

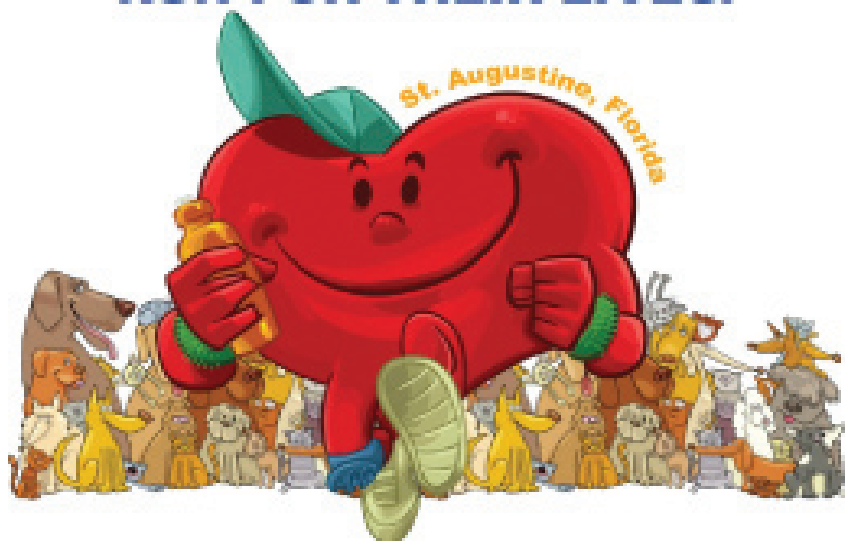


St. Augustine Shores OBSERVER

NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE SHORES

St. Augustine Sertoma Club "Compassion 5K Run" Returns to the Shores November 14th

Compassion 5K
RUN FOR THEIR LIVES!



Mark the date on your calendars. The St. Augustine Sertoma Club, helping community members with a life threatening medical crisis and pet rescue for abused and abandoned animals, presents the Ninth Annual Compassion 5K Run/Walk and K9 Miler Fun Run in St. Augustine, Florida Saturday, November 14th @ 8:00 A.M. next to 49 Shore Blvd.

There will be 3 DEEP AWARDS FOR 5K ONLY and POST RACE PRIZE DRAWING FOR ALL REGISTRANTS. For more information contact – Debbie Bowe - 904-826-3228 or Julie@Compassion5k.org or visit our website at <http://www.compassion5k.org>. (continued on page 3)

Ballroom Dance Safari Promises Summer Fun

The St. Augustine Ballroom Dance Association puts on two fun filled costume dances during the summer months. Each dance gives members and guests an opportunity to do something different and very special.

At the upcoming August dance, which will be held on Saturday, August 8th, everyone is encouraged to come dressed as though they were going on safari. The theme is "It's a Jungle Out There." The dance starts at 7:30 pm and ends at 11pm. The Riverview Club, at 790 Christina Drive, in St. Augustine Shores, is the place where this dance safari will happen. Guests pay just \$15 per person.

The very popular Frank Saffi band will provide the dance music. Paula Crescimanno and her helpers will decorate the dance hall so you feel as though you are dancing on safari.

A tango performance is scheduled for the first break. Hors d' oeuvres, desserts and coffee will be served at the second break.

SABDA members and guests of all levels of dance ability will be gathering to enjoy this special event. If you would like to join in on all the fun, call President Hal Sommer at 904-823-0719 for an invitation. Or call reservations chairpersons Dennis and Mary Larimore at 904-825-4902. For more information and to see pictures of recent dances, visit facebook.com/SABDAStAug.

Picture Caption: Jacksonville dance instructors Jake Lukic and Natasha Wiggins performing a Viennese waltz at the "Pirates of the Caribbean" costume dance held in June.



St. Augustine Shores Water Aerobics Group Performing at the Riverview Club Over the 4th of July



Here is a Picture of the water aerobics group wearing their 4th of July tiaras. Picture was taken by myself on Friday, July 3rd. If you need more information about the Water Aerobics Group, contact Gina Ross, who is the instructor. Valarie Jackson.

What's Inside The Observer This Month...

- **News From Around the Shores:**
- Shores Service Corp July Board Update
- **Health Update:** Accumulation Dysfunction
- **Financial Focus:** Keep Your Investments from Going on "Vacation"
- **Computer Corner:** Updates on Windows 10
- **Sheriff's Corner:** E-Commerce Awareness

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St. Augustine, FL 32080-6509

The St. Augustine Shores Observer

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Cliff Logsdon
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www.observer.vpweb.com



The function of the St. Augustine Shores Observer is to serve residents of 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. It is agreed that the Beaches News Journal and its staff be held liable for information provided herein by submitters, including pictures, graphics, websites and/or emails listed, that may have the potential to constitute fraud or other violation of law including copywriting infringements. The publisher reserves the right to refuse advertising that does not meet the publication's standards.

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

• **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 meetings- March 12th, 2015- 6 pm Annual Meeting, April 7th, 2015- 6:30 pm, May 5th, 2015- 6:30 pm, June 2nd, 2015- 6:30 pm.



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Community Classifieds

The Observer offers *free individual community classified ads to all 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 Service.

Business, Services and other Ads may now be placed 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 payed 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: Inflation system for Auto/bicycle tires and other applications needing pressurized air. Brand new. Never used. Bought as backup for Bicycle inflation. Including self gauge and hand-held gauge. In Manufacturers' packaging. Needs wall plug in. \$30. Call 904-217-0940.

FOR SALE: Mission style book case - honey oak - 72" X 38" X 11" - new asking \$100 OBO, Baker's rack with solid oak shelves and pewter frame 76" X 37" X 16" asking \$200 OBO. call Cindy at 797-3931.

FOR SALE: DAYBED - Metal swirly feminine, very pretty w/ mattress. \$375.00 firm 904-334-6888

FOR SALE: YAMAHA GOLF CART 2010, 48 volt, batteries 2 years old, excellent condition. \$3500.00.

JEEP SOFT TOP - 2005 Jeep Wrangler Soft Top for full metal doors. Black. Excellent condition. \$500.00 OBO.

ROOF MOUNTED CARGO CARRIER -Roof Rack for 2014 Buick Encore. Excellent Condition, never used. \$450.00 OBO
GRAN CHEROKEE 2011 CARGO MAT Retail for over \$100.00 will sell for \$75.00 Call (386) 538-0318.

