



St. Augustine Shores OBSERVER

NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE SHORES

Young Volunteer Tells It Like It Is



Everyone involved with Home Again St. Johns' Dining With Dignity program is touched in some special way. When Maya Araman of northern St. Johns County was required to write a speech for the 4H Tropicana Speech Contest, the 10-year-old, fourth grader at Timberlin Creek Elementary shared with her class her experience while volunteering for St. Francis In The Field's December Dining with Dignity meal serving. She not only won the hearts of her classmates and teachers, but she won first place in her class and eventually in the entire school. Maya competed with the other 22 schools in the St. Johns County school district, but unfortunately didn't place. However, the church was so moved and inspired with her speech that they wanted to share it with the community. Maya's speech read:

"Have you ever sat down, ready to enjoy a delicious, hot meal and thought about the people who don't get a chance to have one? Do you ever think about the many people out there who may not even get a chance to eat all day? It's very possible that the answer to those questions is no. That's the whole purpose behind Dining with Dignity.

Dining with Dignity is made up of various members of different churches, community groups, as well as concerned individuals. (continued page 5)

St. Augustine Ballroom Dance Association "Old Fashion Picnic"



Pictured above: Kevin Guerra's Salsa Dance Team performing at a recent St. Augustine Ballroom Dance Association dance.

The next scheduled monthly dance of the St. Augustine Ballroom Dance Association will be held on Saturday, July 11th at the Riverview Club, 790 Christina Drive, in St. Augustine Shores. The dance starts at 7:30pm and ends at 11pm.

The dance hall will be decorated by Paula Crescimanno and her helpers so that it looks like everyone is dancing at a proper "Old Fashion Picnic," which is the theme for this fun filled dance. So come dressed to look the part.

The very popular Nostalgia Band, led by Roy Olsson, will provide the dance music. Hors d' Oeuvres, dessert and coffee will be served at the second break.

Guests pay just \$15 per person. For an invitation to this special event, call association president, Hal Sommer, at 904-823-0719. 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/SABDASAug.

Summer is Here! Habitat for Humanity Home Building



You are likely hearing the familiar sounds of the season like birds singing, bees buzzing, and children laughing and playing outside. At Habitat for Humanity St. Augustine/St. Johns County, the buzz of a saw and the thud of a hammer is what we're hearing at this time of year.

That's right – the summer is our busiest building season! We are breaking ground, putting in foundations, and framing walls as new homes for hardworking families are being built right here in St. Johns county. You won't see any more roof shingling in St. Johns County as we've made a commitment at our Habitat to install metal roofs to ensure for sustainability and double, if not triple, the life span of a roof. You can see the first one located at 14 Lovett Steet in the heart of downtown Lincolnvillle. But with so much going on at Habitat this summer, We need your support to finish homes currently under construction and keep building!

What's Inside The Observer This Month...

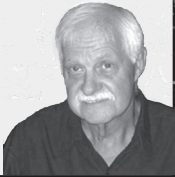
- *News From Around the Shores:*
 - July Recreation Calendar
 - Shores Service Corp July Board Update
- *Health Update:* Dancing
- *Financial Focus:* What Are Your Excuses for Not Investing
- *Computer Corner:* Does Your Computer Run Slow?
- *Help Protect Sea Turtle Habitat During Nesting Season*

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

The Shores Observer
1965 A1A SOUTH #180
St. Augustine, FL 32080-6509

The St. Augustine Shores Observer

Published monthly for residents of St. Augustine Shores St. Augustine, FL.
1965 A1A South #180
St. Augustine, FL 32080-6509
Cliff Logsdon
Publisher/Editor
(904) 607-1410
clifflogsdon@att.net
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.

ROTO-ROOTER PLUMBERS

WE DO PLUMBING!

Guaranteed Repairs & Installation
Prompt 7 Day Service
Free Estimates

824-1836

\$20.00 OFF

Limit one coupon per customer

Licensed # CFC057849



Will Russell

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

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

(904) 814-7305

will@EndlessSummerRealty.com
"Helping Dreams Come True"



521 A1A Beach Blvd.
St. Augustine, FL 32080
Office (904) 461-8878
Fax (904) 461-8879

Robert C. Kelsey MD

Accepting New Patients

Board Certified
Cardiology and Internal Medicine

(904) 827-0078

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

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: 5'3" X 7'4" Area Rug, machine made in Turkey, heat sealed Olefin, great quality and like new. No pets in household. Brown and Blue Paisley pattern in multi box pattern. Can send pictures. \$60. Please call 904-797-3736

FOR SALE: 2012 Kawasaki Vulcan 1700 Nomad Motorcycle - Mileage 5900 - Extended Warranty thru May 2018 - \$8500 - Excellent Condition - Color Imperial Red & Silver. Call: 904-797-5893.

FOR SALE: Two table reading lamps - both bronze trim. \$15.00 and \$20.00 (different styles). Can send pictures. Please call 904 797-3736.

FOR SALE: 2013 Prius-C-Level 3, Metallic Gray, Loaded 13.5K miles, transferable 7 year, 100K mile Platinum Extended Warranty that covers ALL maintenance, Even oil changes. Options include 6 speaker sound system with AM,FM,CD,XM, Navigation, Backup Camera, Blue Tooth Voice recognition and much more. Like new \$17,950, 904.687.3667.

Experienced Caregiver-Home Health Aide seeking Private Duty Position in the Conquistador Condominiums and Shores Community. Duties: Companionship, light housekeeping, laundry, meal preparation, assist with activities of daily living, personal care, medications, monitor vital signs, document care procedures and other duties as assigned. Prior Certified Nursing Assistant Knowledge and Qualifications. Valid FL Driver's License. Flexible Hours. References available. Call 937-207-1003.

Learn How to Manage Your Kidney Health.

No-cost classes are available in your area. In a no-cost Kidney Smart® class, certified kidney care educators will teach you: • How to create an action plan to manage your health • What causes kidney disease and how to delay its progression • What diet resources can help you manage your diet • Why working may keep you happier and healthier • How insurance counselors can help you navigate coverage. Join Us for Our Next Class: Thursday July 30, at 5:00 pm. St. Augustine Home Training, 252 South Park Circle East, St. Augustine FL 32086. Register today at KidneySmart.org/Class or call 904-823-1594.

JOY

Find Joy at Shores
United Methodist!

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

Sharon's Hair Studio Serving Shores Community!

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



\$10 Cuts! \$5 Off Foil
\$3 Off Color Highlights!
\$40 Perms!

794-0998

Walk-ins Welcome!

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

David Hanley's Lawn Maintenance

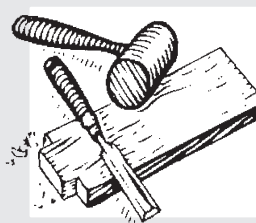
Personal Service
No Job Too Big Or Too Small
Cell (904) 501-3976
Office (904) 824-6564



LLC: L09000017989

JORGE'S HANDYMAN SERVICE, INC.

