



St. Augustine Shores OBSERVER



NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE SHORES

Sertoma 2013 Compassion 5K Race



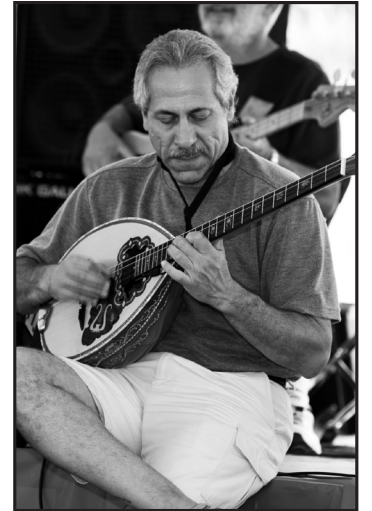
Sertoma of St. Augustine presents the 2013 Compassion 5K on Saturday, November 9th 2013. The race starts at 0800 next to 49 Shores Blvd. with same day registration beginning at 0700. Pre registration ends on October 30th and on line registration is available at www.compassion5k.org.

There will be an awards ceremony following the race. Custom made medals will be awarded to the 1st, 2nd, and 3rd place per age category. The top male and female finisher will be awarded a cash prize. For all registered participants there will be a post race prize drawing as part of the race day activities. Vendors that will be on site for this years event will be Cold Cow, Smoothie King, Starbucks, Enterade USA LLC, Thompson's Chiropractic, Papa Johns Pizza and Powell Heating and Air Conditioning Inc.

The goal of the Compassion 5K is to raise money to help ease the financial burden of local families that are currently living with a major health crisis, many of which are life threatening. With the help of the Sertoma of St. Augustine, many local businesses and community volunteers, the Compassion 5K is able to help these families manage their crises during their greatest time of need. All proceeds from the race are used to help community members in St. Johns County. If you need additional information please contact 904.806.2730.

Holy Trinity Orthodox Church 16th Annual Greek Festival

Greece is one of the few countries in the world where folk music and dance are as alive today as they were in ancient times. At the 16th Annual Greek Festival, October-11-13th, you can hear and see the stories of the islands, the mountains and the villages of Greece translated into music and dance. Francis Field, 29 Castillo Drive, will be transformed into a virtual Greek village with all its vibrant sights and sounds. Hosted by Holy Trinity Greek Orthodox Church, festival hours are Friday, from 4-9 p.m., Saturday, 11a.m. – 9 p.m. and Sunday, 12 – 5 p.m.



The festival is proud to present The Hellenic Band who will perform live all weekend in the main tent. Interpreting the Greek culture through dance will be the Nisiotes, and Asteria Greek dancers. You can also learn the beautiful steps of Greek dance by participating in the free dance lessons.

In addition to the great entertainment, plan to dine on delicious Greek foods, pastries, and beverages. The parishioners of Holy Trinity Greek Orthodox Church have been busy preparing pans of mouthwatering pastitsio (macaroni with a delicious meat sauce topped with a crema), and dolmathes (stuffed grape leaves). The Grill will serve up souvlaki (pork and chicken shish- kabobs), gyros and kid friendly fare. The village will also have a Cafenio where you can enjoy steaming Greek coffee with your favorite Greek pastries from the bakery. Stop by the Taverna for a classic glass of Greek wine or a cold beer. (continued page 7)



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The Shores Observer
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Shores Resident Gives Community A "Spooktacular" Halloween Display



Shores resident Arch Rivenbark shows off his annual Halloween display in front of his house at 223 Estancia Street.

asking him "What are you going to put on my tombstone this year?" He invites everyone to drive by 223 Estancia Street to enjoy his display.

Shores residents don't need to look at their calendar or notice a change to fall weather to realize its nearing Halloween.....they just drive by Shores resident Arch Rivenbark's house and see his annual Halloween display to know trick or treat time is on its way. Arch, who starts planning his display months in advance, has over 80 humorous tombstones for neighbors and friends. Each year, Arch entertains his neighbors with the much anticipated display and has them all

What's Inside The Observer This Month...

- News From Around the Shores: - Board Seeking Service Corporation Committee Members
- The Corner Garden: Fall is Here
- Back to Taking Care of Your Back
- Computer Corner: Windows 8
- Health Update: Muscle Myths
- Financial Focus: Information and Statistics
- Sertoma Compassion 5K Run
- Halloween Insurance Tips For Homeowners

The St. Augustine Shores Observer

is published monthly for residents of St. Augustine Shores
St. Augustine, FL.

St. Augustine Shores Observer
(904) 607-1410
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St. Augustine, FL 32080-6509
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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: (1.) Full size bed including mattress & box springs. Excellent conditions. \$50.00. (2.) Full size Sleeper couch. Green-Blue-white small stripes. \$75.00 (3.) light wood 6 drawer dresser \$50.00. (4.) 65" x 43" long cherry captains dining room table with one chair. Excellent condition. \$75.00 (5.) 2 drawer tan metal file cabinet. \$20.00. (6.) new 2 wheel grocery cart. \$20.00 (7.) 2 person grave vault in Gainesville. Negotiable. (8.) Some Christmas & Easter decorations. call 794-0877.

FOR SALE: 2 water proof camera bags. \$8 each OBO call 904-797-3931.

FOR SALE: Scotts Speedy Green 2000 Broadcast Spreader. \$10.00. Toro 25.4 cc 17" Curved Shaft Trimmer, Spool of line, gas can, manual. \$75.00. 904-797-5893.

FOR SALE: Futon - cherry with magazine rack both ends and striped canvas pad \$35.00. Call 347-9681.

FOR SALE: Television, 24" diagonal, Sansui w/Dolby Sound. Used 1 month-excellent condition. Brand New. \$100. Email: bwt3783@aol.com or call 904-342-2790.

FOR SALE: Basketball Goal - free standing, adjustable height, includes basketball - \$20.00. Boys 20" BMX Bike - Mongoose Hoop, hand brakes, stunt pegs on wheels, like new - \$20.00. Triple 8 Knee and Elbo Pads - Size small, barely used - \$10.00. Call 904-797-6481.

FOR SALE: Huntington Fine China - Beautiful complete Service for Eight - 53 Total pieces. - White Leaves & Berries - Pattern #3639. \$225.00 - call (615) 289-0616.

