Now's a good time to throw your hat in the ring for the upcoming election in May. Contact the office for more information on the process of putting your application in.

The clean up from hurricane Matthew has been completed but we will continue to monitor the trees along Shores Blvd. We cut back on the usual tree lights for the Holidays to save a little money. The rebuilding of the pier is being taken into consideration and a final decision will be made within the next 30-60 days.

The county continues to replace the main drain covers. They are currently on Shores Blvd between Christina and Alieda and working their way to the north end of our community.

Our Committies continue meet and are making some great progress in bringing our Club House, Grounds, Activities and Documents up to speed.

If you would like to be a part of any of these Committies call the office and ask about the dates they meet. As always I would like to remind you that we serve on the Board and Committies for you. It is our desire to make St Augustine Shores the jewel Community in the southeast part of our county. I can be reached at president@staugshores.net for comments or questions. Our Board meets the second Thursday of every month at 7PM in the clubhouse. All our property owners are invited to attend. Hope to see you there!

Jim Priester, President

News Around South St. Augustine

St. Augustine Travel Club

by Peter Dytrych

Our next travel club will be held on Wednesday, January 11, at 3pm at the Southeast Branch Public Library. We look forward to seeing you as we cover HEARST CASTLE, SAN SIMEON - William Randolph Hearst's story of building his dream high above the central California Coast, influenced by the spectacular European castles and art treasures.

St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Sunday, March 26 to Sunday, April 2, 2017 on one of the largest ships in the world, the magnificent Royal Caribbean Oasis of the Seas out of Port Canaveral to the ports of Labadee, Falmouth and Cozumel for a 7-day cruise. Prices start from \$906.54 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Oceanview and balcony cabins are available at higher cost. Book now with a \$250 pp deposit and receive \$25 per stateroom On Board Credit. Call Peter, St. Augustine Travel Club at (904) 797-3736 for more information and reservations.

Friends of the Library Southeast Branch Book Sale

The Friends of the Library Southeast Branch invite the community to the January book sale from 12 pm to 8 pm Jan. 9; 10 am to 8 pm Jan. 10, and 10 am to 3 pm Jan. 11. Start the New Year with gently used books meant for enjoyment. The Southeast Branch Library is located at 6670 US 1 South.

Most hardbacks, including fiction, nonfiction, history, bios, cookbooks, craft books, arts, and entertainment will be \$1. Trade softbacks will be \$1 and paperbacks will be 50 cents. DVDs and CDs will start at \$1. Young readers and children's books will be 25 cents. Collectible books and those of special merit will have individual prices. All sales benefit programs and services provided by the Southeast Branch Library.

If you are a patron of the Southeast Branch Library and enjoy the services of this excellent facility, show your appreciation by joining the Friends of the Library for 2017. Yearly membership is only \$15 for individuals; \$25 for families and businesses. Membership forms will be available at the sale, and are always available at the circulation desk, or in the Friends of the Library Book Shop located in the main lobby.

Your membership helps support and enrich library programs and services for children and adults. There is always something interesting happening at the Southeast Branch Library. Please be a Friend to your library. For additional information, 827-6900.

Writers In The Shores

By Donna Johnson

The January meetings for Writers in the Shores will be on Tuesday the 10th and again on the 24th. The chosen subject is to be "Every time I think about" and, is suggested for this month's topic to write about on the 24th. Come join us, you just might like us! Everyone is welcome and we would like to invite anyone who loves to write. You do not have to be a member. We meet on the 2nd and 4th Tuesday each month, at 1pm 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 Donna at 794-0789.



EYE CENTER OF ST. AUGUSTINE

THE EYE SURGERY CENTER OF ST. AUGUSTINE
THE OPTICAL SHOP



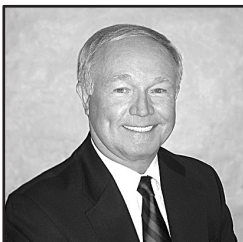
PAUL W. HUND, III, M.D.



TODD P. THOMPSON, M.D.



RUSSELL W. NELLIGAN, M.D.*
*Cornea Specialist



N. PATRICK HALE, M.D.



ELIZABETH K. MCLEOD, M.D.



TOTAL EYE CARE UNDER ONE ROOF

- Board Certified Physicians
- No Stitch Cataract Surgery
- Ophthalmic Plastic Surgery
- Laser Surgery
- Glaucoma/Macular Degeneration
- Yearly Diabetic Eye Examinations
- Eyeglasses/Contact Lenses

**MEDICARE PARTICIPANTS
ACCEPTING NEW PATIENTS**

1400 U.S. Highway 1 South

829-2286

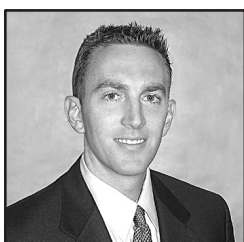
319 West Town Place, World Golf Village

940-9200

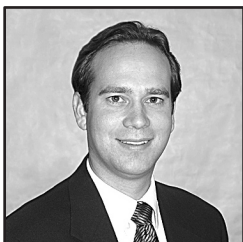
* WE ACCEPT MEDICARE, BLUE CROSS & BLUE SHIELD, UNITED, CIGNA, AND MOST MAJOR MEDICAL HEALTH PLANS.



Best Vision Center
10 Years



MICHAEL A. DAGOSTINO, O.D.



TODD HOCKETT, O.D.

Gregory E. Oxford
DDS, MS, PhD
Dental Surgeon

- Extractions
- Wisdom Teeth
- IV Sedation
- Implants
- Bone Grafts
- Sinus Elevations
- Gum Surgery
- Laser Therapy
- Soft Tissue Grafts

**Oxford
Dental
Associates**

Isabell G. Oxford
DMD
General Dentist

- Implant Dentistry
- Crowns & Bridges
- Cosmetic
- (white) Fillings
- Whitening
- Veneers
- Implant Dentures & Partial
- Conventional Dentures & Partial



100 Whetstone Place
Suite 308
St. Augustine, FL

810-2345
www.oxforddental.net

Robert C. Kelsey MD

Accepting New Patients

Board Certified
Cardiology and Internal Medicine

(904) 827-0078

2720 U.S. HWY 1 SOUTH, STE B
ST. AUGUSTINE, FL 32086

Wild Flower Meadow Group

(continued from page 1)

continue to come. We appreciate having the extra help, company, their perspectives, and knowledge.

Did I say our group doesn't talk politics? There are members on both sides of the political aisle, but our group focusses on wild flowers, being outside, and enjoying the natural environment in and around St. Augustine. See? There is life outside of political differences. In October Hurricane Matthew cut short the fall blooming season. It blew away most of the blossoms of blazing stars and bushy asters and we're hoping there will be more next year. Under the hurricane's debris and all the grasses, coreopsis were hiding, though not by choice. We cleared away what kept sunlight from them, hoping they would bloom before the end of the season. Well, maybe next year.

In the upper end of the meadow near the path someone in our group strategically placed a bare branch because? Dragon and damsel flies like having a place to rest where they have a good view of their surroundings, so do the little anoles. The meadow isn't just for wild flowers; it's for all the pollinators and critters who have a role in the meadow and live there. The flowers that bloomed in October and November were golden aster, coreopsis, swamp sunflower, rattle box, Spanish needle, bushy aster, wild petunia, wire weed, casia, scorpion's tail, scarlet milkweed, and spider lily. The Elliot Love grasses and Muhly grasses weathered the storm without seeming to have suffered and, likewise the blue stem grasses.

We occasionally visit state and county parks and welcome newcomers, even if you want only to come on the outings. Our group meets the first Saturday of each month at 8:30 by the Riverview Club House. Our goal is to preserve the wild flower meadow, learn about native plants, and those that grow in this location. We're an informal group without officers or dues and hope you will join us. Call Claire at 904-826-5366 for more information.

Local Coalition's Book Bag Project Huge Success

Every fall and spring season, the Early Learning Coalition of North Florida (ELC) host a book-bag distribution for both three and four-year-old children in Putnam, St. Johns, Clay, Bradford, Baker and Nassau counties.

In 2016, more than 1000 book bags were distributed to local child care and preschool classrooms. Each bag consisted of 10 age-appropriate books as well as information for parents about the importance of reading to children.