Carpentry, Renovations & Repairs



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

Free Estimates (904) 315-8550

Lic. # ST-7256

• Shores References Available

St. Augustine Shores Club News

July Riverview Club Calendar

DANCE MEMBERS:

July 8th EARLY SOCIAL

Sunday 6:00PM - 9:00PM Music By: Tim Rippey

Chairpersons: Joe & Nancy LaPaglia

Reservations: Tuesday 6/30/15 and Thursday 4/2/15 *9-10am

Dance Members and Houseguests- \$5 / Activity & Outside Guests- \$10 BYOB

July 25th MAIN SOCIAL

Saturday 7:00PM- 10:00PM Music by: Nostalgia

Chairpersons: Volunteer's needed

Reservations: Tuesday 7/21/15 and Thursday 7/23/15 *9-10am Dance Members and

Houseguests -\$5 and Activity & Outside Guests \$10.00. *BYOB*

ACTIVITY MEMBERS:

ART CLASS- This is a private art class you do not need to be a Rec. Member to participate. Please contact Shirley Depasquale to sign up 904-461-4632.

RUBBER BRIDGE- Friday at 12:30PM

BEGINNER BRIDGE- Every Monday at 10:30am

CHICAGO BRIDGE- Must have a partner to Play, Monday at 12:30 and Thursday at 12:30pm

CHAIR YOGA- Every Wednesday & Friday at 10:45am. A gentler form of yoga for those for whom balance is an issue.

DANCE CLASS - Dance & Activities Members Welcome. See you in September!

EXERCISE CLASS - Every Tuesday and Thursday at 10:00AM. Donation at door \$2.00, call Nancy Willis 794-1855

FRENCH CLASS- learn French conversation on Tuesdays @ 1:30pm. To sign up call Micheline Sterling 794-0800

LINE DANCING-Every Monday at 7pm and Wednesday at 10:00AM

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

Writers in the Shores- meetings for Writers in the Shores will be Tuesday the 9th and again on the 23rd at 1pm. The chosen subject "There is no such thing" was suggested for this month's topic on the 23rd. Rec. Membership is not required for more info please call Donna Johnson @794-0789

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

To All Members of the Recreation Association,

If you know of anyone who should receive a greeting card, please call Cecilia Scully at 797-4816.

SPECIAL NOTICES

Recreation Association Membership Renewals will be held in the Library June 30, July 1-2 from 9am-12pm

Geoffrey S. Nadler, local Edward Jones financial advisor, will host a coffee club at 9:00 a.m. the second Friday of each month at the Riverview Club Library at the St. Augustine Shores.

Early Social- August 2nd Sunday 6-9pm. Entertainment: Ernie

Dance Members (& Houseguests) - \$5/ Activity Members & All outside guests- \$10

Main Social- August 22nd Saturday 7-10pm. Entertainment: Frank Saffi

Dance Members (& Houseguests) - \$5/ Activity Members & All outside guests- \$10

FREE POOL DAY JULY 4TH!!!!

Free Pool Day July 4th for Shores residents only with bathing load limited to 100 pool participants. Hours are from 9am to 5pm. Come and enjoy!

Help Protect Sea Turtle Habitat During Nesting Season

The beaches of St. Johns County are home to several species of endangered or threatened sea turtles. Residents and visitors have a special opportunity and responsibility to protect these magnificent creatures and their vulnerable nesting sites as they return each season to nest along the beaches. In 2014, St. Johns County experienced another record year along its 41 miles of shoreline with 476 nests, including 442 loggerhead, 28 green, and 6 leatherback nests. Sea turtle nesting season begins May 1, and St. Johns County officials are asking residents, visitors, and businesses to help protect natural habitat by observing all nesting season laws and regulations. Between May 1 and October 31, vehicular traffic on the beach is allowed between the hours of 8 a.m. and 7:30 p.m. In addition, all beachfront properties are required to reduce their impact by eliminating interior and exterior lights which may disrupt nesting sea turtles. These measures are enacted to ensure compliance with the St. Johns County Habitat Conservation Plan and Incidental Take Permit. Beach visitors can also have a positive impact on nesting sea turtles by taking the following actions while enjoying the beach:

- Refrain from using fireworks and open fires.
- Remove ruts and fill in holes left by vehicles and sand castle building.
- Please remove all chairs, umbrellas, or canopies from the beach before dark. These items are subject to removal by County staff.
- Avoid entering sand dunes and conservation zones (15 feet seaward of the dune line).
- Refrain from using balloons for events, as they fall into the ocean and can harm marine life.
- Never approach sea turtles emerging from, or returning to the sea. Nesting sea turtles are vulnerable, timid, and can be easily frightened away.

Never push an injured animal back into the ocean. If an injured, sick, or deceased sea turtle is encountered, please call the St. Johns County Sheriff's Office non emergency dispatch line at 904.824.8304. Leave only your footprints, providing the turtles with a safe and clean habitat in which to nest and hatch. St. Johns County is grateful to volunteers, residents, visitors and businesses for supporting habitat conservation efforts and keeping our beaches beautiful. For more information, please contact St. Johns County Habitat Conservation and Beach Management at 904.209.3740 or visit www.sjchl.us/hcp.

St. Augustine Travel Club

by Peter Dytrych

To all travel lovers - the St. Augustine Travel Club will take a summer recess for July and August, and resume in September. Look for the announcement in the September papers. Have an enjoyable and safe summer. The club is open to all St. Augustine residents and friends. For any questions, please call Peter at 904 797-3736.

G-Force Vacation Bible School at Shores United Methodist Church

All children ages 4 to 6th grade, are invited to explore how to put their faith into action at St. Augustine Shores United Methodist Church's VBS this year. G-Force VBS will be held Monday through Friday, July 20-24, from 8:45 a.m. to 12:15 p.m.



In this mission-focused VBS, kids experience God's unstoppable love and discover how to fuel up and move in and through life with God, with movement and images of all sorts of kid-friendly transportation, such as skateboards, running shoes, roller blades, and more! They will watch the G-Force meter climb illustrating how God is at work around the world.

Free registration closes on July 10. Forms are available at Shores United Methodist Church, 724 Shores Blvd (between the golf course and Hartley Elementary). You can also call the church at 797-4416 or visit the church website at www.shoresumc.org. There is a \$10 registration fee after July 10 and there is no registration on the first day of VBS this year.

Recreation Association Membership Renewal

The last two opportunities to renew your membership for 2015-2016 in the Shores Recreation Association is July 1st and 2nd from 9 am to noon in the Riverview Club library.



