

March 2016

HAPPY ST. PATRICK'S DAY



St. Augustine Shores OBSERVER

NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE THE SHORES AREA

Eat, Drink and Be Irish



Meehan's Irish Pub was proud to sponsor the 450 fireworks extravaganza. (After a national company backed out,) Meehan's decided to step in and support the community by sponsoring what was surely a night to remember for all. Meehan Irish pub supports the community in various ways including sponsoring **St. John Celtics, St Augustine Race Week, The Betty Griffin House, Home Again St. John's, Saint Francis House**, and many other local organizations.

We proudly invite you into our home and hope that you enjoy your experience with us. As one of our day one hires descibes; we are a family business where no one is related. Stop by and say hi to James in the oyster bar, Kristy in the backyard and Roli or Caleb in the Pub.

Our St. Patrick's Day Celebration entertainment events are shown below.

- March 11th & 12th - Spade McQuade
- March 13th - Ancient City Keepers

- March 14th - Traditional Irish Music
- March 15th - Bret Blackshear
- March 16th - Mike Sullivan
- March 17th - Dave Berry, Ric Welch, Mike Sullivan, Dublin Train Wreck, Clay County Bagpipers, Traditional Irish Dancers
- March 18th & 19th - Dave Berry
- March 20 - Spade McQuade

We are located in downtown St. Augustine at 20 Avenida Menendez. C'mon in for some great craic. Slainté.



Lions Seafood Festival



5th St. Augustine Lions Seafood Festival March 4-6th

Hey, We're Havin' Fun Now! Delicious seafood, over 100 artists & crafters and an entertainment lineup featuring Jazz, Country, and Americana music are just a few of the highlights of the 35th St. Augustine Lions Seafood Festival, presented by Winn-Dixie.

To be held Friday March 4th through Sunday March 6th at Francis Field in downtown St. Augustine, the festival will serve up boatloads of seafood, with everything from lobster tail and conch fritters, to southern fried shrimp, octopus, wild Salmon, jambalaya and blue crab burritos on the menu. More than 20 food vendors will offer up seafood and other choices like Greek, BBQ, pizza, sweet treats and so much more.

Along with the wide assortment of seafood, the Festival will present a three-day lineup of entertainment, with Linda Cole – niece of Nat King Cole, Florida State Bluegrass Band and rising star of Country Folk music Christian Lopez. More than 100 arts and crafts vendors will also exhibit their work in the Arts Village. Eat, Drink and Shop till you Drop!

Family fun can be had in the Kidz Zone, Pirate Village and Spanish Landing. Be sure to catch the Clown Adventure, Mayhem the Pirate Magician and Nutter Interactive percussion. Rides will be for kids and can be enjoyed all day with a discount ride wristband. For the youngsters, come and meet their favorite superhero or fairy tail princess.

In addition to presenting sponsor Winn-Dixie, festival sponsors include The St. Augustine Record, TotallyStAugustine.com, Money (Continued page 8)



Pedro Menendez Athletic Booster Club Presents Spring-4-A-Cause A Run For ReANNA

ReAnna Greene grew up in St. Augustine and graduated from Pedro Menendez High School in 2007. She graduated from UCF in 2011 with a BS in Nursing and moved to Baltimore to work at the R Adams Cowley Shock Trauma Center. Reanna was enrolled in a Doctorate program at the University of Maryland, and was also a teaching assistant at the UofM School of Nursing. She tragically lost her life to Domestic Violence in April of 2015.



This Run has been organized to honor ReAnna, with the proceeds to help provide a scholarship to a Pedro Menendez athlete that will be pursuing a career in nursing, but also to speak out against Domestic Violence and to serve as a catalyst to help those who may find themselves in a similar situation. Please join us in this Race to END DOMESTIC VIOLENCE!

The run to be held at 8:00 am March 19th, 2016 at the Riverview Club, 790 Christina Drive in the Shores community. The run is a USATF course certified (#FL0015EBM). Register on line with RACESMITH.COM. Registration fee is \$25, after March 1st is \$30, and day of race is \$35.

What's Inside The Observer This Month...

- **News From Around the Shores:**
 - Shores Service Corp February Board Update
 - Message for President
 - Annual Meeting May 6th
 - Spring Yard Sale April 2nd
- **Area Event & Entertainment Guide**
- **Health Update: I Wish I Could Just Relax**
- **Financial Focus: How Should You Respond to Market "Correcton"?**
- **Computer Corner: Interesting Images Searches**
- **Sheriff's Corner: St. Johns County Needs F.A.C.T.**

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**ANCIENT CITY LIONS CLUB
ANNUAL CHARITY GOLF TOURNAMENT**

Funds raised benefit the
 Florida School for the Deaf and the Blind,
 Lions Clubs of Florida Charities & St. Johns County Charities



**MONDAY MAY 2, 2016
MARSH CREEK COUNTRY CLUB**
 169 Marshside Drive • St. Augustine, FL 32080
 4 Person Captain's Choice


8:00 - 9:00 a.m. Registration **9:00 a.m. Tee Time**
 Each golfer will enjoy: Green and cart fees, ½ price return play at MCCC, Dunkin Donuts breakfast, practice facility, player gift bag, full lunch & awards ceremony.

As the club's major fundraiser, our goal is to support charitable activities in the St. Augustine/St. Johns County community. Last year we provided:

Bozard Ford and Dunkin Donuts Title Sponsors

- Financial support to local organizations helping homeless women & children.
- Financial support to the Florida School for the Deaf and the Blind focused on extra-curricular activities for students.
- Provide free sight and hearing exams, eyeglasses and hearing aids, as well as assistance for eye surgery in our community.

Contact Amy Moring at 843-814-4399 email: amyhmoring@gmail.com
 Ancient City Lions Club General Membership Meetings are the 4th Thursday of every month, January-October
 Location is Applebee's Restaurant • 225 SR 312 St. Augustine, FL 32086 • Guests are welcome
 Find us on Facebook: www.Facebook.com/AncientCityLionsClub
 Sponsorship Contact: Amy Moring (843) 814-4399 amyhmoring@gmail.com




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The St. Augustine Shores Observer

Published monthly for residents of St. Augustine Shores Area St. Augustine, FL. 1965 A1A South #180 St. Augustine, FL 32080-6509

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

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

Information should 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 Observer.

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

Shores Community Calendar

• **Shores Service Corporation** monthly meetings are held on the second Thursday of each month. Meetings are at 7 p.m. at the Riverview Club.

• **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 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.

Community Classifieds

The Observer offers *free individual community classified ads to Shores 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 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.

FOR SALE: Great Lazy Boy Recliner grn w/bamboo arms \$300.00 (pics available on line), Panasonic digital landline phone \$15.00, Japanese Soji Panels (natural wood/white screen) \$30.00, grn/floral all wool rug 3x5 (exc cond) \$25.00 call (904) 599-2740.

FOR SALE: Printer Ink: Epson 220 black-- \$20.00, Epson 220XL-- \$25.00, HP 901 tri color -- \$25.00. All new in the package. Call Paul at 797-9874.

FOR SALE: Moving 3/31/16, wall mirror \$299. 3 wall mirrors \$25. ea. 2 faux banana trees \$35. ea. coffee table & 2 end tables \$25. ea. Black metal Futon frame \$25. other misc. items FREE. Call/text 904-495-6960 leave mess. by appt. only.

FOR SALE: 1. Beautiful wrought iron and wood queen sleigh bed with mattress and box spring including sheets. \$350. \$350.00.

2. Warehouse storage: Many items available. Call Susan at 904-501-8280.

FOR SALE: 1. Off white set of grommet sheer curtains in 84" length. Excellent condition. Have a stitched floral/swirl pattern throughout. \$20.00/pair or best offer. 2. One full box of luxury vinyl plank flooring that can be laid over existing tile. Great for a small bathroom. Urbanity plank #00115 Broadway, by Shaw Industries. Paid \$100/per box; sell for \$40.00. Call 904 797-3736.

FOR SALE: One hundred (100) golf balls. \$10.00 Call 797-5447.

FOR SALE: 2004 Mercury Sable LS, \$3700, 65,000 miles, Tan w/tan interior, One Owner, Good condition. Contact Randy, 904-540-2783.

FOR SALE: New tire mounted on original equipment Magnum type wheel. Never used. Brand new. Kia Optima P205/60R16 Solus KH16 91H. \$300.00 OBO. call Paul @ 7979874.

FOR SALE: LT 155 John Deere tractor,

15 HP, 42 inch cut, twin touch automatic. \$600.00. Excellent condition. Call 904-687-9028.

FOR SALE: Computer Table-Walnut Veneer. Appx 42 inches long, 26.5 inches high, and 23 inches wide. It has 2 shelves on the left hand side. Good Condition. \$50. Call 904-217-0940.

FOR SALE: Black wool/silk, full-length hooded cape, hand sewn by Heidi Moser and suitable for reenactors or anyone, \$199 OBO (similar quality \$350). Women's three-quarter length black leather jacket/coat, \$79 OBO. Antique Italian hand-made ecru linen and embroidered tablecloth, and napkins and fits 42"x64" rectangular table, \$85. All items in excellent condition and hardly used, stored in clean, pet-free, smoke-free home. Call 904-402-2292.

FOR SALE: Troybuilt push lawn mower with grass catcher. \$125. 10 cubic foot new freezer. \$150. Refrigerator in excellent condition. \$150. Call 904-325-5217.



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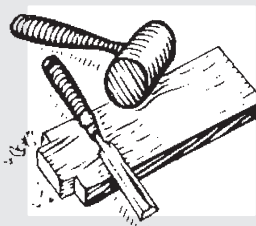
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St. Augustine Shores Club News

March 2016 Riverview Club Calendar

EARLY SOCIAL
6:00pm to 9:00pm
BYOB

Sunday March 6th
Entertainment by Ernie at the Keyboard
Chairpersons: Paul & Kristen Bergquist
Dance Club Members: **FREE, please RSVP at www.staugshores.org**
Activity Members and Guests: \$15.00/pp
Reservations Tuesday 3/01 and Thursday 3/3 from 9:00 – 10:00 am

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

Friday, March 18th
Entertainment by Tim Rippey
Chairpersons: Raul & Peggy Oliveira
Dance Club Members: **FREE, please RSVP at www.staugshores.org**
Activity Members and Guests: \$15.00/pp
Reservations Tuesday 3/15 and Thursday 3/17 from 9:00 – 10:00 am

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

Bridge Lessons: Mondays at 10:30am

Bridge: Fridays 1:00pm

Chicago Bridge: Must have a partner to play, Mondays at 12:30 and Thursdays at 12:30pm

Chair Yoga: Wednesdays & Fridays at 10:45am. A gentler form of yoga for those for whom balance is an issue.

