



# St. Augustine Shores OBSERVER

NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE SHORES

## 2013 Sprinkler Run



**Cole, Rachel & Greg Cline ready for the 3 mile walk through the sprinklers**

“Freedom is Refreshing” was the theme at the First Annual Sprinkler Run held on the Fourth of July in St. Augustine Shores. The Sertoma Club of St. Augustine teamed up with the St. Augustine Shores Service Corporation to organize the event and Baker Brothers, the landscape contractor for the Shores, set the sprinkler in some of the medians to spray into the street as runners passed through on their way to the Finish Line of this 5K Fun Run. Even the Shores Fire Department got in on the fun by parking one of their trucks on the route and spraying runners as they passed by.

The event was a fundraiser for “Home Again St. Johns” and Sertoma Club’s local sponsorships. Home Again is an organization that connects people with specific needs with the proper agencies that will be able to best help them. They have a site on SR 207 where (continued on page 8)

## St. Johns Water Management

### Schedules Fire Line Maintenance

by Winston Burrell  
President of St. Augustine Service Corporation

Forest Fire endangerment is on most residents thoughts during the summer months. Look for more work around the St. Augustine Shores within the next 60 days.

This is more focus in the area of potential fire protection needs according to Matthew Corby. Corby is Land Manager of the Northern Region for the St. Johns River Water Management District and recently contacted the management of the St. Augustine Shores Association concerning how the effects may be seen in our area.

The St. Johns River Water Management District is planning to do fire line maintenance at the Moses Creek Conservation Area. The subdivisions of Tuscany, Sea Pines and Hidden Creek are where most of the work will be performed. This will involve trimming limbs from trees that have encroached from our boundary into the mineral soil fire line. The trimming will facilitate better access to the fire line to perform regular maintenance that is required for wildfire protection of homes and structures along the boundary. (continued on page 11)



## Shores 2013 Family Day at Riverview Club



## What’s Inside The Observer This Month...

- News From Around the Shores:
  - Board Establishes Committees
  - Seeking Committee Members
  - Family Day Event
  - Fire Line Maintenance
- Chef’s Corner: An Asian Inspired Menu!
- Sheriff’s Corner: Back to School Safety
- Computer Corner: What do we Mean by Date
- Health Update: Mast Compen-sator
- Hurricanes and Inland Flooding

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## The St. Augustine Shores Observer

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

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

### The St. Augustine Shores Observer

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

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

Information must be received by the 10th of the month in order to appear in the following month's issue. Articles or information may be sent to the Shores Observer, 1965 A1A South #180, St. Augustine Florida 32080-6509. Information may also be e-mailed to clifflogsdon@att.net.

All material submitted to the Shores Observer is subject to editing. Publishing of submitted letters and information is at the discretion of the publisher. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the Shores Observer.

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

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

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

### Shores Community Calendar

- St. Augustine Shores Service Corporation monthly meetings are held on the second Thursday of each month. Meetings are at 7 p.m. at the Riverview Club.
- St. Augustine Shores Recreation Association board meetings are held on the first Tuesday of each month at 11:30 a.m. at the Riverview Club.
- Conquistador Condominium Board meetings are held on the third Thursday of each month.
- Fairview Condominium Board meetings are held on the second Tuesday of every other month at 4 p.m. at the Fairview Condo club house.
- Greens Condominium Board meetings will be held on February 1st, May 7th, August 6th and November 5th. The annual meeting will be held on October 1st.

### Shores Observer Policy For Classifieds

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

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

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

## St. Augustine Shores Community Classifieds

**FOR SALE:** Nearly new 2" oak faux wood blinds 52"x45" and (2) 52"x36" (fits 3 Conquistador windows) \$120 for all 3 (paid \$240 new). Blinds are in excellent condition; artist's floor easel \$25; (9) Gallery wrapped canvases, varying sizes up to 30x40, all for \$100; assorted cobalt glass lot, \$30; computer desk, good condition \$25 (20"Wx47"L); Call 797-9089 and lv. message.

**FOR SALE:** Educational Travelogues with scripts, slides (up to 300 per set), and travel literature \$25 each. Perfect for culture/travel slide lectures or Social Studies classes. Call 794-4233.

**FOR SALE:** Teacher liquidating educational materials, activities, exercises, tests for Gr. 5-12: math, Social Studies, English, ESL, and Spanish. Each binder has at least 90 pages of materials. \$20 - \$30 per binder. Call 794-4233.

**FOR SALE:** set of four (4) dumbbells 45, 55, 65, 12 pounds. All four for \$70. Call Louie 460.2159.

**FOR SALE:** Furniture. 7-pc. Thomasville dining set \$250; queen bed, dresser, mattress \$300; two entertainment centers, one oak, one cherry (??) \$75 each; queen bed with mattress \$100; computer work station \$20; dark leather recliner \$300; comfy salmon colored 6' long sofa \$75. All in great condition. Call Louie 460.2159.

**FOR SALE:** 2 decorative curtain rods bought at Bed, Bath and Beyond. Perfect for Patio Doors, or small enouth for a window. Nice decorative finals. Both are Bronze in color. Can use with Pocket or Grommet curtains. \$10.00/each or both for \$15.00. Call 904 797-3736.

**FOR RENT:** Conquistador Condo for rent at \$850 per month. Available August

1st. 2BR/2BA with all appliances and basic cablevision included. The unit is right on the intra-coastal waterway with a direct/unobstructed view. Unit is in immaculate condition. No smoking/no pets (small dog negotiable). Contact Bob Sterling at 904-794-0800.

**FOR SALE:** (1.) Woffsystem by Solaire Bed Tanning bed \$175 OBO Standard 30" Kenmore White flat top electric range. \$100 OBO. (2.) Emerson 19" TV \$50 OBO. (3.) Queen size waterbed mattress and heater with elevated frame which has built in storage and drawers and 2 nightstands. \$1800 OBO. Call 904-814-6976 / 904-669-0476.