FOR SALE: Sony Trinitron television, 35 in., excellent condition and picture. \$125.00: Email medoffice.staug@yahoo.com or call 904 460 0707 ask for Barbara.

FOR SALE: Champion Juicer in great condition w/all attachments \$95.00;

Thank You!

Paul, my son started making plans for my birthday party. Invitations started and grew from St. Augustine Shores to New Jersey, Washington D.C. and South and Eastern Florida. The young lady who comes to my house every Thursday never let on what was to happen, never a word. My heart felt thanks to all for this 90 year birthday "girl". Thank you for attending, for your thoughtful gifts, and your best wished. Sincerely, Inez Hatom

Cuisinart Smart Power Duet Blender/Food Processor in perfect condition, like new \$25.00; Gevalia Coffee Maker \$5.00; 22in. Weber One Touch Blue Charcoal Grill \$25.00. Please call 904-687-9028. Call 904-687-9028.

FOR SALE: 26" Vizio LED TV, exc cond, no remote-\$130. Cuisinart griddler-\$20. Acoustic guitars, \$100 each. Gorgeous, high-quality prom dresses, exc cond, sizes 0-6 (\$75-250). 2 Michelin tires-P185/70/R14 for \$40. Call Wendy: 401-524-2442.

FOR SALE: 2 vintage "Seth Thomas" mantel clocks. \$100.00 for both- FIRM. 904-797-3298.

FOR SALE: White Kitchen Aide fridge side by side, !5.2 cf by 9.8 cf. 68 7/8 high x 32 1/2 wide. Excellent condition-almost new. \$200.00. Call 904-461-4912 or 904-501-4316.

FOR SALE: Mini Golden Doodle Puppies. Some are Red & Some are Golden in color. 9 weeks old. Vaccinated and Health Certificates. \$850.00. Call 904-797-4764.

FOR SALE: Gas weed trimmer (almost new)\$35,(2)black cube shaped ottomans \$5 each, blue/white stripped love seat cushion \$10, 2 antique working radios in very nice shape \$85 each, antique book shelf \$20. Call 904-383-4734.

FOR SALE: 1. Whites DFX 300 metal detector with battery pack, guide, battery pack, bag, probe & sand scoop, DVD \$750.00 2. Celestron Telescope 114GT Nexstar with star chart, solar imager, 12 battery pack, manual, and 2 cosmos DVDs. Great condition. \$575.00. 904-342-3892.

FOR SALE: Over 500 Ceramic molds & one kiln for hobbyist or make items to sell at flea markets. \$900.00. 904-607-1410.

YARD SALE: October 5th from 8:00 a.m. to noon at 312 Altara Drive. China, porcelain, kitchen items, linens, power tools and household goods. 904-797-1389.

YARD SALE: Two family yard sale, Sat 28th, 9am-2pm at 400 Altara Drive. Bed, couch, dresser, table, file cab, golf clubs, guitars, household, etc.

FOR RENT: 2 BR/2BA, Florida Room, Single Garage. Includes stove, fridge, and dishwasher. Walking distance to pier and Riverview Club. \$1000.00 per month. Call 904-461-4912 or 904-501-4316.



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Polly Swindull

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News From Around The Shores

Shores Board Member & Committee Members Sought

Prior to the September St. Augustine Shores Service Corporation meeting, Vice President Lance Conner entered his letter of resignation for the board.

Conner recently purchased The Power House, a sales and service business featuring many top brands of individual and professional lawn and garden power equipment. Conner noted that he needed to provide more attention to the operation of the business. Conner also expressed his concern that some of the board membership was spending too much attention to history rather than having a focus on how to become more progressive toward the needs of the present.

"Lance Conner has been a great member of the Board of Directors. He has a passion for the positive future of the Shores Community, an excellent background to assist in all aspects of governing, and a positive attitude," stated President Winston Burrell. "Lance will be greatly missed." An appointed search committee chaired by former president Jerry Zinn plans to launch an immediate search for a replacement director. Those interested in the Board opening or serving on a committee contact one of your Directors.

Shores Golf Update

by Peggy McGovern (pegaboo49@aol.com)

October 2013 Tea-leaves

It has been a very long warm summer, with much needed rain. But here we are the ST. AUGUSTINE SHORES LADIES GOLF ASSOC. and we have begun our 38 year here at the Shores. The course is looking its very best, after the abundance of rain & sun, and all the hard work of the grounds crew. The Ladies' of the Shores are looking pretty good too!! Pres. Dale Kelleher & her board promises a fun-filled & challenging season of golf. All the committees are in place and ready to go.

We Ladies will be playing for our PRESIDENT'S CUP on October 17 & 24. This is a low net event & the 1st Major Tournament of the season. The Awards Luncheon is set for Nov. 7, 2013.

As always, we are looking for new members, so think about it Ladies. Golf is a great game for any age and we are a friendly, fun-loving group of gals. You won't be sorry, so check us out and call the club for details. pegaboo49@aol.com. Until next time, Peggy McGovern.

Moses Creek Preserve Area Cleanup Continues



Workmen have completed their clearing of undergrowth within the Moses Creek Preserve area behind homes along Bilbao Drive in the St. Augustine Shores area. A cleared area behind the residents assures a complete fire break in case of lightning strikes.

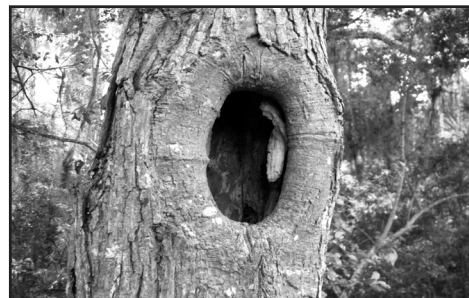
Safety Walk Rails Installed at Vail Point

Recently two new sets of safety rails were installed along walking trails in the St. Augustine Shores area. This is the spillway crossing near Vail Point. The construction is of FDOT approved aluminum with curved double supported end rails.



Natures Vision - Virgin Mary

by Louis Iglesias



One early morning I was enjoying my walk at the newly developed Canopy Shores Park in our St. Augustine Shores neighborhood. The is to be treasured. There we have the beauty in nature that we in St. Augustine care about.