The bags were delivered to the children by ELC volunteers, ELC Early Outreach Manager Joan Whitson and various children's book characters. This year's characters included Eric Litwin's Pete the Cat and Curious George.

"At ELC, we want to provide books for every child, especially those from families with lower incomes so they all can have the same advantages that reading brings," Joan Whitson, Early Literacy Outreach Manager said.

Studies show children who are read to at an early age is the single biggest factor in improved school readiness scores and vocabulary in young children. ELC funds this program through grants, book donations and donations from local civic groups.

ELC welcomes groups to conduct book drives for them. The books need to be pre-school age appropriate. To help support this program contact Joan Whitson at 904-342-2267 or jwhitson@elcnorthflorida.org.

SJR State Law Enforcement Cadets Recognized

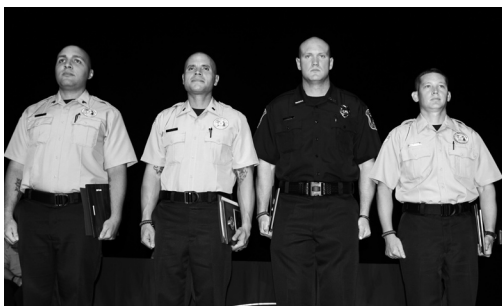
St. Johns River State College criminal justice academy cadets were recently recognized during a graduation ceremony. Cadets representing Clay, Putnam, St. Johns, Duval and Flagler counties received their certificates of completion for the law enforcement basic recruit program. St. Augustine Beach Police Chief Robert Hardwick addressed the graduates as the keynote speaker.

Special recognition in the class went to Jonathan Roszel, of St. Johns County, for "Highest Academic Achievement." St. Johns County resident Jesse Truscio received the award for "Highest Marksmanship Achievement," and Kenneth Ithier, also of St. Johns County, received the "Warrior Award." Pedro Ramos, of Clay County, received the "Medallion Award" for highest overall achievement. Law enforcement basic recruit graduates from Clay County: Michael Babcock, Timothy Geoghagan, Jeff Naeyaert, Pedro Ramos, Kennisha Taylor and David Widergren.

Law enforcement basic recruit graduates from Putnam County: Holly Griffith, Nicholas Hale and LaGarren Wellon. Law enforcement basic recruit graduates from St. Johns County: Adam Bergman, Walter Clough, Jared Davis, Austin Ferrell, Kenneth Ithier, Christian Maysonet, Ryan Rado, Adiel Ramirez-Cruz, Jonathan Roszel, Abdul Toubaili, Jesse Truscio, Laura Welty and Ramy Yousef. Law enforcement basic recruit graduates from other counties: Mark Ambrose (Duval), Michael Johnson (Duval) and Tyler Mitchell (Flagler).

The ceremony was held at the Thrasher-Horne Center for the Arts. The Thrasher-Horne Center is owned and operated by SJR State College and is located on the Orange Park campus. The criminal justice certificate programs provide job-related training to prepare cadets for entry-level employment in their career field. Cadets who complete the certificate program will be eligible to take the state certification exam. The certificates also provide credit hours to be transferred into SJR State's associate in science degree in criminal justice technology. The program is located on the St. Augustine Campus.

Applications are currently being accepted for 2017 enrollment. Daytime and evening classes for SJR State's Florida Law Enforcement Academy will begin in July. Applications are also being accepted for enrollment in SJR State's Florida Corrections Officer Academy. For more information about SJR State's criminal justice programs, call (904) 808-7490 or visit the website at SJRstate.edu.



News From Around St. Johns County

Quit Smoking Class at Flagler Hospital

It's the perfect time for a new start! FREE six-week Quit Smoking class at Flagler Hospital on Tuesday, January 10 – February 14, 2017 from 11:00am – 12:00pm. Free patches, lozenges, and gum! FREE quit plan, workbook, water bottle, stress ball and more. Call to register and learn about more classes in your area: Northeast Florida AHEC (904) 482-0189.

Beach Passes Now on Sale! Great Gift for the Holidays

Annual passes to drive vehicles on St. Johns County's beaches are now on sale at all office locations of St. Johns County Tax Collector Dennis W. Hollingsworth, CFC.

Passes are required to drive on the beaches during the 2017 season, March 1 through September 30. St. Johns County residents can purchase passes at the preseason rate of \$30.00. Non-St. Johns County residents can purchase passes for \$40.00. Passes for disabled persons, regardless of residency, are available for \$20.00. There is no fee for 100% disabled military veterans.

Customers will be asked to provide proof of residency and disability status to receive the passes at the specified rates. All fees increase by \$10.00 March 2, 2017, at which time passes will no longer be available for purchase at the Tax Collector's office.

For questions regarding the beach passes, please contact the St. Johns County Parks & Recreation Department, 904-209-0333. For more information about the St. Johns County Tax Collector's office locations and hours of operation, please visit www.sjctax.us or call 904-209-2250.

First Coast Card Club Let's Play Cards!

Tuesday, January 3rd St Augustine Main Library, 1960 N. Ponce De Leon Blvd., St Augustine 1:30pm

Wednesday, January 11th-Ponte Vedra Beach Branch Library, 101 Library Blvd., Ponte Vedra Beach 1:30pm

Wednesday, January 18th-Fleming Island Main Library, 1895 Town Center Blvd. Fleming Island 1:30pm

Tuesday, January 24th-St Augustine Main Library, 1960 N. Ponce De Leon Blvd., St Augustine 1:30pm

We hope we can meet more interested people in our community each month.

Temple Bet Yam's Eagerly Anticipated Deli Nite Here Thursday February 16th

On the menu is your choice of corned beef, pastrami, or turkey sandwiches along with typical deli sides, a dessert, and a beverage. Bill Rosenthal, magician, will provide the entertainment. Get your reservation in now! Tickets go fast! The cost is \$30 per person. RSVP by February 7, 2017.

Checks to be made payable to Temple Bet Yam with Deli Nite indicated in the check memo and send to Temple Bet Yam, PO Box 860098, St. Augustine, FL 32086. For further information, contact Barbara Carman at 904-826-3676 or email wandmtby@gmail.com.

Election of officers for the Library Advisory Board (LAB)

At their regular monthly meeting on November 9, 2016, the St. Johns County Library Advisory Board elected their new slate of officers for 2016-2017.

- St. Augustine resident and At-Large representative, Mr. Mike Macnamara was elected Chair.

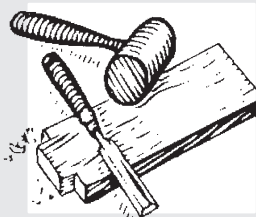
- St. Augustine resident and District 2 representative, Ms. Mary Geer was elected Vice-Chair.

- St. Augustine resident and District At-Large representative, Ms. Katherine Dvornick was elected Secretary.

The Library Advisory Board meets the second Wednesday of each month, at 9:30 a.m. and the meetings are open to the public. The meeting calendar, agendas, and meeting minutes are posted on the library's website.

Created by the Board of County Commissioners (BCC) in 1977, the LAB serves as an advisory body to the Board of County Commissioners, and is liaison between citizens, the Library, and the BCC. Contact: Angelina Gervasi, Library Administration at (904) 827-6931 agervasi@sjcfl.us or visit the library's website at www.sjcpls.org.

