

December
2017



St. Augustine Observer

NEWS INFORMATION FOR & ABOUT RESIDENTS OF ST. AUGUSTINE, FL

Free Delivery by US MAIL
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St. Augustine Homes Monthly
St. Augustine Shores
St. Augustine South

St. Augustine Community Chorus 2017 Annual Holiday Performances



The St. Augustine Community Chorus, under the direction of Mike Sanflippo, is pleased to announce the opening of their 2017-2018 concert season with two December performances of "From Prophecy to Peace" to be presented Saturday, December 16th at 7:30 pm and Sunday, December 17th at 2:00 pm at the beautiful Cathedral Basilica of St. Augustine. The chorus will be joined by the St. Augustine Youth Chorus, directed by Kerry Fradley. In SACC's continuing commitment to perform music of living composers, our program will feature music with chamber orchestra accompaniment by Z. Randall Stroope, Donald Fraser, John Rutter, and Mary Lynn Lightfoot, along with several favorite traditional choral arrangements. The program will again feature excerpts from "Handel's Messiah", along with the chamber orchestra, and will include the crowd favorite sing along of the "Hallelujah Chorus" as well as several well-known Christmas carols. The chorus is both excited and delighted to join you in celebration of the holiday season by presenting this joyous concert to our community.

Concert tickets: Adults \$20 in advance and \$25 at the door, \$5 for students and military with ID. Advanced tickets for our upcoming concert can be purchased at these supportive businesses: Carter's Jewelry, Flowers by Shirley, Herbie Wiles Insurance, Southern Horticulture, Sterry Piano, and online at: www.staugustinecommunitychorus.org. Please specify Saturday or Sunday attendance when buying your tickets.

The St. Augustine Community Chorus, under the direction of Mike Sanflippo, has been performing choral music in St. Augustine and St. Johns County since 1948. Our community highly anticipates attending first rate distinctive performances. The chorus traditionally presents three concerts a year: a holiday program including portions of Handel's Messiah and other music; a mid-season program of (continued on page 6)



The North Florida Women's chorale, a 35-voice chorus of treble voices, will sing a winter concert, "Cradle Songs and Carols" at the Basilica, 27 Cathedral Place, St. Augustine, on Friday, December 29, at 7pm. This concert will feature lullabies of many cultures as well as favorite carols of the season including, "The Moon in Wintertime", "The Seal Lullaby", and Arnesen's "Cradle Hymm". The concert, which will also include an audience sing along, is free and open to the public. (www.women'schorale.org for more information)

Compassion 5K RUN FOR THEIR LIVES!



Sertoma St. Augustine & Ancient City Road Runners present the 11th annual Christmas Compassion 5K and K9 Miler Saturday, December 16th, 2017 at 8:00 am. The start will be near 49 Shores Blvd at the entrance to St. Augustine Shores.

Pre-registration price is \$25 & includes a T-shirt. Race day price \$30. **T-Shirt sizes are guaranteed for those pre-registering on or before December 1, 2017. Prize Drawings and Hand Crafted Finishers Awards for both runs. Professional chip timing by Race Smith.

Packet pickup, Friday, Dec 15th from 5-7pm @ St. Augustine, Rehabilitation Specialties STARS, 105 Mariner Health Way #213, St Augustine, 32086. Packet pickup also day of race beginning at 7am. Contact Jim Wauldron for further info: Jim@DonsFriend.com 904-687-5939. (continued on page 4)

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St. Augustine, FL 32080-6509



Ron and Nancy Birchall received the "Yard of the Month Award for December. The award was presented by the Geranium Circle of the Garden Club of St. Augustine. Pictured is Ron receiving the recognition by Gayle Prevatt, Chris Wyant, and Cynthia Avance.

HAPPY HOLIDAYS

What's Inside The Observer This Month...