**FOR SALE:** Go-Go Red Scooter and car rack. Like new. Call 904-794-0918.

**FOR SALE:** Coffey Table, 55" x 31 1/2", Unique glass top, chrome legs. \$60 or best offer. Call 954-274-5350.

**RENTAL WANTED:** Seeking 1st floor rental in Conquistador Condominiums, close to the pool for one adult over 55 with no pets or children. Prefer washer & dryer, semi-furnished or furnished and a plus with utilities included. References!! Please call 904-687-3362.

**WANTED:** Need someone to do house cleaning every other week. If interested please call 797-2930.

**FOR SALE:** 1. McKesh portable side mirrors for trailer towing \$45. K&E professional drafting machine with homemade board 38"Hx49.5"W (needs base for mounting) \$50. 2. Beautiful garden scene picture 36"Hx46"W with wide dark wood frame like new \$40. Picture of English cottage with yard and pasture scene 27"Hx22"W with beautiful wide wood frame \$25. Heavy glass 30"Wx37"H for picture or make a table \$5. Call 794-9235.

### Friends of St. Augustine Amphitheatre to "Pack the Bus" at Beachfest

FOSAA (Friends of the St. Augustine Amphitheatre) will again "Pack the Bus" at the upcoming Back2School Beach Fest on Saturday, August 10th. The school bus will be parked at the Amphitheatre from 5:00 P.M - 9:00 PM to collect new school supplies for St. Johns County Public School students. The public is encouraged to stop by with donations when they come to the Amphitheatre for the evening events. FOSAA will give one FOSAA tee shirt to every family, or individual donor, as a way

of saying "thanks."

FOSAA is proud to again be a sponsor of Keepers of the Coast's Back2School Beach Fest. FOSAA provides grants to non-profit organizations and schools to assist them in utilizing the Amphitheatre for their own events, or to bring school children to special performances and events. Those interested in seeking a grant can go to fosaa.org for an application, or they can call Carol Gladstone at 471-4113 for more information.



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### Water Problems? Ask Polly!



Polly Swindull

#### How much money will I save on my water bill if I have an irrigation well and pump installed?

Good question. If you are on water and sewer you have a base rate of approximately \$45 per month which allows you to use approximately 5,000 gallons of water and sewer per month. So, if you are a family of four or less and you have an irrigation well installed, your water and sewer bill should drop to less than \$50 per month. You can figure that anything you presently pay more than that \$50 is the amount you should save. Our customers who water their lawns twice a week repeatedly tell us they are saving around \$100 a month on their water and sewer bills.

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# News From Around The Shores

## Service Corporation Board Meeting Update

The St Augustine Shores Service Corporation Board met for the monthly meeting July 11, 2013. The following topics, actions were discussed and took these actions.

1. Reviewed replacement of lake fountains that are currently not working. General Manager Joe Smith will be placing an upgraded pump and fountain in Crystal Lake, observe the performance and report findings back to the Board of Directors. The new pump will be a 230 volt pump and larger volume fountain. Based on information from the electrical contractor and pump manufactures agree that the pumps used in the past were not efficient enough to work for extended periods.

2. The Board continues to review, access, and update the Reserve Study Re-inspection Report commonly referred to as the "Dreux Isaac Report". The purpose of this report is to provide St Augustine Shores Service Corp with specific information necessary in establishing a capital reserves program for the current budget year of July 1, 2014 and ending June 30, 2015.

3. Parry Pools, who did the recent installation of the pavers around the pool, has requested a final payment of \$7,500 for their work. The amount was set aside until the work was completed to the satisfaction the Shores Service Corporation. The Directors voted to hold over until next meeting due to some potential drainage issues.

4. President Winston Burrell asked that a Parliamentarian be approved for the Board of Directors meetings. Appointment of Jerry Zinn as Parliamentarian to monitor procedures during Service Corporation meeting was approved

5. General Manager Joe Smith gave a presentation concerning metal handrails along some walkways around specific areas of the lakes. Mr. Smith will obtain three (3) bids to replace the areas to the latest standards.

6. The Board continues to re-evaluating the use of the club house to maximize the

opportunity for rentals including possibly maintaining separate schedules for each meeting rooms.

7. Members of the Board discussed use and revision of the club website. A discussion was held as to the possibility of having a webmaster. This person can provide updates and additional information to residents.

8. Evaluation of current and past Committees became a topic of discussion and debate. The Board is eager to update the slate of Committees. Committees and resident involvement are of tremendous value in growing and improving The Shores community. Bruce Clay as appointed to the Internal Audit Committee and Jerry Zinn was reappointed as ACC Committee Chair. These two committees are the only Standing Committees as per our covenants. The Board discussed the addition of new committees and consolidation of several past committees.

The board is asking for volunteers to become involved the following committees:

A. Riverview Facilities Committee (Club House & Common Grounds)

B. Communications Committee

C. Parks & Grounds (Tennis Courts, Softball fields, Parks, etc)

D. Welcome Committee (Welcoming new Residents, Providing a Welcome packet with pertinent information about our Community, Club House and other resources.)

E. Fire Mitigation Committee (Current and Future Fire maintenance of Common Grounds, Forests and undeveloped property)

The Board will be establishing general guidelines for each committee to follow including goals, communication, etc.

Should you have general interests in any of these committees, please consider getting involved. Just contact any of the Board Members, contact the Shores Office Riverview Club at 797-6441. Names, phone numbers & email addresses are on the Community Web site www.staugshores.net.

## Writers In The Shores

By Donna Johnson

There will be no meetings of the Writers in the Shores for August. Meetings will resume again in September as we have before on the 2nd and 4th Tuesday, at 1:30 pm here at the Riverview Club Library.

The September meetings will be on Tuesday the 10th and again on the 24th. Come and check us out, everyone is welcome and we would like to invite anyone who loves to write. You do not have to be a member. We are a casual group who enjoy sharing their work and related discussion with each other. There are no officers, dues or requirements. All genres are encompassed. For information call me at 794-0789. Have a great summer and we'll see you again in September !

## Committee Members Sought For Shores Community

The St. Augustine Shores Service Corporation Board of Directors are seeking an expanded list of volunteers to evaluate and assist with the needs of the communities.

Please contact one of your Directors or the Shores Service Corporation office if you are interested in serving the Shores community on one our committees.