JORGE'S HANDYMAN SERVICE, INC. Carpentry, Renovations & Repairs



- Crown Molding • Trim • Finish Work
- Custom Cabinets, Wall Design, Closets
- Furniture Restoration, Doors & More
- 25 Years Experience • Licensed /Insured

Free Estimates **(904) 315-8550**

Lic. # ST-7256

• Shores References Available



January 2017

January 1-31

Nights of Lights of Lights Continues – www.nightsoflights.com

January 1

Villa Zorayda's Candlelight Tour: Join the Villa Zorayda this holiday season for its annual Candlelight Tour. The museum is beautifully decorated for the holidays with a spectacular Christmas tree decorated in the colors of the Zorayda, red and gold. More than 100 candles are aglow throughout the museum as docents lead the tour by candlelight. The tour begins at 5:30 p.m. Tours last approximately 1 hour and 30 minutes. Admission is \$15 adults; \$7 children 7-12; free for children 4-6. This tour is not recommended for children 3 and under. Reservations required. 83 King St., St. Augustine 904-829-9887 www.villazorayda.com

January 6 & 8

Puccini's Madame Butterfly: Puccini's tragic cross-cultural love story remains one of the world's most popular operas. Be transported to early 20th-century Japan through this production fully-staged at Lewis Auditorium at Flagler College on Friday at 7:30 p.m. and Sunday at 2 p.m. This story is sung in Italian with projected English supertitles. General admission is \$40; students are \$10. 14 Granada St., St. Augustine 904-417-5555 www.firstcoastopera.com

January 6-29

2017 Black, White & Shades of Gray Exhibition: The St. Augustine Art Association presents the Black, White & Shades of Gray exhibition. Back by popular demand, this juried exhibit is bold and sophisticated, featuring 2D & 3D colorless works of art of any subject or medium. The exhibition is free and open to the public. The gallery is open Tuesday to Saturday noon-4 p.m. and Sunday 2-5 p.m. 22 Marine St., St. Augustine 904-824-2310 www.staaa.org

January 7

Tastes of Chocolate Holiday Tour: Experience an indulgent walking tour of St. Augustine's historic district and experience the most unique chocolate selections that our nation's oldest city has to offer. Guests will explore unique culinary venues and foodie hotspots to sample delicious chocolate in all forms, including wine, sauces, toppings, dips, desserts and much more. This two-hour walking tour departs from Tour Saint Augustine at 1 p.m. The cost is \$59 per person. Advance reservations required. 4 Granada St., St. Augustine 904-825-0087 www.staugcitywalks.com

EMMA Concert Association Presents Carpe Diem String Quartet: Carpe Diem is an ensemble that has earned widespread critical and audience acclaim for its innovative programming and electrifying performances. With programming that reflects its passions for Gypsy, tango, folk, pop, rock and jazz-inspired music alongside the traditional string quartet repertoire, the quartet continues to rack up accolades and awards. The performance is at Lewis Auditorium at Flagler College at 7:30 p.m. Admission is \$35. 14 Granada St., St. Augustine 904-797-2800 www.emmaconcerts.com

January 7, 14, 21 & 28

It's All Greek! Cultural Workshop at St. Augustine Lighthouse & Maritime Museum: Learn traditional Greek dancing and how to cook Old World Greek dishes that are still a part of a healthy Mediterranean diet. Add to that an introduction to Greek language for a complete cultural experience! The 4 week session takes place each Saturday morning from 10 a.m. to noon. The cost is \$90 for all 4 sessions, plus materials. 81 Lighthouse Ave., St. Augustine 904-829-0745 www.staugustinelighthouse.org/education/folkworkshops

January 12

Sunset/Moonrise at the St. Augustine Lighthouse & Maritime Museum: Enjoy the sunset and moonrise from the top of the Lighthouse at 5:15 p.m. The \$30 admission includes a champagne toast, provided by San Sebastian Winery, hors d'oeuvres from The Reef and an informative overview of the history of the St. Augustine Light Station. 81 Lighthouse Ave., St. Augustine 904-829-0745 www.staugustinelighthouse.org

Full Moon Nights of Lights Tour by Florida Water Tours: Enjoy the view of St. Augustine's Nights of Lights, which will be enhanced by a full moon, on a Florida Water Tour cruise. The 7:45 p.m. and 9:30 p.m. tours provide a magical experience full of romance and holiday cheer. Admission is \$59.99 per person ages three and up. The tours depart from Camanchee Cove Marina. 282 Yacht Club Dr., Dock A-19, St. Augustine 904-827-7728 www.floridawatertour.com

January 14

St. Augustine Military Ball: This elegant, formal gala, hosted by Forward March, honors St. Augustine's proud military presence. A buffet dinner, complimentary open bar, music for dancing and a unique silent auction await guests. The event will be held take place 6-11 p.m. at the Mark W. Lance Armory. The cost is \$100 per person. 190 San Marco Ave., St. Augustine 904-794-2883 www.4wardmarch.org

January 15

EMMA Concert Association Presents Telegraph Quartet with Pianist Simone Dinnerstein: Pianist Simone Dinnerstein is a graduate of The Juilliard School. She has fast been gaining international attention as a commanding and charismatic artist and as one of the most compelling women pianists performing today. The Telegraph Quartet was formed in 2013 with a commitment to a passionate approach to the standard chamber music repertoire as well as contemporary and nonstandard works. The performance is at Lewis Auditorium at Flagler College, 2-4:30 p.m. Admission is \$35. 14 Granada St., St.

Augustine 904-797-2800 www.emmaconcerts.com

Los Lobos Performs at the Ponte Vedra Concert Hall: After celebrating their 40th anniversary with the cleverly titled 2013 live album *Disconnected* in New York City, the hard working, constantly touring Los Lobos – David Hidalgo, Louie Perez, Cesar Rosas, Conrad Lozano and Steve Berlin – leaps headfirst into their fifth decade with an invitation to join them as they open fresh and exciting new *Gates of Gold*, their first full-length studio album since 2010's *Tin Can Trust*. Doors open at 7 p.m.; performance at 8 p.m. Admission ranges from \$66.50 to \$46.50. 1050 A1A North, Ponte Vedra Beach 904-209-0367 www.pvconcerthall.com

January 16

I Have a Dream Walking Tour: In honor of Martin Luther King Jr.'s birthday, you are invited for a 1.5-hour walking tour where you will hear stories and see history come alive as you follow in the footsteps of Dr. Martin Luther King and visit some of the locations in the historic district of St. Augustine that played a significant role in the Civil Rights Movement. This tour departs at 1 p.m. from Tour Saint Augustine. A portion of the proceeds from the ticket sales will be donated to the ACCORD Civil Rights Museum in St. Augustine. Tickets are \$12 per person and advance reservations required. 4 Granada St., St. Augustine 904-825-0087 www.staugustineblackheritagetours.com

January 20-22

Saint Augustine Film Festival: This three-day film festival takes place at various locations throughout St. Augustine, including the Corazon Cinema and Cafe, Lewis Auditorium at Flagler College and Limelight Theatre. The festival starts at 11 a.m. on Friday and Saturday and noon on Sunday. There is a party each evening of the festival. Tickets to see the films are \$10 for general admission; \$8 for seniors and students. Visit the website for the film screening schedule. 904-461-3993 www.staugfilmfest.com

January 21

Matanzas 5000 5K & Fun Run: This is one of Florida's fastest 5K races on a scenic USAATF-certified course through historic St. Augustine. Run in the morning and stay for the famous St. Augustine Nights of Lights. The 5K begins at 8 a.m. and the fun run begins at 9:15 a.m. at Francis Field. The cost to register is \$35 day of race, \$30 from January 2-20, and \$25 through January 1. 29 W. Castillo Dr., St. Augustine 904-945-6811 www.matanzas5k.com

January 24

Ideas & Images at Flagler College - Business as a Force for Good: A Flagler College graduate with a master's degree in Spanish from Middlebury College, Margaret Fenwick published a green living guide for Spain with a prologue by Dr. Jane Goodall, worldrenowned anthropologist. Her philosophy – “By committing to sustainability, companies around the world can take shared responsibility for creating a more peaceful and prosperous world. Together, the Ten Principles of the UN Global Compact and the 17 Sustainable Development Goals of the United Nations provide a blueprint for creating a more sustainable and inclusive global economy that delivers lasting benefits to people, communities and markets.” The free event is at Lewis Auditorium at Flagler College at 7 p.m. 14 Granada St., St. Augustine 904-819-6443 www.flagler.edu for more visitor information visit www.FloridasHistoricCoast.com or call 904-829-1711

January 26

Lightner After Hours: Kick off the weekend in style in the Lightner Museum's Grand Ballroom Gallery for this monthly social held the last Thursday of every month 6-8 p.m. This event is free and open to the public. Music and refreshments are provided. A \$5 donation per drink is suggested. 75 King St., St. Augustine 904-824-2874 www.lightnermuseum.org