- **St. Augustine Shores:** October Board Updates
- **Health Update:** What is Dry Needling?
- **Computer Corner:** Con Artist
- **Financial Focus:** Time to Review Your Investment Strategy for the Year
- **Diaries of a Shores Grand-Dad**
- **Conquering the "No Time" Myth**



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“Unspoken Conversations” Cheezees December 22nd

Owners daughter, Christina Cruz and cast members will be home for the holidays and will be at Cheezees Grill fundraising for *Unspoken Conversations*, by showing off their many talents during a cabaret night. Cheezees Grill will be donating a percentage of their sales that night to the production of the play. Stop by to wish Christina and the artists well, enjoy great food, be entertained, and make a donation. See article on page 6.



Holiday Schedule

Christmas
Closed Dec 23rd 6pm
until Dec 27 8am
New Years
Closed Jan 1st
until Jan 3rd

**Breakfast
\$3 off \$20 ticket
Lunch or Dinner
\$5 off \$25 ticket**

Expires Dec 30, 2017



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Merry Christmas



The St. Augustine Observer

Published monthly for residents and visitors of St. Augustine, Florida
1965 A1A South #180
St. Augustine, FL 32080-6509
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The function of the St. Augustine Observer is to serve residents of St. Augustine areas Communities.

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

St. Augustine Shores Community Calendar

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

www.staugshores.org

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

- Conquistador Condominium Board

St. Augustine South Community Calendar

The St. Augustine South Improvement Association
(904) 794-5129

www.staugsouth.com
Associate News Editor

Joan Nizza 904-687-8726

Board Member & Officers

Theresa Nizza – President
Keith Rowland – Treasurer

Louis Zimmer – Vice President
Lynn Rowland – Secretary

Women of the Moose 1101 presents A Christmas Dinner/Dance

Saturday, December 2, 2017 at St Augustine Clubhouse- 709 Royal Road
Dinner 6pm, Dancing 7 to 11pm, Music by D.J. Terry Hunter.
Donations: Members \$12.00 Non-members \$15.00 per person
Christmas Dinner and Homemade Desserts
Door prize, Raffles, 50/50 drawing
BYOB and mixers

For information and reservations call Sandra-806-0535 or Theresa-794-5129

St Augustine South Improvement Association Annual Christmas Dinner

Wednesday, December 20th, 2017
Dinner at 5:30 pm

By reservation ONLY: Call Theresa 794-5129

RSVP by December 14th
Members-Free Non-members \$10.00
Door prizes, Raffles, 50/50

Information should be received by the 15th of the month in order to appear in the following month's issue. Articles or information may be sent to the St. Augustine 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 Observer is subject to editing. Publishing of submitted letters and information is at the discretion of the publisher. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the Observer.

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 Observer and its staff will not be held liable for information provided herein by submitters/advertisers, 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.

meetings are held on the fourth Monday of each month at 6 p.m. at the Riverview Club.

- Fairview Condominium Board meetings are held on the second Tuesday of every other month at 4 p.m. at the Fairview Condo club house.

- Greens Condominium Board meetings will vary. Contact Steven Sheremeta at Sovereign-Jacobs at 904-461-5556.

- Casa Bella Condominium Board 2016 meetings- March 14th (Annual Meeting) - 6:30 pm, April 11th, 6:30 pm, May 9th, - 6:30 pm, September 12 - 6:30 pm, October 10th, - 6:30 pm, November 11th - 6:30 pm, December 12th - 6:30 pm.

- Women of the Moose-1101 - 2nd and 4th Thursdays "Women of the Moose-1101" meet at 7pm.

- DAV Meeting -3rd Tuesday of the month DAV monthly meeting at 7pm.

- Vietnam Vets Meeting - 4th Tuesday of the month Vietnam Vets meet at 7pm.

- Bingo - Every Thursday at 1pm except Holidays, light lunch, from 11:30 to 12:30. Open to the Public.

Community Classifieds

The Observer offers *free individual community classified ads to Shores and South residents*. Classified ads will not be printed without a name, address and phone number included with the request. *Free ads Are Not to Promote a Business or Personal Service.*

Business, Services, seeking work and others may be placed in the classified section according to the following rate schedule: 1/2" (1-4 lines) \$5, 1" (5-8 lines) \$10, 1 1/2" (9-12 lines) \$15, 2" (13-16 lines) \$20. These Ads should be paid in advance before placed.