Psychotherapy Solutions LLC
"counseling is an investment - make yours today"
"Dr. Betty" Carvajal, PhD, LMHC

Counseling for:	• Anxiety
• Individuals	• Stress & Anger Management
• Couples	• Trauma
• LGBT	• Addiction
• Adolescents	• Depression

904-392-5434
drbcarvajal@aol.com
 1100 Plantation Island Drive, Ste 140
 St. Augustine 32080 MH#11064



Se Habla Español



Mr. Bathtub

Repair & refinish bathtubs,
sinks, tile, countertops,
Walkthru units, seats, grab bars

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

Heritage Baptist Church
"A Warm & Friendly Fellowship"

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

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

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

Mass Time - 10:00 Sundays

All are welcome!!



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

News from Around the Shores

St. Augustine Shores Service Corporation June 11, 2015 Board of Directories Summary

The St. Augustine Shores Service Corporation's Board of Directors held its regularly scheduled Board of Directors Meeting. A quorum was established.

The Minutes of the May 14, 2015 meeting were approved. There was a motion made to accept the minutes as presented. Seconded. Unanimous. The motion carried.

The Treasurers Report was read and accepted for audit.

The ACC Committee had 1 meeting in the month of June. The ACC Committee approved 24 applications:

8 fences, 4 new homes, 2 pool enclosures, 2 pools, 5 sheds, 1 sun room, 1 screen porch, and 1 screen room. Total approved YTD 193.

Variance Request for 799 Gilda Drive to install fence in front of A/C unit. There was a motion made to grant the fence variance as requested. Seconded. Unanimous. The motion carried.

Managers' Report Old Business

• Status of Pool Bathhouse

A list of open punch out items was presented. The Board was informed of the outcome of negotiations with JTN Construction and Maintenance Services regarding their lateness in completing the pool bath house project. They will provide benches and the labor to repair the West side roof line of the storage closet at the pavilion. The Board was informed of upgrades provided by JTN at no cost to the Association.

• Credit Card Processing.

We will revisit offering credit card processing as an option for the payment of fees. Information from Core Tran Business Services including flat fee services and a list of applicable rates was presented. The Board decided to ask Core Tran to attend the next regularly scheduled Board of Directors meeting.

• Progress on BOD Goals.

1. Permit applied for and received to install electrical service for a new irrigation well to water the areas of Shores and Christina not irrigated.

2. Moving forward with changing the governing documents as far as the By-law change accepted by the membership at the annual meeting.

3. Payment and collection option changes.

4. Discussion on distribution of a survey to lessee's of the Boatyard / RV storage facility.

• Memorial Bricks Discussion.

The Board discussed the necessary steps to move forward with the project. The Board decided to dedicate the areas North and South of the main entrance canopy to the project. Preparing to solicit bids.

New Business

• Policy on Directors Seated on Multiple Boards.

It was recommended that we develop a policy limiting membership on multiple Boards in the Shores Community.

• Upgraded Technology for Board Meetings.

It was recommended that we purchase note pads for Board meetings of the Service Corporation and the ACC Committee.

• There was a motion made to prepare a plan for the upgrade that will insure compliance with the Florida Statutes on records retention and membership entitlements. Seconded Unanimous. The motion carried.

• Family Fun Day

Date set for October 10, 2015. There was a motion made that we hold the Family Fun Day on October 10, 2015. Seconded. Unanimous. The motion carried.

• Deed Restriction Report.

A Deed Violation report was presented.

Directors Comments:

By-Law for term limits for membership on the Service Corporation's Board of Directors.

Management was informed that there are 2 bikes laying on the common property near Crystal Lake.

Information on roof replacement scams.

July 4, 2015 free pool day. Supported by the Board.

Promotional flier on the Shores Community presented.

Swale and street parking becoming a big issue.

Members Comments:

Comments on the blue recycle bins distributed throughout the County. Inquiry about the time capsule at the entrance to the Riverview Facility.

Question on the legality of developing policy limiting membership on multiple Boards in the Shores Community.

Orchid Club Meeting July 7th

Alan Koch of Gold Orchids in Lincoln, California will talk about Orchid Culture 101 at the July 7 meeting. Alan will give a basic program suitable for all growers covering orchid nutrition, basic genetics, how to anticipate what will bloom out of a cross and which plant you should purchase. Any grower will be sure to learn something from this talk. Alan Koch is the owner of Gold Country Orchids where he specializes in miniature orchids and compact Cattleyas. For information contact Yvonne Schimmel, yrs58@bellsouth.net.

"Understanding The Civil War" Discussion Group Meeting

The monthly meeting of the "Understanding The Civil War" Discussion Group will be held on Tues July 7, 2015 at 1pm at the Anastasia Island Branch Public Library in the Seagrove Subdivision on Rt A1A South. Meeting is open to the public. For more information please email Charlie Smith at: smithc32@bellsouth.net

4th of July Celebration at VFW Post 2391

Everyone is welcome to attend the 4th of July celebration at VFW, Bryan Tutten Memorial Post 2391 located at 6184 US Hwy 1 South in St. Augustine from 12 - 6. Music will be provided by "Matanzas" along with food. Come out and enjoy the 4th in style at our newly renovated "Tuttens Tiki Bar"! For additional information contact Debbie Tilley, LAVFW Post 2391, 904-460-9345.

St. Johns County Medical Alliance Academic Scholarships

The St. Johns County Medical Alliance recently awarded five academic scholarships to St. Johns County high school graduates pursuing their education in a medical related field of study.

Every year, the St. Johns County Medical Alliance, in conjunction with the St. Johns County Medical Society, offers academic scholarships to graduating St. Johns County high school seniors pursuing an education in pre-medicine, nursing, or allied health. Scholarship applicants are evaluated on academic ability, school involvement, financial need and community service.

This year's award winners represent most of the county high schools. Molly Beman (Nease High School) will attend University of South Carolina and plans to major in Biochemistry to become a pediatric otolaryngologist. Brandon Canady (Nease High School) plans to become a surgeon, starting with a major in Biology at the University of Florida. Elizabeth Colvin (Pedro Menendez High School) plans pre-medicine studies at the University of Florida. Rachel Gupton (Creekside High School) looks to become a physical therapist, majoring in exercise science at Florida State University. Alex Locurto (Bartram Trail High School) seeks a career in the biomedical sciences and will attend the University of North Florida in the fall.

The Alliance offers continued support for previously awarded scholars that continue their studies in a medical field, maintain at least a 3.0 GPA and keep in contact with the Alliance.

The St. Johns County Medical Alliance is comprised of spouses of St. Johns County physicians. Its purpose is to promote health education, identify and address health-care needs and issues, participate in health-related legislation, and provide college scholarships to St. Johns County students. For more information about the Medical Alliance, go to www.sjcma.blogspot.com.



SJR State Students Honored at Annual Awards Ceremony

St. Johns River State College administrators, faculty and staff recently gathered to honor students on the St. Augustine campus for their local, state and national academic achievements and participation in campus activities.