FOR SALE: SOLID BRASS LION CHANDELIER - Exquisite piece! List price was \$800.00, I paid \$400.00 for the piece. Asking \$250.00.

ANTIQUE TREADLE SINGER SEWING MACHINE CABINET - Good condition have a few parts for the treadle- 25 High, 32.5 Wide, 18.6 Deep, \$150.00.

BOAT ALUMINUM OARS - 6 Ft Long and Paddle portion is 21 x 6.5, excellent condition. \$45.00.

ANTIQUE CHEST - Good condition, 23.5 High, 36 Wide, 20.5 Deep, \$175.00 Call 904-377-1810.

FOR SALE: 1. Area rug, made in Turkey of 100 % heat sealed olefin. Perfect condition. No pets. In shades of brown, ivory in a boxed pattern running throughout in paisley pattern. Finished edges. Size: 5'3" x 7'6". \$55.00. 2. Two (2) reading lamps for table/bedside. Both finished in bronze. \$20/30.00. 3. Orvis queen size quilt and shams. Seersucker striped pattern of blues, maroons, greens, and beiges. Like new. No pets. Easily washable. Unique and beautiful as only Orvis can manufacture. Shams have nice button closures which make them very decorative. \$65.00/entire set. 4. Two (2) decorative pillows; one is the shape of a starfish in blue and white; the other in the shape of a shell in yellow. Custom made. \$25.00/each. Call for pictures to be emailed. 904 797-3736.

FOR SALE: John Deere 20 HP Tractor Hydro with mulcher with only 5 hours. New condition. Selling for selling. \$1600. Call 797-9493.

FOR SALE: Womens Name Brand Tops sizes M - XL Lightly worn. Priced to sell. Call 904-794-0687.

FREE: Lady Americana Luxor mattress. Queen size. Still in packaging. Also FREE crib and mattress. Come and get them and they're yours. Call 904-797-3957.

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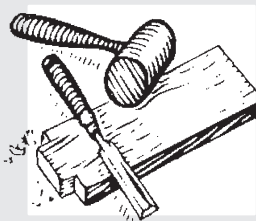
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Home Again St. Johns Received Support from O.C. White

Home Again St. Johns recently kicked off a fundraising campaign for the development of their land on State Road 207 and the building of its one stop homeless service center. When complete, upwards of 170 homeless men, women and children will be housed on the site. Also available on the site will be access to local low-income primary healthcare providers, mental health, substance abuse, domestic violence services, technical service training, basic education, job placement and homeless prevention services.

One of the ways businesses can support Home Again's fundraising efforts is through the State of Florida's Community Contribution Tax Credit Program. Any business or corporation paying sales tax, corporate income tax or insurance premium tax to the State of Florida and who opts to participate in the program may make a contribution to a certified nonprofit, (ie, Home Again St. Johns) and receive a 50% tax credit within a few months of making their contribution. O.C. White's is the second company to partner in Home Again's fundraising efforts.

Cathy White of O.C. Whites Restaurant was contacted by Home Again St. Johns about supporting the organization's efforts. White was aware of the tax credit program that Home Again was promoting since she had previously participated in the program with another local nonprofit. She and her husband, David, and their children, Julie and Jennifer, discussed Home Again's project and they made a decision as a family to commit \$5,000 to the fundraising campaign. For many years, O. C. White's Restaurant has supported agencies providing affordable housing to low-income families in St. Johns County. Now they're partnering with Home Again St. Johns as they begin construction on their Multi-Agency, United Service Center with 100 units of housing for the homeless.

"My family and I just felt it was the right thing to do to help the homeless, especially families with children, the elderly and homeless Veterans," said Cathy White. "We all deserve a safe, decent place to call home." (continued on page 14)

The Community Contribution Tax Credit Program is administered by the State of Florida's Department of Economic Opportunity and has been in place since 1995. The program provides tax incentives to businesses and corporations supporting community development projects throughout the Florida.

All businesses in St. Johns County and especially those in the downtown area of St. Augustine are being encouraged to support Home Again's efforts to get the homeless off the street and into a better living environment so they may once again become self-sufficient, productive citizens.

St. Johns Housing Partnership Home Matters

The St Johns Housing Partnership in cooperation with the Florida Housing Coalition has released the 2015 Home Matters Report on St. Johns County. This vitally important report covers the facts and figures that represent the state of housing in St. Johns County. The report addresses:

- Homelessness in St. Johns County and compared to the state of Florida as a whole including trends and demographic breakdowns
- Affordable housing in St. Johns County showing the relationship between wage levels and housing costs. Can workers in St. Johns County afford to live here? What is the impact on health and mental health for a resident dwelling in substandard or barely affordable housing?
- Construction in St. Johns County and how it compares with the housing that is needed to adequately meet local needs. Resources for affordable homes, affordable rentals, and repairs necessary to make affordable housing livable
- What does the future hold for St. Johns County and for the state of Florida as a whole?

In St. Johns County, there are numerous housing challenges, from finding housing for those who are homeless, to reducing the number of seniors and children who live in substandard housing, to helping local employees find a home they can afford to purchase. In the 2014 "Point-in-Time" [PIT] count, 1,401 "literally homeless" people were identified as needing permanent shelter that was "decent, safe and sanitary". Since 2007, the number of homeless families has increased by an alarming 144% in the county, compared to a 15% decrease statewide. There has been a 17% increase in veteran homelessness while the state achieved a 42% decrease. There has been a 98% increase in homeless children during that time. With housing prices and rents increasing, there are over 3000 elderly households and 9000 families overall across St. Johns County who spend more than 50% of their income on their housing costs. Those families are one step away from a crisis.

To understand more about the impact the lack of affordable housing will have in St. Johns County and what you can do about it, please visit the St. Johns Housing Partnership website at www.sjhp.org and download a copy of the report. For question contact: Mr. Bill Lazar, Executive Director St. Johns Housing Partnership 904-824-0902.



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Compassion 5 K Run

(continued from page 1)

- Pre-Registration: \$22 – ACRR members \$20 (deadline October 30th)
- Pre-Registration pick-up is Friday, November 13th from 5-7 pm at St. Augustine Rehabilitation Specialists (S.T.A.R.S.) 105 Mariner Health Way #213 St. Augustine, FL 32086 ** Pre-Registration fee includes race t-shirt **
- LATE REGISTRATION: \$25 after October 30th
- SAME DAY REGISTRATION: \$30 (7am – 7:30am) T-shirt not guaranteed
Entry Fees are Non Refundable
- Timed and scored by Jaguar Timing Systems electronic bib tag (Wear on front chest to be scored).