This morning there was a slight breeze and the ferns, vines and palms swayed slightly. Perhaps natures sounds were of frogs and birds. The rustle of the trees invited me to indulge in a little bird watching. While observing the foliage my eyes fell upon an oval opening to a cavity in the strong tree that was just off the pathway.

A sliver of light fell upon a carving mounted inside. At first impression it appeared to be that of Mary, the Virgin Mother, who Christians revere as the mother of God. The small figure had not been placed there, but its form, shape and color was a gift of nature itself. I hope you can follow the path for your exercise, enjoyment and discovery.

The figure is located on the path close to the main park entrance. It is on a small tree at eye level on the right side of the path at the

first corner turning to the left. Louis and Dorothy Vaorski are from New Jersey and spend 3-4 months regularly in there condo at the Conquistador Condominiums.



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THE EYE SURGERY CENTER OF ST. AUGUSTINE
THE OPTICAL SHOP



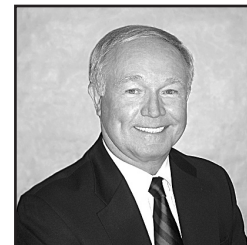
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Best Vision Center 10 Years

Shores United Methodist Church Fall Family Activities

Starting in early October, the fall season kicks off at Shores UMC. All activities are family-friendly. Local author and performer, Lee Weaver will present his original production "The Secret" on Saturday, October 5th at 7:00 pm. Tickets are \$10 and will be available at the door.

Then the pumpkins arrive on Saturday, October 12th and the Pumpkin Patch opens on Sunday, October 13th. The Pumpkin Patch will be open on weekends from 11 a.m. to 7:30 p.m. and from 2 p.m. to 7 p.m. on weekdays. Stop by to buy a pumpkin or just to take your fall photos.

The annual Fall Festival will be held on Saturday, October 26th from 3 to 6 p.m. The festival will feature games, a jump house, food, and face painting. There will be a costume contest for children at 4:30 p.m. and a doughnut eating contest for middle-schoolers and high-schoolers at 5 p.m. Hot dogs, chips, desserts, and drinks will be served. Everything is FREE!

Shores United Methodist Church is located at 724 Shores Blvd, between Hartley Elementary and the Shores Golf Course. For more information on these events, call the church at 797-4416. Rev. Randy Strickland is pastor.

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Lion's Golf is a First At Shores Golf Club!

Article and Photos by Susan Johnson



The Ancient City Lion's Club hosted their 1st Annual Golf Tournament recently at the St. Augustine Shores Golf Club, 707 Shores Blvd. in St. Augustine! A putting contest and BBQ lunch followed the tournament which all agreed was an unqualified success! Taking top honors for Overall Win was Team PC Boys, (top right-pictured from left: David Simmons, Jerry Weaver, Nick Minnicuzzi and Tim Drummond). Other winners included Sam Harrell (youngest winner), pictured below, Donna Catrambone, Chris Bowles and Erika Cook (closest to pin) pictured below.

All proceeds from the event go to support the Florida School for the Deaf and Blind as well as other Lion's charities.

With over 1.3 million members, Lion's Clubs International is the world's largest service club organization. The Ancient City Lion's Club supports approximately ten area non-profit agencies including the Florida School for the Deaf and Blind. Meetings are held twice each month at noon at Le Pavillon Restaurant, 45 San Marco Avenue in downtown St. Augustine. The next meeting is scheduled for Thursday, September 26th. Anyone interested in attending should email ancientcitylions@gmail.com or call (904) 461-0448 for more information. Lion's Clubs...we're ready to help!




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St. Johns County Supports Home-Steps First Annual Girls Basketball Charity Tournament

St. Johns County is proud to partner with Home-Steps in the upcoming First Annual Girls Basketball Charity Tournament scheduled for 9 a.m. - 6 p.m. on Saturday, October 26, and Sunday October 27. Tournaments will be held at 555 King Street, and the Solomon Calhoun Community Center, 1300 Duval Street.

As a non-profit organization which strives to assist low-to-mid income families achieve the dream of home ownership, Home-Steps is pleased to host this exciting, team oriented event that helps local residents become aware of substantial purchase assistance available to first time home-buyers. Program participation is open to girls ages 14 - 18 with teams competing in a 3x3 double elimination format.

For registration information and to learn more about Home-Steps, please visit www.home-steps.org or contact Latasha Looper at 904.553.2234. Home-Steps can also be liked on Facebook and followed on Twitter.

St. Augustine Shores Club News



The Corner Garden

By Susanne Murphy
The Geranium Circle Garden Club

Fall is Here!

- If winter weeds were a problem last year, apply a preemergence herbicide to the lawn in early October. Be sure the herbicide is safe for the grass in your lawn.
- Watch for brown patch fungus disease in lawns.
- Watch for cinch bugs in St. Augustine lawns, if the weather stays hot.
- Lawns may be over-seeded with rye grass for a green lawn during the winter.
- Watch for sod webworm and army worm damage to lawns.
- Begin planting strawberries in mid to late October in Northeast Florida, they grow through the winter.
- **Vegetables to plant now:**
Beets, broccoli, cabbage, carrots, cauliflower, Chinese cabbage, collards, kohirabi, bulbing onions, bunching onions, radishes, spinach and turnips.
- **Annuals to plant now:**
Digitalis, lobelia, pansies, petunias, shasta daisies.

Happy Gardening!