Send your ad and payment if required to Observer, 1965 A1A South #180, St. Augustine, 32080-6509. You may email your ad to clifflogsdon@att.net. Deadline for all ads is the 15th of every month for the next month's issue. Free ads up to 5 items only should be sent.

FOR SALE: Thomas Chickering Upright Piano. \$300. Call 904-794-4241.

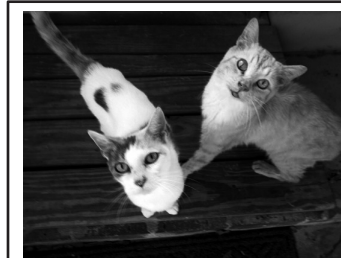
FOR SALE: Jay Turser JT-135 hollow bodied electric guitar. Beautiful cherry red color. Part of guitar collection. Like new condition. Asking \$385.00. Hamer Daytona stratocaster in Sunburst finish. Also in excellent condition. Asking \$445.00. Both guitars come with hard shelled cases. Call 904-797-4258.

FOR SALE: 2 large soft-sided suitcases (28x18x10) 1 navy, 1 green. Both have 2 zippered pockets on the top. \$25 each, Phone 904-217-0940.

FOR SALE: Treadclimber Bowflex TC 5000 Excellent condition, little used. \$295. Call 904.797.6501.

FOR SALE: Samsung Washing Machine. Top Loading. \$300. Call 862-268-1497.

FOR SALE: Harley Davidson bicycle, limited edition. Maroon with gold accents, 4 speed with gears in hub, hard rock shocks, leather seat with embroidered HD eagle. Disc Brakes. Replica HD gas tank. Leather hand grips and leather brake grips. Bought as collectible. Never ridden. Asking \$575.00 OBO. Call 904-797-4258.



TWO STRAY CATS IN NEED A LOVING HOME!

These are 10-14 yr. old strays who've just been altered and neutered, vaccinated, and tested for all common cat diseases. Please call me for more details if you feel you can give them the life they dream of.

Please Call 215-862-3636

Compassion 5K

(continued from page 1)

The mission of Sertoma of St. Augustine has always been to provide "Service to Mankind" and continue to be a beacon of hope for local community members in need. With funds raised from the annual Compassion 5K, Sertoma of St. Augustine is able to help ease the financial burden of local families that are currently living with a major health crisis, many of which are life threatening.

The prime objective of Ancient City Road Runners (ACRR) is the promotion and encouragement of long distance running and the education of the public of its benefits. ACRR's goal is to raise money for St. Johns County high school and middle school cross country running programs as well as hosting an annual ACRR Summer Running Camp for middle and high school students. Cold Cow, Papa Johns Pizza, Smoothie King and Starbucks, will be on site supporting the Compassion 5K with refreshments for this year's race.

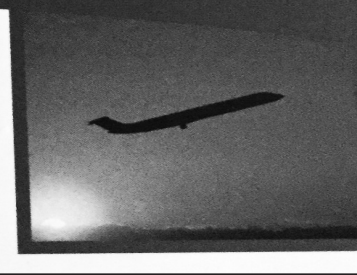
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St. Augustine Shores Club News December 2017 Riverview Club Calendar

DECEMBER DANCES - RSVP at www.staugshores.org or call 904-794-2000

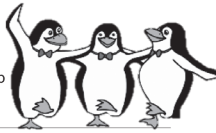


CHRISTMAS SOCIAL
6:00 pm to 10:00 pm
BYOB

Friday, December 15th
Entertainment by Frank Saffi
Bring your favorite holiday dish to share with your table, dinner from 6:00 – 7:00 pm
Dance Club Members: FREE, Guests: \$15.00/pp
Hosted by: Brady/McDonald and Table #8 Members

NEW YEAR SOCIAL
8:00 pm to 11:00 pm
BYOB

Saturday, December 30th
Entertainment by Nostalgia
Finger foods/appetizers will be provided
Activities & Dance Club Members: \$5.00/pp, and Guests: \$20.00/pp
Hosted by: Table #5 Members