Jana McDermott was recognized as being part of the All-USA Academic Team. Applicants are nominated each year for the prestigious Phi Theta Kappa honor society award. The team recognizes students for their academic achievement, leadership and service to their community. The Dr. Applewhite Humanitarian Award, memorializing SJR State science professor Dr. Doug Applewhite, was presented to Sarah Davidson, Rebecca Ray, Sara Roberts and Teresa Villalva for their diligent community efforts.



The Student Leadership Award was presented to Brittany Lassiter.



The SJR State Student Government Association presented math instructor Mark Wilson with the Professor of the Year award.



Students recognized for Who's Who Among Students in American Universities and Colleges were: Janelle Gebert, Tristan Hood, Brittany Lassiter, Jordan McCloskey, Jana McDermott, Cristina Miller, Richard Nattinger, Heather Pennick, Joanna Radcliffe, Sean Tirello, Glehn Von Loh and Anne Widener.



Glehn Von Loh was honored as the 2015 inductee into the SJR State Hall of Fame. The Hall of Fame award is presented each year to a select number of students who are recommended by faculty for their academic excellence and extracurricular involvement.

*Please Support the Sponsors!
they make this publication possible!*

Young Volunteer Tells It Like It Is

(continued from page 1)

They gather daily at a parking lot in downtown St. Augustine to supply a free hot meal to anyone who is homeless and hungry. Rain or shine, people involved with Dining with Dignity come out to ensure that the homeless and hungry have at least one hot meal a day. Every day, the volunteers do their best to make a difference for a hungry person and to make life a little easier for at least a little while. Despite the circumstances, everyone should be given the opportunity to be treated with dignity and respect.

I signed up with my family and several others at church to participate in Dining with Dignity during the winter break. We prepared a hot, yummy dinner at our church kitchen that also included drinks, dessert, snacks and a new pair of warm socks. We loaded up our cars with the food and headed down to the parking lot at the corner of Bridge and Grenada Street and set things up buffet style. My job was to greet the people and give them hand sanitizer to clean their hands.

It's sad to think that there are many individuals, as well as families living in our community that would go hungry or without at least one hot meal a day, if this service wasn't available. On that same day that I volunteered, we noticed that several of the homeless had hung stockings on the parking lot fence with their names on them.

Since it was almost Christmas, we put candy in them so they could have a merry surprise! I realized that even though many of the hungry don't have a home, it doesn't mean that they don't want to be treated with dignity and enjoy the same things I may take for granted.

Dining with Dignity is an amazing organization to be involved in because it promotes happiness, instills compassion and provides the experience of dining with others. Being homeless and going hungry can often make people feel very alone. To be able to make a difference in a person's life can last a lifetime and I would definitely recommend volunteering if you get an opportunity.

So the next time you sit down to start digging into your hot meal, take a quick moment, be thankful, and think about volunteering to feed the hungry. Sometimes it's doing the smallest things that can have the biggest impact for someone else."

Dining with Dignity, a program of Home Again St. Johns, has been in existence since November of 2010 and has served upwards of 146,000 meals with a cost benefit to the community and the organization of \$500,000.

The mission of Home Again St. Johns is to promote, foster and support a collaborative approach among social service and governmental agencies, businesses, community groups, faith-based organizations and dedicated private citizens for resolving issues related to homelessness in St. Johns County compassionately, effectively and efficiently. The vision of Home Again St. Johns is to build a one stop location housing multiple agencies providing coordinated homeless services.

Hubley Gallery & St. Augustine Framing Announce Grand Opening Event

Hubley Gallery and St. Augustine Framing will be holding a grand opening event on Saturday evening July 18 starting at 5 pm. at 804C Anastasia Blvd, St. Augustine. The opening will be free and open to the public.

The opening event will introduce Hubley Gallery's brand new art exhibit, and many of the artists will be there to discuss their works. Included will be painter Mary Hubley, whose dramatic canvases depict fresh images of sand dunes and wild places; award-winning landscape painter Natalia Andreeva, who paints hidden beauty in landscapes; photographer Maria Struss who captures striking visions of the area's wildlife and landscapes, and metal sculptor Dennis Bernhardt, who creates whimsical hand-forged steel sculptures of nature.

The exhibit also includes distinctive pottery pieces by Patricia and Doug Brown from Dixie Pottery, who focus on elegant wheel-thrown and hand-built forms; and Gary Shindelbower, the Gentle Potter, whose usable art is marked by its unusual lacework texture. Local jewelry artisans include silver artist Lynda Marie Keen's magnificent ocean-inspired jellyfish and palm trees; Julie Wesling's vibrant bead necklaces, and Tammi Sharpe's chic world coin jewelry collection.

"When we found this great space, we knew the time was right to open the gallery and custom frame shop," says Dan Hubley, co-owner of Hubley Gallery and St. Augustine Framing. "We have met so many amazing artists over the years, and now we can help them promote their work. Our goal is to find the perfect places for our artists' work in in both public and private collections."

Hubley Gallery and St. Augustine Framing are the newest additions to St. Augustine's trendy Anastasia Boulevard neighborhood on Anastasia Island. The stylish new gallery exhibits emerging, mid-career and established artists creating paintings, fine art photography, sculpture, pottery, and fine jewelry. The custom frame shop is an important counterpart to the gallery, offering over 2000 frame options for artists, photographers, and residential and commercial customers. For more information, call 904-429-9769 or visit hubleygallery.com.







EYE CENTER OF ST. AUGUSTINE

THE EYE SURGERY CENTER OF ST. AUGUSTINE

THE OPTICAL SHOP




PAUL W. HUND, III, M.D.



TODD P. THOMPSON, M.D.




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




N. PATRICK HALE, M.D.



ELIZABETH K. MCLEOD, M.D.



MICHAEL A. DAGOSTINO, O.D.



TODD HOCKETT, O.D.



TOTAL EYE CARE UNDER ONE ROOF

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

MEDICARE PARTICIPANTS ACCEPTING NEW PATIENTS

1400 U.S. Highway 1 South
829-2286

319 West Town Place, World Golf Village
940-9200

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



Best Vision Center 10 Years

MOULTRIE CREEK

NURSING & REHAB CENTER

...your bridge between the Hospital & Home



200 Mariner Health Way • St. Augustine • Tel: 904-797-1800 • Fax 904-797-1803
Gingie MacQueen, Admission Director 904-864-1051

Moultrie Creek Nursing & Rehabilitation Center prides itself in providing home-like amenities during your stay. A personalized plan of care teaches and educates you for continued improvement after returning home.

- Inpatient/Outpatient Physical, Occupational & Speech Therapy
- Ice Cream Parlor • Beauty/Barber Salon
- Indoor/Outdoor Common Areas • Newspaper Delivery
- Pharmaceuticals • Dietary • Social Services • Dining Areas • Laundry Service • Phone/Cable • Wound Care • Restorative Care

Wild Flower Meadow Group

by Cindy Taylor

Spring in the meadow is over! And so is the multitude of spring blossoms we had this year. It's been dry this summer so far and there may not be another vast display of color again till fall. In the meantime, we're pulling out grasses where tiny vines grow up the stems and spread onto the flowers. It's our hope this will give the flowers freedom to grow and bloom. Wood sage, horse mint, and blue curls are suffering from not enough rain and we're using the sprinkler system to compensate.