Results will be posted near finish line and at www.milestoneauthority.com. Please include your cell phone carrier to receive INSTANT SMS text message of your race time.

St. Johns River State offers Private Security Officer programs

St. Johns River State College will offer two new vocational certificate programs this fall to prepare students for entry-level employment as security and armed security officers. Upon successful completion of each course, students will be eligible to apply for security officer class D or armed security officer class G licensure with the Florida Department of Agriculture.

The Private Security Officer course will be held August 24-28, and the Armed Private Security Officer course will be held August 31 through September 2. Classes will meet on the St. Augustine campus at 2990 College Drive.

For more information, contact SJR State's director of academy programs at (904) 808-7490 or visit online at www.SJRstate.edu.

Council on Aging...You Dine & They Donate!

It's just that easy to support COA! The Columbia Restaurant has again chosen the Council on Aging as one of the beneficiaries of their Community Harvest Program. Just dine out at the Columbia anytime during the month of September, check COA on your guest check and the Gonzmart family – founders of the restaurant – will donate a percentage of your check to the Council on Aging. Call (904) 209-3700 for more information. It's so easy!

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News from Around the Shores

St. Augustine Shores Service Corporation July 9, 2015 Board of Directories 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, Secretary Rachel Diamond, Director Winston Burrell, Director James O'Such, Director Sue Chitwood. Quorum Established.

The Invocation was given by the General Manager followed by the Pledge of Allegiance.

Approval of the Minutes – June 11, 2015. Motion by Director Durrell to accept the minutes with an amendment to add excused absence for Director Chitwood as requested. Seconded By Vice President Zinn. Unanimous. The motion carried.

Treasurers Report – Read by Treasurer Lorbeer accepted for audit. General Manager Smith explained the Operations Fund and Reserve Fund Expenditures. Board Discussion

ACC Report – Jerry Zinn

The ACC Committee had 1 meeting in the month of July. The ACC Committee approved 4 applications:

2 new homes, 2 screen room

Managers' Report - Joseph Smith Old Business

Status of Pool Bathhouse - General Manager Smith informed the Board that the benches have been installed and that the majority of the punch out items have been completed. He informed the Board that the drainage issue still has to be addressed.

Policy on Directors seated on multiple Boards. Director O'Such explained his request for a policy. Motion by: Vice President Zinn to create a policy stating that: Any active voting member on the St Augustine Shores Service Corporations Board of Directors may not serve as an active voting member on another Board within the Shores Community. Seconded by Treasurer Lorbeer. 6 yes votes, 1 no vote, Director Chitwood. Motion carried

Upgraded technology for Board meetings

General Manager Smith provided information on I-Pads and Samsung Galaxy tablets as requested by the Board at the June meeting. Motion by Director Burrell we move forward with the upgraded technology for the Board meetings. Seconded by Director O'Such. 3 yes votes, 3 no votes.

Motion by President Priester table the discussion. Seconded by Director Chitwood. Unanimous. The motion was tabled.

Progress on Board of Directors OD Goals

- The power is connected for the new well that will irrigate those areas on Shores and Christina that are not irrigated. We have engaged Mathews Design Group to provide the engineered drawing for a jack and bore permit from St. Johns County Engineering. The locate is complete and Geomatics Surveyors are scheduled to provide topo elevation details. We have provided art details to PIP printing for the Boat/RV Storage Survey. General Manager Smith read the text.

Pier project status - The wood and rail replacement project is complete as approved by the Board.

Office renovation project status - The project will be complete after the new office furniture is received and assembled.

New Business

2014 – 2015 Audit Engagement - Neville Briedenstein and Wainio have requested a three year audit engagement at a discounted rate. Motion by Treasurer Lorbeer that we engage Neville, Briedenstein, and Wainio for the three year audit engagement at the discounted rate. Seconded by Director Burrell. Unanimous. The motion carried.

401K Development - Vice President Zinn talked about offering a 401K plan to the General Manager and staff. A comprehensive list of plan options was provided to the Board.

Stormwater drainage system maintenance

issue - General Manager Smith informed the Board about an issue with silt build up at the Drainage Retention Area to the East of Valverde Lane in Tuscany Ridge. The area needs dredging to restore the initial filtering system. Motion by President Priester that we move forward with the project and solicit bids. Seconded by Director O'Such. Unanimous. The motion carried.

Home Office Application

Johnny Harper 549 Domenico Circle for the purpose of a pool cleaning business. Agrees to abide by County Ordinance 95-9. Motion by Director O'Such to approve the Home Office application for Johnny Harper. Seconded by Treasurer Lorbeer. Unanimous. The motion carried.

Eric Bremmer 899 Viscaya Blvd. for the purpose of a lawn maintenance business. Agrees to abide by County Ordinance 95-9. Motion by Secretary Diamond to approve the Home Office application for Eric Bremmer. Seconded by Director Burrell. Unanimous. The motion carried.

Deed Restriction Report - General Manager Smith provided a Deed Violation report.

Directors Comments

Director Burrell reported an issue with the irrigation system at the South Entrance.

Treasurer Lorbeer discussed an issue at the inlet on Holiday Lake from the ditch off of Viscaya Blvd. She discussed signage on pick-up trucks.

Vice President Zinn discussed a meeting with Commissioner McClure about a rat issue and assistance from the County Health Department. Vice President Zinn requested a workshop for discussions on Governing Document Changes to present to the Membership.

Secretary Diamond commented on technology upgrades. She suggested that we use Liaison's to link different Community Boards together.

Director Chitwood discussed her position on the Board policy that was approved for active voting Board members. She commented on the active status list report. Director Chitwood requested several updates to the web site. Presidents letter, organization, and pictures. She commented on the Recreational and Social Organization Issue. She expressed her concern with the condition of the large oak trees in front of Ameris Bank. She would like to continue our effort with the park stop posts. She commented on the lake fountains.

President Priester commented on the Next Door app for phones to get the Community more involved. He informed the Board of a flyer developed by the SJCSO to assist in providing security for the community.

Members Comments

Al Dobkowski offered his services for the Next Door app. He commented on the Pool Bath House drainage issue. He discussed the pick-up truck Deed Violation issues. He commented on the RV/Boat Storage issues. He inquired about the irrigation times for the soccer field.

Mr. Dobkowski would like the Board to consider a Memorial Plaque to honor his Mother for her work in the Community and on the Pier project.