DELTONA REALTY

AT ST. AUGUSTINE SHORES
A DIVISION OF THE DELTONA CORPORATION

904-797-6769

www.DeltonaRealtyInc.com or
Email: melissa.owen@deltona.com

SHORES	OAKBROOK	WILDWOOD	CONQUISTADOR
			
<p style="font-size: 0.8em;">Immaculate 2BR/2BA shores home on lake. Updated kitchen; master with large walk-in closet; Florida room overlooking lake; 1-car garage. Washer and dryer included. \$1,350 monthly.</p>	<p style="font-size: 0.8em;">3BR/2BA home in a gated community. Home offers living room w/fireplace; separate dining room; kitchen w/breakfast room; split bedrooms; large screened room w/pavers to fire pit and outdoor pergol. \$1,700 monthly.</p>	<p style="font-size: 0.8em;">3BR/2BA home with a view of nature from back deck overlooking Moultrie Creek Kitchen w/breakfast bar; living room; large master with double sinks; French door from LR leads to back deck. \$1,400 monthly.</p>	<p style="font-size: 0.8em;">Second floor 2BR/2BA condo with screened lanai. Enjoy the community pool & tennis courts, walking path and fishing pier and water views of the Matanzas. Basic cable include \$1,100 monthly. Jy.</p>

January 27-February 19

Hedda Gabler at the Limelight Theatre: The Limelight Theatre presents Hedda Gabler, Henrik Ibsen's great social drama about a caged woman in the late 19th century. The play explores her tormented desire for escape and her yearning for individual and spiritual freedom. Performance times are 7:30 p.m. Thursday-Saturday and 2 p.m. on Sunday. Tickets are \$26 general admission; \$24 seniors; \$20 students and military. 11 Old Mission Ave., St. Augustine 904-825-1164 www.limelight-theatre.org

January 28

EMMA Concert Association Presents National - Symphony Orchestra of Ukraine: Formed in 1918, the National Symphony Orchestra of Ukraine is considered to be one of the finest symphony orchestras in Eastern Europe. Its first conductor was Oleksander Horilyj, followed by Natan Rachlin from 1937 until 1962. The performance is at Lewis Auditorium at Flagler College at 7:30 p.m. Admission is \$40. 14 Granada St., St. Augustine 904-797-2800 www.emmaconcerts.com

January 29

Florida Chamber Music Project Performance at the Ponte Vedra Concert Hall: The Florida Chamber Music Project and St. Johns County Cultural Events Division present a season of performances at the Ponte Vedra Concert Hall. This performance features Quintet in C Major by Schubert. The concert begins at 3 p.m. Admission is \$25. 1050 A1A North, Ponte Vedra Beach 904-209-0367 www.pvconcerthall.com

Ongoing Events By Days

Wednesday - St. Augustine Beach Wednesday Market: The Wednesday Market is a unique and enjoyable shopping experience at the St. Johns County Pier Park. Approximately 60-80 vendors participate each Wednesday morning from 8 a.m.- 12:30 p.m. Vendors, most local and others from as far away as Orlando, Fla., display an array of produce, prepared foods, local seafood, art, crafts, jewelry and fair trade goods. 350 A1A Beach Blvd., St. Augustine Beach 904-347-8007 www.sabca.org

Friday, Saturday & Sunday - Historic Weapon Demonstrations at Castillo de San Marcos: National Parks Service volunteers and personnel demonstrate the weapons and relate the experiences of the Colonial Spanish soldier stationed in St. Augustine in the 1740s. Demonstration times are 10:30 a.m., 11:30 a.m., 1:30 p.m., 2:30 p.m. and 3:30 p.m. Admission is \$10 for adults; children 15 and under are free. The Castillo is open 8:45 a.m.-5 p.m. daily. 904-829-6506 www.nps.gov/casa

Saturday - Old City Farmer's Market: Shop for fresh produce, baked goods, fresh seafood in season, hand-crafted items and plants directly from the producers. There's always live entertainment. The Old City Farmers' Market takes place every Saturday from 8:30 a.m.-12:30 p.m. at the St. Augustine Amphitheatre. 1340 A1A South, St. Augustine 904-209-0367 www.staugustinefm.com

Sunday - Salt Air Farmer's Market: Whether you are looking for home-grown produce or creative local art, this market from 10 a.m.-2 p.m. has a wide assortment of items. 9505 Oceanshore Blvd., St. Augustine 904-315-0952 www.saltairfarmersmarket.com

First Wednesday, Lightner Museum Curator Tours: Lightner Museum curator provides a themed interactive tour designed to give participants an opportunity to see acquisitions in operation rather than just as static displays. The tour, which is included in admission, takes place at 10 a.m. on the second floor of Lightner Museum. Regular admission is \$10 adults; \$6 for active duty military; \$5 college student and youth ages 12-18; under 12 are free. 75 King St., St. Augustine 904-824-2874 www.lightnermuseum.org

First Friday - Garden Walk: Visit Washington Oaks Gardens State Park on the first Friday of every month for a guided tour of the beautiful gardens. Meet in the garden parking lot at 10 a.m. and wear comfortable shoes. The tour will last approximately one hour. Admission into the park is \$5 per vehicle, up to eight people; \$4 per vehicle for single occupancy or \$2 per person on bicycle. 6400 N. Oceanshore Blvd., Palm Coast 386-446-6783 www.floridastateparks.org/park/washington-oaks

First Friday - Art Walk: From 5-9 p.m. on the first Friday of every month, the Art Galleries of St. Augustine feature new exhibits, refreshments and live music at more than 20 galleries. The event is held rain or shine inside the member galleries and is a free, self-guided walking tour. Tour maps are available at participating galleries. Free Art Walk Trolleys and Trains are provided by St. Augustine Sightseeing Trains and Old Town Trolleys. 832-779-2781 www.artgalleriesofstaugustine.org

First Saturday - GTM Research Reserve Guided Exploration Hike: The first Saturday of each month at 8:30 a.m., take a guided exploration hike that focuses on



We need listings
It's a **SELLERS MARKET!** Call us today to list and sell your home for maximum dollars

MEMORY HOPKINS
REAL ESTATE

Office Locations:
93B Orange St.
St. Augustine, FL 32084
4440 N. Oceanshore Blvd. STE 105
Palm Coast, FL 32137
904-900-0990

Our Community Newspaper Reach
Thousands of St. Johns County
Residents by U.S. Mail.

- St. Augustine Shores
- St. Augustine South

Call 607-1410
To Advertise Your Business Or Service
To These Communities or
email us at Clifflogsdon@att.net

Start the New Year **FRESH**
ORDER NOW!

Pick-Up
or
Delivery
Available

Shoppes at Mill Creek
2730 SR 16, Unit 107
St. Augustine, FL 32092
904.342.2486

the Guana Peninsula's 5,000 years of human history. This 1.5-mile guided walking tour departs from the Trailhead Pavilion located just west of the Guana Dam. The programs are free. There is a \$3 parking fee. 505 Guana River Rd., Ponte Vedra Beach 904-823-4500 www.gtmnerr.org

First Saturday - Militia Muster and Training at Fort Mose: Visit Fort Mose on the first Saturday from 9 a.m.-2 p.m. of each month to be transported back to the 18th century. The members of the Fort Mose Militia come together to practice their firing drills, teach new Militia members historic weapons use and safety and generally have an enjoyable Saturday at Fort Mose. Visitors will experience historic weapons demonstrations including musket firingdrills. Children of all ages will have the opportunity to participate in the children's militia training using wooden toy muskets and authentic uniform accessories. The park is open from 9 a.m.-5 p.m. Admission into the park is free. Admission into the Visitor Center is \$2 per person. 15 Fort Mose Trl., St. Augustine 904-823-2232 www.floridastateparks.org/park/fort-mose

First Saturday - Drum Runner Series Barrel Racing at St. Johns County Fairgrounds: Saddle up and head over to the St. Johns County Fairgrounds for monthly barrel, pole and other timed speed horse events. The event is open to public; free for spectators. Participants must have own horse. Participation fees are \$15 for St. Johns County Horse Council members and \$25 for non-members. Awards will be presented for each age group in each event. The races are held at the St. Johns County Fairgrounds. 5840 S.R. 207, Elkton 904-588-8017 www.sjchc.org