September Riverview Club Calendar

ACTIVITIES MEMBERS

- TRANSPLANTS: GET - TOGETHER - 3:00 P.M.**
OCT 13TH Contact Shirley Browing for information 797-7767
- SINGLES: LUNCH AT WOODY'S BAR-B-QUE**
OCT 15TH Located next to Publix in Cobblestone Plaza Members will be called.
12:30 P.M. Information call Margaret Hand 794-4698
- BILLARDS - Monday, Wednesday & Saturday at 9:00 A.M. Tuesday & Thursday at 1:00 PM**
- BINGO - Wednesdays at 3:15 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. Contact Cecilia Scully 797-4816
- BRIDGE- Wednesday & Friday at 12:30 PM**
- BRIDGE LESSONS - Resumed Monday, Sept 9th, 10:30 A.M.**
Nancy Willis 794-1855
- 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 - Classes resume Thurs, September 11th @ 3:00 P.M.** Every Thursday thereafter.
- 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. 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

- OCT 5TH **EARLY DANCE SOCIAL**
SATURDAY Music by Nostalgia
7:00-10:00 P.M. Hosts: Dennis and Mary Larimore
Registration: Oct 1st & Oct 3rd from 9:00 to 10:00 A.M.
- OCT 20TH **MAIN DANCE SOCIAL**
SUNDAY Music by Big Joe
6:00-9:00 P.M. Hosts: Mary Brinson and Brenda Miller
Registration Oct 15th and Oct 17th from 9:00 to 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

- NOV 15TH **ANNUAL MEETING AND ELECTION OF OFFICERS**
FRIDAY **FOLLOWED BY SPAGHETTI DINNER At 6:00 P.M.**
5:00 P.M. Registration Nov 5th and Nov 7th from 9:00 to 10:00 A.M.
Members \$6.00; non-members \$13.00. BYOB
- DANCE CLASS - Thursdays 2:00 P.M. starting Sept 19th.** Members \$2.50 per person. Guests \$3.50. Call Dennis Salvati 461-6782
- BOARD MEETING: - Second Tuesday of the month at 11:30 AM**
- COMING EVENTS: MARK YOUR CALENDAR**
- DEC 21ST **HOLIDAY DINNER DANCE**
DEC 30TH **END OF YEAR CELEBRATION DANCE**
For information on any of the club activities please call 794-2000.

Celebration Book Sale

The Friends of the Library Southeast Branch invite the community to the October book sale and 10th anniversary celebration of the library located at 6670 US 1 South.

The Friends of the Library "Members Only" preview sale is from 10 a.m. to noon Friday, October 4. Library patrons who would like to become members may join at the door. Light refreshments will be served.

The book sale is open to the public from noon to 5 pm on October 4 and continues 10 am to 3:30 pm on Saturday, October 5. Most hardbacks including fiction, nonfiction, history, bios, cookbooks, craft books, arts and entertainment are \$1. Softbacks are 75 cents and paperbacks 50 cents. DVDs and CDs are \$1 and VHS tapes 50 cents. Young readers, children's books and VHS tapes are 25 cents. Collectible books and those of special merit are individually priced.

In addition to the book sale, the Southeast Branch Library celebrates its 10th anniversary from 10 a.m. to 1 pm Saturday, October 5, with amusements for children including Bounce House and crafts; music by the Wobbly Toms and refreshments provided by the Friends of the Library Southeast Branch.

The Wobbly Toms are one of the groups performing on the satellite stages during the Gentlemen of the Road visit to St. Augustine and they are sure to get toes tapping during this festive library event. They will play in the library courtyard so bring a chair or blanket for this mini concert.

To round out the festivities, the NE Florida Public Archaeology Network will be on hand with informal workstations of hands-on activities using coquina, Florida's pet rock. The public is cordially invited to attend this family oriented library celebration.

If you are a patron of the Southeast Branch Library and enjoy the services of this excellent facility, the anniversary celebration is a perfect opportunity to show your appreciation by joining the Friends of the Library. Yearly membership is only \$15 for individuals; \$25 for families and businesses. New memberships will include 2014.

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



St. Augustine Travel Club

The St. Augustine Travel Club will feature ISRAEL at our October meeting, to be held on Wednesday, October 9, at 3pm at the Southeast Branch Public Library on U.S. 1 in St. Augustine. The program is free and we welcome new members. The focus of the Travel Club is to educate and inform, and to enjoy learning about different countries and cultures. Also, attendees share their travel experiences if they've been to the regions we discuss at the day's presentation.

The Travel Club can assist in making arrangements and suggestions as a free of charge service. Peter Dytrych has spent his entire career in the travel industry and is now retired, enjoying sharing his knowledge by volunteering with the Travel Club. For further information, call Peter at 904-797-3736.



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Almost all of us get to the point in our lives where those extra pounds start creeping up on us and eventually get our attention when we find we can't quite fasten those pants anymore.

Since exercise is most often the first thing we attempt in trying to lose weight, I would like to dispel some exercise and muscle myths that I often hear in the clinic.

1. No pain – No gain

False: It is true you might feel fatigue and even a little "burn" in the muscle if you are lifting heavy weights or doing high repetitions, but any discomfort should go away afterwards. If you feel soreness 1-2 days after your work-out that is normal – called DOMS (delayed onset muscle soreness). The best thing to do for DOMS is to repeat your workout with a slight intensity reduction. Muscle and tissues respond to forces placed on our bodies. Too much force can cause damage and pain. Appropriate forces cause the tissues to build and become stronger.

2. I am too old and/or too out of shape to start exercising

False: As long as you are medically stable you can benefit from exercise and even build muscle - but start slow. Exercising with light weights performing high repetitions (30-50) is usually prescribed for endurance. Exercising with high weights, performing low repetitions (5-7) is usually prescribed for increasing strength. Exercising with moderate weights (those you can lift 10-15 times) is usually prescribed for tone, endurance and moderate strengthening.

3. If I work-out I'll get bulky and muscle bound

False: Rarely is this a male complaint. I can't promise the men they will "buff up" but I can say with reasonable certainty it won't happen to the women unless "supplements" are taken. In either case, resistance training will produce results of increased

tone and moderate muscle mass, depending on the type of routine. As your body changes it may indirectly lead to a new wardrobe.

4. I can't work-out. I have osteoporosis

False: The fact is weight-bearing and resistance exercises such as walking and resistance training are ideal for osteoporosis. I've helped a number of women develop training programs who have seen their bone density scan improve or at least remain constant. The key is to start slowly.

5. I tried before. It never sticks

False: Although success rests solely on the individual there are things that can help. First find an activity you enjoy. Find someone who knows something about exercise and who will listen to you... not someone who gets in your face like on The Biggest Loser. Try to make your exercise routine social. Most of us prefer not to eat alone, go to the movies alone, or even work alone. Why do we think we must exercise alone? There is strength in numbers. Lastly, start but start slowly. Reward yourself for your success ("I exercised twice this week. I'm doing great!). And, don't beat yourself up if you miss or skip - just jump back on at the next opportunity.