Jeremy Duncan commented on the contract with the Recreational and Social Organization, Equitable access to the facility, and compliance with State Statutes.

Ann from Casa Bella commented on serving on multiple Boards.

Roland Palmer commented on the audit. Would like to see the Reserve Fund audited. He would like the monthly financial statements on the web site. He commented on the trash at the end of Polo Ct. He commented on Deed Restriction violations.

Dave Talbert commented on the deplorable condition of 663 East Bianca Circle.

Vice President Zinn moved to adjourn. Seconded by Director Burrell. Meeting Adjourned.

Jewish High Holiday Schedule at Temple Bet Yam

by Carol Gladstone

Rabbi Fred Raskind and the congregation of Temple Bet Yam, welcome everyone to worship with them during the High Holidays. Temple Bet Yam is a warm, welcoming Reform Congregation located at 2055 Wildwood Drive in St. Augustine. For more information, call 904-819-1875, or visit www.templebetyam.org

S'lihot:Shabbat Friday, September 4th: 7:30 PM

Erev Rosh Hashanah Sunday, September 13th 7:30 PM

Rosh Hashanah Day Monday, September 14th

Children's Service: 9:00 A.M.

Morning Service: 10:00 A.M.

Kiddush followed by Tashlich: Approx. 1:00 PM

Kol Nidre: Tuesday, September 22: 7:30 PM

Yom Kippur Day Wednesday, September 23

Children's Service: 9:00 A.M.

Morning Service: 10:00 A.M.

Afternoon Service: 3:15 PM

Yizkor and Neilah: Approx 4:45 PM

Havdalah and Break the Fast: 6:15 PM

Sukkot Celebration Sunday, September 27th TBD

"Understanding The Civil War" Discussion Group Meeting

The monthly meeting of the "Understanding The Civil War" Discussion Group will be held on Tues Aug. 4, 2015 at 1pm at the Anastasia Island Branch Public Library in the Seagrove Subdivision on Rt A1A South. The topic will be: *Military Strategies - North and South*. Meeting is open to the public. For more information please email Charlie Smith at: smithc32@bellsouth.net.

Writers In The Shores

By Donna Johnson

There will be no meetings of the Writers in the Shores for July or August. Meetings will resume again in September as we have before on the 2nd and 4th Tuesday, at 1pm here at the Riverview Club Library. The September meetings will be on Tuesday the 8th and again on the 22nd. 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!

St. Augustine Travel Club Cruise

by Peter Dytrych

The St. Augustine Travel Club will again be sailing the seas on Saturday, April 9 – 16, 2016, on the beautiful Carnival Valor out of Port Canaveral to the ports of Amber Cove, Dominican Republic; St. Thomas, USVI; San Juan, Puerto Rico and Grand Turk for a 7-day cruise. Prices start from \$648.89 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Book now with a \$250 pp deposit and receive \$50 per stateroom On Board Credit plus a Carnival logoed zippered canvas bag. Call Peter, St. Augustine Travel Club at (904) 797-3736 for more information and reservations.

St. Augustine Orchid Society Plant Clinic at Ace Hardware

August 1st - Representatives of the St. Augustine Society will be available with the Master Gardeners at Ace Hardware at 3050 US 1 South on August 1 from 9 am to 1 pm. For information call Sue at 797-4360.

August 4th - Monthly Meeting: The Basics of Orchid Growing

Michael Polen of Art Stone Orchids in St. Pete will be outlining his hands on approach to orchid growing at the August 4 meeting. Michael is a very down to earth speaker who will talk about how to grow the healthiest and happiest orchids. There won't be any pretty pictures or a power point presentation but there will be plenty of great tips on how to get the most from your orchid addiction. It will be August 4, 7 to 9 pm at Watson Realty Rear Conference Room, 3505 US 1 South, St. Augustine 32086.

August 17 - Keiki Club, Staking Your Orchids

Its good to spend some quality time with your orchids, particularly if you take the time to stake the flower spikes for there best presentation. Staking techniques for summer blooming orchids like cattleyas, dendrobiums, and oncidiums will be discussed, along with some other tricks. Meets a Kathy and Mark Young's Home 160 West Genung St. Augustine 32086 from 1 to 3 pm. For information see www.staugorchidsociety.com.

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11:00 a.m. Contemporary Service

Garry Balogh Recognized Florida Scenic Highway Coordinator



Charlie Helm, Donna Richardson-Drevniok, Bob Samuels,
Danielle Anderson, Garry Balogh, Sallie O'Hara, Anne Wilson

Florida Scenic Highway commemorated one of their own Thursday night as longtime Florida Scenic Highway Coordinator for District Five Garry Balogh along with Florida State Transportation Landscape Architect Jeff Caster presented the 2015 Garry Balogh Inspiring Excellence Award to the Friends of A1A Scenic & Historic Coastal Byway.

Balogh, a senior environmental scientist for the Florida Department of Transportation for 20 years officially retires on June 30. Balogh has been part of the Florida Scenic Highways Program since its inception 19 years ago in 1996 and is known in the scenic highway community for his dedication and expertise.

"I reached out to Garry and told him I wanted a way to recognize people who do great things for the highway and I want to name it after you," Caster told Balogh who was flattered and pleased, he said.

Friends of A1A Scenic & Historic Coastal Byway was selected for the first award from the 25 Florida Scenic Highways around the state for its completed projects, special events and commitment to raising awareness of environmental issues that directly affect the 72 miles of coastal corridor that runs from Ponte Vedra to Flagler Beach.

"We asked Garry to select the first recipients," said Caster. "He really wanted A1A to get the first award. It was really heartfelt for Garry."

During his tenure, Balogh assembled the largest collections of Florida Scenic Highways in the state, leading 8 corridors through the designation process with a ninth pending.

"To say that he goes above and beyond is an understatement," said Caster. "He believes

in the organizations he mentors and believes the work they do will have a lasting impact on the places they love."

Members of the A1A Scenic Highway community met at Matanzas Innlet Restaurant to celebrate his legacy, raising a toast to his life's work including Anne Wilson, Charlie Helm, Mary Ann Ruznecki and Al Hadeed who helped start the designation of the A1A Scenic Highway.

"We are honored to receive the very first Garry Balogh Inspiring Excellence Award," said Danielle Anderson, president of the Friends of A1A Scenic & Historic Coastal Byway.