Dance Class: Thursdays at 2:00pm. **Free for Dance & Activities Members!**

Exercise Class: Tuesdays and Thursdays at 10:00am. **If you have weights stored in the closet, please pick them up by March 31st, or they will become property of the Shores Activities Club.

Line Dancing: Mondays at 6:30 pm and Wednesdays at 10:00am

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

MARCH MAH JONGG MADNESS!! March 7th, 10:00am – 4:00 pm

Yoga: Monday, Wednesday and Friday at 9:00am. Bring a non-skid mat & wear comfortable clothing (no belts or anything tight around your waist). The class is geared to all levels.

Writers in the Shores: Tuesday March 8th & March 22nd at 1:00 pm in the Library.
Topic for March 22nd: "Something to do with Music."
There are no officers, dues or requirements. For information call Donna at 794-0789.

Upcoming April Events

Shores Spring Yard Sale: Saturday, April 2nd, stop by or call the office, 904-797-6441, to reserve a spot!
Early Social: Sunday, April 3rd (6pm to 9pm) – Entertainment by Frank Saffi
Main Social: Friday, April 22nd (7pm to 10pm) – Entertainment by Phil Farino

Check out the latest events in our NEW website: www.staugshores.org

Message from President Jim

Welcome Spring on Saturday March 21st!

As spring approaches, several important things begin to happen here in St. Augustine Shores. The leaves begin to bud out, the chance of a freeze dwindles down to nothing, and the annual meeting packet gets mailed out! This year the annual membership meeting occurs on May 6, 2016. Your packet will arrive late this month or perhaps during the first week in April. Please pay attention to the meeting packet, as it contains several important items, including, the annual meeting notice and proxy, the annual report on the condition of your homeowners association, and the ballot to elect directors to the board. Review the candidate's biographical information carefully, remember they represent you.

The proxy is extremely important because it establishes a quorum of the members necessary to conduct the annual meeting and the election. Please attend or fill out your proxy carefully. It is very important that completed proxies that are filled out properly are returned to the office within a timely manner so that they count. Don't worry, all dates and times are in the packet.

Don't forget to check out the updated website at <http://www.staugshores.org>. New information is added almost daily, so you can be sure it will stay fresh and new.

Activities are up and running. The transition to the new format has been nearly flawless; thanks to everyone for your hard work. Our newly formed "Riverview Grounds and Activities Committee" will be looking at expanding the types of activities to those that appeal to families and children. Please join today and participate! A new security system is being installed in the Clubhouse, Pier, and RV & Boat Trailer Compound. In the weeks ahead, please check the website for details. Also, if you have access through agreement (rv compound) we will be in direct contact. We are working hard to keep your community safe. I would be remiss if I did not mention that we take our deed restrictions seriously, as they help make our community more livable. Remember, the sidewalks are for walking, and should be kept clear of vehicles. Also, boats, campers, RVs, and trailers should be kept in the compound and not at your home, even behind fenced yards. Let's work together to keep our community beautiful!

Our next board meeting is Thursday February 10th at 7:00 pm, at the Riverview Club. The increased attendance at meetings and participation in your association is a sure sign of good things coming. Remember, if you need information, or just want to talk, you can contact me by email at President@staugshores.net. Your input into the board helps to ensure that we are working on the right things, the things that matter to you. This is YOUR association.

Jim Priester, President

St. Augustine Shores Service Corporation February 11, 2016 Board Summary

The St. Augustine Shores Service Corporation's Board of Directors meeting was called to order by President James Priester at 7:00 P.M. Present: Vice President Jerry Zinn, Treasurer Claire Lorbeer, Director James O'Such, Director Sue Chitwood, Secretary Rachel Diamond. Excused absence Director Winston Burrell.

The Invocation by General Manager Smith followed by the Pledge of Allegiance. January 14 Board Minutes were approved.

Treasurers Report – Read by Treasurer Lorbeer accepted for audit. General Manager Smith presented a payment plan. Motion by Vice President Zinn that we accept the payment plan as presented. Seconded by Secretary Diamond and motion carried.

Managers' Report - Joseph H. Smith III

Storm Water Drainage System Update: General Manager Smith informed the Board that Yelton Construction is 95% complete with the dredging projects at Tract M Unit 7 and Tract D Unit 3.

Progress on Board Goals: Curb Appeal – Electric service to the new irrigation well at 506 Shores Blvd. scheduled to be hooked up 2/12/16. The dumpster pad at the RVF is installed.

The damaged sidewalks at the RVF have been repaired.

Safety/Security: General Manger Smith presented a revised bid from Village Key for the key card access system to the office, the pool, the pier, and the storage compound and the license plate camera for the compound as requested by the Board. The proposal for the entire package is \$17470. There is \$22228 funded for security in the Dreux Isaac Reserve Study scheduled for fiscal period 2015 – 2016. Motion by Secretary Diamond to go forward with the purchase of the access system and the license plate camera. Seconded by Director Chitwood and carried.

Budget: General Manager Smith informed the Board that the proposed budget for fiscal period 2016 – 2017 is complete and asked that we schedule a workshop for Board input and a date to present to the membership. We will have a budget workshop on February 18th at 5:30 p.m.

Community Message Boards: General Manager Smith presented a quote for community message boards provided by B & S Signs as requested by the Board at the January 14th meeting. Labor, material, manufacture and install 2 - 4 X 8 double faced lighted signs to include a top header, bottom of sign to have a copy change area with four lines of 4" letters, Font of 300 letters for each sign, and locking vandal covers for a price of \$10,400 plus tax. Engineer and Permit included. Owner also responsible for electric to signs. The Board requests that we get a price for digital signs.

Action Status List Update: Secretary Diamond presented the report summarizing the projects that have been completed and those in progress.

Committee Reports

ACC Committee – Vice President Zinn: The ACC Committee held one meeting in the month of January. They approved 7 applications.

3 fences, 3 new homes, 1 deck. Total approved YTD 160.

Vice President Zinn requested that the Board recruit the ACC committee members to help report Deed Violations.

Riverview Building and Grounds Committee: Secretary Diamond read a report on the goals and progress of the committee. She informed the Board that they have engaged a pole walking instructor that will offer discounts to Shores residents. Motion by Secretary Diamond that the Board allow use of the funds received for the Shores Activities Club to pay for night time Zumba and Yoga classes and to pay for the dances. Seconded by Vice President Zinn. The membership inquired about continuing morning yoga class and asked if there would be additional charges to the members with the addition of new classes. Secretary Diamond explained that the morning yoga class would continue and that there would be no additional charges to the members. There was mention of memory classes. There was inquiry about insurance coverage for these classes. The motion carried.

RV and Boat Storage Committee: Vice President Zinn reported on the goals and progress of the committee. He discussed the drainage permitting issue and the request to fill low areas with gravel. General Manager Smith informed the Board that the gate operator at the compound has failed and is being replaced. The Board was informed that a lessee at the compound has parked 4 trailers in one spot in the D section. President Priester would like the committee to research adding additional spaces in a different location to house additional vehicles from the homes that are going to be developed on the East side of Unit 7. End.

Shores Spring Sale Saturday April 2nd 8 am - 1 pm

Sign up for *booth space at the Shores Office, or call us at 904-797-6441.
*You must provide your own table.

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News Around South St. Augustine

Temple Bet Yam Events Holds Passover Seder

Temple Bet Yam in St. Augustine is pleased to invite the community to its annual Passover Seder on Friday, April 22, 2016, led by Rabbi Fred Raskind. Gypsy Cab Company will again be catering the event. Tickets for Adult Members of the congregation and their guests are \$36; Children 12 and under are \$15. Tickets for adult non-members are \$46.00. Please mail your check with number of people attending to: Temple Bet Yam, P.O. Box 860098, St. Augustine, FL 32086. Temple Bet Yam is a warm, welcoming, Reform Jewish congregation located at 2055 Wildwood Drive in St. Augustine. Its proximity to I95 and SR 207 allows easy access from counties to the north and south. For further information on the Temple, go to templebetyam.org. For specific questions about the Seder call 904 819-1875.

Holds Spring Luncheon and Fashion Show at Hammock Dunes Club

On Thursday, March 24th at 11:30 AM, The Sisterhood of Temple Bet Yam will be sponsoring its very popular Spring Luncheon and Fashion Show to be held at the Hammock Dunes Club, 30 Avenue Royale, Palm Coast. Tickets are \$30 per person and must be purchased by March 14, 2016. Please contact Carol Levy at 954 895-7332 to make your reservation and place your lunch selection. Menu items are: Cedar Roasted Atlantic Salmon (Gluten free), Vegetarian Pasta, or Chicken Baked en Croute. Fashions to be modeled are by Patchington. This event is always a sell out so early reservations are encouraged.

United Methodist Church Spring Yard Sale

The United Methodist Women of the Shores United Methodist Church will hold their Annual Spring Yard Sale on Saturday, March 12, 2016, from 8 am to 1 pm. This church-wide event will feature clothing, household items, electronics, books, toys, puzzles, games, chili & crackers, and of course baked goods.

The sale will be held indoors, in the spacious church sanctuary. There is plenty of free parking and easy access. Shores United Methodist is located at 724 Shores Blvd, between the golf course and Hartley Elementary. Rev. Randy Strickland is pastor.

Writers In The Shores

By Donna Johnson

The March meetings for Writers in the Shores will be on Tuesday the 8th and again on the 22nd. The chosen subject is to be "Something to do with Music" and, is suggested for this month's topic to write about on the 22nd. 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 794-0789.



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Memory Enhancement Program at Shores United Methodist Church

Have you been diagnosed with a memory disorder? Are you concerned about changes in your memory? Or maybe you're providing care for a loved one who could benefit from supervised activities and socialization. If so, this creative, innovative and very successful program was designed for YOU! Learn simple strategies to give your brain a boost and participate in classes that focus on cognitive stimulation, education and socialization. And best of all, have some fun at the same time. Every Mon and Wed from 9 am until 2 pm at the Shores United Methodist Church, 724 Shores Blvd. Fee for service with subsidies available for those who qualify. Please call Kathy Cinney at 729-9163. Visit our website at coasjc.com.

Join Us For The Art Show & Greek Luncheon!

Holy Trinity Greek Orthodox Church Ladies Philoptochos Society will be co-hosting an Art Show & Greek Luncheon this year with The Art Studio, Inc. on Saturday, March 12, 2016 at 11:30 a.m. There will be beautiful works of art shown and for sale at the event as well as door prizes and a raffle. The menu will include Greek-style chicken, salad, dolmathes (stuffed grape leaves), spanakopita (spinach pie), tiropita (cheese pie), and baklava for dessert! Greek pastries will also be available for sale. The tickets are just \$30.00 and all proceeds will benefit the local philanthropic activities of the Ladies Philoptochos Society. Philoptochos means "friends of the poor" in Greek. We help many agencies and individuals within St. Johns county and beyond. Please join us for delicious Greek food and pastries while supporting our largest fundraiser of the year. For more information, please contact: Athena at (904) 471-9062 / ABDUDDY@gmail.com or Donna at (615) 415-8870 / despinaMBH@aol.com.