## Reach The Shores By U.S. MAIL!

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## Chef's Corner

By Chef Matt Coan

### An Asian Inspired Menu!

The following column by Matt Coan originally appeared in March, 2005. It was one of Matt's best so we are sharing it with our hungry readers once again eight years after Matt's stint as Chef at a Super Bowl party.

I had the opportunity last month to be one of the Chefs for the New England Patriots Owners Super Bowl Victory Party, (Bob Kraft is the owner) which was held at the St. Johns County Convention Center at the World Golf Village. The party itself was very elegant, yet simple. The music and decor was subtle and stunning. The guests and the host were very complementary and well mannered. Likewise for the team players that attended. When Mr. Kraft entered the room carrying the coveted Lombardi Trophy there was applause and cheering albeit not raucous or obnoxious as some might have expected. Everything was very tasteful and elegant, even the food... simple, tasteful and elegant!

So, I thought you might be interested in what was served at this one of many parties that took place simultaneously that evening. The Asian inspired menu consisted of an elegant Sushi Bar and cooking stations that served Seared Ahi Tuna with a Wasabi Mayonnaise, a cold Sesame Noodle Salad and an Asian variation of Cole slaw that was made with Bok Choy (oriental cabbage). All simple, elegant and delicious! Let's start with the:

#### Seared Ahi Tuna

You will need a sauté pan and hot oil (canola or vegetable oil)

Sesame oil

Sesame seeds

Sushi Grade raw tuna (about 3/4 to 1 inch thick), 4 to 8 ounces per serving

Prepare tuna by coating with sesame seeds. Sprinkle seeds on a plate and coat the tuna with the seeds by pressing fish into the plate of seeds. Place sauté pan on high heat and add oil (vegetable oil with a splash of sesame oil for flavor) when the pan is hot. When oil is hot, add tuna and sear on both sides to desired degree of doneness.

Hint: Watch the sides of the tuna as it cooks in the pan. When about 1/8 of an inch turns white/gray turn the tuna over and sear the other side the same way. This will leave the middle medium rare which is the perfect way to serve this dish. If you like your tuna a bit more well done just leave it in the pan a little longer. To serve, just slice the tuna into thin slices about one eighth to

one quarter inch thick and fan out on a plate. Drizzle with a condiment of your choice, i.e. Soy Sauce, Teriyaki Sauce or Wasabi Mayo or Ginger Cream Sauce.

#### Sesame Noodles (easy version)

There are a lot of variations to this recipe and you can also add a number of different ingredients to the basic recipe to dress it up if you like. Think about adding chopped dry roasted peanuts, crisp snow peas, shredded carrot, toasted sesame seeds, scallions, chopped fresh parsley or cilantro.

8 ounces thin spaghetti or vermicelli or Chinese noodles

2/3 Cup creamy peanut butter

One quarter cup soy sauce

2 cloves garlic minced

Sesame oil to taste

One half teaspoon red pepper flakes

1 lime, juiced

Prepare noodles according to instructions on package and drain. In a small saucepan combine the peanut butter, soy sauce, garlic, sesame oil, red pepper flakes and the juice of 1 lime. Heat and stir until creamy, adjust seasonings to taste. Toss the noodles with the sauce and serve. This dish can be served warm, cold or at room temperature.

#### Hunan Cole Slaw

This slaw recipe uses a light and peppery warm vinaigrette versus the traditional mayonnaise based dressing.

1 large cabbage shredded (you can also use Bok Choy or Napa cabbage as well)

2 carrots cleaned and shredded

Toss the cabbage and carrots together in a large bowl, season with a bit of sea salt.

For the vinaigrette:

1/3 Cup Rice Wine Vinegar

1/3 Cup Soy Sauce

1 T sugar

1 t sesame oil


1/4 Cup Canola Oil

1 t ground Szechwan peppercorns

1 t ground white peppercorns

Mix the Soy Sauce, sugar and rice wine vinegar in a bowl. Heat the Canola Oil and Sesame oil in a saucepan until hot and add the peppercorns to release the flavor. Pour the oil mixture into the bowl with the vinegar and whisk to combine. Pour the vinaigrette over the vegetables and toss. Let sit for 1 hour and then toss again and serve.

I hope you enjoy this simple yet elegant meal. If you have questions about anything related to cooking or food feel free to send me an email and I will do my best to find an answer for you.



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### Grand Opening!

#### Sharon's Hair Studio

Sharon & Angela, formerly of Hair Machine have a combined 30+ years experience and invite you to bring in this ad for.....



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\$3 Off Color

\$40 Perms!

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# St. Augustine Shores Club News



## The Corner Garden

By Susanne Murphy  
The Geranium Circle Garden Club

### Summer is Sizzling!

• Watch for worm sod webworm and army damage. These are lawn caterpillars that feed on grasses and unusually are a problem on Bermuda and St. Augustine lawns.

• If mole or crickets are damaging the lawn, apply mole cricket bait. Water before you apply the bait.

• Watch for chinch bug damage in St. Augustine grass.

• Begin planting a fall garden of tender vegetables such as beans, corn, cucumbers,

peppers, pumpkin, squash, tomatoes, and watermelon in early August.

• Remove seed heads and old flower spikes from crape myrtles. This will encourage them to put out more blooms.

• Vegetables to plant now: broccoli, cauliflower, collards, bunching onions, and turnips.

• Annuals to plant now: coleus and salvia.

Happy Gardening!

## August Activities At The Riverview Club

### AUGUST CLUB CALENDAR

#### ACTIVITIES MEMBERS:

TRNSPLANT ACTIVITIES WILL RESUME IN SEPTEMBER

SINGLES ACTIVITIES WILL RESUME IN SEPTEMBER

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

**BINGO** - Wednesdays at 7:00 PM

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

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

**BRIDGE LESSONS** - Will resume in September

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

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

**FRENCH CLASSES** - Classes resume in September

**LINE DANCING** - Wednesday at 10:00 AM

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

**TAI CHI** - Wednesdays at 5:00 P.M.. An ancient Chinese discipline of meditative movements practiced as a system of exercise. It is not strenuous. The instructor will be teaching for beginners. Wear comfortable clothes. \$2.00 per person.