"The sheer magnitude of what has been accomplished over the years through the program has brought together volunteers, like-minded individuals from our community who have worked with state and local officials to preserve, protect and promote the incredible resources we have here along the scenic highway. Garry has been our rock over the years providing leadership and guidance that will be difficult to replace," said Anderson.

"We are grateful to FDOT District 5 Secretary Noranne Downs, Jeff Caster and the others who traveled here tonight to honor Garry and show their commitment to the Florida Scenic Highways Program," said Anderson.


The award is the highest honor bestowed by the Florida Scenic Highways Program and focuses on leadership, innovation, stewardship or inspiring achievements that have made a significant and lasting impact on one or more of the scenic highways, scenic highway communities or the statewide program.

2015 Council of Aging Championship Gala and Golf Tournament

The 2015 COA Championship Golf Tournament is set for Monday, August 24th at World Golf Village's beautiful Slammer and Squire, 2 World Golf Place in St. Augustine. A Captain's Choice event, the COA Championship Golf Tournament is one of the premiere golf events in the north Florida area.


The 2015 COA Gala will be held on Sunday August 23rd, beginning at 5:30 pm at River House, 179 Marine St. Highlights of the Gala include dinner and cocktails overlooking the beautiful Matanzas River and live and silent auctions with unique art, gift, entertainment and travel items. Tickets for the Gala are \$85 per person.

There are many opportunities for you or your business to support COA through Golf and Gala sponsorships and COA is still accepting teams for play. This year's Caring Partners include Island Doctors, Serenata Beach Club and the St. Augustine Record. Already participating this year are teams sponsored by A.D. Davis Construction, Ameris Bank, The Browning Agency & The Regan Agency, Don & LaVonne Blackburn, Flagler Hospital, FPL, Glenmoor & Vicar's Landing, Joseph Boles, Leonard's Studio, The Van Rysdam Family, Thompson-Baker Agency, and VITAS Healthcare. For pricing and more information, please contact Jane Faybik at the Council on Aging at 904-209-3687.



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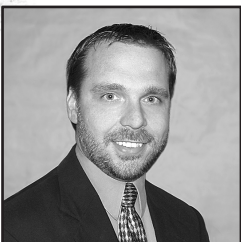
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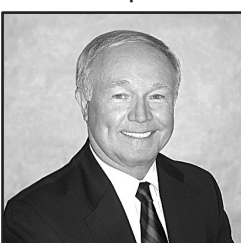
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Wild Flower Meadow Group

by Cindy Taylor

You may have noticed a storm blew down one of the wax myrtle trees in the meadow by the path. We had pruned and trimmed it for years so it wouldn't block the path and would provide refreshing shade. Near it we planted wild flowers and seeds that don't do well in full sunlight and we're sad to lose it. So are the flowers that were beginning to grow in its shade. Nature has a plan of its own and the tree we lost is like many of the flowers and seeds we plant in the meadow – and lose. It's also like all the seeds and flowers we don't plant that grow and bloom. A meadow has a "mind" of its own and learning comes not from imposing our will but by respecting its. We do what we can to support and protect it and learn what to do and not to.



As of this writing early in July, the cone flowers are blossoming and doing better than they have in previous years. There are patches of gaillardia, iron weed, and wood sage in bloom, a few butterfly peas, meadow beauty, and lots of gaura. There are also lance leaf coreopsis, mimosa strigillosa, day flowers, sweet white clover, frog fruit, scorpion tails, and more. Look Closely at the Fakahatchee grasses and you'll notice its fluorescence – seeds. Summer is the "down" season for wild flowers in a Florida meadow, but there's lots to see when you look.

We meet the first Saturday of each month at 8:30 by the Riverview Club House. Our goal is to care for the wild flower meadow, learn about native plants, and what grows 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.

Get a Great Haircut!

by Lisa Harris

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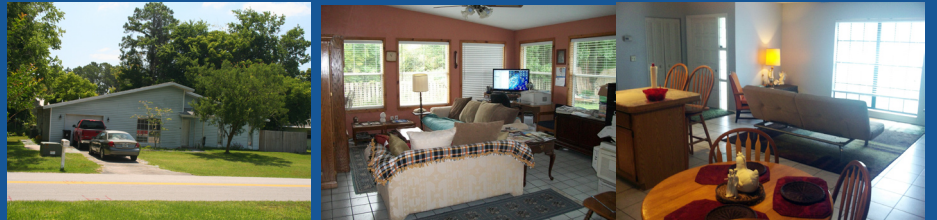
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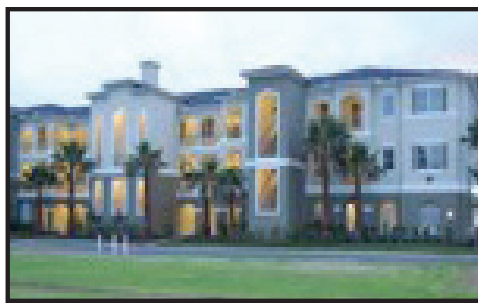
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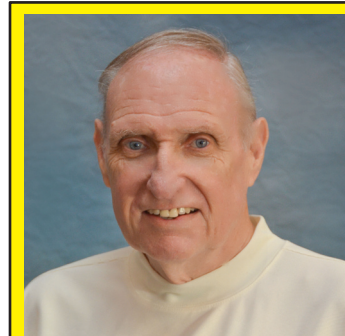
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Accumulation Dysfunction

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



I wrote this column a few years ago but I find myself referring to it more and more when I teach. It was written following a conversation with an older friend of mine. I asked him how he was doing and he said, "well, but I've got the normal aches and pains that come with age." I asked him, when was pain required with aging?

Each of us has experienced injury during our life time; some more significant than others. We typically brush ourselves off and press-on never thinking of the long-term consequences. We were young, healthy and motivated or we were busy and didn't have time to get things checked out.

This works for a time but after a while we do what I call, accumulating dysfunction. If you think about it, how many times have you blamed an ache/pain or inability to do something on a previous injury? "My knee hurts because I have an old football injury." "My body has not been the same since I gave birth to my kids", "I was fine until that guy rear-ended me 4 years ago." Perhaps there are legitimate, residual consequences from a previous injury and our function will never be the same, but usually what happens is we compensate over and over. A little weakness. A little shift in the way we move, an extra pillow, or something to help us get through.