GARDEN CLUB MEETING

The Geranium Circle will meet at 12:30 on Friday, March 18 at the Garden Center, 3440 Old Moultrie Road. Richard Highman will present "Behind the Scenes at 'Cultivate 15,' the Largest Horticulture Trade Show in the USA. Visitors are welcome.

Christian Lopez Band to headline Lions Seafood Festival March 4-6

Rising artists Christian Lopez Band will be among the many acts performing at this year's St. Augustine Lions Seafood Festival, to be held March 4-6 at Francis Field in downtown St. Augustine.

West Virginia singer-songwriter Lopez and his band will perform on the festival's main stage at 1 p.m. and 5 p.m. Saturday March 5, and at 12:30 p.m. and 3:30 p.m. Sunday March 6. The group has been touring the country, opening for the Zac Brown Band and Dave Matthews Band while garnering impressive reviews for their Americana-folk sound and new album, *Onward*. In addition to winning the Belk Modern Musician Showcase, the band was declared "Best Newcomer" at the Americana Music Festival and Conference by Rolling Stone magazine.

Other acts performing during the three-day festival include the Florida State Bluegrass Band, Lonesome Bert & the Skinny Lizards and Linda Cole, niece of Nat "King" Cole. [See complete festival entertainment schedule below and attached bio for Christian Lopez Band.

Family fun can be had in the Kidz Zone, Pirate Village and Spanish Landing, where entertainment will include the Clown Adventure, Mayhem the Pirate Magician and Nutter Interactive percussion. Kids' rides will be available all day with a discount ride wristband. Kids will also be able to come and meet their favorite superhero or fairy tale princess.

Celebrating its 35th anniversary this year, the St. Augustine Lions Seafood Festival is a three-day extravaganza featuring boatloads of seafood, entertainment and more than 100 artists and crafters. With everything from lobster tail and conch fritters, to southern fried shrimp, octopus, wild salmon, jambalaya and blue crab burritos on the menu, the festival offers something for all seafood lovers. More than a dozen food vendors will also offer BBQ, pizza, desserts and more.

In addition to presenting sponsor Winn-Dixie, festival sponsors include The St. Augustine Record, TotallyStAugustine.com, Money Pages, Beach 105.5, RE/MAX 100 Realty, Fresh from Florida® and United Rentals.

Francis Field is located at 25 W. Castillo Drive, next to the downtown parking garage. Hours are 3 to 9 p.m. Friday March 4, 10 a.m. to 9 p.m. Saturday March 5 and 11 a.m. to 5 p.m. Sunday March 6. Admission is \$5 for adults; children 15 and under are free. Active duty military with ID are also free. Proceeds from the festival benefit the charitable activities of the St. Augustine Lions Foundation. For more information, email admin@lionsfestival.com, call 904-829-1753 or visit www.lionsfestival.com.



News From Around St. Johns County

St. Johns County Medical Alliance offers Academic Scholarships to Local Students

The St. Johns County Medical Alliance offers scholarships to graduating St. Johns County high school seniors pursuing an education in pre-medicine, nursing, or allied health.

Applicants must reside in St. Johns County and plan to begin a program of study in the fall of 2016 at an accredited institution. This includes a four year college or university or a two year community or junior college. Scholarship applicants are evaluated on academic ability, school involvement, community service, and financial need. None of these categories are self-limiting.

To obtain a copy of the scholarship application, go to www.sjcma.blogspot.com or the St. Johns County Medical Alliance Facebook page. Deadline 4th Friday in March.

The St. Johns County Medical Alliance represents spouses of St. Johns County physicians. Its purpose is to promote health education, identify and address health-care needs and issues, participate in health-related legislation, and provide college scholarships and awards to St. Johns County students.

Council on Aging

AARP Income Tax Assistance

Do you need assistance with you income taxes? Beginning on Monday, February 1, volunteers from AARP will be at River House, 179 Marine Street, every Monday until April 11th to assist with your tax returns. For appointment call 209-3655. AARP tax counselors cannot do any tax returns that include business or rental properties. And remember to visit www.coasjc.com for more information on COA.

It's the Annual Council On Aging Sunshine Golf Tournament

Swing away. And support the COA! The Council on Aging has the perfect way to support services for the over 4,000 St. Johns County residents currently dealing with Alzheimer's and other dementias. And it's easy as one...two....swing!

This Captain's Choice Event will be played on April 1st at 1:30 pm at the St. Johns Golf and Country Club, 205 St. Johns Golf Drive in St. Augustine, FL. Tickets are \$100 per golfer or \$380 for a team of four. Or just come on over for the BBQ! The Buffet only is \$22 per person.

Interested in sponsorship opportunities? Join Ameris Bank, Vicar's Landing/Glenmoor and VITAS Healthcare as a Gold Sponsor or become one of our gift or hole sponsors.

All proceeds will benefit COA's Sunshine Center Adult Day Care, COA Integrative Memory Enhancement Program (IMEP) and all other COA memory services. The Sunshine Center offers supervised care for dementia and Alzheimer's patients and their families, and the IMEP Program addresses the growing need for professional and compassionate early intervention care for those just beginning to experience memory issues. Other services include community caregiving and caregiver support.

For more information on the tournament or sponsorship opportunities, please call Linda Trevlyn at (904) 209-3684. And visit our website at www.coasjc.com.

"Understanding The Civil War" Discussion Group Meeting

The monthly meeting of the "Understanding the Civil War" Discussion Group will be held at 1pm on WEDS Mar 2, 2016 at the St Augustine Beach City Hall conference room located at the corner of 16th St and Rt A1A South. Topic will be: "Civil War Railroads-North and South" Meeting is open to the public. For information please email Charlie Smith at: smithc32@bellsouth.net.

St. Augustine Youth Services to Observe April National Child Abuse Prevention Month

The 3rd Annual Pinwheel Parade Against Child Abuse will be held on Saturday, April 2nd at the SAYS campus from 10:00-11:30am. There will be a ceremonial "parade" around the campus, refreshments, free children's activities plus tables set up with parenting information and people on hand to answer questions about the resources available in St. Johns County.

April is National Child Abuse Prevention Month and since 1989, people nationwide wear the blue ribbon and carry blue pinwheels in April to create awareness of the need to keep kids safe and families strong.

By working together as a community, we all can play a part in promoting children's emotional well-being and strengthening families. During the month of April and throughout the year, St. Augustine Youth Services is dedicated to supporting families and reducing the risk of child abuse and neglect.

"Everyone's participation is critical," said Schuyler Siefker, SAYS Executive Director. "Focusing on ways to build and promote the protective factors in every interaction with children and families is the best thing our community can do to prevent child maltreatment and promote optimal child development."

SAYS is a residential group home which provides therapeutic services for boys who have experienced severe emotional trauma, such as child abuse and neglect. SAYS is celebrating 27 years of serving children and three years in their US1 South campus facility.

SAYS is located at 6624 US 1 South, just north of the SE Branch Library, near SR206. For more information, please call 904-829-1770 or visit www.sayskids.org.

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Wild Flower Meadow Group

by Cindy Taylor

While working in the meadow, sometimes people stop to ask what we're doing. My answers are inadequate so I went to the internet and found the following:

- Meadows may be naturally occurring or artificially created from cleared shrub or woodland. They support a wide array of wildflowers, which are of utmost importance to insects like bees and other pollinating insects, and hence the entire ecosystem.

- A wild flower meadow is only temporary, because the grasses eventually become shaded out when scrub and woody plants become well-established, being the forerunners of the return to a fully wooded state. In many places, the existing meadows would gradually disappear, if not artificially maintained.

- Traditional meadows feature a mixture of NATIVE WILD grasses that are vital to wildlife. They provide food for many species of butterfly.

- The wildflowers that are native in a meadow make a huge difference to the local wildlife. They support several hundred kinds of insects, along with the animals that feed on the insects, more than non-native flowers.

- A traditional wildflower meadow is a rare habitat and conserving them is imperative.

I hope this gives you some idea of what we're trying to do and why. 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 which grow in this location. We occasionally visit state and county parks and welcome newcomers. We're an informal group without officers or dues and hope you will join us. Call Claire at 794-7473 for more information.



Lions Seafood Festival

(continued from page 1)

Pages, Beach 105.5, RE/MAX 100 Realty, Fresh from Florida® and United Rentals. Francis Field is located at 25 W. Castillo Drive, next to the downtown parking garage. Hours are 3 to 9 p.m. Friday March 4th, 10 a.m. to 9 p.m. Saturday March 5th and 11 a.m. to 5 p.m. Sunday March 6th. Admission is \$5 for adults; children 15 and under are free. Active duty military with ID are also free. Proceeds from the festival benefit the charitable activities of the St. Augustine Lions Foundation. For more information, email admin@lionsfestival.com, call 904-829-1753 or visit www.lionsfestival.com.