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

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

#### DANCE MEMBERS:

**AUGUST 4TH EARLY DANCE SOCIAL**

**SUNDAY** Music by Ernie on the Keyboard  
6:00-9:00 P.M. Hosts are Bonnie & Gus Bartik

Registration: Tues, July 30th and August 1st from 9:00-10:00 A.M.

**AUGUST 24TH MAIN DANCE SOCIAL**

**SATURDAY** Music: Nostalgia  
7:00-10:00 P.M. Registration August 20 and August 22 from 9:00-10:00 A.M.  
Hosts: Sue Hill & George Ceccanese  
Members and houseguests \$5.00; non-members \$10.00  
All dances are BYOB and snacks. For information 794-2000

#### ALL MEMBERS:

**DANCE CLASS - WILL RESUME IN SEPTEMBER**

**ACTIVITY BOARD MEETING:** - Second Tuesday of the month at 11:30 AM  
For information on any of the club activities please call 794-2000.

## Wednesdays at Pier Park

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



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

## Music by the Sea

Free Concert Series

Every Wednesday Thru September



Dinner At 6 p.m.



Concert At 7 p.m.

July 31st - Ain't 2 Proud 2 Beg - Classic R/R - Zaharia's Restaurant

August 7th - Mid Life Crisis - Classic R/R - Sea Oats Cafe

August 14th - Jimmy Parrish/Ocean Waves - Beach Music - FA Cafe

August 21st - Smokin' Mirrors - R/R - Ripe Bistro

August 28th - Big Lonesome - Soutern Blues - Gypsy Cab

September 4th - ET Swing - Jazz - By Design Catering Co.



Location: St. Johns County Pier Park

St. Augustine Beach

350 A1A Beach Boulevard

(904) 347-8007

thecivicasociation.org



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## Provide School Supplies For Kids In Need

Many children in Northeast Florida and Southeast Georgia begin school each year without the most basic classroom necessities. Children need the proper supplies to be ready to learn.

Through "Stuff The Bus," First Coast News WTLV/WJXX, Publix Super Markets, The Salvation Army and United Way of Northeast Florida have joined together to give needy children a "smart start" to the upcoming school year. Barrels, labeled "Stuff The Bus" are already in place at area Publix stores and are waiting for your donations. Hurry, barrels will only be available through Saturday, August 3rd.

"Stuff The Bus" not only helps students, but teachers too. Many of the supplies collected during Stuff the Bus will also benefit teachers through the Full Service Schools initiative. Teachers will have access to these much needed supplies for their students.

The following list of school supplies are always needed. Out shopping for your own kids? Pick-up a few more of whatever you're getting for them—every school supply item helps!

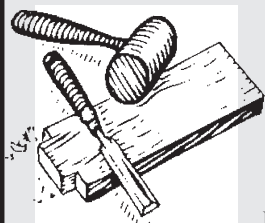
- Crayons, Pencils, Pens, Markers, Highlighters, Erasers
- Loose-leaf Paper, Spiral Notebooks, Composition Books, Folders, 3-Ring Binders, Calculators, Rulers, Compasses
- Backpacks, Lunch Boxes
- Glue Sticks or Bottles, Dividers, Pencil Boxes, Kleenex, Hand Sanitizer, Plastic Zip-Bags
- 3x5 Index Cards, Graph Paper

Any other school supplies you would like to donate? Drop them off at any Publix Super Market or The Salvation Army.



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## Master Compensator

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

Webster defines becoming a master as "a person with exceptional skill at a certain thing". Mastering is defined as "becoming proficient in the use of something". I've said for years we are all master's of compensation - meaning we all have great proficiency in making small, subtle changes in our movements, which enables us to master any and all tasks at hand.

Sometimes compensating or adapting movement is a good thing. All top athletes rely on this to help them defeat their opponent. By making small changes in their movements they may hit an outside pitch, a golf ball from the rough or snag a lob that drops just past the net. But all too often, compensations are non-productive and can even have negative, dysfunctional side effects. Multiple compensations are capable of producing accumulated dysfunction.

Why do we compensate and how do we do it?

We compensate because we are living, ever changing beings. We have an adapting musculoskeletal and nervous system. We learn how to move and when we can't move properly we move improperly.

We learn compensations early. I often say, tongue and cheek, we learned many compensations in Kindergarten. "Sit here and be still", we're told. But we're not made to be still. We are made to move. But we learned the lesson well because 40, 50, or 60 years later we're still sitting. We sit at computers, in front of TV's, at events, in cars and the list goes on. Our pelvis makes contact with the chair and gravity pushes the trunk and head forward into varying degrees of a slump. The compensation occurs when we have to stand back up. Because we are now curved and instead of keeping our head down, looking at the ground we bring the eyes up by putting the head back. This is a movement that should come from several small movements throughout the spine instead of just a few in the upper levels of the neck. But this is just one example.

There are all types of compensatory masters. Are you one of the following?

The Limp Master: The individual who lacks

full range of motion in the lower extremities following trauma or surgery. The results may be an altered gait pattern, hip knee or back pain.

The Mother Master: The mother who has difficulty restoring full motion back in the spine following pregnancy or tends to stand leaning to one side with a child resting on the hip. Both problems may hinder regaining the much needed core stabilization and result in sacroiliac dysfunction or low back pain.

The Robot Master: This is the person who lacks neck or shoulder mobility following a whiplash injury or other types of neck trauma. Movements tend to look robotic as the head is held still. But in order to look right/left and up the compensation manifests in low back rotation or extension.

The Sitting Master: This person sits in the office all day developing tight anterior hips, which makes straightening the hips difficult. The compensation is often made in the lumbar spine.

We are all masters and therefore guilty of ignoring such adaptations year after year. To minimize compensations, first seek analysis or assistance early; second, move but learn to move properly and move regularly. Improper movements can simply lead to more compensation and further dysfunction.