The word function is a term resurfacing in healthcare. Perhaps the re-focus is due to our more active baby-boomers, or changes in healthcare and insurance policies. Regardless of the reason, it's important because function requires movement and proper movement keeps us healthy. Our bodies consist of an osseus (bony) frame, controlled by a myofascial

system, which receives its orders from the nervous system. Injury to any one of these systems will result in dysfunction (impaired or abnormal function) great or small. Fortunately, due to "self-preservation" our bodies compensate in varying degrees – resulting in imbalances.

Most of us provide more regular maintenance to our cars by changing worn tires or other parts to keep them running than we do our own bodies. We don't wait for the air conditioner to breakdown before scheduling service. We schedule regular annual service in an effort to keep it running without interruption. We even get vaccinations and medical check-ups annually for the purpose of prevention – to keep our organs healthy. Why not give your musculoskeletal system an annual check-up? What was your shoulder or hip range of motion last year? What was your strength? (continued on page ??) Have you lost some? What are your baseline measurements?

We've all heard the phrase, "prevention is the best medicine". I prefer the phrase, "prevention is the best intervention". Prevention can intervene (or get in between) you and dysfunction. Whatever movement you have today – don't lose it. Maintain your strength, muscle length, joint motion and function with prevention. Get current baseline measurements and compare annually just like you would your weight, cholesterol, blood sugar or INR. When you schedule your annual medical exam, schedule an annual functional exam with your physical therapist. Keep moving. Minimize compensation. Stay healthy and be functional.

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News From Aroung St. Johns County

Main Library Mixed Media and Book Sale

A Mixed Media and Book Sale will be held from Friday, August 7 – Monday, August 10, at The Main Library, 1960 N. Ponce de Leon Blvd.

The sale, sponsored by Friends of the Main Library St. Augustine, features books as well as DVDs, CDs, VHS tapes and audio books. Hardback books are \$1.00 and paperback prices range from 10 to 50¢ each. All children's books are 25¢. A selection of special books is individually priced beginning at \$3.00. Audio Books, DVD and CDS are priced at \$1.00. VHS tapes and cassettes are 5 for \$1.00.

The first two hours of the sale, Friday, August 7, from 10:00 a.m. until 12 noon, are reserved for members Friends of the Main Library St. Augustine. Memberships are available at the door. Scanners will be allowed only during public book sale hours. St. Johns County employees receive a 50% discount except during the Bag Sale.

Public sale hours are: Friday, August 7 - 12:00 noon - 5:00 p.m.; Saturday, August 8 - 10:00 a.m. - 4:00 p.m.; Monday, August 10 "\$3.00 Bag Sale," - 10:00 a.m. - 3:00 p.m.

For information email Friends President Mrs. Toni Siriani at Toni825@hotmail.com, or call the Main Library at 904-827-6940. Visit the St. Johns County Public Library System website: www.sjcpls.org. Follow us on Facebook.com/Friends of the Main Library St. Augustine.

Interfaith Celebration of St. Augustine's 450th Birthday!

On Tuesday, September 1, 2015 at 6:30 P.M. everyone is invited to a celebration of our city's 450th birthday. We will gather at First United Methodist Church, 118 King St. in St. Augustine for this Interfaith Event. Participating congregations this year will include First United Methodist Church, Temple Bet Yam, Memorial Presbyterian Church, the Center for Spiritual Living, Saint Paul AME Church, Grace United Methodist Church, The Cathedral Basilica of Saint Augustine, San Sebastian Catholic Church, Unitarian Universalist Fellowship, St. Cyprians Episcopal Church, Chinmaya Mission, S.A, First Coast Metropolitan Community Church, and representatives of the Muslim and Buddhist Communities.

The service will be conducted by the clergy and laypeople of the participating faith communities. Everyone is invited to this celebration of our city's 450th birthday as we seek to become a more compassionate city that builds understanding and respect and cherishes our diversity. Call 904-825-3600 for further information.

Main Library Mixed Media and Book Sale

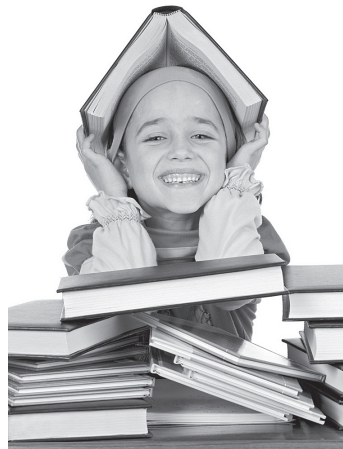
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Computer Corner

By Gary Herrick, Computer Professor
904-377-6785
mainely2@bellsouth.net



Updates on Windows 10

Greetings from Computer Professor
As many of you Windows users have noticed, Microsoft has placed a notice in the form of a Windows logo on your task bar. This is in the lower right side in what is called the system tray (by the time). This came along with Windows updates and it is an offer to reserve your copy of Windows 10.

Windows 10 is going to be free for one year to most users. At the time I am writing this article it has not arrived yet but may be available by the time this goes to print. Technically speaking, it is reported Windows 10 will work on old computers (XP and netbooks); this may be somewhat true if you are ok with 15 minute bootups and 45 seconds to open a folder.

Windows 10 is supposed to be the last

Windows version made, it will continue to receive updates but the name will not change. This is a big undertaking and as I am seeing with testing my Beta version, it is not yet ready. If you have only one computer I would advise to hold off a couple of months, I will report on how it is going throughout its' rollout and advise further.

Once again I am seeing a high number of people faced with a complete hard drive failure and not having any backup. Any and all files, photos, favorites, email contacts, documents etc. that you do not want to lose needs to be backed up somewhere. Contact me or a friend for your many options in doing this. Your hard drive will fail one day.

Library Advisory Board Officers Elected

At their regular monthly meeting on May 13, 2015, the St. Johns County Library Advisory Board lected their slate of officers for 2015--2016.

Current Board Chair, Mr. William Napper was elected Vice-Chair, Kathleen Cohen, Ponte Vedra resident and District 4 representative was elected Secretary.

The Library Advisory Board meets the second Wednesday of each month, at 9:00 a.m. and they are open to the public. The meeting calendar, agendas, and meeting minutes are posted on the library's website.



Created by the Board of County Commissioners (BBC) in 1977, the LAB serves as an advisory body to the Board of County Commissioners, and is liaison between citizens, the Library, and the BCC.