About the Lions Club

With more than 1.4 million members in more than 206 countries and geographic areas, Lions Club International is the largest and most effective service organization in the world. The St. Augustine Lions Club raises over \$100,000 each year to support worthwhile community projects. A 501c3 nonprofit organization, the St. Augustine Lions Foundation and St. Augustine Lions Club also conducts thousands of free vision screenings of local children each year, and provides support to many local organizations. Visit www.staugustinelions.com

35th St. Augustine Lions Seafood Festival Entertainment Schedule

Friday March 4

Main Stage: (Emcee: Jim Stafford)

3 p.m.: FESTIVAL BEGINS
 4 p.m.: House Cats
 5 p.m. House Cats
 6 p.m.: Bill Doyle Quartet
 7 p.m.: Bill Doyle Quartet with Linda Cole
 8 p.m.: Bill Doyle Quartet with Linda Cole

Spanish Landing:

4:30 p.m.: TBA
 5:30 p.m.: Boo Boo the Clown Adventure
 6:30 p.m.: TBA

Saturday March 5

Main Stage: (Emcees: Ernie & Debi Evans)

11 a.m.: Gabe Valla & Lis Williamson
 12 p.m.: John Dickie with Collapsible B
 1 p.m.: Christian Lopez Band
 2 p.m.: Lonesome Bert & the Skinny Lizards
 3 p.m.: Gabe Valla & Lis Williamson
 4 p.m.: John Dickie with Collapsible B
 5 p.m.: Christian Lopez Band
 6 p.m.: Lonesome Bert & the Skinny Lizards

7 p.m.: Billy Buchanan Duo
 8 p.m.: Billy Buchanan Duo

Spanish Landing:

11 a.m.: Boo Boo the Clown Adventure
 12 p.m.: Meet the MINIONS!
 1 p.m.: Ray Nutter Interactive Percussion
 2 p.m.: Meet Little Mermaid
 3 p.m.: Boo Boo the Clown Adventure
 4 p.m.: Ray Nutter Interactive Percussion
 5 p.m.: Meet Iron Man Super Hero
 6 p.m.: Boo Boo the Clown Adventure

Sunday March 6

MAIN STAGE: (Emcees: Ernie & Debi Evans)

11:30 a.m.: Florida State Bluegrass Band
 12:30 p.m.: Christian Lopez Band
 1:30 p.m.: The Skinny - Taylor & Pamela Fausset
 2:30 p.m.: Florida State Bluegrass Band
 3:30 p.m.: Christian Lopez Band
 5 p.m.: FESTIVAL CONCLUDES

Spanish Landing:

11 a.m.: Boo Boo the Clown Adventure
 12 p.m.: Meet Tiana the Frog Princess & Ella
 1 p.m.: Ray Nutter Interactive Percussion
 2 p.m.: Boo Boo the Clown Adventure
 3 p.m.: Meet Spider Man
 4 p.m.: Katherine Archer

Family Entertainment

Pirate Village
 Pirates Games
 Pirate Face Painting
 Music
 Sword Fights
 Pirate Magic and Mischief
 Pirate Artifacts
 Pinatas
 Pirate Craft for Kiddies
Fun Around the Festival Grounds
 Katherine Archer - Strolling Minstrel
 Clown Magic & Fun - Strolling
 Pirate Minstrel - Strolling
 Ronald McDonald on Sat 1 to 3 p.m.
 Famous Characters - Strolling
 Interactive Sand Creations
 Crafts 4 Kids - Paper Hats, Balloons, Coloring
 Face Painting
 Rides - Kidz Fun Zone



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St. Augustine Area Guide

“Events, Activities, Attractions, Sites, Entertainment,”

First Fridays

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 available at participating galleries). Plus, free Art Walk Trolleys and Trains provided by St. Augustine Sightseeing Trains and Old Town Trolleys, provide transportation throughout downtown for the art walk. 832-779-2781 www.artgalleriesofstaugustine.org.

First Saturday

GTM Research Reserve Guided Cultural Hike: The first Saturday of each month at 8:30 a.m. take a Guided Cultural Hike that focuses on 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 with paid admission to the Reserve. 904-823-4500 <http://gtmnerr.org>.

Militia Muster and Training at Fort Mose: Visit Fort Mose on the first Saturday morning 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 firing drills. 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 to the Visitor Center is \$2 per person. 15 Fort Mose Trail, St. Augustine. 904-823-2232 www.floridastateparks.org/park/Fort-Mose.

First & Third Saturdays & Sundays: Fountain of Youth: Cherokee History Presentations From 11 a.m. - 4 p.m., native Cherokee historians describe how their people interacted with the local Timucua for centuries before the arrival of Europeans. The presentations take place in the living history village of Seloy at the Fountain of Youth Park. Park admission is \$15 adults, \$14 seniors, \$9 children 6 - 12 applies (local discount available). 11 Magnolia Ave., St. Augustine. 904-829-3168 www.fountainofyouthflorida.com.

Second Saturdays

GTM Reserve Guided Trail Hike: Join GTM Research Reserve volunteers from 8:30 - 10:30 a.m. for a 1.5 mile guided walk through the Guana Trail. After the walk, visit the GTM Research Reserve Environmental Education Center (EEC). There is a \$3 parking fee. 505 Guana River Rd., Ponte Vedra Beach. 904-823-4500 www.gtmnerr.org/.

Wednesdays

Farmer's Arts and Crafts Market: Farmers' Market located at the ocean-side St. Johns County Pier Park featuring selections of fresh produce, plants, baked goods, fine art, jewelry and more! Anywhere from 70 vendors participate each Wednesday morning year round, rain or shine from 8 a.m. - 12:30 p.m. Join the fun and shop local. 350 A1A Beach Blvd., St. Augustine Beach. 904-347-8007 www.thecivicassociation.com.

Fridays, Saturdays & Sundays

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 and 11:30 a.m., 1:30, 2:30 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. www.nps.gov/casa Saturdays: Musket Firing Demonstrations at Fort Matanzas

Re-enactors fire flintlock muskets at Fort Matanzas National: Monument 12:30 - 3:30 p.m. Admission is free including the ferry ride to and from the island. Fort Matanzas is located at 8635 A1A South, 15 miles south of St. Augustine. 904-471-0116 www.nps.gov/foma

Old City Farmers' Market: Features locally grown fresh produce, baked goods, plants and more. Located at the St. Augustine Amphitheatre. Open 8:30 a.m. - 12:30 p.m. Admission is free. 1340 A1A South, St. Augustine. 904-471-3733.

Sundays

The Salt Air Farmer's Market: Marineland Marina hosts a farmers market every Sunday from 10 a.m. - 2 p.m. Enjoy live music, fresh produce, seafood, sauces and jams, cheese, organic ice pops, honey, fresh baked breads, soaps, peanuts, art and more. 101 Tolstoy Lane, Marineland. 904-814-9886 www.marinelandmarina.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

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.

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 St. Augustine office. Reservations required. 4 Granada St., St. Augustine. 904-825-0087 www.staugcitywalks.com.

Third Tuesday

GTM Research Reserve Marineland Lecture: This lecture series is held on the 3rd 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 so space is limited and reservations are requested. 9741 N. Oceanshore Blvd., Marineland. 904-823-4500 www.gtmnerr.org/.

Third Saturday

Guided Beach Exploration Guana South Beach: Join GTM Research Reserve Docents from 8:30 - 10 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. 1768 Ponte Vedra Blvd., Ponte Vedra Beach. 904-823-4500 www.gtmnerr.org/.

Free Black Heritage & Civil Rights Walking Tour: Walk with a licensed, professional tour guide to locations in St. Augustine that were significant in the city's civil rights movement. Hear stories of the struggle for civil rights while walking in the footsteps of Dr. Martin Luther King, Jr. and Andrew Young. This free, 1.5-hour tour departs at 4 p.m. from the Tour St. Augustine office. Reservations required. 4 Granada St., St. Augustine. 904-825-0087 www.staugustineblackheritagetours.com

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



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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 over 80 local vendors selling everything from produce, crafts, jewelry, herbs, unique foods and more. Free face painting will be available for the little ones, along with bounce house. 245 Little River Rd., Ponte Vedra. www.nocatee.com.

Tolomato Cemetery Guided Tour: Tour the oldest extant planned cemetery in Florida with burials from the First Spanish Period (1565-1763). Admission is free, but donations are encouraged. Tours are from 11 a.m. - 3 p.m. 16 Cordova St., St. Augustine. www.tolomatocemetery.com

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/.

Last Saturday

Uptown Saturday Night: From 5 - 9 p.m. on the last Saturday of each month, experience live music, refreshments, new exhibits, book signings and much more at the galleries, antique stores and unique shops on St. Augustine's San Marco Ave., between Ripley's Museum and the Mission Nombre de Dios. The Mission Nombre de Dios provides free parking.

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.

MARCH

March 1 - 29

Villa Zorayda Behind the Scenes Audio Guide Tours: Every Tuesday morning at 9 and 9:30 a.m., experience a special docent "Behind the Scenes" and self-guided audio tour of St. Augustine's Villa Zorayda. Participants get to visit rarely seen areas of the museum and learn about both the past and future of Villa Zorayda. Highlight of the tour is the never-before-seen "Tower of the Princesses" located on the third floor. Reservations are suggested. Adult admission is \$19.95; children ages 8-12, \$9; (not recommended for children under age 7). St. Johns County residents receive a \$5 discount. 83 King St., St. Augustine. 904-829-9887 www.villazorayda.com.

March 3

Great Chefs VI at the TPC Sawgrass Clubhouse: Northeast Florida's most prestigious culinary competition returns to the gorgeous TPC Sawgrass Clubhouse in Ponte Vedra Beach. Eight of the region's best chefs cook and compete to the delight of a hungry audience. Diners are served four courses (two dishes per course) and vote for their favorites. Competitors will also prepare special libations during the cocktail hour beginning at 6 p.m. The first course is served at 7 p.m. Tickets are \$175 per person and proceeds benefit The Nourishment Network. 110 Championship Way, Ponte Vedra Beach. www.jacksonvillemag.com March 3 Southern Culture on the Skids at the Colonial Quarter Alternative Americana rock band Southern Culture on the Skids performs at St. Augustine's Colonial Quarter. Since 1983, the band has been performing their unique hybrid of Americana, surf, R&B, rockabilly and swamp delivering what Rolling Stone called "a hell raising rock and roll party." Tickets for the 8 p.m. show (doors open at 7 p.m.) are \$20 general admission standing room only. 33 St. George St., St. Augustine. 904-209-0367 www.staugamphitheatre.com.

The Zombies at the Ponte Vedra Concert Hall: British pop legends, The Zombies featuring

original members Colin Blunstone and Rod Argent, perform at 8 p.m. (doors open at 7 p.m.) at the Ponte Vedra Concert Hall. The Zombies were one of the few English bands of the 1960's that enjoyed true global popularity. Their single, "Time of the Season," recently passed four million mark for plays on U.S. radio. Their famously misspelled album "Odessey & Oracle" is ranked #80 in Rolling Stone's 500 Greatest Albums of All Time. Earlier this year, The Zombies marked the group's half century with a stunning new album - "Breathe Out, Breathe In." Tickets for this seated show are \$150 VIP front row with meet and greet; \$59.50 rows 2-11; \$49.50 all remaining rows. 1050 A1A North, Ponte Vedra Beach. 904-209-0399 www.pvconcerthall.com.

March 4

Roger McGuinn at the Ponte Vedra Concert Hall: Folk singer and founder of the Byrds, Roger McGuinn performs at the Ponte Vedra Concert Hall. From his signature 12-string Rickenbacker sound to his instantly recognizable vocals on hits like "Turn, Turn, Turn", "Eight Miles High" and "Mr. Tambourine Man," McGuinn's shows today are as mesmerizing and magical as ever. Tickets are \$50 for the first 6 rows; \$40 for all remaining rows. The show starts at 8 p.m. (doors open 7 p.m.). 1050 A1A North, Ponte Vedra Beach. 904-209-0399 www.pvconcerthall.com.