One of the differences between a wild flower meadow and a garden is what some call weeds. Gardeners remove them, those who appreciate wild flowers nurture them; and if all goes well, the "weeds" become beautiful flowers. Our goal is to foster and conserve what's native.

In early June meadow beauty, gaura (now



called southern bee blossom), butterfly pea, day flower, iron weed, wild poinsettia, gaillardia, and St John's wort are blooming.

In May our group went to Washington Oaks State Gardens.

We meet the first Saturday of each month at about 8:30 by the Riverview Club House and welcome anyone who's interested. We're an informal group without officers or dues and hope you will join us. Please contact Claire at 794-7473 for more information.



We've got fruit for every Summer occasion!

BBQ's	Pool Parties	Holiday Picnics
		Shop Local
Graduations	Summer Birthdays	

Call, visit or order at edible.com
2730 SR 16 Unit 107
Saint Augustine 32092
904-342-2486

*Cannot be combined with any other offer. Restrictions may apply. See store for details. Edible, Edible Arrangements, the Fruit Basket Logo, and other marks mentioned herein are registered trademarks of Edible Arrangements, LLC. © 2015 Edible Arrangements, LLC. All rights reserved.

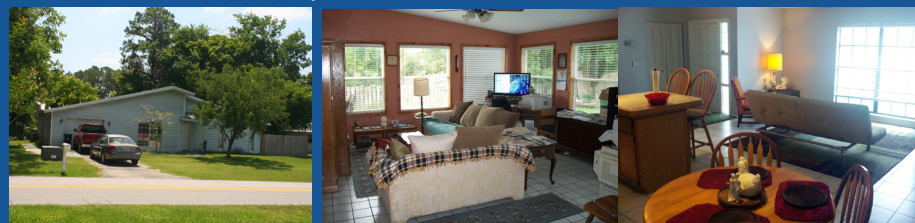
Temple Bet Yam Installs New Board of Trustees



On Friday, June 5th, Temple Bet Yam installed its 2015-16 Board of Trustees. They are: President: Terri Kamm, Vice President: Al Sibarium, Treasurer: Art Rogove, Recording Secretary: Marcia Rector, Financial Secretary: Nancy Sorkin, Corresponding Secretary: Rhona Botnick, Immediate Past President: Barbara Carman, Constitution/Parliamentarian: Ilene Hoffman, Facilities: Jeff Kamm, Lifelong Learning: Elliot & Min Stone, Membership: Barbara Rogove, Newsletter: Bev Darkatsh, Publicity: Carol Gladstone, Religious School: Denise Menseh, Ritual: Chuck Meiselman, Social Justice: Joe & Andrea Marx, Ways & Means: Dinah McNamara & Shelly Cohen. Also: Men's Club President: Bernie Levy, Sisterhood President: Jackie Witte, and Religious School Director: Heather Naughton.

Temple Bet Yam, led by Rabbi Fred Raskind, is an active, welcoming, Reform congregation, located at 2055 Wildwood Drive in St. Augustine. The congregation has a long history of active involvement in the community. The Religious School welcomes children from pre-school (4 years) through B'Nai Mitzvah, with additional opportunities for teens. For further information go to templebetyam.org or call 904 819-1875.

For Sale By Owner - Palm Coast 2BR/2B Home
\$94,995 Call 904-607-1410



Great 2 bed/2 bath home in Palm Harbor neighborhood. Walking distance to local shops, restaurants, and bowling alley. Convenient to I-95 and 10 minutes to the Beach. Some features include, tile floors, kitchen island, and a very nice fenced and shady back yard.

What Type of Haircut is Best for You?

by Lisa Harris

A professional hair dresser can customize a haircut and a hair style that will work for you day in and day out. It's up to you to communicate with them about your needs, time constraints, and your ability or willingness to fuss with your hair on a daily basis. Consultations are a great way to analyze all of this and figure out how to get you the best haircut, style and color possible. Call me at 904-334-6888.

V.I.P.

New Clients get \$25 Off the Purchase of 2 Services from Haircut, blowdry, Color, or Hi-Lights

Lisa Harris
904-334-6888



Lisa Harris

Hair Designer • Color Specialist • Makeup Artist
by appointment only • on location available

Sarahpy Hair and Nail Salon **904-334-6888**
5543 A1A South Suite #101
St Aug Beach FL 32080 www.hairbylisaharris.com



Graham E. Charlton



Sales & Marketing

"Out of the Box Suggestions"

- New Ideas for Success
- Items to promote your business
- Silk Screen & Embroidered Attire
- Non Profit Discounts
- Sales training

904-501-0937

email: gbcharlton0@gmail.com

DELTONA REALTY
AT ST. AUGUSTINE SHORES
A DIVISION OF THE DELTONA CORPORATION

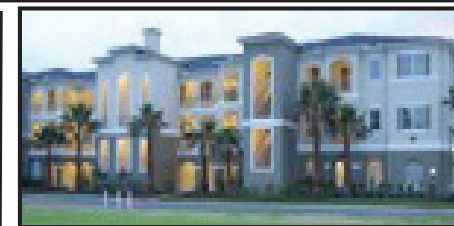
904-794-2920

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

SHORES **PORTOFINO**



Great Shores location, 3BR/2BA home that is open and spacious; living and dining rooms tiled. Monthly lawn service include. \$1,300/month.



Portofino, second floor 2BR/2BA plus den. Our Springfield floor plan with 1 parking space and storage unit. \$1,674/month.

Fancy's Cleaning Service

- Relax and let us do the dirty work!
- Specialized in Residential, Commercial, Construction and Restoration clean up

Save up to \$100 on your first 5 cleanings, when you present this ad at the first appointment

wwwfancyscleaningservice.com
 Email: fancyscleaningservice@yahoo.com
 Cell or Text :(904)810-8089

EFFECTIVE AUGUST 1ST WE'RE MOVING OUR OFFICE TO 240 SOUTH PARK CIRCLE EAST IN ST. AUGUSTINE

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




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



Joining Our Group Aug 17th
 John McGetrick, Jr. M.D.
Board Eligible

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



ADVANCED UROLOGY INSTITUTE
Medicare & Most Insurances Accepted

Now accepting appointments and referrals

824-1450

201 Health Park Blvd., Suite 215
St. Augustine, FL





LAPORTA
STUDIO





• Irrigation • Lawn Care • Landscaping

• Residential/Commercial
• Prompt, Reliable Service
• Licensed & Insured

Call Us At 794-7001



BRING US YOUR DREAMS, WE'LL MAKE THEM A REALITY.