Second Saturday - Free St. Augustine Pet Walk Pup Crawl: Explore the timeless streets of St. Augustine and hear tales of the city's rich history while touring with your beloved pets. This free, one-hour guided walking tour covers several square blocks of the downtown plaza area. All pets must be leashed and all city pet ordinances followed. This is a great way to share quality time with man's best friend and explore the nation's oldest city. Tour departs at 10 a.m. from Tour Saint Augustine. Reservations required. 4 Granada St., St. Augustine 904-825-0087 www.staugcitywalks.com

Second Saturday - Plant Sale: Washington Oaks Gardens State Park hosts its monthly plant sale from 10 a.m.-2 p.m. Regular park entrance fee of \$5 per vehicle, up to eight people; \$4 per vehicle for single occupancy or \$2 per person on bicycle applies. 6400 N. Oceanshore Blvd., Palm Coast 386-446-6783 www.floridastateparks.org/park/washington-oaks

Second and Fourth Saturday - Family Seining at the GTM Research Reserve: Join GTM Research Reserve docents from 8:30-10:30 a.m. to learn how to pull a seine net collecting species of fish, crabs and more. Learn about the animals and their roles in the habitat. Waders and boots will be provided. The program is included with regular admission to the reserve and takes place in the Environmental Education Center. 505 Guana River Rd., Ponte Vedra Beach 904-823-4500 www.gtmnerr.org

Third Tuesday - GTM Research Reserve Marineland Lecture: This lecture series is held on the third Tuesday of the month from 10-11 a.m. at the GTM Research Reserve Marineland Field Office. The series is designed to inform the public about their coastal natural world. The lectures are free. Tickets must be purchased online. Please bring ticket to the Marineland gift shop on the day of the scheduled presentation to gain entry. Please arrive by 9:45 a.m. at the gift shop to be escorted to the classroom. 9741 N. Oceanshore Blvd., Marineland 904-823-4500 www.gtmnerr.org

Third Friday - VIP Gallery Art Stroll & Tasting Tour: Enjoy St. Augustine's art and history with a professional tour guide on this intimate, entertaining VIP walking tour through the ancient streets of St Augustine's historic district. During this 2.5-hour

experience, you will learn how St. Augustine's art, architecture and culture create one of the most unique old world cities in the United States today. You'll also enjoy culinary tasting stops for wine and light tapas that will be relevant to St Augustine's art scene. The tour departs at 4:30 p.m. from Tour Saint Augustine. Tickets are \$25 per person. Advance reservations required. 4 Granada St., St. Augustine 904-825-0087 www.vipartwalk.com

Third Saturday - Photography Challenge Event: Photographers, from beginners to professionals, compete to take the best photo at three designated locations within Washington Oaks Gardens State Park. Maps to the featured locations can be obtained from the Ranger Station or from volunteers in the main parking lot. Each month, park volunteers will select the winning photo, which will then be displayed at the Visitors Information Center kiosk and the park's gift shop. There is no cost to compete. Park admission is \$5 per vehicle; \$2 per pedestrian/bicyclist. The park is open from 8 a.m.-sunset. 6400 N. Oceanshore Blvd., Palm Coast 609-247-8146 www.floridastateparks.org/park/washington-oaks

Third Saturday - Guided Beach Exploration Guana South Beach: Join GTM Research Reserve docents from 8:30-10:30 a.m. for a beach walk at the Guana South beach location on A1A, South Ponte Vedra Beach. Learn about the animals that call the beach home as well as seashells and other interesting facts. This is a Beaches 101 experience that the entire family will enjoy. There is a \$3/per vehicle parking fee. 1798 Ponte Vedra Blvd., Ponte Vedra Beach 904-823-4500 www.gtmnerr.org

Third Saturday - Tolomato Cemetery Guided Tour: Tour the oldest extant planned cemetery in Florida with burials from the First Spanish Period, 1565-1763. Admission is free; donations are encouraged. Tours are from 11 a.m.-3 p.m. 14 Cordova St., St. Augustine 904-257-3273 www.tolomato-cemetery.com

Third Saturday - Free Black Heritage & Civil Rights Walking Tour: Join St. Augustine Black Heritage Tours for a walking tour of historical sites in St. Augustine where more than 400 years of African American History lives. Visit locations that were significant to the Civil Rights Movement of St. Augustine, hear stories and see history come alive as you follow in the footsteps of Dr. Martin Luther King and Andrew Young. Visit Lincolnville, established by freedmen following the American Civil War, which is now on the National Register of Historic Places. This 1.5-hour tour departs from Tour Saint Augustine at 4 p.m. Advance reservations required; individual bookings only. 4 Granada St., St. Augustine 904-825-0087 www.staugustineblackheritagetours.com

Third Saturday - Nocatee Farmer's Market: Nocatee Farmer's Market takes place from 10 a.m.-2 p.m. every third Saturday. This free, family-friendly event has more than 80 local vendors selling everything from produce, crafts, jewelry, herbs, unique foods and more. Free face painting is available for the little ones, along with a bounce house. 245 Little River Rd., Ponte Vedra 904-924-6863 www.nocatee.com

Fourth Saturday - Free Historic Walking Tour: History comes alive on this tour through the narrow brick streets of our nation's oldest city. A professional guide will relate more than 400 years of St. Augustine's past during this 1.5-hour history lesson with tales from the Colonial Exploration Period, the opulent Henry Flagler Development Period, and the modern Civil Rights Movement. Departs from Tour Saint Augustine at



HG AUTO SERVICES
Diagnostic Specialist

Complete Auto Repair
www.hgautoservices.com
CALL (904) 827-7856
88 S. DIXIE HIGHWAY • ST AUGUSTINE, FL 32084



Sunshine Roof Services LLC

RECENT STORM DAMAGE?
Call your local experts for help with your insurance claim

Important Questions To Ask Your Roofer

- May I see proof of workman's compensation insurance? (Don't settle for exempt status)
- May I see proof that you are licensed and insured?
- Will you provide me with a list of client references I may contact?
- Will you guarantee your work and provide a written warranty?

904-794-7100
Free Estimates
Locally owned and operated
State Certified Lic # CCC058201

MOVE IN READY ONE LEVEL CONDOMINIUMS

Mediterranean-style condominium community

GRAND RAVINE *Enjoy it all!*



- Concrete Block, offering 8 Floor Plans!
- Attractively priced from the mid \$200's.
- Just 10 minutes to Crescent Beach!
- Coming Soon! Private elevators in 2nd story
- Tank-less natural gas hot water heaters and barrel tile roofs.
- No CDD Fee with low HOA dues.
- Attached one or two car garages.

one level floor plans.

(904) 797-4126
250 Grand Ravine Drive
St. Augustine, FL 32086
www.grand-ravine.net

HOMES by DELTONA
"FLORIDA'S HOME BUILDER"
A DIVISION OF THE DELTONA CORPORATION

#CBC1261181

4 p.m. Advance reservations required. 4 Granada St., St. Augustine 904-825-0087 www.staugcitywalks.com

Fourth Sunday - Pet-Friendly Food Tours: This special pet-friendly tour is also a fundraiser for the local Humane Society. To help support this wonderful cause, City Walks Food and Wine Tasting Tours will donate \$20 directly to the Humane Society for every furry friend that joins the St. Augustine Pet-Friendly Food Tour. Spend the afternoon sampling wonderful food and wine while visiting select eateries that welcome your pet. This 2.5-hour walking tour departs at 2 p.m. from Tour Saint Augustine. Tickets are \$59 per human and, of course, free for their furry companions. Advance reservations required. 4 Granada St., St. Augustine 904-825-0087 www.staugcitywalks.com

Last Saturday - Uptown Saturday: Uptown Saturday is the perfect event for fashionistas, art lovers and antique shoppers from 11 a.m.-8 p.m. on the last Saturday of each month. Uptown Saturday takes place year-round and combines a festive party atmosphere with hospitality and special deals in the unique shops on St. Augustine's San Marco Avenue, concentrated between Ripley's Museum and the Mission Nombre de Dios. Many participating shops also serve refreshments. The Mission Nombre de Dios provides free parking most months. 904-829-6831 www.facebook.com/uptownstaugustine

Last Sunday - Music in the Box: On the last Sunday of the month, enjoy live acoustic music by some of the area's best up-and-coming bands and musicians from 6-9 p.m. on stage at the Limelight Theatre. Admission is \$5. Refreshments available for purchase. 11 Old Mission Ave., St. Augustine 904-825-1164 www.limelight-theatre.org

Editor's Note

Please call to confirm events before driving long distances as some dates and times could vary. An updated calendar is available every 2-4 months. In addition, an updated calendar of events is available at the VCB's website, www.FloridasHistoricCoast.com or www.NightsofLights.com, or by calling 800-653-2489 or 904-829-1711.