Steve Miller Band at the St. Augustine Amphitheatre: Psychedelic rock and pop legend Steve Miller performs at the St. Augustine Amphitheatre. A mainstay of the revolutionary San Francisco music scene of the 60's, Miller went on in the 70's to craft a brand of pure pop that was polished, exciting and irresistible. "Take the Money and Run", "Fly Like an Eagle", "Jet Airliner", and "Jungle Love" remain instantly recognizable. The show starts at 8 p.m. (doors open at 7 p.m.). Tickets are \$89.50 seated pit; \$79.50, level 100; \$64.50 level 200; \$49.50 level 300; \$39.50 obstructed view. 1340 A1A South, St. Augustine. 904-209-0367 www.staugamphitheatre.com.

March 4 - 6

35th Annual St. Augustine Lions Seafood Festival: Enjoy outstanding seafood, live music, more than 100 arts and crafts exhibitors and much more! Friday night is jazz night. American music is featured Saturday and Sunday. Families will enjoy kiddie rides, magic, pirate fun, youth performers and character actors. Presented by Winn-Dixie, the festival features tons of fresh seafood! Admission is \$3 for adults, free for kids age 12 and under. Proceeds benefit charitable activities of the St. Augustine Lions Foundation. The festival takes place at Francis Field. Hours are Friday 3 - 9 p.m.; Saturday 10 a.m. - 9 p.m.; Sunday 11 a.m. - 5 p.m. (Arts and Crafts Village closes at sundown). Please, no pets or coolers. 29 W. Castillo Dr. 904-829-1753 www.lionsfestival.com.

March 4 - 26

11th Annual High School Art Show: The St. Augustine Art Association in partnership with St. Johns County Schools presents the 10th Annual All-County High School Art Show featuring a selection of 150 student works of art. The materials range from experimental digital media and graphite studies to abstract pottery and sculptural assemblages. Award winners announced at 7 p.m. on March 4. The gallery is open Tuesday - Saturday noon - 4 p.m. and Sunday 2 - 5 p.m. Admission is free. 22 Marine St., St. Augustine. (Entrance on Charlotte Street) 904-824-2310 www.staaa.org.

St. Augustine Art Association: Miniature Marks Exhibit: The St. Augustine Art Association hosts a juried open media and subject exhibit of artists making their personal mark in this installation of works no larger than 15 inches. Small, but mighty, the individual pieces explore a wide range of subjects, ideas and materials. The gallery opening reception is from 5 - 9 p.m. on the 4th. The gallery is open Tuesday - Saturday noon - 4 p.m. and Sunday 2 - 5 p.m. Admission is free. 22 Marine St., St. Augustine. 904-824-2310 www.staaa.org.

A Facility for the Living at Limelight Theatre: Joe Taylor, a retired actor, moves into a prison-turned-elder care facility shortly after the demise of Medicare and the election of Dick Cheney as President. This dark comedy play is rated PG-13.

Performance times are 7:30 p.m. Thursday - Saturday and 2 p.m. on Sunday. Tickets are \$26; \$24 seniors; \$20 student and military. 11 Old Mission Ave., St. Augustine. 904-825-1164 www.limelight-theatre.org.

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March 5

Searle's Sack of St. Augustine: Authentic re-enactment of Captain Robert Searle's 1668 attack on St. Augustine. Searle and his privateers sailed from Jamaica to loot the silver ingots held in the Spanish royal coffers at St. Augustine. Their vicious attack killed 60 of the town's citizens and led to the construction of the Castillo de San Marcos. From 9 a.m. - 4 p.m., the Raiders' encampment at the Fountain of Youth Archeological Park (11 Magnolia Ave., St. Augustine). Park admission is \$15 adults, \$14 seniors, \$9 children 6 - 12 applies (local discount available). The encampment features drills, demonstrations and living history interpretations. At 4:30 p.m., Searle's men attack the city's Spanish soldiers and colonial citizens at the Plaza and pursue them to the City Gate where the skirmish continues at Orange and Cordova Streets. 1 Cathedral Place, St. Augustine. 904-534-6168 www.Searlesbucs.com; www.fountainofyouthflorida.com.

Night Fest at the St. Augustine Lighthouse & Maritime Museum: Celebrate 142 years of light at the St. Augustine Lighthouse & Museum's annual Night Fest. In partnership with the Junior Service League's Lighthouse 5k Run, this special event is a great night of fun for the whole family. Admission to the lighthouse is free from 4 - 9 p.m. Explore the light station grounds, climb the 165 ft. tall lighthouse tower and discover maritime history inside the Victorianera keepers' house. Kids will love the face painting, temporary tattoos and other free activities. Snacks, sodas and beer will also be available for purchase in the lighthouse courtyard. Come out for the race and stay for the celebration. 81 Lighthouse Ave., St. Augustine, 904-829-0745 www.staugustinelighthouse.org.

Jason Isbell with Shovels & Rope Concert: Award-winning Americana singer-songwriter Jason Isbell and special guests Shovels & Rope perform at the St. Augustine Amphitheatre. This will be their only Florida concert in 2016. Called "The King of Americana" by The Nashville Scene, Isbell's profoundly personal songs have earned him comparisons with artists such as Bob Dylan, Neil Young, Bruce Springsteen and Kurt Cobain. Shovels & Rope won the 2103 Americana Music Award for Emerging Artist of the Year and their "Birmingham" received the award for Song of the Year. The concert begins at 7 p.m. (doors open at 6 p.m.) Tickets are \$49.50 General Admission Standing Pit; \$39.50 Level 100 and \$29.50 Levels 200 & 300. 1340 A1A South, St. Augustine. 904-209-0367 www.staugamphitheatre.com.

March 6

Florida Chamber Music Project Presents Haydn and Brahms: Haydn and Brahms will be performed by the Florida Chamber Music Project at 3 p.m. (doors open at 2 p.m.) at the Ponte Vedra Concert Hall. Tickets are \$23 (plus applicable Ticketmaster fees) for general admission seating. 1050 A1A North, Ponte Vedra Beach. 904-209-0399 www.pvconcerthall.com http://flchambermusic.org.

Robert Plant and the Sensational Space Shifters with special guests The Sonics: Legendary rock icon Robert Plant and the Sensational Space Shifters with special guests The Sonics will perform at 7 p.m. (doors open at 5:30 p.m.) at the St. Augustine Amphitheatre. With over 40 years of success as a solo singer/songwriter, former Led Zeppelin vocalist Robert Plant continues to be a force in modern music. Tickets are \$79.50 for General Admission/Standing Pit; \$79.50 for level 100; \$64.50 for level 200; \$64.50 for level 300 and \$49.50 for obstructed view seats. 1340 C A1A South, St. Augustine 904-209-0367 www.staugamphitheatre.com.

A Ride for the Wild Side: Florida Park Service's Charity Ride: Take a ride for the wild side in the state parks from 8 a.m. - 5 p.m. Anastasia, Washington Oaks, Bulow Creek, Tomoka, and North Peninsula State Parks are hosting a charity ride. There will be no set route because bikers can go to as many parks as they like as long as they end up at Anastasia by 3 p.m. to turn in their tally sheets. Anastasia will host a party from 1 - 5 p.m. with food provided by Island Beach Grill, live music performed by Second Chance, alcoholic beverages for purchase, chance drawing, and games. Register online or at any of the parks during the registration window from 8 - 11 a.m. at Tomoka State Park or beginning at 1 p.m. at Anastasia State Park. Registration is \$20 and includes one tally sheet, park entrance, food, and chance drawing ticket. 300 Anastasia Park Rd., St. Augustine. 904-461-2033 www.facebook.com/RidefortheWildSide.

March 8

George Winston at the Ponte Vedra Concert Hall: Grammy-winning rural folk pianist George Winston performs at 8 p.m. (doors open at 7 p.m.) at the Ponte Vedra Concert Hall. Since 1972, Winston has released 11 solo albums including "Forest" which won the 1996 Grammy Award for Best New Age Album. Tickets are \$45 for the first 6 rows. \$40 all remaining rows. 1050 A1A North, Ponte Vedra Beach. 904-209-0367 www.pvconcerthall.com

March 9

Comedian Jim Breuer at Ponte Vedra Concert Hall: With more than 20 years of stand-up comedy experience, Jim Breuer continues to win over audiences with his off-the-wall humor and lovable personality. Breuer had been part of ABC's "Home Improvement" along with Tim Allen prior to his four-year stint on Saturday Night Live, where he quickly became a fan favorite for his original character "Goat Boy" and his dead-on impressions of actor Joe Pesci. Breuer will take the stage at 8 p.m. (doors open at 7 p.m.) at the Ponte Vedra Concert Hall. Tickets are \$34.50 for the first 8 rows of seating and \$26.50 for all remaining rows. VIP Meet & Greet tickets are \$50. 1050 A1A North, Ponte Vedra Beach 904-209-0367 www.pvconcerthall.com.

March 9 - 13

The Spitfire Grill Theatre Production: Flagler College Department of Theatre Arts presents The Spitfire Grill at The Lewis Auditorium. Performances are 7:30 p.m. Wednesday - Saturday and 2 p.m. on Sunday. Tickets are \$15 and available online. 14 Granada St., St. Augustine. 904-826-8600 flagler.universitytickets.com.

March 11

The Moody Blues Concert: Rock legends The Moody Blues bring their "Fly Me High" tour to the St. Augustine Amphitheatre. The Moody Blues have been at the forefront of the classic rock music scene since the 60's with their multi-Platinum and Gold albums and singles hitting Billboard at #1, Top 5, Top 10, Top 20 and Top 40. Their classic "Night in White Satin" hit #1 three times on Billboard. The show is at 8 p.m.; doors open at 7 p.m. Tickets are \$99.50 seated pit; \$69.50 Level 100; \$59.50 Level 200; \$49.50 Level 300; \$39.50 obstructed view. 1340 A1A South, St. Augustine. 904-209-0367 www.staugamphitheatre.com.

The St. Augustine Celtic Music & Heritage Festival - Whiskey Tasting: Savor five different whiskies and learn the background of each, as well as the history of the region where each was produced. Expand your horizons and taste some truly great whiskies. Held at the red and white tent on Francis Field the tasting begins promptly at 7 p.m. (doors open at 6:30 p.m.) Tickets are \$45 each. 29 W. Castillo Dr., St. Augustine. 904-315-8061 www.celticstaugustine.com.

March 12

Menorcan Heritage Festival: From 11 a.m. - 3 p.m., celebrate the 239th anniversary of the Menorcans' arrival in St. Augustine at this festival featuring authentic Menorcan culture. Presented by the Menorcan Cultural Society, the event includes handmade mullet net demonstrations; Sally Walton and Friends dancing; storytelling and singing; datil pepper plants, sauces and jellies; Menorcan t-shirts, hats and memorabilia for sale, Menorcan family crests and pictures on display and delicious Menorcan food including pilau, clam chowder and baked goods. It all takes place at Llambias House in St. Augustine. Admission is free. 31 St. Francis St., St. Augustine. 904-826-3388 www.menorcansociety.net.