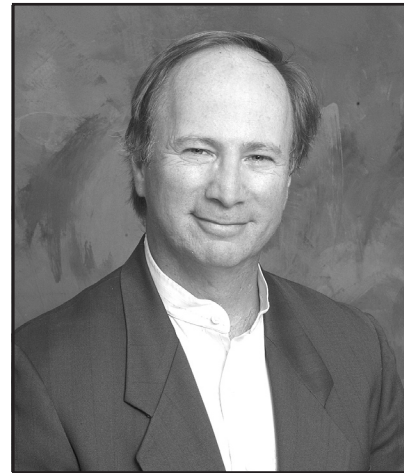
Becoming a master at most things takes years of practice and dedication. Becoming a master of compensation is easy - it just takes years to see what kind of master you've become. And being a master of faulty compensations is a direct path to earning your doctorate of dysfunction.

Rob Stanborough is a physical therapist serving St. Augustine for nearly 10 years. He is president and co-owner of First Coast Rehabilitation, as well as co-author of *Myofascial Manipulation: Theory & Application, 3rd ed* by Proed Inc. He is certified in manual therapy, a Fellow of the American Academy of Orthopaedic Manual Therapists and has presented on the topic of soft tissue dysfunction in a variety of venues. Read previous columns posted on [www.firstcoastrehab.com](http://www.firstcoastrehab.com).

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## TEMPLE BET YAM WELCOMES RABBI FRED RASKIND

The Congregation of Temple Bet Yam is pleased to welcome Rabbi Fred Raskind as their new spiritual leader following the retirement of Rabbi Mark Goldman.

Rabbi Raskind was born and educated in Boston. He graduated from Boston University and then attended Columbia University where he studied philosophy and comparative religion. He also took coursework at three Divinity Schools, Boston University, Union Theological Seminary (NYC) and Lutheran Theological Southern Seminary. He was ordained at Hebrew Union College, New York and has served on pulpits in South Carolina, Georgia, Alabama and Florida. Since 2003 he has served as Rabbi of Congregation B'nai Abraham in Hagerstown Maryland and has been active in the Interfaith Coalition, HARC (Hagerstown Area Religious Council) and TORCH club. Rabbi Raskind also served for two years as part-time Jewish Chaplain at the V.A. facility in Martinsburg, West Virginia.

Synchronicity played a part in the Rabbi's decision to move to St. Augustine. His fiancée, Judy Holmes, a Professor Emeritus at Frostburg State University, has close friends here. At her urging, the Rabbi visited the area during a past sabbatical in Florida. Then, at a time when he was looking forward to semi-retirement, he became aware of the part-time rabbinical position at Temple Bet Yam. It was, as he puts it, "the perfect storm of everything coming together." After spending time with the Rabbinical Search Committee, Board members, and congregants, he decided



that even if he had not applied for the position, Temple Bet Yam was the kind of congregation he would have joined.

Rabbi Raskind is eager to establish relationships and partnerships with members of the congregation as well as the interfaith community. The congregation of Temple Bet Yam invites the community to join them in welcoming Rabbi Raskind at Shabbat services on August 23rd at 7:30.

Temple Bet Yam is a warm, welcoming, Reform congregation, with members from Jewish as well as interfaith families. The Temple is located on 2055 Wildwood Drive in St. Augustine.

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### The Bi-Annual Murphy Real Estate Sales Report St. Augustine Shores January 1 - June 30, 2013

**Single Family Homes**  
 The Market is heating up. During the past 6 months 47 Houses sold in St. Augustine Shores.

The Least Expensive and Smallest House was:  
 901 Palermo Road, Listed at \$42,400  
 Sold for \$25,350, with 1042 sq.ft. on the market for 195 Days.

The Most Expensive and Largest House was:  
 544 Christina Drive, Listed at \$650,000, Sold for \$651,449, with 3539 sq. ft on the market for 90 Days.

The House that stayed on the market the longest was:  
 367 Travino Avenue, Listed at \$110,000, Sold for \$105,000, on the market for 304 days.



**Conquistador Condominiums**  
 The Least Expensive Unit was:  
 33 Catalonia Court, Listed at \$59,000  
 Sold for \$59,000, on the market 49 Days.  
 The Most Expensive Unit was:  
 40 Santiago Court, Listed at \$120,000  
 Sold for \$112,500, on and off the market for 4 years.  
 The Unit that stayed on the market the longest, continuously, was:  
 4 Santiago Court, Listed at \$72,000  
 Sold for \$74,900 on the market 425 Days.

**The Greens Condominiums**  
 The Least Expensive Unit Was:  
 1509 Carnoustie Court, Listed at \$95,000  
 Sold for \$90,000, on the market 31 Days.  
 The Most Expensive Unit was:  
 406 Augusta Circle, Listed at \$129,900  
 Sold for \$125,000, on the market 86 Days.

**The Fairview Condominiums**  
 The Least Expensive Unit was:  
 600 Domenico, C-11, Listed at \$49,000  
 Sold for \$45,000, on the market 31 Days.  
 The Most Expensive Unit was:  
 600 Domenico, G-3, Listed at \$67,000  
 Sold for \$65,000, on the market 22 Days.



**Captain's Pointe**  
 Only 2 Houses Sold:  
 769 Viscaya Blvd., Listed at \$169,000  
 Sold for \$147,500, on the market 35 Days.  
 150 Mariner Road, Listed at \$199,000  
 Sold for \$185,000, on and off the market 2 year.

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## News From Around St. Johns County

### Turn Your Landscape Into Bird Haven

Discover how to transform your home landscape into a haven for birds on August 15th at the St. Johns County Windstorm Training Center, 3111 Agricultural Center Drive, St. Augustine, from 2 to 4 p.m.

Plants and birds are inseparable. By incorporating native plants to attract, feed and shelter your favorite bird species, you provide a welcoming habitat for our feathered friends and enrich the lives of your

family for years to come.

Personal passion and extensive experience is provided by Beverly Fleming, Nature Columnist; Renee Stambaugh, Native Plant Consultant, and several other Audubon Society members.

The program is free and open to the public. For more information, visit the website [www.nativeplantconsulting.com](http://www.nativeplantconsulting.com) or call 904-209-0430.

### Coast Guard Offering Boating Safety Classes

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

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

About Boating Safely – Is a day-long comprehensive boating class for both beginners and experienced boaters that will give the participant the knowledge needed to obtain

The Florida Boater's Card. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete this course. Topics include: Introduction to Boating; Boating Law; Boat Safety Equipment; Safe Boating; Navigation Aids; Boating Problems; Trailering, Storing, and Protecting Your Boat; River Boating, and Water-skiing. The course is offered from 7:45 a.m. to 4:30 p.m. on August 3rd, September 7th and November 2nd. Visit <http://www.uscgaux.info/content.php?unit=070-14-07>.