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

- Bridge** Fridays 1:00 pm
- Bridge Lesson** The class is geared to all levels. Thursday at 10:00 am.
- Chicago Bridge** **Must have a partner to play**, Monday and Thursday at 12:30 pm.
- Card Game** **Calling All Card Players!** New card game group on Tuesdays, at 3:30 pm – 6:00 pm. Come and share your favorite card game: 500, Euchre, Pitch, Pinochle, Canasta, etc.
- Mah Jongg** Tuesday at 1:00 pm & Wednesday at 10:30 am.
- Chair Yoga** Monday, Wednesday & Friday at 10:45 am. A gentler form of yoga for those whom balance is an issue. **Wednesdays class offers a 30-minute floor stretches after class!**
- Yoga** Mondays, Wednesdays and Fridays at 9:00 am. Bring a non-skid mat & wear comfortable clothing (no belts or anything tight around your waist). The class is geared to all levels.
- Exercise Class** Tuesday and Thursday at 10:00 am.
- Dance Class** Ballroom dance with Dennis Thursday at 2:00 pm and Dec 7th & Christmas Dance Class Party Thursday, December 14th at 1:30 - 3:30 pm. **No classes December 21, 28th**. Classes will resume Thursday, January 25th. Dance Class is FREE for Activities & Dance Club Members.
- Line Dancing** Every Monday at 6:30 pm and Wednesday at 10:00 am.
- Zumba** Tuesdays at 5:30 pm. Low-impact Zumba to protect joints. Come sweat, lose weight, meet people, and have a blast!

Check out the latest events at www.staugshores.org

Writers in the Shores Tuesday December 12th at 1:00 pm in the Library; the topic is "I simply could not wait any longer". The second meeting has been canceled due to the Christmas holiday. For information call Donna at 794-0789.



No Classes: Tuesday, December 26th, the Riverview Club will be closed.

Upcoming Events at the Riverview Club

Main Social: Saturday, January 20th (7pm to 10pm) – Entertainment by Phil Farino

Riverview Club Events

DECEMBER DANCES

RSVP at www.staugshores.org or call 904-794-2000

CHRISTMAS SOCIAL

Friday, December 15th 6:00 pm to 10:00 pm. Entertainment by Frank Saffi *BYOB* and bring your favorite holiday dish to share with your table, dinner from 6:00 – 7:00 pm. Dance Club Members: FREE, Guests: \$15.00/pp Hosted by: Brady/McDonald and Table #8 Members

NEW YEAR SOCIAL

Saturday, December 30th 8:00 pm to 11:00 pm. Entertainment by Nostalgia *BYOB* and finger foods/appetizers will be provided Activities & Dance Club Members: \$5.00/pp, and Guests: \$20.00/pp Hosted by: Table #5 Members

FREE Introductory Fitness Pole Walking Clinic with Sheila Vidamour

- Wednesday, December 27th at 12:30 pm - Meet in the ballroom of the Riverview Club.
- Pre-registration is required: to register call 904-540-1067, or email Sheila: walkyourpath406@aol.com.

Pole Walking is a fun and easy way to get a very effective and efficient total body aerobic workout!

Please wear comfortable walking shoes and demo Walking Poles will be provided.

St. Augustine Shores Service Corporation October 12th Board Meeting Summary

"This Summary is an overview by the Observer Editor and is not the complete meeting minutes. Minutes are to be approved and posted at the Riverview Club and Association Website."

The St. Augustine Shores Service Corporation's Board of Directors meeting was called to order by President James O'Such at 7:00 P.M. Present: Vice President Austin Dietly, Treasurer Claire Lorbeer, Director Thomas Filloramo, Director Jeremy Duncan, Director Philip Van Tiem. Absent Secretary Nicolas Arocha. Quorum Established. The Invocation was given by General Manager Smith followed by the Pledge of Allegiance.

Approval of the Minutes – September 14, 2017 and September 20, 2017 were approved. Treasurers Report was presented by Treasurer Lorbeer and accepted for audit. General Manager Smith explained the decrease in the operating funds and the decrease in the reserve funds.