First Coast Card Club - Let's Play Cards!

- Tuesday, January 3rd St Augustine Main Library, 1960 N. Ponce De Leon Blvd., St Augustine 1:30pm
 - Wednesday, January 11th-Ponte Vedra Beach Branch Library, 101 Library Blvd., Ponte Vedra Beach 1:30pm
 - Wednesday, January 18th-Fleming Island Main Library, 1895 Town Center Blvd. Fleming Island 1:30pm
 - Tuesday, January 24th-St Augustine Main Library, 1960 N. Ponce De Leon Blvd., St Augustine 1:30pm
- We hope we can meet more interested people in our community each month. For information call 904-829-0643.



The Art Studio
of St. Augustine Beach
by Susan Stone
www.beachartsstudio.com
Ann McGlade
January Featured Artist

The Art Studio of St. Augustine Beach is proud to feature Ann McGlade as our showcased artist for the month of January. Ann McGlade, a native of New York, currently resides in St. Augustine, Florida and Eugene, Oregon. She travels frequently in pursuit of her passion for art. Her work is featured in numerous private collections and has been exhibited in major cities throughout the country. McGlade's painterly style has been recognized with regional awards in Oregon, New York, and Florida as well as national awards including an award from Artist's Magazine as a finalist winner in the portrait category. McGlade's oil paintings have been featured at the American Artists Professional League Grand National Exhibitions, Pen and Brush Society National Exhibit, Catherine Lorillard Wolf Art Club's annual Exhibitions in New York City, and the International Museum of Contemporary Masters of Fine Art in San Antonio, Texas. McGlade is a member of the Oil Painters of America.



A reception at The Art Studio of St. Augustine Beach is planned during the First Friday Art Walk, January 6th, from 5:00pm-8:30pm. Please plan to visit The Art Studio to meet Ann and view her work!

The Art Studio is available to rent for

classes or as meeting space. Membership is offered at just \$20.00/year although it is not necessary to become a member to participate in any of the variety of classes offered. Our regular studio hours are Monday-Friday from 12:00pm-4:00 pm. Please see our calendar at www.beachartsstudio.com for a list of classes, events, and special hours. For more information, contact Judy Shaulis at 904-671-5843. The Art Studio is located in the Cultural Arts Center Building at

St. Johns County Pier Park 370 A1A Beach Blvd. St. Augustine Beach, Florida ~A statement from the artist, Ann McGlade~

How I see: As I look around my living quarters, I see my life hanging on the walls. They are my paintings- paintings of people- people who live on this earth. People at the moment posing for me, but they do not know it. Each person's movement is unique. Never quite like anyone else. Each movement has a beauty all its own. I've changed backgrounds to make my paintings different, but the people keep their beautiful movement and shapes. Stop and look at all the wonderful pictures and movements you can get. Look at people! There's nothing quite like them. This is what feeds my brain. Don't pose for me, your movements tell it all.

St. Augustine Beach
Civic Association
by Bill Jones, President
www.thecivicassociation.com
2017 is a Big Year
for Civic Association



The new year is bringing lots of changes to our community. I feel certain that our activities will be impacted as our community grows and welcomes more visitors. And let's not forget about the hundreds of new residents that will come with the new construction happening here on the island. We are excited about the prospects that come with this growth and we hope to be a part informing the public as we deal with some challenges that come with this growth!

In the new year the Civic Association will be celebrating it's 15th season of Music by the Sea. Our free concert series comes from small and humble beginnings and has evolved into one of our county's biggest tourist attractions. We're working hard on the 2017 schedule which will include some of our long time favorite bands and a couple of surprises to help make this season stand out as we celebrate this momentous occasion.

In January we'll kick off our 2017 membership drive. Individual Memberships are \$12 per year while Family and Corporate Memberships are \$25. Membership supports our many activities including The Wednesday Market, Music by the Sea and Taste of the Beach. Members also will enjoy free shuttle service to our concerts and the Taste. Our membership program also includes a merchant discount program. There is no charge for merchants to participate. Merchants simply offer a discount to our over 500 members. Part of this effort will be updating the Participating Merchant List. We'll be contacting local merchants to either enroll them or confirm their

participation in the program. You may join or renew at The Wednesday Market at the Pier Park or online on our website at http://www.sabca.org/

Finally our January membership meeting will take place on Tuesday January 10th and our guest speaker will be Police Chief Robert Hardwick. The Chief will be introducing the newest member of his staff K9 Officer Kilo and his partner / handler Officer Bruce Cline. For more information please visit our website at www.sabca.org


THE EMMA CONCERT ASSOCIATION
& FLAGLER COLLEGE PRESENT

Carpe Diem String Quartet
A Critically Acclaimed Ensemble
Sat., January 7, 2017
7:30 p.m. • \$35

Telegraph Quartet
Winner of the Prestigious
Naumburg Prize 2016
with Pianist Simone Dinnerstein
Sun., January 15, 2017
2:00 p.m. • \$35

Lewis Auditorium at Flagler College
14 Granada St., St. Augustine
Box office opens 1 hour before the performance
Children & Students w/ID \$5 - Any Performance
Tickets online: www.emmaconcerts.com

ST. JOHNS COUNTY, FLORIDA
EMMA CONCERT ASSOCIATION

Local Volunteers Go Bald to
Support Childhood Cancer Research

St. Baldrick's Foundation event to raise money to find the best treatments for kids with cancer.

The St. Baldrick's Foundation, a volunteer-powered organization dedicated to raising money for children's cancer research, will host one of its signature head-shaving events at Meehan's Irish Pub on January 29, 2017, where more than 30 will shave their heads in solidarity with kids with cancer and raise money for lifesaving research.

Every 2 minutes a child is diagnosed with cancer; one in five won't survive, and those who do often suffer long-term effects from treatments too harsh for their developing bodies. Kids are special, and at St. Baldrick's we treat them that way. From its beginnings, St. Baldrick's has believed that kids deserve the chance to be kids – fun-loving, carefree, refreshingly honest, and always a little goofy – and deserve the chance at a future. That's why donations raised at events like this have made it possible for St. Baldrick's to fund more than \$200 million to support the development of childhood cancer treatments that are as unique as every kid.

The Brave the Shave at Meehan's Irish Pub will include local musicians, civic leaders, hospitality industry volunteers who are all coming together to raise funds for this most worthy cause. Please visit www.stbaldricks.org to learn more about the St. Baldrick's Foundation. You can also register to be a Shavee, Volunteer, donate or join an existing team. Are you brave enough?

About St. Baldrick's Foundation: As the largest private funder of childhood cancer research grants, the St. Baldrick's Foundation believes that kids are special and deserve to be treated that way. St. Baldrick's funds are granted to some of the most brilliant childhood cancer research experts in the world and to innovative explorers who bring with them the promise of a future free from childhood cancers. Kids need treatments as unique as they are – and that starts with funding research just for them. Join us at StBaldricks.org to help support the best cancer treatments for kids.

Elvis Tree Climber
Extraordinaire
Specializing in:
• Tree Removal • Trimming
• Pruning • Stump Grinding
Offering senior discounts
\$25 off any tree job of \$250 or more.
All with a 100% satisfaction guarantee.
Please call 904 347 1196

RESIDENTIAL COMMERCIAL  FULLY INSURED
35 YEARS EXPERIENCE

**K.D.'S WINDOW
CLEANING &
JANITORIAL CO.**
FREE ESTIMATE
904-826-3490

\$5 OFF TO SHORES RESIDENTS
WITH THIS AD
LIC.#224000027458

JOY
Find Joy at Shores
United Methodist!
724 Shores Boulevard
St. Augustine, Florida 32086
(904) 797-4416
www.shoresumc.org
9:00 a.m. Traditional Service
10:00 a.m. Sunday School
11:00 a.m. Contemporary Service

Mr. Bathtub

Repair & refinish bathtubs, sinks, tile, countertops, Walkthru units, seats, grab bars, non slip treatments for all floors, tubs & showers

904-806-0360
www.mr-bathtub.com



Financial Focus

Information Provided by

Edward Jones

Estate Planning Tips for Blended Families

Most of us need to do some type of estate planning, but it's especially important if you are part of a "blended" family. And the best time to start is now – before these plans need to be implemented.