### Spin Your Partner 50's & 60's Themed Dance

Saturday August 17, 2013 - 7 p.m. to 10:30 p.m.

Join you friends at the Riverview Club for a 50's and 60's themed dance Saturday August 17 dancing with live music by Reministyx Show Band.

Special Pets In Need, Inc. is a non-profit 501 (c)3 organization whos mission is to provide therapies that are successful with neurological, musculoskeletal, and a myriad of other ligament, tendon and balance problems including paralysis and arthritis. SPIN is a unique approach to animal rehabilitation providing supoplemental financial suport allowing owners to keep their pets healthy, with pain control and increased life span. For more information about SPIN call 904-861-7203.



### Temple Bet Yam to Hold Membership Fair & Religious School Meet & Greet

Temple Bet Yam in St Augustine, will hold a Membership Fair and Religious School Meet and Greet on Sunday morning, August 18. The Religious School portion will begin at 9:00 A.M. and the Membership Fair will begin at 10:00 A.M. Both will conclude at noon. Light refreshments will be served.

Religious School Director, Joan Guglielmo invites families interested in giving their child(ren) a Jewish education, a chance to meet Rabbi Fred Raskind and talk with the Religious School staff. "The Religious School welcomes children from Pre- K through high school. Our multi level program is designed to help students develop a strong sense of Jewish identity within an enthusiastic and compassionate environment." Parents will also receive written information on school calendar, fees, and the exciting new curriculum

During the Membership Fair, those interested in learning more about Temple Bet Yam will have an opportunity to meet Rabbi Fred Raskind, and talk with Board members about the diverse activities TB Y has to offer. Barbara Rogove, Membership Chair relates, "When we first came to Temple Bet Yam, we were so impressed with the warmth of the congregation and the amazing

choir that we joined immediately." Temple Bet Yam, known for its warm, welcoming congregation, offers a wealth of opportunities to become active. TB Y invites everyone, whether very interested, or just mildly curious, to join them on August 18th to learn more.

Temple Bet Yam, a Reform congregation, is located at 2055 Wildwood Drive, St. Augustine, FL 32086. Founded in 1993, TB Y is a growing congregation of 125 families of traditional and interfaith backgrounds. For more information on the Temple, call 819-1875 or visit the Temple's website at [www.templebetyam.org](http://www.templebetyam.org).

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### Sprinkler Run

(continued from page 1)



Above: Holly Yelton, on right, President of the Sertoma Club, gives out awards. To Left: Jean and Darrell Volz (Sertoma Club members)



they are beginning to plan and build facilities that will ultimately headquarter their offices and a place for the needy to get help. The Sertoma Club also helps persons in need and makes sure that 100% of their funds stay in St. Johns County.

The Sprinkler Run was well attended and because of its success this year, the Sprinkler Run will be planned again next year for the 4th of July Holiday. The Sertoma Club want to thank all of our sponsors and all of the participants. See you next year: after all, freedom is refreshing!



# Hurricanes And Inland Flooding

By Jane Tucker, First Florida Insurance

The next time you hear the word "hurricane" - think inland flooding. While storm surge has the highest potential to cause hurricane related deaths, more people died from inland flooding associated with tropical systems from 1970 to 1999. Since the 1970's, inland flooding has been responsible for more than half of all deaths associated with hurricanes in the United States. Flooding from hurricanes can occur hundreds of miles from the coast placing communities, which would not normally be affected by the strongest hurricane winds, in great danger.

Take steps now to protect your financial well-being before a hurricane strikes. Officials at the Federal Emergency Management Agency (FEMA) have cautioned, "Buying flood insurance is the best way to protect yourself financially from flood damage."

Anyone - property owners, renters and business owners, can purchase flood insurance if your community participates in the National Flood Insurance Program (NFIP). FEMA administers the NFIP, which Congress established in 1968 with the goals to reduce future flood damage through floodplain management and to provide people with flood insurance.

If you are a homeowner, you can insure your home for up to \$250,000 and its contents for up to \$100,000. Renters can cover belongings for up to \$100,000. Non-residential property owners can insure a building and its contents for up to \$500,000 each. The cost of a policy

depends on a number of variables, most important of which is whether you live in a low-, moderate- or high-risk flood area. Those flood risk areas are identified on Flood Insurance Rate Maps, which show flood hazard areas and are used to determine the flood insurance rate for a given property.

Contact your local insurance agent to view current flood maps. Your local agent has this information at their fingertips and can share with you the latest flood map for your community.

Other helpful measures that will better prepare you for a flood or other disaster include:

- Create a personal plan for evacuation;
- Move important objects and papers to a safe place where they can't get damaged;
- Conduct a thorough home inventory - documenting your belongings will help you file an insurance claim;
- Build an emergency supply kit; see how to at [www.ready.gov](http://www.ready.gov).

For more on flood insurance, contact First Florida or your local insurance agent.

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



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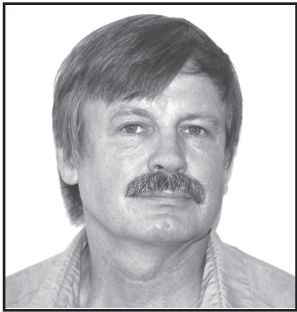
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## Computer Corner

By Gary Herrick, Computer Professor  
mainely2@bellsouth.net

### What do we mean by Data?

Greetings from Computer Professor. It is time for my annual reminder for emergency hurricane preparedness, for your computer data. What do I mean by the term "data"? Data is your photos, emails, documents etc. that you store ON the computer. A computer failure, destructive virus infection, thief, or natural disaster can cause a total loss of all computer data. What would you lose? I have spoken about computer backup before; now add natural disaster to the list of reason to back-up your data. If you have a laptop, then grabbing it before running from a hurricane may be sufficient. If you have a desktop or several desktops these would be more of a problem to transport. Small USB drives, external drives or using an offline service are different ways you can easily take your data, important documents, home inventory lists, etc. with you.