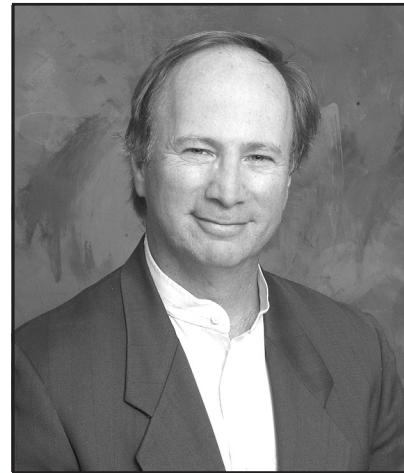
Although space limits the number of myths I can address, these are the ones I most commonly hear. It should go without saying, if you plan to start or modify an exercise routine, consult your physician or physical therapist. They can provide direction and even act as your advocate, adding to the likelihood of success.

Rob Stanborough is a physical therapist, president and co-owner of First Coast Rehabilitation. He is co-author of *Myofascial Manipulation: Theory & Application*, 3rd ed by Proed Inc. He's certified in manual therapy and a Fellow of the American Academy of Orthopaedic Manual Therapists. Visit www.firstcoastrehab.com.

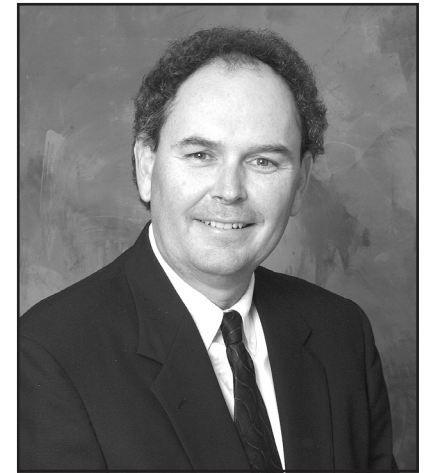
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Put Down the Wire Cutters and No One Gets Hurt!

In Your Own Home Foot Care comes to St. Augustine!

by Maureen

Since 2004, while working with two well respected Podiatrists/Foot and Ankle Surgeons in Brevard County, I was taught professional toe nail trimming.

I discovered there were many elderly in my community that were not eligible for basic toe nail trimming. For multiple reasons; transportation, disabilities, inconvenience, their toe nail length was not a priority.

The simple act of cutting our toe nails, with aging becomes a bit tricky! Our toe nails become harder to see, they're "further away", often at awkward angles to do a safe job yourself. I know of some old boys who resort to wire cutters to trim thick toe nails! Yikes!

Our nails generally grow between quarter inch to a half inch a month. Without proper trimming on a regular basis, uncomfortable walking, changes

to our gait, and imbalance can easily occur. Improper trimming can result in ingrown toe nails, fungus...and well...you get the idea!

September of 2012, I moved from Brevard County to become a permanent resident to St. Augustine. With me, I brought my In Your Home foot care services- Treet's for Feet!

Toenail trimming is available to all residents within the privacy, comfort and convenience of your home!

Each in home visit takes about an hour, consisting of:

- Sanitized whirlpool foot bath
- Toe nail trimming with sterilized professional instruments
- Soothing lotion foot massage
- Fungal toe nail treatment.

I am a Licensed, Insured Registered Medical Assistant with 12 years of clinical experience, including home care to the elderly.

Greek Festival

(continued from page 1)

The Agora (or marketplace) will delight the shopper with jewelry, apparel, cookbooks, and art. You can pick up all your hard to find Greek grocery items at the Bakaliko (Greek grocer). Unique pastas, cheeses and coffees are some of the items that will be available. The village bookstore will have a large selection of reading material on the Orthodox faith, icons and other unique items for purchase. And if you are bringing the younger ones with you, stop by the Kids Center for games, rides and more!

There is something for every age at the 16th Annual Greek Festival. Admission is \$3.00 for adults and free for those 12 and under. Free admission for active military and their immediate family with ID. For more information call (904) 829-0504 or visit www.staugreekfest.com.



Betty Griffin House Tribute to Domestic Violence Awareness

Please join Betty Griffin House for a candlelight vigil on Thursday, October 3, 2013, 7:00pm Downtown St. Augustine in the Plaza de la Constitucion, as we honor survivors of Domestic Violence and the women, men and children who were murdered in St. Johns County in acts of domestic violence. Betty Griffin House has been hosting this vigil for 4 years, providing a way for domestic violence survivors, family members and friends of victims, staff, and Betty Griffin House supporters to come together as a community of individuals dedicated to the mission of eliminating domestic violence.

The Silent Witness exhibit that will be displayed is made of red, life size silhouettes each representing a person who once lived, worked, had neighbors, friends, and family before their death. The exhibit will specifically

honor the victims of St. Johns County. For additional information on this DVAM event please call Kim at 904-808-9984.

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

If you or someone you know is being abused, please call our hotline at (904) 824-1555.



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News From Around St. Johns County

St. Augustine Travel Club Cruise March 2014

The St. Augustine Travel Club will again be sailing the seas on Saturday, March 15 to 23, 2014, on the beautiful Carnival Breeze out of Miami to the Southern Caribbean ports of Turks & Caicos, Dominican Republic, Aruba and Curacao for an 8-day cruise. Prices start from \$863.00 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Book now with a \$300 deposit and receive \$100 per stateroom On Board Credit. Call Peter, St. Augustine Travel Club at (904) 797-3736 for more information and reservations

Writers In The Shores

By Donna Johnson

The October meetings for Writers in the Shores will be on Tuesday the 8th and again on the 22nd. The chosen subject "That Special Time in My Life" was suggested for this month's topic to write about on the 24th. 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.

Runway for Safety Fashion Show Supports Betty Griffin House

The Ponte Vedra Beach volunteer auxiliary for Betty Griffin House, will host its annual benefit luncheon and fashion show. "Runway for Safety" Tuesday October 29, 2013 at the Marriott Sawgrass Resort in Ponte Vedra Beach. The show will feature fashions for the entire family from Stein Mart, lunch and silent auction items to bid on.

The event is commemorative with October as National Domestic Violence Awareness Month. The cost per person is \$55 and tables of eight to ten are welcome. Interested parties should contact

Florie Adiutori, at 904-543-1086 or mail payment by October 12 to: Florie Adiutori 24492 Harbour View Drive, Ponte Vedra Beach, FL 32082.