Fort Matanzas Bird Walk: Join a park volunteer for a leisurely 2 hour stroll along the park's boardwalk, marsh and shore to learn about the abundant bird life. This program will be at an easy walking pace and is appropriate for all ages. Bring binoculars, mosquito repellent and water for the walk. Starts from the park's visitor center at 9:30 a.m. Admission and participation are free. 8635 A1A S, St. Augustine www.nps.gov/foma.

St. Patrick's Day Parade: See one of Florida's biggest St. Patrick's Day parades beginning at 10 a.m. from St. Augustine's Francis Field. Part of the St. Augustine Celtic Music & Heritage Festival, the

Sunday Worship 10:30 a.m.**We Invite You to Connect With Us**

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Third Annual Betty Griffin House 5K Run & Walk Sets Out for Peace

Betty Griffin House proudly announces the third annual Betty Griffin House 5K Run & Walk-A-Thon for PEACE. Slated for April 16, 2016 at 8:00 a.m., this year's event aims to promote peace in the local community by raising awareness of domestic and sexual abuse in St. Johns County.

Betty Griffin House's vision is: Peace at home...then to the World! If you are a runner or walking, think about the survivor of domestic violence or sexual assault and the families impacted by the crime. What a difference the world would be if there was no violence. Be part of the solution!

The family-friendly race begins at the St. Augustine Beach Pier Pavilion, and takes participants along a route through the charming beachside communities on Anastasia Island. Participants are welcome to complete the run at their own pace and team participation is encouraged.

Betty Griffin House is the only center in St. Johns County that has provided free services to all victims of domestic and sexual abuse for the past 25 years. Last year, Betty Griffin House received more than 1,900 calls to the crisis hotline and accompanied 41 survivors during the forensic rape exam. The primary purpose of the agency is to provide holistic services that directly relate to the victims' experience of abuse, which will increase safety and security for both the victim and the family.

In 2015, the race drew 565 walkers/runners and 120 volunteers, raising more than \$27,000. All proceeds directly aid Betty Griffin House in saving the lives of domestic and sexual abuse victims in St. Johns County. Race entry is now open for registration. Early bird pricing is in effect until February 29, 2016. More information on the race can be found by visiting www.bettygriffinhouse5k.org or calling (904) 808-8544.

The Betty Griffin House 5K Run & Walk-A-Thon for Peace is made possible through the generous support of businesses in the local community: Flagler Hospital, McChesney Law Firm, The Locals Guide to St. Augustine, The Police Department of St. Augustine Beach, Ameris Bank, Herbie Wiles Insurance, ObGyn Associates of St. Augustine, Gwanda Smart Network Solutions, St. Johns County, St. Augustine Media, Florida National Guard Department of Military Affairs, Anastasia Fitness, Smoothie King, Photography by Jackie Hird, Burkhardt Sales and Service, Keller Williams Realty, ProShow DJ Services, Ham's Nursery, Inc, Service Pros USA. and Dunkin' Donuts.

For more information or to make a donation, please visit our website at www.bettygriffinhouse.org or call the Betty Griffin House 904-808-8544.



parade is a spectacle of floats, marching bands, pipes and drums, horse-drawn carriages, military units, local community groups and more. The parade route follows the bayfront to the Bridge of Lions, takes a right down Cathedral Place and returns to its origin via Cordova Street. Free viewing from sidewalks along route. 904-535-6853 www.celticstaugustine.com.

March 12 & 13

The St. Augustine Celtic Music & Heritage Festival: The sounds of the ancient Celtic peoples of Scotland and Ireland come alive at Francis Field on Castillo Drive. Celtic clans from around the world show their ancestral pride and Highland Games' athletes demonstrate their mind-boggling strength. At 10 a.m. on Saturday, the St. Patrick's Day Parade, a spectacle of floats, marching bands, pipes and drums, horse-drawn carriages, military units, local community groups and more, marches through the streets of the Oldest City's Historic District. Then vendors offer up Celtic cuisine and hand-made crafts; Scottish and Irish bands playing both traditional tunes and modernized renditions of the ancient Celtic music appear live on stage throughout the two-day festival - including Albannach, Rathkeltair, Seven Nations, Poor Angus, Scattered the Bruce and the Dublin City Ramblers - "Ireland's Number 1 Best Ballad and Folk Group of the Year." Festival hours are Friday, 7 - 9 p.m.; Saturday, 11 a.m. - 9 p.m.; Sunday, 11 a.m. - 6 p.m. Tickets are \$10 general admission or VIP all-weekend tickets \$55 each. 29 W. Castillo Dr., St. Augustine. 904-315-8061 www.celticstaugustine.com

March 13

135th Annual Spring Fair at St. Ambrose Catholic Church: Experience the coming of spring at this venerable fair from noon - 4 p.m. at St. Ambrose Catholic Church in Elkton. Food includes Minorcan pilau, Minorcan clam chowder, ham dinners, hamburgers, ice cream, homemade desserts and more! Entertainment provided by Red River Band. Parking and admission are free. 6070 Church Rd. (follow signs on SR 207), Elkton. 904-692-1366 www.saintambrose-church.org.

March 14

Matanzas Inlet Guided Walk: GTM Research Reserve expert volunteers, in partnership with the National Park Service, take hikers to the Matanzas Inlet shores to learn about inlet dynamics and movements of sand as the sea constantly rearranges the land. Learn about seashells, sea birds, coquina rock, dune vegetation, heavy minerals, mollusks, the habits of crabs, and the history of beach sand. Meet guide at the Westside parking lot on Hwy A1A, north of the Inlet Bridge, no later than 9 - 10:30 a.m. Tour is free. 904-823-4500 www.gtmnerr.org.

March 15

Flagler College Lecture: "The Importance of the Past in Responding to Climate Change" As part of the Ideas and Images lecture series, Dr. Marcy Rockman, Climate Change Adaptation Coordinator for Cultural Resources, National Park discusses "The Importance of the Past in Responding to Climate Change." The lecture begins at 7 p.m. at the Lewis Auditorium at Flagler College. Admission is free. 14 Granada St., St. Augustine. 904-819-6400 www.flagler.edu/news-events/community-events/lectures.

March 17

St. Patrick's Day Sailing Trip: Celebrate St. Patrick's nautical heritage aboard the Schooner Freedom on a two-hour Matanzas Bay cruise. Tickets for the 2:15 p.m. cruise are \$40 adults; \$30 for kids. Tickets for the 5:45 p.m. cruise are \$50 per person. Complimentary drinks included. Reservations recommended. 111 Avenida Menendez, St. Augustine. 904-810-1010 www.schoonerfreedom.com.

Flagler College Forum: Doyle McManus: LA Times correspondent and PBS commentator Doyle McManus, Washington columnist for the Los Angeles Times, discusses his 30 years of experience in covering wars, revolutions and presidential campaigns. A former Fulbright scholar at Stanford, McManus is also a frequent commentator on PBS and NPR. The lecture begins at 7 p.m. at Lewis Auditorium at Flagler College. Admission is free. 14 Granada St., St. Augustine. 904-819-6400 www.flagler.edu/news-events/community-events/lectures/forum/



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Frog Watch Volunteers

Attention Nature Lovers!

We are looking for “scientists at heart” (any age) to collect data on local frog populations. No experience is necessary...and you don't have to touch them or get wet! FrogWatch USA is a citizen science program of the Association of Zoos and Aquariums (AZA) that provides an opportunity for individuals, families, scout groups, home schoolers etc. to learn about wetlands and report data on local frog and toad populations. Volunteers collect data during evenings from March through August and submit the data over the internet to FrogWatch. The data is used by researchers for scientific inquiry of species fluctuations and movements, as well as inferred health of local aquatic habitats. Tentative sites of observation: oak hammock pond near St Augustine Amphitheater, pine woods pond in St Augustine Shores Development, and the small cypress pond at St Augustine South Branch Library. All locations have benches. What you need: flashlight, inexpensive temperature gauge, transportation to an observation site, ability to walk a short, easy trail to the pond, and a commitment to 1 hour/week to listen for frog calls after sunset. If you miss a few sessions over the FrogWatch term it is no big deal - every observation helps.

What will be provided to you: Information, audio files of frog calls, data sheets, maps, one time “how to” meeting to demonstrate data collection and internet submission, and a local FrogWatch mentor available to help via email. Contact: If you'd like to learn about these amazing little creatures, email Trish at pschwadron@comcast.net by February 27 and leave your name, email, phone, preferred location, and preferred evening to observe. The informational meeting will be held sometime early March (TBA).

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March 18

The Johnny Clegg Band at The Ponte Vedra Concert Hall: Genre-Blending South African singer-songwriter Johnny Clegg and His Band will perform at The Ponte Vedra Concert Hall at 8 p.m. (doors open 7 p.m.). Johnny Clegg is one of South Africa's most celebrated sons as a singer, a songwriter, a dancer, anthropologist and a musical activist whose infectious crossover music, a vibrant blend of Western pop and African Zulu rhythms, has exploded onto the international scene. Tickets are \$45 for the first 6 rows and \$35 for all remaining rows. 1050 A1A North, Ponte Vedra Beach. 904-209-0367 www.pvconcerthall.com.

March 18

St. Augustine Orchestra Spring Concert: Under the direction of guest conductor Scott Gregg, the St. Augustine Orchestra presents its Spring Concert. Gregg is Musical Director and Conductor of the Jacksonville Youth Symphony and Maestro of Jacksonville Chamber Orchestra. The 8 p.m. concert takes place at the Lewis Auditorium at Flagler Auditorium. Tickets are \$20 general admission; \$5 for students. 14 Granada St., St. Augustine. www.staugustineorchestra.org.

March 18 & 19

VIP Gallery Art Stroll and Tasting Tour: Go with a licensed, professional guide on an entertaining VIP walking tour through the ancient streets of St. Augustine. Learn how the city's art, architecture and culture are juxtaposed to create one of the most unique old world cities in the nation. The 2.5-hour tour includes visits to galleries where curators explain select exhibits, as well as culinary stops for wine and light tapas. This exclusive tour departs at 4:30 p.m. from the Tour St. Augustine office where participants enjoy complimentary wine and chocolate. Tickets are \$25 per person and reservations are required. 4 Granada St., St. Augustine. 904-825-0087 www.vipartwalk.com.

March 18 - 24

The Divergent Series: Allegiant at the IMAX Theater: The IMAX at World Golf Village presents the third installment of the blockbuster Divergent series franchise, Allegiant takes Tris and Four into a new world, far more dangerous than ever before. Adults \$13, seniors/students/military \$12, and children 3-12 \$10. Visit the website for show times. One World Golf Pl., St. Augustine. 904-940-4123 www.worldgolfIMAX.com.