My other articles have listed programs, hardware and methods of backing up this data. If you do not have

a copy please email me with questions and I would be glad to discuss it with you (mainely2@bellsouth.net). So, why is it of the home computer users without any backups at all? In my experience it is because we are unsure how to do it, find there are too many options and don't know what to use for their own situation, it is not that easy to learn. In a lot of cases individuals may not have enough computer background to understand directions they may receive from someone.

If your data is important to you then it is worth learning. So now the question is, who can you learn from? There are many who are involved in computers for a living and know how to do it, whether they also can teach you how, is another question you must ask. I teach at the local Council On Aging and have classes that covers this, ask them to run this class and they will. I also conduct private lessons (\$45/hr.) or free email assistance.



## St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

### Back To School Safety

This month I would like to remind all of our citizens as well as visitors that schools will be back in session later this month which means that our children are going to and from school daily. I would ask all of you to take extra time and be extremely careful in school zones as well as at bus stops.

Motorists should plan on longer commutes and follow the speed limit in school zones. Deputies will be at school zones throughout the county to monitor those areas and to address any violations accordingly. Drivers should be advised that speeding fines are doubled if they occur in a school zone. Deputies will also be in unmarked vehicles seeking any motorists who pass stopped school buses while loading or unloading students. Remember ALL traffic in both directions must come to a complete stop for school buses that are stopped, displaying the "stop" signal. Motorists traveling in the opposite direction are exempt from stopping if the roadway is separated by a median of at least five feet wide. These infractions will be strictly enforced.

Motorists are also reminded to take extra precaution at school bus stops where eager youngsters; many riding the bus for the first time, may dart into the street as the bus arrives.

Here are some safety rules to pass along to children that ride a school bus. Arrive at your bus stop at least five minutes early and stand at least ten feet away from the roadway. Be sure to wait until the bus stops, the door opens and the bus driver says it's

alright to enter before stepping onto the bus. Be careful that clothing with drawstrings and book bags with straps or dangling objects do not get caught in the handrail or door when exiting the bus. Pedestrians should always walk in front of the bus, never behind the bus. Remember if you can't see the bus driver, he or she cannot see you. After getting off the school bus, stop at the edge of the bus and look both ways before crossing. If you were to drop something beside the bus, make sure to you tell the driver before attempting to pick it up.

Students who walk to school should do so on a sidewalk if it is available. If there is no sidewalk, students should walk against the flow of traffic and be sure to cross at marked crosswalks. Those who ride a bicycle should remember to ride with the flow of traffic and follow all traffic signs and signals. Remember students are required to wear a bicycle helmet. As schools open for another year, please take the extra time needed and watch out for our most precious resource, our children.

As I close this month, I would like to remind you that there is a wealth of information that you can obtain by visiting our website at [www.sjso.org](http://www.sjso.org). You can also follow us on Facebook and Twitter. Please feel free to contact me if you have any concerns or questions about your Sheriff's Office or if you have any topics for my monthly column. My email address is [dshoar@sjso.org](mailto:dshoar@sjso.org). I look forward to hearing from you and it is the hope of all of us who are part of your Sheriff's Office that our children and teachers have a successful school year.



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113 MORELLA CR. • ST. AUGUSTINE, FL 32086  
MELISSA.OWEN@DELTONA.COM • WWW.DELTONAREALTYINC.COM  
Office: 904.797.6769 • Cell: 904.377.3960 Fax: 904.797.6388

## Ask Mow?

Answering Questions About Homeowner Lawn Equipment. Featuring "Mow", St. Augustine Power House Spokesperson.

### Hey Mow what's new with Power House this month?



Busy as ever, I thought this month we could talk a little about us, St Augustine Power House. I was going thru some past articles and realized we have never introduced the crew at the Power House. We have assembled a talented and very experienced crew that goes above and beyond the call of duty. Let's start off with our technical crew.

**Mike Taylor**, a local, born and raised in St Augustine, an excellent two cycle tech. Mike grew up working on power equipment with his dad, remember Al's on US1?

**Aaron Land** has worked for a few of the local shops in town, now hangs is hat here.

Josh Gardner came to us from First Coast Technical Center, our youngest tech and a hard worker, about to become a daddy for the first time.

Working in the business end of the company,

**Lance Conner**, our new owner. Lance has experience in growing businesses, and guiding the business in the right direction.

**Matt Conner**, our newest employee, responsible for ordering and receiving inventory. Just became a daddy for the first time.

**Gene Bryan**, a native Floridian, has been in the power equipment industry for 20 plus years. If you ever have been in the store then you know Gene.

That's our crew; just the six of them, when it comes to the power equipment industry, these guys combined are the best of the best.

*That's neat Mow, a small group of people with large results. How does the Power House keep all that going?*



Let me tell you, there is no man behind the curtain, it's just us. We all communicate with each other, everybody here has their specialty and we run the company one customer at a time. It's fun; let's face it we are talking about buying, selling and servicing lawn equipment. Not rocket science. Nothing we do is life or death.

*Mow there is a pretty good size Snapper ad in this month's issue, anything to say about this?*



Let's be serious for a moment, when it comes down to "Why buy a Lawn Mower from the Power House", a few things to keep in mind. One we have already made some tough decisions for you, in regards as to why buy this one instead of that one and second with the Power House Partnership Program available for you, why go anywhere else. Nobody has the level of service and satisfaction you will receive from the Power House. And lastly who makes a lawn mower better than Snapper? Let me rephrase that, who makes a lawn mower that has a local dealer in town that offers parts and service and warranty for what they sell? If you have tried the rest, why not try the best? We stand behind what we sell and will go out of way to make sure you are happy with your investment

That's all the time we have this month, so until next month, remember St Augustine Power House is located at 125 Pope Road. Visit us at [www.staugpowerhouse.com](http://www.staugpowerhouse.com) and if you have any questions for Mow call 904-461-0310 or email him [askmow@staugpowerhouse.com](mailto:askmow@staugpowerhouse.com).

## St. Johns Water Management

### Schedules Fire Line Maintenance

(continued from page 1)

Trimming will be done with a tractor mounted side cutter that uses 26" circular blades to trim the limbs. After the initial cutting and trimming, other pieces of equipment will follow to move or mulch the limbs left from the trimming.