The funds raised from the luncheon will go towards helping to continue this private, nonprofit agency; Betty Griffin House provide emergency shelter to abused women, men, and their minor children. Other support services available to shelter residents and nonresidents include a 24-hour crisis hotline, individual and group counseling, forensic / medical rape exams, and legal assistance. Confidential individual and group counseling is available in all parts of St. Johns County including, Hastings, Ponte Vedra Beach, St. Johns, St. Augustine and St. Augustine Beach.

Come Play Texas Hold'em

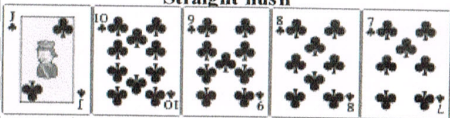
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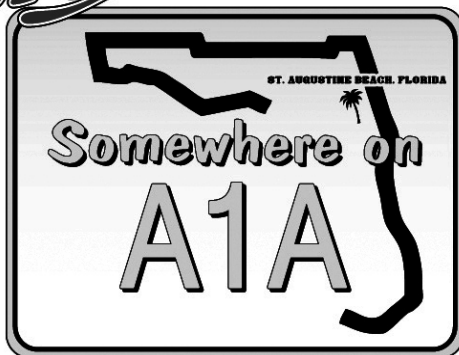
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Temple Bet Yam to Hold Annual Brunch/Card Party at Panama Hatties

On October 24th Temple Bet Yam of St. Augustine will hold its annual Brunch and Card Party at Panama Hattie's at St Augustine Beach. The event will start at 10:00 AM with mimosas and a continental breakfast. A delicious lunch will be served at noon. The event will end at 2:00 PM. Guests are invited to bring their Mahjong sets, cards, or favorite board game. Tables can be formed there or prearranged. Tickets are \$28.00. For more information please e-mail Terre Wallach at terretsp@bellsouth.net.

Temple Bet Yam Salutes Decade of Jewish Composers

You are invited to a celebration of Broadway music when the Temple Bet Yam Choir presents, Give My Regards to Broadway: A Salute to Jewish Composers. The performance takes place at Temple Bet Yam on September 28th. Along with the music and mayhem, guests enjoyed a wine/cheese/dessert intermission. Temple Bet Yam is located at 2055 Wildwood Drive in St Augustine, close to SR207 and 195.



Monarch Butterflies for the Backyard Enthusiast

Saturday, October 12th at 2:00 P.M. Sara Fenwick, aka "The Monarch Midwife", will share her personal experiences and expertise with these magnificent butterflies and teach us how we can help keep them from declining further. Learn how you can provide the perfect environment to attract Monarchs to your property. Everyone is invited to attend as we explore the Monarch Butterfly... it's needs, it's host plant, habitat loss and the weather conditions essential for survival. It will be held at the Southeast Branch Library, 6670 US 1 South, St. Augustine, FL 32086.

Halloween Insurance Tips For Homeowners

By Jane Tucker, First Florida Insurance

Most families plan Halloween by stocking up on treats, buying a pumpkin, and putting up a few scary decorations. But what about homeowners insurance? Just the fact that a substantial number of people, i.e., trick or treaters, will be visiting your home on Halloween, could result in a claim if someone happens to get injured on your property.

Here are a few ideas that can help you avoid an insurance claim at Halloween.

- If you own a dog, check to see if your homeowners policy provides coverage if a dog attacks a child on your property. If your dog lives with you in your home, keep Buddy away from the front door as repeated ringing of the doorbell or strangely dressed people can cause dogs to become excited. A dog jumping up on a trick or treater, knocking them to the floor can result in a liability suit.

- Keep your driveway and walkway well lit and free of obstacles. Keep extension cords and all wiring away from walking paths.

- If you host a Halloween party, you can be held liable if a drunk guest injures someone or damages property, even after leaving your home.

- Think safety. If your children are planning to trick or treat, provide small flashlights for each individual. Avoid oversized costumes that may cause your child to stumble or fall, and plan a route for your trick or treaters and make sure they stick to it

- If you must use candles, exercise extreme caution by placing them around non-combustible materials and practice constant monitoring. An emergency visit from the fire department will surely put a damper on your family's Halloween plans.

- Consider upgrading your homeowners coverage. Call your insurance agent to find out how much it will cost to strengthen homeowners liability limits to cover the increased holiday exposure. Now, you can sit back and only worry about having enough candy for the neighborhood trick or treaters.

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



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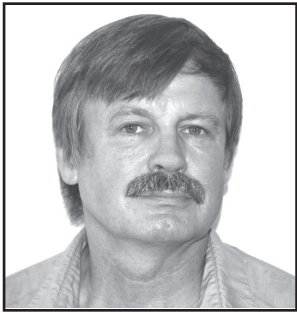
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Computer Corner

By Gary Herrick, Computer Professor
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Windows 8

Greetings from Computer Professor. This month – an opinion on Windows 8/8.1 that will be different from most you have heard about. First, the obvious, but often forgotten fact – everything evolves. Our car is nothing like our first car, we have a thing called television and a phone that we carry in our pocket that could be more powerful than most computer used to be. Windows has been evolving since conception and will not stop evolving if it wishes to continue to exist. Since the beginning of desktop computers and even a little before, my job description was to create training on every operating system since early versions of DOS. It wasn't a request or option – it was an order. That means ALL versions of Windows. Since I also maintained the computers I got to hear every complaint about each operating system. This article

is just my opinion but it is one from over 40 years of focused dedication to teaching new and experience people to use their computers, and to think I still have hair!

Yes, Windows 8 is the single largest change in Window's history. It is also the easiest to use, mostly to the new user. If you are over 30 and feel you are competent on a previous version of Windows then you probably are screaming about Windows 8. If you were truly competent on Windows then all you need to do is stop worrying about your comfort level with the old Windows and get excited about what this new Windows has to offer, have fun, explore. Read a couple of chapters over coffee at your local book store.

Here is a big hint as to what to learn, if needed. First make sure you start using the correct program names and terminology for things. Why, because as soon as your computer starts and you are sitting at that strange screen of colored boxes, just type the name of the program, feature or file you want and BAMM, there it is. Learn to use more keyboard shortcuts, many have been added using the Windows key and they sure are handy.