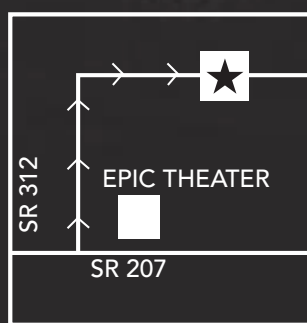
For additional information please contact Angelina Gervasi, Library Administration at (904) 827-6931, email agervase@sjcfl.us or visit www.sjcpls.org.

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Financial Focus

Information Provided by
Edward Jones

Keep Your Investments from Going on "Vacation"

It's that time of year when many of us hit the road for a summer vacation. If you are fortunate, you will be joining them — after all, "all work and no play" is a difficult way to live. But while you may not think it beneficial to work all the time, the same can't be said of your investments and your investment strategy — because, ideally, they should never stop laboring on your behalf.

How can you avoid "taking a vacation" as an investor? Here are a few ideas:

- Don't let your portfolio get "lazy." Laziness is fine for vacations, but it's not so great for an investment portfolio. When you invest, it can be easy to let things drift along and stay the same as they've always been. But over time, things can change: Your goals can change somewhat, your family situation can certainly change and even your investments themselves may change. That's why it's important to review your portfolio and your investment choices regularly, possibly with the help of a financial professional. You may not need to make drastic changes, but even modest-seeming adjustments may make a big difference down the road.

- Don't choose an investment mix that just "sits around." If you were to put all your investment dollars in conservative vehicles, such as certificates of deposit (CDs), your principal would likely not experience much volatility — which is good. But your money almost certainly would not have the growth potential to help you reach your long-term goals — which is not so good. That's why you will need to own some investments, such as stocks and stock-based instruments, that offer growth

potential. It's true these investments will fluctuate in value, and there's no guarantee you won't lose money on them. You can help address this risk by focusing on the long term and by creating an investment mix that is suitable for your situation.

- Don't become a "spend-happy" investor. It can be pretty easy to spend more on vacations than you had planned. For some reason, perhaps the carefree nature of a vacation, the act of spending money seems less grounded in reality — until you get home and see the bills. As an investor, you can also get carried away with your transactions — and it can cost you. To be specific, if you are constantly buying and selling investments, you'll be making it harder for yourself to follow a unified, long-term investment strategy. As mentioned, you will need to make changes as needed, over time, to your portfolio, but making moves such as chasing after "hot" investments, or giving up on other investments after one bad period, will likely not benefit you and could prove detrimental to your progress.

As someone who spends most of your life working, you may very much appreciate your vacations. But as someone trying to achieve important financial goals, such as a comfortable retirement, you shouldn't take a "vacation" from investing — and you shouldn't let your investments take one, either. As you know from your career and your other activities, making a consistent effort may pay off — and it's the same with investing.

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

St. Augustine Beach Civic Association

by Bill Jones, President
www.thecivicasociation.com



Civic Association's Record of Service to St. Augustine Beach and its Citizens is Unparalleled

By now many of you have read or heard about the Civic Association asking for a renewal of its lease on the old police department garage. I can't really explain one commissioner and a small band, of what many characterize as chronic complainers, have against our organization. I know that no matter how hard one tries there is always someone who is dissatisfied. Fortunately the majority of our members, patrons, citizens, and sponsors like what we do. Within just a couple of days of Monday's Commission meeting over 500 people signed a petition supporting the Civic Association and its activities in the community.

Renewal of this lease will allow the Civic Association to continue to stage events like "Music by the Sea" and "The Wednesday Market". The Civic Association renovated the building at its own expense and are tenants in good standing. We are simply asking for the City to renew our lease so we may continue our community service. The critics claim the Civic Association is "reaping a financial benefit" because of this lease. This accusation is quite bizarre since no one on the Civic Association Board is paid for their work and the money that comes into SABCA is put back into the community. This is well documented and is made public at our monthly meetings. The information is also on our tax return (IRS Form 990). The return is a matter of public record and can be viewed by anyone with Internet access. The truth is our entire community is reaping a financial benefit and this is how it is supposed to be.

Here is a short list of major projects and just a few statistics and financial contributions made by SABCA over the last 5 years that you may not

be aware of;

- Over \$15,000 paid directly to the City of St Augustine Beach to help pay for programs like Beach Blast Off, Veteran's Day Celebration, Ron Parker Day, Arbor Day and the City Police National Night Out.

- Over \$5000 for needs not in the City budget including a search light used by the Police and Public Works Department, computer for the City's Administrative Offices and water rescue equipment for all City Police officers.

- Over \$25,000 in contributions to other community non-profits and projects including but not limited to The Betty Griffin House for victims of domestic violence, Friends of the Anastasia Library, The Art Studio Group and Play it Forward music program providing musical instruments for needy St Johns County Students.

- Over \$10,000 for the purchase of the community holiday tree and production of Surf Illumination. In addition to purchasing the tree, The Civic Association makes donations to all of the school and local bands /choirs that perform at this free community event

- Over \$175,000 to produce the last 5 seasons of the free Music by the Sea Concert series. This number includes payments to entertainers, production costs including police / security, rental of the Pier Pavilion and three volleyball courts for seating, insurance and marketing.

When you calculate payments made to musicians, off duty police officers and revenue derived by local restaurants from sales of meals at Music by the Sea, the positive indirect economic impact for the last 5 years exceeds \$580,000. This number does (continued on page 10)

Learn about the Market with a Free Cup of Coffee



You're invited to join us at our next coffee club meeting.

Discussing current updates on the market and the economy in a relaxed, informal setting is a great way to get to know one another. Plus, the coffee's on us.

WHEN: Friday, August 14th at 9:00 a.m.

WHERE: Riverview Club Library at the St. Augustine Shores **RSVP required Refreshments will be served.**

Please join us at the next meeting of our coffee club and bring a friend.

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St. Augustine Lions Club Seafood Festival Raises \$122,000 for Local Community Projects 2015-16 Officers Installed

The St. Augustine Lions Club recently installed its officers for the 2015-2016 year July 13, 2015 at a banquet held at Amici's restaurant.

Incoming officers for the year include President Wayne Mancil; 1st Vice President Jim Hawkins; 2nd Vice President John Dickie IV; Secretary William Meares; Treasurer Larry Dillahay; Lion Tamer Toni Covato; Tail Twister Frank Clark; and Membership Chair Ron Covato. Club directors include Art Moore, Lora Pricenor, John Freemann and Dominic Mercurio.