March 19

The Fab Four Return to the Ponte Vedra Concert Hall: The Fab Four, the ultimate Beatles tribute band, performs twice at the Ponte Vedra Concert Hall. Their incredible stage performances include three costume changes representing every era of the Beatles ever-changing career. The first concert begins at 7 p.m. and the second performance at 9:30 (doors open one hour before each performance). Tickets are \$47.50 (reserved seating). 1050 A1A North, Ponte Vedra Beach. 904-209-0399 www.pvconcerthall.com.

3rd Annual Commemoration of the Founding of Fort Mose: Head over to Fort Mose from 10 a.m. - 4 p.m. for the celebration of 278 years of freedom! Living Historians and re-enactors will tell the story of Fort Mose to commemorate the founding of the first legally sanctioned free black community in what is now known as the United States of America. There will be children's activities as well as speakers such as Ann Chinn of the Middle Passage and Marker Project who will conclude the day with a remembrance ceremony. The event is free; however there is a \$2 charge to view the museum. 15 Fort Mose Trail, St. Augustine. 904-823-2232 www.floridastateparks.org/fortmose.

St. Augustine Orchestra Gala Fundraiser, Evening of Music: Experience an elegant evening of gourmet dishes prepared by local celebrities and marvel at the music of renowned pianist Thomas Pandolphi. This fundraiser includes a wine tasting bar, appetizers, recital, music lecture by Pandolphi, a buffet of heavy hors d'oeuvres, desserts, coffee and champagne. The location is the beautiful riverside home of Mrs. Faith Tiberio. The event begins at 6:30 p.m. Tickets are \$75 plus \$2 handling and also provide admission to the orchestra's March 18 concert at Lewis Auditorium. 277 S. Matanzas Blvd., St. Augustine. www.staugustineorchestra.org.

March 19 - 20

Old Town Art Show: Celebrate spring at this juried art and fine craft show featuring outstanding artists and craftsmen from St. Augustine and around the country. Features the very best from exquisite jewelry to funky and functional pottery, abstract sculpture to glistening glass, handwoven fashions to stunning photography, extraordinary paintings to wonderful wood carvings. Show hours are 10 a.m. - 5 p.m. on Saturday; 10 a.m. - 4 p.m. on Sunday at Francis Field. Free admission. 29 W. Castillo Dr., St. Augustine. 904-794-0084 email lynn@holidayartshows.com www.oldtownartshow.com.

Blessing of the Fleet: Annual event dating back to St. Augustine's earliest history, where watercraft from trawlers and yachts to sailboats and motor craft, all decorated with flags and bunting, receive this special blessing from the Bishop of the Diocese of St. Augustine. The ceremony begins at noon with a procession from the Cathedral Basilica along the Plaza de La Constitucion to the St. Augustine Municipal Marina. 904-824-9725 www.staugustineyachtclub.com; www.oldestcityeaster.org/events.html

March 20

Fort Matanzas Bird Walk: Join a park volunteer for a leisurely 2 hour stroll along the park's boardwalk, marsh and shore to learn about the abundant bird life. This program will be at an easy walking pace and is appropriate for all ages. Bring binoculars, mosquito repellent and water for the walk. Starts from the park's visitor center at 9:30 a.m. Admission and participation are free. 8635 A1A S, St. Augustine www.nps.gov/foma

EMMA Concert Performance: Thomas Pandolphi, Pianist: EMMA Concert Association presents one of the most exhilarating pianists performing today-Thomas Pandolphi at 2 p.m. at Flagler College's Lewis Auditorium. This young American pianist is becoming more and more sought after by audiences worldwide, and showered with superlatives by critics for his passionate artistry and amazing technique. Thomas is considered a leading interpreter of the works of George Gershwin. Tickets are \$30 (\$5 for students) and may be purchased in advance on the website. 14 Granada St., St. Augustine. 904-797-2800 www.emmaconcerts.com.

Alan Doyle at the Ponte Vedra Concert Hall: Newfoundland's contemporary Celtic musician Alan Doyle performs at the Ponte Vedra Concert Hall. Doyle is an actor, best-selling author and lead singer for Great Big Sea. His current tour features songs from his new 2015 solo album "So Let's Go." The concert begins at 8 p.m. (doors open at 7 p.m.). Tickets are \$25 in advance; \$28 day of show. 1050 A1A North, Ponte Vedra Beach. 904-209-0399 www.pvconcerthall.com.

March 23

Sunset/Moonrise at St. Augustine Lighthouse & Maritime Museum: Enjoy the sunset and moonrise from the top of the Lighthouse! 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. Reservations required. 81 Lighthouse Ave., St. Augustine. 904-829-0745 www.staugustinelighthouse.org.

Full Moon Sail Aboard the Schooner Freedom: Go on a 75-minute sail aboard the Schooner Freedom and enjoy the sound of the wind and waves beneath the magical glow of the full moon on St. Augustine's Matanzas Bay. Bring along a picnic basket. The crew provides complimentary soda, water, beer and wine. Each full moon sail features live music by a local musician. Tickets are \$35 per person; reservations highly recommended. Departs the City Marina at 8:45 p.m. 111 Avenida Menendez. 904-810-1010 www.schoonerfreedom.com.

March 25 - April 14

Batman vs. Superman: Dawn of Justice at the IMAX Theater: The IMAX at World Golf Village presents Batman and Superman at war with one another, a new threat quickly arises, putting mankind in greater danger than it's ever known before. Adults \$13, seniors/students/military \$12, and children 3-12 \$10. Visit the website for show times. One World Golf Pl., St. Augustine. 904-940-4123 www.worldgolfIMAX.com.

March 26

Castillo by Candlelight: The Women of the Castillo: In honor of Women's History Month, visitors to the Castillo are introduced to the females who played critical roles in the history of St. Augustine and the Castillo de San Marcos. These special ticketed tours take place on the half hour between 6 - 8:30 p.m. Tickets are \$10 for adults and \$5 for kids 15 and under. Tickets can be purchased two weeks in advance at the Castillo ticket booth or by calling 904-829-6506 ext. 232. 1 South Castillo Dr., St. Augustine www.nps.gov/casa.

March 26 & 27

Special Easter Weekend Vittles and Vino VIP Carriage Tour: Join the Tasting Tours for a very special 3 hour Easter food and wine tasting extravaganza via horse drawn carriage - complete with wine on the carriage! Taste and sip your way through St. Augustine's historic district at award winning restaurants, boutique wines and inspiring scenery. The 1 p.m. tour includes a VIP Boarding, 3 hours of food and wine, 4 to 5 food and/or wine tastings venues, wine to enjoy on the carriage ride, and informative guided tour. The cost is \$119 per person. Advanced reservations required. 59 Cuna St., St. Augustine, FL. 904-325-3911 www.thetastingtours.com.

March 27

Vilano Beach Sunrise Worship Service - The 16th Annual Easter Sunrise worship service begins at 7 a.m. on Vilano Beach: The 45-minute service will include songs, scripture readings and a gospel message. Donations to help with expenses graciously accepted. Sunrise is at 7:23 a.m. Attendees may want to bring chairs, blankets, cameras, sunglasses and friends. 904-217-9769.

Crescent Beach Easter Sunrise Service: Greet the Easter sunrise with thousands of worshippers at Crescent Beach. The program, presented by Crescent Beach Baptist Church, begins at 7 a.m. on the beach with special music and an inspiring message. 45 Cubbedge Rd., St. Augustine. 904-794-7777.

Easter Promenade: Participate in this annual event with locals and visitors alike promenading through the Plaza de la Constitucion in their Easter finery. Participation is free. Prizes are awarded for prettiest hats, largest family, family from farthest away, best-dressed animals and more. The fun starts at 12:30 p.m. at Gazebo in Plaza de la Constitucion, on Cathedral Place in St. Augustine. www.oldestcityeaster.org/events.html

St. Augustine Easter Parade of Horses and Carriages: Parada de los Caballos y Coches - Experience the 60th annual presentation of this famous Easter parade featuring horse-drawn carriages, marching bands, floats, drill teams, clowns, the Easter Bunny, and St. Augustine's Royal Family. This year's Grand Marshall is two-time Emmy Award winner Loretta Swit -- best known as Hot Lips Houlihan from M.A.S.H. The

parade begins at 3 p.m. at the Mission Nombre de Dios, goes down San Marco Avenue and along Avenida Menendez. The parade lasts approximately 1.5 hours. Trophies will be presented in four categories. 904-669-7992 www.oldestcityeaster.org/events.html

Fromajardes Serenade: Participate in the traditional Menorcan Fromajardes celebration in which young men are rewarded for their serenading abilities with "Fromajardes" - delightful Menorcan cheese pastries. Enjoy the song and taste the delicious pastries. Also, winners from Easter Parade announced. The fun begins at 6 p.m. at the Queen Isabella Garden at the corner of Hypolita and St. George Streets directly across from the Columbia Restaurant in St. Augustine. www.oldestcityeaster.org/events.html

March 30

Flagler College Lecture: Climate Change and Cultural Resources Panel As part of Flagler Colleges' Ideas and Images Lecture series, a panel will be held on climate change and cultural resources. Panelists include Lisa Craig, planner, chief of historic preservation, City of Annapolis; Adrienne Burke, community development director, City of Fernandina Beach; Jason Evans, assistant professor of environmental science, Stetson University. The lecture begins at 7 p.m. at the Lewis Auditorium at Flagler College. Admission is free. 14 Granada St., St. Augustine. 904-819-6400 www.flagler.edu/news-events/community-events/lectures

Woman's Exchange Spring Luncheons: Enjoy a special luncheon in the gardens of the historic Pena-Peck House. Doors to the gift shop open at 10:30 a.m. and the luncheon is served at noon. Reservations are required. Tickets are \$25 and include \$5 fun money for shopping. 143 St. George St., St. Augustine. 904-829-5064 www.penapecthouse.com

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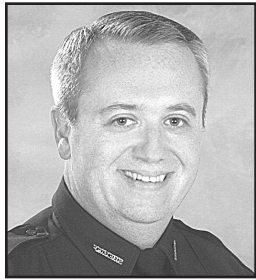
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St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

St. Johns County Needs F.A.C.T.

This month I would like to address an issue that continues to be in the national spotlight, Mental Health.

The uniformed deputy in the marked patrol car is the mental image that most often comes to mind when someone thinks of the Sheriff's Office. When we observe this frontline resource responding to a threat to a citizen or their property, or engaged in an enforcement action, we assume it is caused by someone's personal failure, but frequently it may be the result of multiple lost opportunities by society in general. Law enforcement response to people with mental health issues are a glaring example of misapplication of resources.