Get some help to first setup your computer, there are things to do to make the apps section useful, get help to learn how to get around some and access what you consider important, just to reduce the stress. Now slip into your second childhood, have fun and explore.

I will be happy to answer questions, define terms in an easy language to understand. Give it a chance and you will do what everyone has done for every new version of Windows – learn to love it and fight again against the next change.



Back to Taking Care of Your Back

By Dr. Jack R. Thompson
Doctor of Chiropractic
105 Mariner Way, Suite 204
(904) 794-5500

It's been over nine months since I've written an article for this column. For those of you who don't know, the reason I stopped writing is because on New Year's Eve of 2012, my beloved wife of twelve years, Debra (Debbie) Hidalgo Thompson died suddenly and without warning.

In previous articles, I have covered topics ranging from how Chiropractic can help with Back and Neck Pain and other ailments like Headaches and other types of pains. In this month's column, however, I want to talk just a bit about what I have gone through since my beloved Debbie passed from this world on 12/31/2012 in hopes that it might help others who have gone through or are now having to deal with the death of a loved one.

Debbie was in overall good health. Rarely was she sick and seldom took medications of any type. About four weeks prior to her passing, she had been complaining of loss of stamina and some headaches that she attributed to approaching menopause. On the day of her passing, we had a full, fun day – working in the yard and enjoying a wonderful dinner out before returning home around 9 p.m. we sat to watch TV and I was dozing in my Easy Chair. Debbie was playing with her new puppy and I heard her open the front door to let all the dogs out. And then, after a few moments, I became aware that she had not come back into the house – which was unusual. I opened the front door only to find

her lying on the porch. That quickly, she was gone.

I will say this - having known and lived with Debbie for a long time, I am sure that is exactly how she wanted to finish her life here – quickly and painlessly. She did not suffer and, I believe, her angels caught her when she went unconscious, and lowered her gently to the ground. Of course, the trauma of finding her blew me away. But even in the short amount of time she has been gone, the "sting" of the blow associated with her passing is lessening and my heart has opened like never before in my life.

I am honored to have been her husband and life partner. In one word, we had FUN! Lots of it! Debbie lived life hard – she worked hard and played hard. She had no time for self-pity and endured more pain (due to her child's death) than any of us could ever comprehend. She saw the best in life and didn't have time for fear or self-doubt.

I am now far enough along in my healing process to announce that I have fully returned to my Chiropractic Practice and I am accepting New Patients. I invite anyone who is having health problems to make an appointment to see if Chiropractic Treatments may be helpful. I more fully understand the fragile nature of Life and urge all my readers to live your lives as if today might be your last. I thank God for my healing. And I thank all of you so much for the outpouring of love and support!

Dr. Jack R. Thompson, CHIROPRACTOR

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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". A monthly publication dedicated to answering questions about Consumer Lawn Equipment. Featuring "Mow" St Augustine Power House spokes person.

Hello Mow, fall is in the air, I guess Power House will be changing gears from Mowers to Blowers?



That's right. Leaf Blowers. Rather you want to get one tuned up or purchase a new one we have you covered. We are an Echo, Stihl and Shindaiwa dealer. Blowers starting at \$149. And let's not forget about the Chain Saws. At the Power House we stock two types of Chain Saws. Good saws and really good saws. Choosing the right saw for the right job is the key. If your application is maintaining your property then I would recommend going with an entry level \$200 saw. Echo has a good saw in this price range backed by a 5 year warranty. If I'm making a bigger backyard, I would look at a really good \$300 to \$400 saw. If I'm considering more than that, I'm calling in a Professional Arborist company. Why not pay a professional, let them pull the proper permits and let them haul off the debris. Our county allows for some curb side debris pick up, but I'm sure there are limits.

Mow any recommendations on the Arborist Company? What should a home owner look for when considering contracting out a job like that?



A few things the Power House recommends. First make sure they are licensed and insured. Second, know who and how many of their employees will be at your house to perform the work and most important, hold back some funds until the work has been completed.

Good advice Mow, if a consumer is interested in any other Arborist information who could they contact?



The best information I have found is through the building department. There is a list of what you can and cannot cut down. It is a pretty extensive list, the beach is considered a "Tree City" so be careful what you cut down. Forgiveness is an expensive alternative as the city will fine you by the inch for the diameter of the tree that was removed without the proper permission.

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.



Financial Focus

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FIRM

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OFFICES

With more than 11,000 offices in all 50 states and Canada, Edward Jones has more branch offices than any other brokerage firm in the country. In 1994, Edward Jones' Canadian affiliate opened its first office and today has nearly 600 branch locations.

PHILOSOPHY

The Edward Jones philosophy is that service to the individual is of utmost importance. Its more than 12,000 financial advisors provide this personal brand of service by discussing clients' individual investment needs on a one-on-one basis. Having cultivated a previously untapped market of individual investors, Edward Jones financial advisors provide quality long-term investment opportunities that include a broad mix of municipal, government and corporate bonds; mutual funds; common stocks; and tax-advantaged securities.

BACKGROUND

The firm was founded in 1922 by Edward D. Jones Sr. After working a rural territory in Missouri and Illinois, Ted Jones, the son of the founder, positioned the firm in the increasingly competitive marketplace as a specialist in providing investment advice to individual investors.

FINANCIAL ADVISORS

Edward Jones financial advisors come from all walks of life. They must complete an intensive training program before opening their own branch offices. Training continues throughout each financial advisor's career.

RECOGNITIONS

FORTUNE 500 May 2013

FORTUNE magazine's annual listing ranks the largest U.S. companies by revenue. Edward Jones debuts on this year's list at No. 491, with more than \$5 billion in revenue for 2012.

FORTUNE Magazine February 2013

For the 14th year, Edward Jones was named one of the best companies to work for by FORTUNE Magazine in its annual listing. The firm ranked No. 8 overall and No. 3 in Large Size Companies.* These 14 FORTUNE rankings include top 10 finishes for 10 years, consecutive No. 1 rankings in 2002 and 2003, and consecutive No. 2 rankings in 2009 and 2010.