CALL US TODAY FOR A CONSULTATION
 904.679.4277

LaPorta Studio offers 25 years of experience creating stylish, beautiful and functional interiors. We will guide your project from concept to completion, in collaboration with our top trade professionals, to produce exceptional results. Partial and turn-key projects. New construction, renovation and additions.

INTERIOR ARCHITECTURE + DESIGN | COMMERCIAL + RESIDENTIAL + EXECUTIVE OFFICES


1206 N PONCE DE LEON BLVD., STE E, ST. AUGUSTINE, FL 32084 | LAPORTASTUDIO.COM

Shopping for Medicare Coverage?



Tammy Evans
 The Bailey Health Group
 904-417-6018
 TTY users call 1-800-955-8770
 Call us. We are here for you.

Your Local Agency for

Florida Blue 

Florida's Blue Cross and Blue Shield plan.

Medicare Supplement policies are not connected with or endorsed by the U.S. government or the Federal Medicare Program. Exclusions and limitations may apply. For costs and complete details of coverage, contact your local insurance agent. Florida Blue is a PPO, RPPPO, and Rx (PDP) Plan with a Medicare contract. Florida Blue HMO is an HMO plan with a Medicare contract. Enrollment in Florida Blue or Florida Blue HMO depends on contract renewal. Health Insurance is offered by Blue Cross and Blue Shield of Florida, Inc., D/B/A Florida Blue. HMO Coverage is offered by Health Options, Inc., D/B/A Florida Blue HMO, an affiliate of Florida Blue. These companies are Independent Licensees of the Blue Cross and Blue Shield Association.

80967 0514
 Y0011_80967 0514 CMS Accepted

© 2014 Florida Blue, 4800 Deerwood Campus Parkway, Jacksonville, FL 32246, bailey4314

News From Aroung St. Johns County

Main Library Wednesday Brown Bag Lunch Program July 15th

“Sensational Succulents – Container Gardening presented by Dottie Hudson”

Friends of the Main Library St. Augustine is pleased to welcome back Dottie Hudson, President of the Gaillardia Circle of the Garden Club of St. Augustine, who will share her horticultural and design expertise at the Wednesday, July 15, Brown Bag Lunch Program. The program will begin at 12:30 p.m. in the Main Library at 1960 N. Ponce De Leon Blvd. Reservations are required to guarantee seating. For further information or to reserve your seat, please call the Main Library at 904-827-6940.

Ms. Hudson, a designer and Master Gardener, will present Sensational Succulents – Container Gardening. Patrons who attended her Fall into Flower Arranging program last year know that Dottie can make beautiful flower designs seem effortless and fun. For this program she will share some ideas and designs for container gardens of cacti and other succulents. Guests will also hear about upcoming events of the Garden Club of St. Augustine, The Florelines Guild that is dedicated to floral design, and how to join one of the numerous neighborhood-centered garden circles of the Garden Club of St. Augustine.

Some Garden Club items demonstrated and used in floral and garden design will be for sale after the program. Best of all, the completed demonstration container garden will be awarded to a winning ticket holder with the proceeds going to Friends of the Main Library St. Augustine to benefit the library.

Friends of the Main Library St. Augustine sponsors the Wednesday Brown Bag Lunch Program once a month as an enjoyable community event. All programs are free of charge and open to the public. Reservations are required to guarantee seating and can be made by calling the Main Library at 904-827-6940. Everyone is welcome to bring lunch and Friends will provide a complimentary beverage and snacks.

For further information please email Friends President Toni Siriani at toni825@hotmail.com. Follow us on Facebook /Friends of the Main Library St. Augustine.



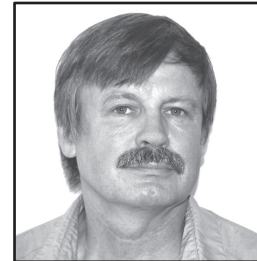
David and Jennifer Logue (center) cut the ribbon to celebrate the recent opening of their business, FirstLight HomeCare, at 530 Market St. in Palencia, St. Augustine. Joining the Logues for the ceremony were friends, St. Johns County Chamber of Commerce officials and some of their employees, who provide in-home care to local residents.

**“I only want cremation.”
\$650**

Flagler Memorial Cremation Society
669-1809
2600 Old Moultrie Road • St. Augustine

Computer Corner

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



Does Your Computer Run Slow?

Greetings from Computer Professor
The number one complaint from most people calling me for a repair is “The computer is running slow”. I am going to briefly list some of the items that will slow your computer down. First, consider the computer you bought, there are some bargain computers that are slower than computers ten years ago. The computer’s CPU and the amount of RAM are key factors in computer processing speed; I don’t have room here to dig into that explanation here. If you got an average or better computer other non-computer related items are: the internet speed and the operator. Most of the time a computer is used mainly on the Internet; thus the paid Internet access speed is a large factor. There are several areas around Saint Augustine where the provided internet access speed is not great, couple that with larger and busier websites and you get a slow looking computer. Then factor in lack of understanding and maybe a few people who have limited patience, after all there has not been any proper training on any of this yet. Most requests come from actual computer issues, so is it mechanical or infection? I usually ask how old the computer is, the main reason for this question is the computer’s hard drive, where all the programs and files are located, typically starts having trouble reading and can lose data any time after

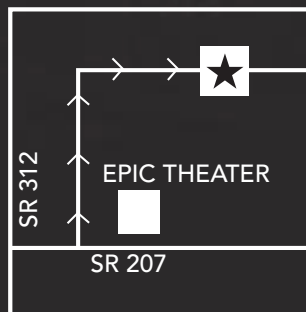
4 years old. Then I ask if you are getting any messages or popups. These fall into two categories; system messages that you can believe and malware messages that are trying to sell you something. Symptoms of a virus or malware infections can include messages telling you the computer is in bad shape, your browser’s home page will have changed, things show up and you say “I don’t know where that came from”, strange webpages coming up when you are on the Internet, and of course the computer response getting slower and slower. Be advised many owners of malware infected computers will get a call from “Microsoft” – NOT SO, and they will happen to see you are having trouble. They will invite themselves into your computer and \$200-\$400.00 later your computer is worse off and you have given your credit card number to “someone” from “somewhere”. We old timers from the spark plug, points and condenser era know that poor performance usually is from a combination of things. That’s why I have an 18 point – 2 day procedure that covers all the bases – a tune up, \$75 plus parts if need, pickup and delivered for repair. If you need certain computer concepts explained or other computer help - \$55/hr. and you will learn something. Feel confident in who works on your computer or look for someone else.

ELITE GERMAN AUTO SERVICE

Formerly known as

JERRY'S MB

**COMPLETE REPAIR & MAINTENANCE FOR
MERCEDES AND BMW**



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

829.5259



Financial Focus

Information Provided by
Edward Jones

What Are Your Excuses for Not Investing

We all make excuses. Most of the time, they're pretty harmless. But you could be hurting yourself if you make excuses for not taking action in some areas — and one of those areas is investing.