Mental health disorders constitute a serious and growing problem in communities across the nation. Because of the lack of early intervention, law enforcement is often a resource of last resort. When a person suffering a mental health issue decompensates and goes into crisis, the results can be catastrophic, often resulting in death or serious injury to that person, innocent third parties, and responding public safety personnel. At the very least, there is mental trauma to those involved in the incident, as well as great expense to society.

The segment of our population affected by mental health issues is one of our greatest challenges. Approximately 1 in 5 adults (44 Million) experience some form of mental illness in any given year. Approximately 1 in 25 adults have serious mental health problems that substantially interfere with their ability to function in their daily lives. Over one half of those having a substance use disorder also have co-occurring mental health issues. Over one fourth of the homeless population suffers from serious mental illness. Over 1 in 5 of the inmates in local jails have a "recent history" of mental illness, and 70% of the youth in our Juvenile Justice System have at least one mental health condition. Suicide is now the second leading cause of death for those between the ages of 15 and 24.

When mental health conditions are allowed to deteriorate until law enforcement is compelled to become involved, we all suffer. The sad truth is, although highly trained and effective in the area of law enforcement, police officers and deputy sheriffs are not the answer to this growing problem. Often, when the police are called in, the situation has reached an acute crisis stage. When this happens, the die has often been cast for confrontation that results in serious injury or death.

Comprehensive case management by trained professionals is a solution that often allows those suffering from this debilitating condition to assume normal lives and become productive citizens. Lost earnings for the mental health population presently amounts to nearly two hundred billion dollars a year, a great loss to our economy.

This problem demands a better solution than we are presently using. At present we are forfeiting contributions this population could make to society, and ultimately using very expensive criminal justice resources to deal with those in crisis. A much better alternative is to implement an assertive care plan early in the progression of the disease. At present there is a movement in the Florida Legislature to provide St. Johns County with a Florida Assertive Community Treatment (FACT) team. A FACT team will provide intense treatment and case management to those who need it most. In doing this, patients are evaluated and provided with a host of services designed to provide all of the elements required for their support, stabilize their conditions, and return them to a functional life.

Hopefully our Legislature will understand that St. Johns County is the largest county in the state without Assertive Community Treatment resources. Our burgeoning population brings with it ever increasing demands on already inadequate services. The Saint Johns County Sheriff's Office is in the process of staffing a position with a background in mental health issues to work closely with community providers, but a FACT team is a crucial need if we expect to effectively address this critical problem.

Please feel free to contact me if you have any issues regarding law enforcement and/or public safety, or if you would like to see a particular topic for this column by email at dshoar@sjso.org. Thank you.

I Wish I Could Just Relax

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



The National Sleep Foundation recently reported that worries are keeping one in ten Americans awake at night. Topping the list of our concerns: economic worries, job security, and personal relationships. If you're one of those who can't seem to shut off the stress when your head hits the pillow be sure to eat right and exercise. Besides that, is there more you can do to relax?

The answer is yes. Jacobson Exercises, also called Progressive Relaxation Exercises, can help you release physical tension, and may even help you fall asleep. These exercises take about 10-20 minutes to do, and they may even be more effective than the traditional glass of warm milk, especially if you are lactose intolerant.

To perform Jacobson exercises, begin by lying on your back with your head and legs supported. Then, following the sequence outlined below, tense and release your muscles individually. If you really want to relax, minimize distractions like excessive light and noise during the exercises. Remember to keep breathing during this process. It may help to breathe in before you contract the muscle, breathe out during the contraction, and breathe in again as you relax the muscle. While lying on your back, the sequence of contractions should be as follows:

1. Slowly tighten both fists while counting for 8-10 seconds, then slowly release the tension. Rest for 10-15 seconds.
2. Straighten your fingers and thumbs and slowly release.
3. Tighten your biceps by bending your elbows and release.
4. Tighten your triceps by straightening your arms and release.
5. Raise your eyebrows high into your forehead and release.
6. Close and slowly squeeze your eyelids tight as you count to 8 or 10 and release.

7. Progress to your jaw by gently clenching your teeth and release.

8. Move to your neck by gently, progressively pushing your head into your pillow, and release. (Since this tends to be an area of tightness, you can do this twice.)

9. Tighten the muscles in your chest by pressing your hands together and release.

10. Pull your shoulder blades together and push your shoulders into the floor/bed, and release.

11. Squeeze your buttocks together, hold and release.

12. Tighten the muscles of your thigh all the way to your knees (without contracting your calves), and release.

13. Point your feet/toes away from you, hold, and rest. Then pull your feet/toes up toward you, hold and release.

14. Finally, curl your toes, slowly building the tension for 8-10 seconds and relax.

Contractions should be pain-free and should slowly build for up to 8-10 seconds. After the contraction, relax the muscle for 10-15 seconds. Only tense the desired muscle group, not the neighboring muscles. For example, when you squeeze your fist, do not contract the muscles in the upper arm.

If you've been able to remain awake, this process should take approximately 20 minutes.

Jacobson exercises can be done any time of day or night for the purpose of relaxation and are just one form of exercise used by Physical and Occupational Therapists. As with any form of exercise, it is always good to consult your physician or health practitioner regarding your health status and any contraindications.

Rob Stanborough specializes in musculoskeletal conditions and lectures regularly on the subjects of muscular pain, soft tissue injuries, and treatment.



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Financial Focus

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How Should You Respond to Market "Correction"?

As an investor, you may be gaining familiarity with the term "market correction." But what does it mean? And, more importantly, what does it mean to you?

A correction occurs when a key index, such as the S&P 500, declines at least 10% from its previous high. A correction, by definition, is short-term in nature and has historically happened fairly regularly – about once a year. However, over the past several years, we've experienced fewer corrections, so when we have one now, it seems particularly jarring to investors.

How should you respond to a market correction? The answer may depend, to some extent, on your stage of life.

• If you're still working ... If you are in the early or middle parts of your working life, you might not have to concern yourself much about a market correction because you have decades to overcome a short-term downturn. Instead of selling stocks, and stock-based investments, to supposedly "cut your losses," you may find that now is a good time to buy more shares of quality companies, when their price is down.

Also, you may want to use the opportunity of a correction to become aware of the need to periodically review and rebalance your portfolio. Stocks, and investments containing stocks, often perform well before a correction. If their price has risen greatly, they may account for a greater percentage of the total value of your portfolio – so much so, in fact, that you might become "overweighted" in stocks, relative to your goals, risk tolerance and time horizon. That's why it's important for you to proactively rebalance your portfolio – or, during a correction, the market may do it for you. To cite one aspect of rebalancing, if your portfolio ever

does become too "stock-heavy," you may need to add some bonds or other fixed-rate vehicles. Not only can these investments help keep your portfolio in balance, but they also may hold up better during a correction.

• If you're retired ... After you retire, you may need to take money from your investment accounts – that is, sell some investments – to help pay for your cost of living. Ideally, however, you don't want to sell stocks, or stock-based vehicles, during a correction – because when you do, you may be "selling low." (Remember the most common rule of investing: Buy low and sell high. It's not always easy to follow, but it's still pretty good advice.)

So, to avoid being forced into selling, you need to be prepared. During your retirement years, try to keep at least a year's worth of cash instruments on hand as well as short-term fixed income investments. By having this money to draw on, you may be able to leave your stocks alone and give them a chance to recover, post-correction.

And it's important to maintain a reasonable percentage of stocks, and stock-based vehicles, in your portfolio, even during retirement – because these investments may provide the growth necessary to help keep you ahead of inflation. Consequently, as a retiree, you should have a balance of stocks and stock-based vehicles, along with fixed-income vehicles, such as bonds, certificates of deposit, government securities and so on.

Being prepared can help you get through a correction – no matter where you are on life's journey.

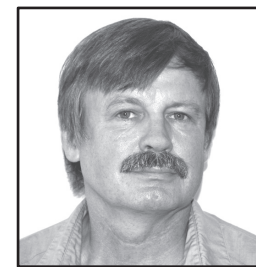
This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Computer Corner

By Gary Herrick, Computer Professor

904-377-6785

mainely2@bellsouth.net



Interesting Images Searches

Greetings from Computer Professor Window 10 saga continues. If there is any operating system for you to take time to learn and learn well, Windows 10 is it; if for no other reason than Microsoft plans on this to be their last. I am all too well aware of the lack of proper formal training, even for the kids today. Training for adults rests on a few non-profits and individuals. For a non-geek, average user to dig the information out by themselves is hard and stops when a person finds a way to get what they want done, even if it is a harder way than it needs to be. That is a lesson I started learning since before the first computer became available to the public and I have never stopped learning. I am both a trainer and repair technician and will use this column to help you learn Windows 10.

Windows updates – what are they? You may be familiar with Windows updates of the past; with Windows 10 there will be a little more to it. Basically Microsoft makes an operating system that many other computer, tablet and phone manufactures can use as an operating system to run their systems. Microsoft says they will keep their "Windows" compatible with existing new hardware. In the past it was for a certain length of time then a newer

operating system comes out, now it is Windows 10 that needs to be made compatible with things we do not know of yet. This means some of the updates are adding compatibilities to new hardware and programs. This might be all there would be if it wasn't for human faults and vices. There will be some updates for oversights and mistakes, cause and effects that were not predicted. Then for the sad part, Windows 10 must be secure, due to the faults of some humans who feel the need to take from others. It is this security part that is a continuing battle and one of the tools to fight the battle is to continually change some things in order to not give enough time to be broken into.

The BIG tip for today, your Windows 10 updates may be extremely large at times and may restart many times and have a blank screen at times. Microsoft is trying to insure you have all the updates without requiring you to know what to do. Do NOT turn off your computer during these times, if all works well it will finish and be back to normal. If you normally do not have your computer on very much; then, pick a day of the week you keep it on most of the day or overnight. More on Windows 10 next month and every month.

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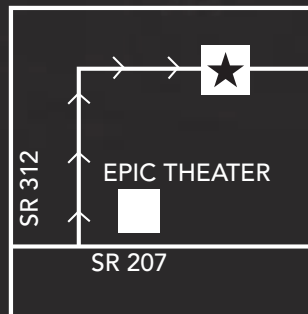
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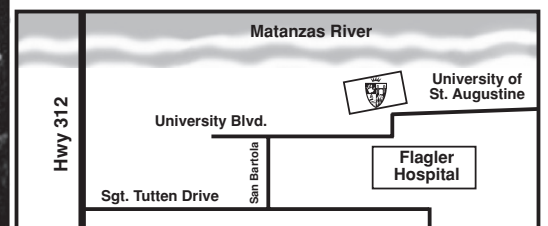
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