The installation also featured the presentation of the Florida Grand Lion Award to Ron Covato and the prestigious Melvin Jones Fellowship to Lora Pricenor. Named in honor of Lions Clubs International Founder Melvin Jones, the Melvin Jones Fellowship is Lionism's highest honor, recognizing individuals for outstanding humanitarian service.

A special highlight of the event was the presentation of a check for \$122,000 representing the proceeds from the club's popular annual Lions Seafood Festival. Proceeds from the festival support a variety of local charitable activities, including the St. Augustine Lions Club's vision program: Each year, club members conduct thousands of free vision screenings for students in the St. Johns County schools. The club also pays for eye exams and eyeglasses for those in need.

"There is no reason for any St. Johns County student not to be able to see," said Lion Art Moore, a longtime vision screener. "The Lions will help them."

Club President Wayne Mancil presented certificates of appreciation to the Seafood Festival's sponsors, including Presenting Sponsor Winn Dixie; Money Pages; Totally St. Augustine; Hasty's Carpet & Flooring; VyStar Credit Union; Girly Girl Partees; and ReMax 100 Realty.

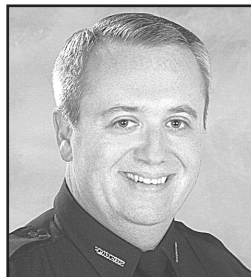
With more than 1.3 million members in more than 200 countries and geographic areas, Lions Club International is the largest service organization in the world. The St. Augustine Lions Club raises hundreds of thousands of dollars each year to support worthwhile community projects.



2015-2016 Board Members: Art Moore, Lora Pricenor, Dominic Mercurio, Toni Covato, John Dickie IV, Jim Hawkins, Frank Clark, Billy Meares, Wayne Mancil, Larry Dillahay, IVDG Larry Masters, Gale Meares, Ron Covato



Pictured left to right: Doug Owenby (Winn Dixie), Lion Dominic Mercurio III (Festival Chairman), Lion Wayne Mancil (President), Renee Unsworth (Totally St. Augustine) and Marty Lewis (Money Pages).



St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

E-Commerce Awareness

Here is an example of an advertisement placed on a popular e-commerce classified site: "For Sale: 2005 Denali Yukon. Excellent condition. 46,000 miles. Must sacrifice as I am being deployed to Afghanistan next month. Will deliver anywhere in Southeast United States."

This used car ad is most likely fraudulent and could result in someone being scammed for a lot of money. This month I would like to share with you some tips for safely using e-commerce sites or for that matter, any online classified buy and sell social network.

E-Commerce sites are a great resource for selling things, finding apartments, locating services and meeting people. Most of the time transactions go smoothly and both seller and buyer are satisfied with the experience, however be extremely cautious when seeking high end items.

Early this year an elderly Georgia couple was murdered after being lured to the central part of the state in hopes of purchasing a vintage automobile. That and similar tragedies have made national headlines over the past few years. The more frequent type of classified ad type crime involves the loss of money in buying or selling.

One e-commerce site advises that any business dealings be done with people locally. Trust your instincts and if the offer appears too good to be true, it probably is. If you have something for sale and someone emails or calls offering more than you are asking be skeptical and careful. This is usually the first step in getting some of your cash. In this scenario you may be asked to put some money in a phony escrow account supposedly to insure a safe transaction for both parties. Even being asked to make a deposit in legitimate escrow service such as BidPay, Squaretrade or PayPal should raise a red flag to proceed with caution. In all e-commerce transactions I would like to add "let the buyer be smart" to the old adage of "let the buyer beware." If in doubt

please contact a family member or friend to seek their advice.

E-Commerce scams frequently involve rental property. If you are seeking a home to rent, do not send deposit money or first and last month rent before you confirm the property is actually a legitimate rental. The FBI has posted a warning about such a scam operating from overseas. The response to a "wanted to rent ad" will say they have a home available in your community because they are missionaries and have accepted an assignment from their church in another country. They will e-mail you pictures of the home then tell you they will give you the address after you send a Western Union money order for the deposit.

These sites are also popular for personal ads. If you post such an ad never reveal contact information. Many sites will allow you to setup an email response box that will be forwarded to your undisclosed email address. When meeting someone in response to a posting, always make it in a very public place. Always tell a friend or family member where you are going and when you plan to return.

Even after you have met the individual and start to feel comfortable don't let your guard down too soon. If during the first meeting the other person suggests to go to some place quieter say no and use your best intuition as to whether you want to continue the meeting and conversation.

Using e-commerce or other social sites can be fun and rewarding if you use some of these tips to insure your safety and protect yourself from being scammed, or worse, harmed.

Thank you for taking the time to read my column and, if you are a fan of Facebook and Twitter, please follow the St. Johns County Sheriff's Office. If you have suggestions for future topics or any issue related to law enforcement and public safety in St. Johns County please contact me at dshoar@sjsco.org.

Civic Association

(continued from page 9)

not include the Wednesday Market which plays host to over 70 vendors and hundreds of shoppers each week. If one included the impact of the Wednesday Market the economic impact would be over \$1,000,000 over the last 5 years. This information alone justifies the renewal of the \$1 a year lease.

I urge you to contact your City Commissioners and tell each of them that you agree! As President of the Civic Association I urge the Commissioners to do what is best for our community and renew our lease.



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Monday, August 24th, 2015 Golf Tournament

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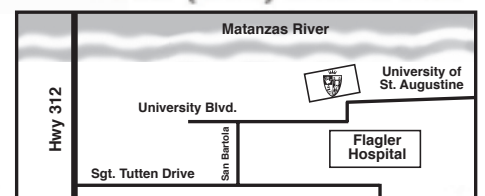
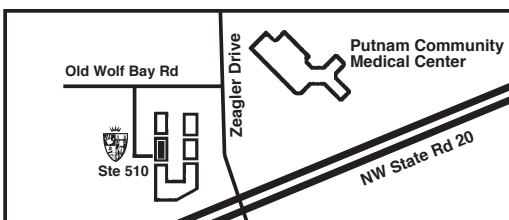
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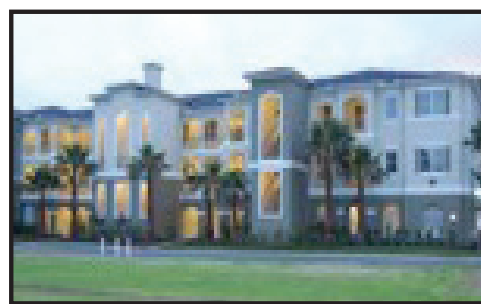
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