Not investing, or not investing enough, can have serious consequences. In fact, a lot of people are poorly prepared financially for retirement. Consider these figures from the Federal Reserve: The median retirement account value for individuals between 35 and 44 is just \$42,700; for people 55 to 64, the corresponding figure is \$103,000. These figures are frighteningly low, especially when retirement can easily last two or three decades.

In short, you need to invest. So, what's stopping you? Here are some common excuses:

"I'll do it later." The longer you wait before you start investing, the less time you have to accumulate money, and the less likely it may be that you'll achieve your goals, such as a comfortable retirement lifestyle. If you haven't begun investing, do it today.

"I don't have enough money to invest." The cost of living is unquestionably high, and you may feel that you have just enough money to pay your bills before your next paycheck. But if you look for ways to economize, you may well be able to free up even a little money to invest each month. And then, when your salary goes up, you can increase the amount you invest.

"I'll have Social Security." Social Security benefits generally account for only about 40% of an individual's pre-retirement income, according to the Social Security Administration. Unless you

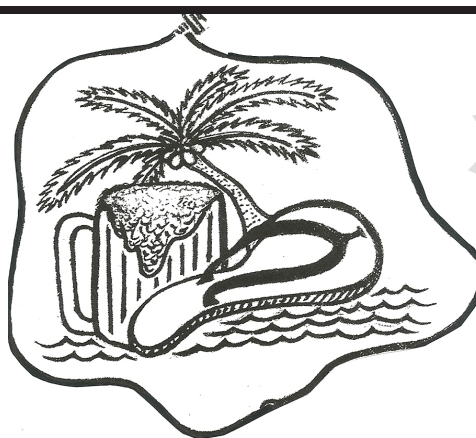
want to scale back your lifestyle greatly during your retirement years, you'll need to supplement Social Security with your employer-backed retirement account, such as a 401(k), plus your own investments, such as those that go inside an IRA.

"Can I really invest enough money for my retirement?" Consider this: Going back to 1990, if you had invested \$10,000 in the stocks that make up the S&P 500, and simply held on to these stocks, you would have amassed more than \$76,000 after taxes by the end of 2013. Of course, past performance of the market is not a guarantee of how it will perform in the future, and the S&P 500 is an unmanaged index and is not meant to depict an actual investment — but this illustration still shows that patient, diligent, long-term investing can produce positive results.

"I don't know where to begin." If you work for a company that provides a retirement plan such as a 401(k) or something similar, you've already got a great place to begin. You only need to sign up for the plan and start deferring a part of your salary, and you're an investor. It's also quite easy to open an IRA, another popular retirement savings account. In any case, if you have doubts about how to get started investing, you will find it valuable to meet with a qualified investment professional.

Don't let excuses get in the way of developing good investment habits. With time, determination and effort, you can overcome many of the obstacles you thought prevented you from becoming a full-fledged investor.

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



T-SHIRTS
\$15

RAFFLE
TICKETS
\$1 or
12/\$10

FLIP FLOP 'TIL YOU DROP!

A Pleasant Walk for Charity

SATURDAY, JULY 11TH @ 1:00 PM

Starts at Jack's Bar-B Q

Join us for a fun-filled day, including live music, contests, door prizes, a 50/50 raffle, and great food + drink specials at the *best spots on the beach!*

YOUR T-SHIRT IS YOUR TICKET TO EXCLUSIVE DEALS AT THESE LOCATIONS:

- JACK'S BAR-B Q*
- DUNES CRACKER HOUSE
- THE TACO SHOP
- THE ORIGINAL CAFÉ ELEVEN*
- THE SUNSHINE SHOP*
- COQUINA BEACH SURF CLUB
- PANAMA HATTIE'S
- LYMI ODDITIES*
- FA CAFÉ*
- HOLIDAY ISLES RESORT

** T-shirt purchase location*

PURCHASE RAFFLE TICKETS FOR A CHANCE TO WIN ONE OF THESE GREAT PRIZES:

- Enter prize description here
- Enter prize description here
- Enter prize description here

AND MANY MORE!

Proceeds benefit

KIDS BRIDGE FAMILY VISITATION CENTER

238 San Marco Ave. | Kids-Bridge.org | Facebook.com/KidsBridgeStAug

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, July 10th at 9:00 a.m.

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

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

4255 US 1 S. Ste 7
St. Augustine, FL 32086
Phone: 904-794-2012
Fax: 888-440-5298
Toll Free: 866-794-2012

www.edwardjones.com
Member SIPC

Edward Jones

MAKING SENSE OF INVESTING

Gregory E. Oxford
DDS, MS, PhD
Dental Surgeon

Oxford Dental Associates

Isabell G. Oxford
DMD
General Dentist

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

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



100 Whetstone Place
Suite 308
St. Augustine, FL



810-2345
www.oxforddental.net

Geoffrey Nadler
Financial Advisor
geoff.nadler@EdwardJones.com

The Retired and Senior Volunteer Program Fashion Show at Slammer and Squire - WGV

The Retired and Senior Volunteer Program (RSVP) of St. Johns County Advisory Council hosted an inaugural fashion show, "A Night in Spain" on May 12 at the Slammer and Squire clubhouse at World Golf Village. This hugely successful event was led by co-chairs Donna Guzzo and Linda Villadóniga.

"Our goal was to raise funds to help at-risk students in St. Johns County by providing training to volunteers to match student needs," Guzzo said.

Sponsors for the event were Florida Power and Light, Hyundai of St. Augustine, Herbie Wiles Insurance, United Way of St. Johns County and The St. Augustine Record. Contributors were Ruth Manlandro, John Reardon, Nancy Sikes-Klein, Donna Guzzo, Linda Villadóniga, and Bill Jones. The emcee for the event was Delinda Fogel, publisher of The St. Augustine Record.

"The locale, the table decorations, the tapas and the paella dinner added to the ambience and elegance of the night," said Villadóniga.

Professional models Donna Crandall, Undine George, Scher Guzzo, Sally Reyes and San Traupane, donated their time to support the event, as well as RSVP volunteer Karen Glenn. Hair and makeup were created by London Looks Hair Design and fashions were provided by Cottonways of St. Augustine. With beautiful decorations by RSVP volunteers, coupled with themed music provided by Bill Jones of DJ ProServices, guests were transported not only to the sunny beaches of Spain, but also to those in other Hispanic countries. A silent auction, chaired by RSVP volunteer Virginia Leveto-Dozier, was held in conjunction with the Fashion Show.

The advisory council members were thrilled with the sell-out crowd. Seats are already being reserved for next year, prompting Guzzo and Villadóniga to begin plans for the next runway fashion show. What will the theme be? While details have not been shared, the co-chairs have promised that guests will be transported to another time and place. To ensure a seat at next year's event, and to find out more about RSVP, call 904-547-3945.