Estate planning can be complex, so you will need help from a qualified legal professional. But here are a few general suggestions that can be suitable for blended families:

- Update beneficiary designations – and think about multiple beneficiaries. Update the beneficiary designations on your retirement accounts and insurance policies to reflect the reality of your blended family. These designations can supersede the instructions you provided in your will. So if your will states that your current spouse should inherit your assets, but you had named your former spouse, or a child, as the primary beneficiary of an IRA, then your former spouse or your child – not your present-day spouse – will indeed receive the IRA.

To ensure that "everyone gets something," you could name your current spouse as primary beneficiary and your children from a previous marriage as equal contingent beneficiaries. But the primary beneficiary will receive all the assets and is free to do whatever he or she wants with the money. To enact your wishes, you can name multiple primary beneficiaries and designate the percentage of the asset each beneficiary will receive.

- Create a living trust – and consider a professional trustee. A living trust can help you avoid the time-consuming and costly process of probate, while giving you great freedom to determine how, and when, you want your assets distributed. After you pass away, the trust, if structured properly, can provide your surviving spouse with income for life; then, after your spouse dies, your children from an earlier marriage would receive the remainder of the trust.

So far, so good. However, issues can arise if you name your surviving spouse or one of your children as the "successor trustee" who will take charge of the trust upon your passing. Your spouse, acting as successor trustee, could choose to invest only in bonds for income, but if he or she lives another 20 or so years, the value of the investments within the trust will probably have diminished considerably – leaving your children with very little. Conversely, if you name one of your children as trustee, the child could invest strictly in growth-oriented investments, leaving your surviving spouse with greatly reduced income. To be fair to everyone, you may want to engage a professional third-party trustee. This individual, or company, is not a beneficiary of the trust, is not entitled to share in the assets of the trust, and, ideally, should have no "rooting interest" in how proceeds of the trust are distributed.

- Consider a prenuptial agreement. When it's time to settle an estate, a prenuptial agreement can help avoid disputes among members of a blended family. If you and your new spouse have agreed to keep your assets separate so that each of you can pass an inheritance to your own children, you need to spell out that separation in your "prenup," your will, your living trust and any other relevant estate-planning arrangements.

Above all else, share your estate-planning intentions with members of your blended family. You may not be able to satisfy everyone, but through open communications, you can help prevent bad feelings – and unpleasant surprises.

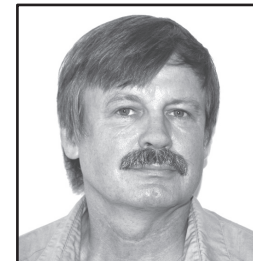
This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning or qualified tax advisor regarding your situation.

Computer Corner

By Gary Herrick, Computer Professor

904-377-6785

mainely2@bellsouth.net



New Year Computer Resolutions

Happy New Year from Computer Professor! New Year computer resolutions suggestions:

1. Back up "your" data, that means all your pictures, music, documents. Anything you have saved on your computer. What stops most people from doing this; first they may not know where their "stuff" is on the computer. Your computer is like a paper driven office, you control where things go. Second, back-up means put a copy of all your files on something other than your computer. Put the data on a USB drive, online storage or external hard drive; here again most people say "how do I do that". I am not a fan of programs that say they will "do it all for you". I have seen to many people think they have a backup but are never sure and don't know how to access it. Backing up can be learned, I have spent my life teaching people of all ages, it just takes time, desire and understanding.

2. No more getting fooled by fake phone calls claiming to be from "Microsoft" or that message on your computer saying

you are seconds away from vaporizing your computer unless you call this number. It's a good thing we didn't have credit cards when they were selling the Brooklyn Bridge.

3. Social media (Facebook etc), most Internet news and maybe even previously trusted news stations all deal with "rumors" and "opinions", check your facts before you go flying off embarrassing yourself or hurting someone from something someone made-up.

4. Just like the older automobiles, computers need to be tuned-up once in a while. They are cleaned of dust in the cooling vents, "stuff" that has falling in the keyboard, as well as your hard drive and registry issues. Hard drive will develop problems and eventually die, say goodbye to all your data – see number 1 above. Computer viruses or malware may also have left remanence lying around on your computer. This you could learn to do or take it to a trusted, qualified technician.

Take control of your computer and have a safe fun time.

Quit Smoking class at Flagler Hospital

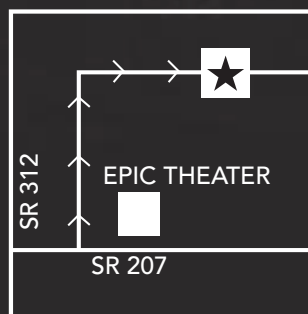
It's the perfect time for a new start! FREE six-week Quit Smoking class at Flagler Hospital on Tuesday, January 10 – February 14, 2017 from 11:00am – 12:00pm. Free patches, lozenges, and gum! FREE quit plan, workbook, water bottle, stress ball and more. Call to register and learn about more classes in your area: Northeast Florida AHEC (904) 482-0189.

ELITE GERMAN AUTO SERVICE

Formerly known as

JERRY'S MB

COMPLETE REPAIR & MAINTENANCE FOR
MERCEDES AND BMW



2060 Dobbs Rd
(behind Epic Movie - turn at McDonalds)

829.5259

A financial advisor who keeps in touch

If the market's trending down, your financial advisor's attention toward you should trend up.

Experience the consistent, personal attention I can provide, no matter what's going on in the markets.



Geoffrey Nadler
Financial Advisor
4255 US 1 S. Ste 7
St. Augustine, FL 32086
Phone: 904-794-2012
Fax: 888-440-5298
Toll Free: 866-794-2012
geoff.nadler@EdwardJones.com

www.edwardjones.com
Member SIPC

Edward Jones

MAKING SENSE OF INVESTING



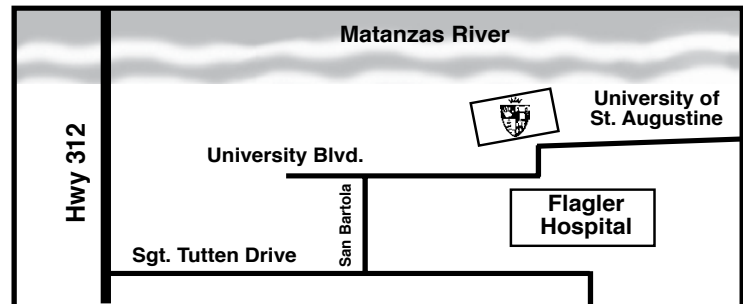
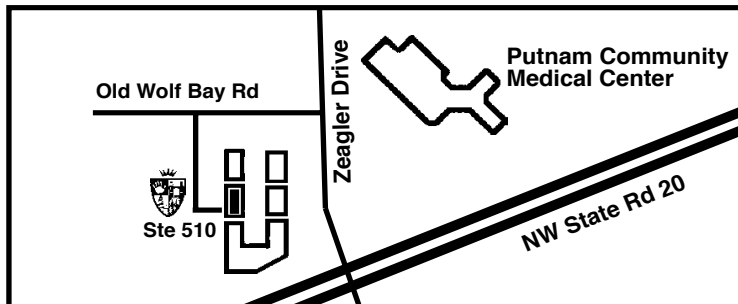
First Coast REHABILITATION

where patient care comes first

Visit Us At Our Convenient Locations:

800 Zeagler Dr. Ste 510
Palatka, FL 32177
Ph: (386) 325-2721
Fx: (386) 325-2720

1 University Boulevard
St. Augustine, FL 32086
Ph: (904) 829-3411
Fx: (904) 829-3412



See a full list of our services and specialists at: www.firstcoastrehab.com

We're also now on Facebook.