<p><b>Moses Creek Conservation Area</b></p> <p>0 0.0750 0.15 Miles 1" = 20000'</p>	<p><b>Legend</b></p> <p>— Trim Lines</p> <p>□ Boundary</p>	<p>The St. Johns Water Management District prepares and uses this information for its own purposes and this information may not be suitable for other purposes. This information is provided as a further documentation of the data and is not intended to constitute a warranty. For more information, contact St. Johns Water Management District, Geographic Information Systems Program Manager, P.O. Box 1429, 1429 West Street, Palatka, Florida 32978-1429. Tel: (386) 328-6174.</p>
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"In the past years of prevention work, the St. Johns Water Management District has used large disc plows to maintain a clear fire line between their property and residential units in the St. Augustine Shores residential areas," acknowledged Winston Burrell. "I am pleased that they have added this extra area of protection and for their advanced communication."

All of this work is in addition to the work managed by our internal Fire Mitigation committee.

The anticipated work will begin in August and completed by late September.



NXT 22875 "Mow Says" Buy This Mower, It's The Best Deal \$419.99



12.5 hp 28" Cut Starting at \$1249.99

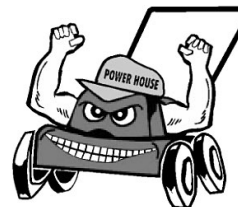
Financing Available

Scan To Go Directly To Our Website



125 Pope Road St. Augustine, FL 32080  
**(904) 461-0310**

# St. Augustine Power House



## Snapper Mowers Starting At \$279.99

Free Assembly and Delivery  
Serviced and Ready To Mow  
3 Year Warranty

Visa • Master Card • Discover Cards Accepted

### St. Augustine Power House Partnership Program

- Free Assembly & Initial Service of new equipment
- Free Delivery of New Equipment
- Free Annual Pick-Up & Delivery for New Purchased Equipment \*
- Free Mower Blade Sharpening for life of the blade and More!



#### The Right Cut

Choose from models with a HI VAC mower deck or Ninja mulching system. 3-N-1 convertibility lets you choose from mulching, bagging dispensing clippings. Startin at \$279.99!



#### A New Classic

The Rear Engine Rider has been reinvented. Stop in today to see the new Innovation combined with the tried and true features including Briggs & Stratton engines. Starting at \$1,299.00

[www.staugpowerhouse.com](http://www.staugpowerhouse.com)  
[askmow@staugpowerhouse.com](mailto:askmow@staugpowerhouse.com)

<b>ST AUGUSTINE POWER HOUSE PARTNERSHIP</b>	
125 POPE ROAD • ST. AUGUSTINE • FL • 32080 • 904.461.0310 WWW.STAUGPOWERHOUSE.COM	
<b>CERTIFICATE OF PARTNERSHIP</b>	
ST AUGUSTINE POWER HOUSE HEARBY DECLARES THAT	
OWNER OF EQUIPMENT _____	
MODEL# _____	
SERIAL# _____	
DATE OF PURCHASE _____	
IS A POWER HOUSE PARTNER AND IS ENTITLED TO THE FOLLOWING BENEFITS:	
<ul style="list-style-type: none"> <li>• FREE ASSEMBLY AND INITIAL SERVICE OF NEW EQUIPMENT</li> <li>• FREE DELIVERY OF NEW EQUIPMENT</li> <li>• FREE ANNUAL PICK AND DELIVERY FOR NEW PURCHASED EQUIPMENT**</li> <li>• PRIORITY SERVICE AT OUR FACILITY</li> <li>• FREE MOWER BLADE SHARPENING FOR THE LIFE OF THE BLADE</li> <li>• FULL MANUFACTURES PARTS AND LABOR WARRANTY FOR TWO YEARS FROM DATE OF PURCHASE</li> </ul>	
PURCHASER OF EQUIPMENT _____	AUTHORIZED POWER HOUSE REPRESENTATIVE _____
THIS CERTIFICATE IS NON-TRANSFERABLE AND CANNOT BE USED WITH ANY OTHER SPECIALS OFFERED BY ST AUGUSTINE POWER HOUSE ** ANNUAL PICK AND DELIVERY AVAILABLE NOVEMBER THRU FEBRUARY ONLY **	



# First Coast

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# REHABILITATION

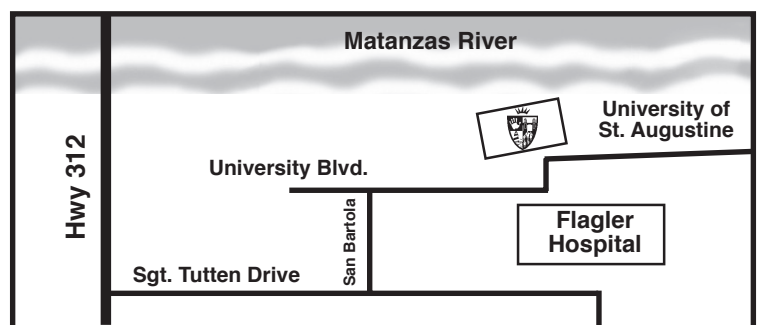
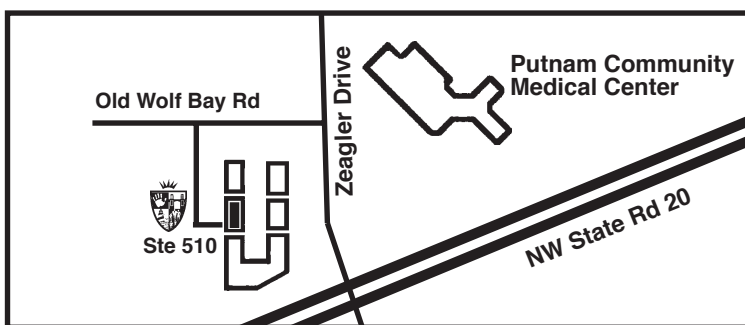
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*where patient care comes first*

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

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



See a full listing of our services and specialties at [www.firstcoastrehab.com](http://www.firstcoastrehab.com)