"The success of the fashion show exhibits the dedication of both the program's advisory council and residents of St. Johns County who want to assure success for all young people," said Cheryl Freeman, RSVP Director. RSVP is a nationwide program of individuals age 55 and better who share their time, skills and experience for the betterment of their communities. Funded by the Corporation for National and Community Service, RSVP is a branch of Senior Corps, and is sponsored locally by the St. Johns County School District.



Dancing

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



I'm not sure how many people are aware of there is a large dance community in St. Augustine. There are dance groups for all ages and all times in our town. And along with it come injuries.

Dancing, regardless of type, is a sport. Yes, I said a sport. In fact, it is a very strenuous sport, when one considered the demands it places on the body. It requires incredible strength, endurance and skill. It requires twists, turns, holds, lifts, balance, correct posture and more. It really a full body work out. I heard a man in the clinic last week talk about how he does ballroom dancing for exercise. The week before that I bumped into a former patient of mine who does ballet for the physical challenge and stay in shape. We've also treated a number of adolescent dancers who have potentially promising careers or looking at scholarships if they can stay injury free. All are in great shape but all have suffered injuries just like any other athlete.

The types of injuries dancers can experience are usually back or neck injuries, or shoulders, knees or ankle. The most common are knee pain or twisted ankles, just as with many other sports. And as with many sports injuries, these occur do to imbalances, poor control, overloading and/or inappropriate training. One of the most common injuries to the ankle/foot is plantar fasciitis.

A sheet of tissue on the bottom of the foot, called the aponeurosis, is constantly being over-stretched causing pain in the heel or the bottom of the foot. It can be excruciating and quite debilitating, particularly in the morning. This happens because while being off the feet while

sleeping, the tissue tightens back up. Getting up in the morning and putting weight through the feet causes the tissue to abruptly stretch causing pain. Sometimes walking around will slowly stretch it out and decrease the pain but only until the next day.

Plantar Fasciitis can be treated conservatively by making sure the muscles are strong, the joints are stable and the injured tissue has an opportunity to heal. One treatment that works well for these types of injuries is ASTYM (Augmented Soft Tissue Manipulation), offered at First Coast Rehabilitation. The soft tissue technique stimulates the healing process and in conjunction with stretches and exercise, allowed the aponeurosis to get strong again and be pain free. The nice thing about this treatment is it allows patients to continue with the majority of their activities during treatment.

If you are a dancer with plantar fasciitis or any other injury, do yourself a favor and seek treatment. Don't ignore it. It may not go away. It may get worse or you may start to compensate and pay later.

Stay healthy. Stay active. Keep Dancing.

Rob Stanborough is a physical therapist serving St. Augustine for over 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.



St. Johns River State College is accepting applications for the fall semester.

Students are encouraged to avoid the fall rush and apply early. All new students are required to attend orientation before registering for classes. Students attending orientation in June will register during orientation. Upon completion of the online application, students should contact their campus's counseling office to reserve their seat for orientation. Fall classes begin on August 24.

For more information regarding orientation and registration, contact your respective campus at: St. Augustine campus (904) 808-7402, Orange Park campus (904) 276-6855, Palatka campus (386) 312-4035.

The application is available online at www.SJRstate.edu. Fall course listings are available for viewing online at SJRstate.edu.




Computer Help
for YOU
Computer Professor

Repair & Training

mainely2@bellsouth.net
794-2807

Est. 1997



REX JEWELRY
"Not Just For Tourists"
27 Cuna Street
824-0116
Closed on Wednesdays

RESOLVE Chronic Injuries

Plantar Fasciitis

Achilles Tendinosis

IT Band Syndrome

Hamstring Strain

Shin Splints

Knee Pain

Hip Pain



ASTYM

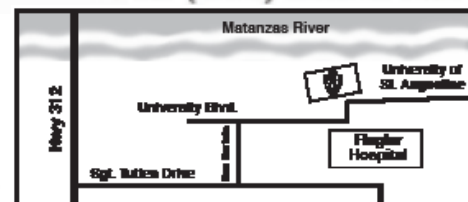
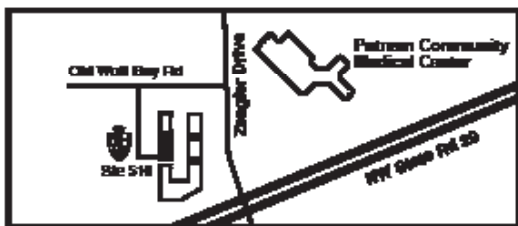
keeping runners running

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

**One Therapist - One Patient
One Plan - One Goal
Two Locations**



Wednesdays at Pier Park



For Band schedule and Venders see:
www.freebeachconcerts.com



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



LIVE WHERE EVERYONE WISHES THEY COULD...

CLOSE TO THE BEACH, GOLF AND HISTORIC ST. AUGUSTINE
 IN ST. AUGUSTINE SHORES



SAN SAVINO at the Villages of Tuscany

- ~ Priced from the high \$200,000s
- ~ Featuring exceptional quality, custom-built homes on oversized homesites
- ~ 10 exciting floor plans ranging from 1,500 square feet to more than 3,000 square feet
- ~ Break away from "cookie cutter" communities and enjoy the best life has to offer at San Savino
- ~ No CDD fee, very low HOA, and all homes have irrigation system with well

SAN SAVINO, A HOMES BY DELTONA COMMUNITY ~ 512 CHRISTINA DRIVE, ST. AUGUSTINE, FL 32086
 904-797-6565 ~ SANSAVINOHOMES.COM



Celebrating the Life of a Community™

Craig Funeral Home is honored to have been serving the community of St. Augustine for 100 years.

Services for Funeral • Crematory • Memorials
 (904) 824-1672 • www.CraigFuneralHome.com



DAWN GAFFNEY TEAM

Results that move you!

Dawn Gaffney Realtor®
 904.742.2662

DawnGaffneyTeam.com



Proud participants of
U.S. MILITARY ON THE MOVE

Call Today for
 More Information!



Call the "Go To" Girls!



Melissa Owen
 "Helping you call St. Augustine Home"
 Since 1987
 I am Your Rental Solution
www.melissaowen.com
 904-794-2920



Deborah Link
 "Your Link to St. Augustine Real Estate"
 I am Your Selling Solution
www.deborahlink.com
 904-806-5464

DELTONA - a trusted name in Florida for over 50 years.
 We are ready and able to assist you with ALL your Real Estate needs.

Landlords and Tenants: call me, Melissa Owen, I am the expert!
PROPERTY MANAGER here at **DELTONA REALTY**.
 Let our family assist your family in calling St. Augustine Home.

Sellers and Buyers: I am an experienced full-time REALTOR® and proud to provide you with the professionalism you expect and deserve.
 Sellers: ask me about a **FREE HOME WARRANTY!**
 Invite more buyers to preview your property.