InformationWeek 500 September 2012

Edward Jones was ranked in the Top 100 by the 2012. InformationWeek 500, which recognized the firm for its industry-leading mobile app for financial advisors.

ComputerWorld June 2012

Edward Jones was named one of the best places to work in information technology in Computerworld magazine's 20th annual "100 Best Places to Work in IT 2012" survey. This is the firm's 11th consecutive appearance on the list.

SmartMoney June 2012

Edward Jones was named the No. 1 full-service brokerage firm in the June 2012 edition of SmartMoney magazine. The magazine lauded the firm for its reputation for excellent client service. The firm consistently has been ranked highly in the SmartMoney survey as No. 1 in 2005, 2007 and 2010, and No. 2 in 2008, 2009 and 2011.

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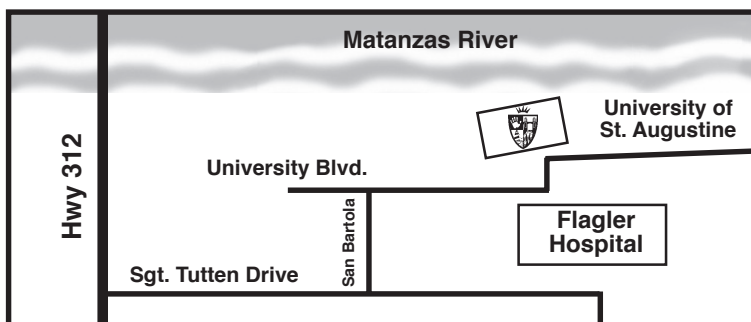
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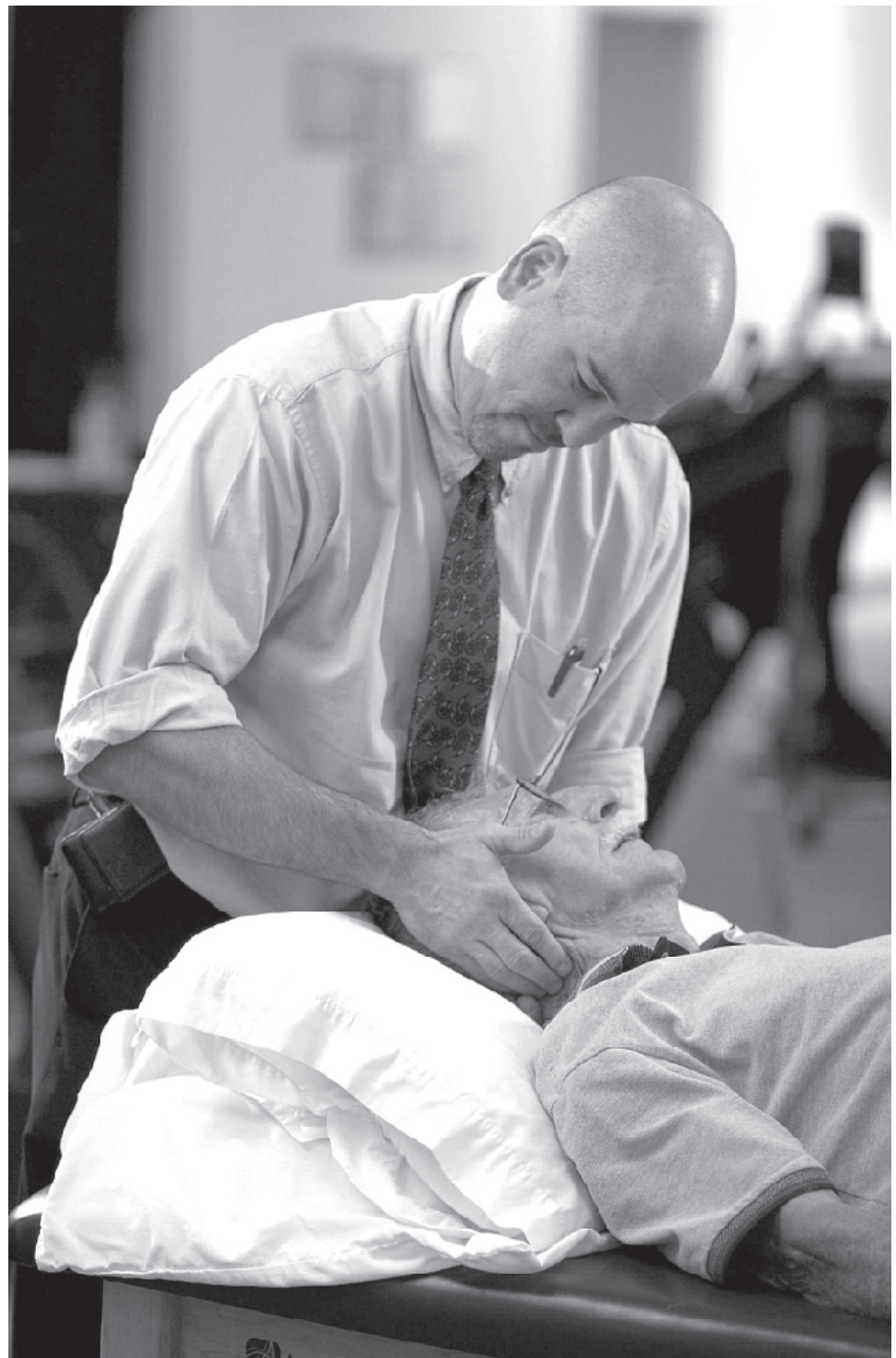
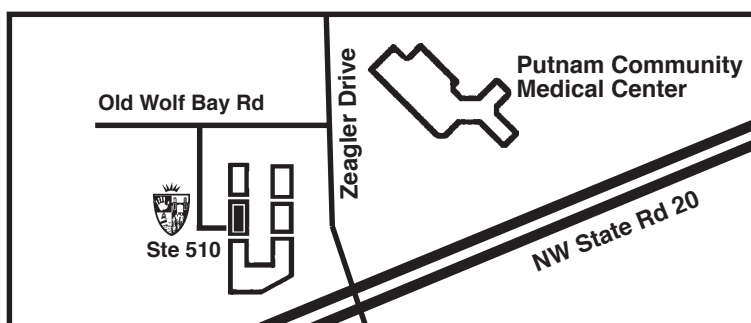
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