United Way of St. Johns County Volunteer Income Tax Assistance (VITA) TAX

Volunteers are needed for our new Volunteer Income Tax Assistance (VITA) TAX sites in St Johns County! United Way of St. Johns County is pleased to offer the opportunity to educate residents in the field of Tax Preparations for the upcoming 2016 tax year filing

All training materials will be distributed in class. No prior tax experience is necessary - we'll teach you everything you need to know. Tax Preparer training will be conducted in a series of three sessions on Saturdays in January 2017 St Augustine dates are January 7, 14, and 21st. More dates are available in Jacksonville.

Other Areas of training are Greeter, Tax Preparer, Site Coordinator and Quality Reviewer. Detailed information about each position can be found under "Income" on RealSense web site: <http://www.unitedwaynefl.org/volunteer/>

New volunteers interested in preparing taxes must attend the full 3-day (24 hours total) series, to ensure you get the information needed to become certified.

Returning volunteers are not required to attend the 3-day training class, but are required to attend a Link & Learn Orientation class.

Volunteers interested in becoming a Tax Site Greeter must attend a greeter training class about 2.5 hours.

Two tax site locations are Wells Fargo on US 1 and Hwy 312 and at St Johns River State College that will be open Saturdays from 9-1, with a third option possibly available Tuesdays and Thursdays location TBA.

This is one of the most rewarding volunteer opportunities you will find in our community.

Space is limited, so please give us a call to register for training today 904-829-9721.

PC & Mac Repair & Upgrades



Patient & Polite
technology advice & service



Kick Off the New Year with a Clean Computer

January Special
\$79 Computer Check up

FREE Backup Setup
with Drive purchase on standard service call

**Service or Setup - PCs, Macs, iPads, Android Tablets, WiFi,
Printers, File Backup, Virus Protection & Removal.
Remote Service, Service Agreements, Web Development**

Over 20 years working with large corporate computer networks and home setups. First Class Service at your place of business or home.

Standard pricing: \$89 "Service call" includes the first hour.

FC (904) 479-5661 info@fcbcllc.com www.fcbcllc.com
BC First Coast Business Consultants, LLC

Nerve Compression

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



Stenosis is defined as "a narrowing or constriction of the diameter of a bodily passage or orifice." Spinal Stenosis is defined as "narrowing of the lumbar spinal column that produces pressure on the nerve roots resulting in sciatica and a condition resembling intermittent claudication and that usually occurs in middle or old age." (<http://www.merriam-webster.com>)

Such 'narrowing' can occur anywhere in the spine but is most often found in the cervical or lumbar spine, and its causes are varied. As the discs start to degenerate (DDD) the space between the vertebrae closes down. As the joints in the spine (facet joints) deteriorate the spaces can narrow. Osteophytes (little bony stalactites or stalagmites) can encroach on the space. In these cases the vertebrae approximate and the spaces either on their side (lateral foramen) place pressure on the nerve root or the space down the middle of the spine (spinal canal) narrows, placing pressure on the spinal cord.

Many people have wear and tear but not all have pain. Contributing factors might be trauma such as falls, motor vehicle accidents or a history of high impact sports. Other factors may include lack of spinal stability, weak abdominals, poor posture, muscle imbalances and carrying additional weight.

During an examination, physical therapists ask questions about function and pain. "Do you have pain with prolonged standing or walking that is relieved with sitting or bending?" I recently examined a woman who did not complain of pain in the neck but instead in the shoulder and arm. He pain worsened with rotation and looking up - both movements that cause further compression. She also has difficulty finding a comfortable position sleeping and has to get her pillow "just right".

Treatment for stenosis begins with identifying the level of compression, decompressing and treating the surrounding muscles. She was surprised how quickly this worked. After seven

weeks of pain she experienced a significant reduction during treatment and after. Her treatment consisted of heat, massage, traction and stretching. The heat allowed her to relax. The massage brought blood flow to the tight/sore muscles. The traction opened up the vertebral spaces, taking the pressure off the nerves. And the stretches allowed her to maintain the results post treatment.

She was treated for cervical stenosis but lumbar stenosis is treated much the same way: heat, massage, traction and stretches such as drawing one's knees to the chest to open the spine spaces up. Exercises are prescribed to provide the stabilization that was lacking. Simple modifications in daily activities may also need to be examined and modified including shoe wear for the lumbar spine and pillows for the cervical.

Stenosis can be mild or serious. The sooner it is addressed the better so contact your healthcare professional today.

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 and a Fellow of the American Academy of Orthopaedic Manual Therapists.

Heritage Baptist Church

"A Warm & Friendly Fellowship"

Sunday School/Bible Study 10 a.m.
Church Services 11 a.m.
Sunday Night Services 6 p.m.
Wednesday Night Services 7 p.m.

1480 Wildwood Drive
St. Augustine, FL 32086
904-824-8888



Fran's Knitting Boutique

"Quality Yarns & Accessories"

- Hand Knitting
- Crochet
- Machine Knitting
- Classes Available

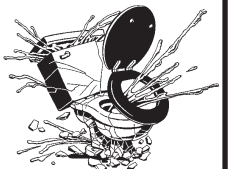
904-797-9951

2765 US 1 S., St. Augustine 32086



WE DO
PLUMBING!

Guaranteed Repairs
& Installation
Prompt 7 Day Service
Free Estimates



824-1836

\$20.00 OFF

Limit one coupon per customer

Sharon's Hair Studio Nail Spa

Serving Shores & South!

Sharon & Huong invite you
to bring in this ad for.....

\$8 Cuts!

\$20 Pedicure!

\$3 Off \$25 Nail Service

\$40 Perms!

\$5 Off Foil Highlights!

Walk-ins Welcome!

794-0998 377-2365

3400 U.S. 1 South - Suite C • St. Augustine

Computer Help
for YOU



Computer Professor

Repair & Training

mainely2@bellsouth.net

377-6785

Est. 1997

"I only want cremation."

Flagler Memorial Cremation Society

669-1809

St. Augustine Kitchen & Bath

Lic # CBC 1259880 EC # 13007364

1685 US Hwy. 1 South • St. Augustine FL

Locally Owned & Operated



Call to Schedule an Appointment or Stop by Our Showroom

KITCHEN DESIGN • BATHROOM DESIGN
GRANITE • TILE • WOOD

904-342-2296

www.StAugustineKitchenandBath.com

Find unique Holiday gifts every Wednesday in December



Support small local business every Wednesday from 8 am – 12:30 PM

Saint Johns County Pier Park

A service of The St Augustine Beach Civic Association

www.sabca.org - 904-347-8007



CRAIG

FUNERAL HOME • CREMATORY • MEMORIAL PARK

(904) 824-1672

www.CraigFuneralHome.com

Homeowners 62 or older...

Learn how you can enjoy your retirement years with a Reverse Mortgage.



Call for a quote
JOHN REARDON
Mortgage Consultant &
Reverse Mortgage Specialist
Serving all of Florida



NMLS 555210 NMLS 327573

www.floridareversemortgagesmadeeasy.com

Serving St Johns, Duval, Putnam, Flagler, Clay and all NE Florida Counties
Email: john@communitymortgagesolutions.com

BRAVE THE SHAVE

FOR
Childhood Cancer Research



National Partner
SportClips
HAIRCUTS

Shave & Fundraise

Donate

Volunteer



BRAVE THE SHAVE

at

Meehan's Irish Pub
Jan. 29, 2017 1 p.m.

20 Avenida Menendez
mehansirishpub.com

STBALDRICKS.ORG /StBaldricksFoundation @StBaldricks @StBaldricks #StBaldricks



MOULTRIE CREEK
NURSING & REHAB CENTER

YOUR BRIDGE FROM HOSPITAL TO HOME

If you or a loved one are in need of Rehabilitation after a Hospital Stay, we know your goal is to get Home as soon as possible.

Our Friendly and Professional Nursing and Rehabilitation staff will get you or a loved one healthy with all the necessary skills you will need to return home.

Please Call or Stop by for a Tour Today!

(904) 797-1800

MOULTRIE CREEK
NURSING & REHAB CENTER

200 Mariner Health Way
St. Augustine, FL 32086

YOUR BRIDGE BETWEEN THE HOSPITAL & HOME

www.MoultrieCreekRehab.com