Managers' Report - Joseph H. Smith III

The 2016 – 2017 Audit was presented by Todd Neville, Managing Partner Neville, Wainio CPA's. A summery statement included: Required Communication – Clean Audit Opinion, No Disagreements with Management, No Difficulties with Management, Management was very well prepared and presented the material requested in a very timely fashion, Allowance for doubtful accounts trending at a rate faster than expected. Largely due to Management working with our Attorney taking a very aggressive proactive position in collections on past due accounts, No Audit Adjustments, No Management comments. Also there is a net improvement in the annual cash position and the reserve fund balance and No significant adjustments to the financial statements of the Corporation. Motion by Director Duncan to accept the audit as final, seconded by VP Dietly and approved unanimously. President O'Such asked for Todd Neville's position on the Service Corporation holding fund raisers to generate money to help pay for the pier replacement project. He researched this issue and felt if we do so we will open up ourselves to significant tax liabilities. The reason being those who donate will expect to be able to write off their donation on their income tax return and we are not a charitable organization. They would not recommend that we hold fund raisers. Director Duncan inquired about the budgeted estimate on allowance for bad debts.

Progress On Board Goals

Curb Appeal - General Manager Smith presented an artistic rendition of the front door of the Riverview Facility as it will look after Hurricane Irma damage re – plantings. The following were addressed: The medians have been fertilized in October, The broad leaf weeds in the turf have been treated, Pine straw and rye seed are scheduled for November. Treasurer Lorbeer suggested we rally to get volunteers to help clean up the debris left over after storm pick up. Director Duncan is concerned about the liability issue.

Safety/Security - Tree removal and clean up. Sink hole at 199 Baracoa Court. 200 'of 24" corrugated metal pipe that runs between Cecilia Court and Baracoa Court and flows into Holiday Lake. Some of this pipe has been damaged during these storms. This pipe is part of the Shores Storm Water Drainage System and replacement funds have been budgeted in the Reserve Fund Study. Discussion on the high levels of the ground water throughout the Shores.

Committee Reports

ACC – General Manager Joseph Smith. The ACC held one meeting in the month of September.

They reviewed 6 applications that included: 1 Fence, 1 New Home, 1 Screen Room, 1 Swimming Pool, 2 Swimming Pool Enclosures. Year to date total of 40.

Deed Violation Report Presented

Directors Comments:

Director Duncan inquired about the RV at 187 Deltona Boulevard. Repeat offender. Director Van Tiem inquired about the pier replacement project. The project is scheduled to commence at the beginning of November.

Treasurer Lorbeer commented on the St. Augustine pier replacement issues. President O'Such commented on the request to hold fund raisers and suggests we take the recommendation of our CPA's. He reiterated the fact that we will pay for the pier replacement out of the Reserve Study.

Members Comments:

The membership commented on the undeveloped lots and how we should approach Deltona for assistance in cleaning them out.

There is a drainage issue at Graciela and Julietta. There is a large accumulation of small liquor bottles littered throughout Unit 2 of the Shores that come from the Golf Club.

Complaint about the people from the neighboring communities allowing there dogs to alleviate themselves on the Shores property and using Shores property as a cut through at Graciela and Sevilla.

Meeting Adjourned.

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- Meetings
- Rehearsals
- Receptions
- Reunions
- Fund Raisers
- Anniversaries
- Baby Shower
- Dinner Dances
- Graduation Party
- Retirement Party
- Memorial Service
- Engagement Party
- Office/Holiday Party

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News Around Southern St. Augustine

Writers In The Shores

By Donna Johnson

The November meeting for Writers in the Shores will be on Tuesday the 12th. The second meeting has been canceled due to the Christmas holiday. Since there is only one meeting, it was decided to write about this month's topic "I simply could not wait any longer" on the 12th. Come join us, you just might like us! Everyone is welcome and we would like to invite anyone who loves to write. You do not have to be a member. We meet here at 1pm at the Riverview Club Library. We are a casual group who enjoy sharing their work and related discussion with each other. There are no officers, dues or requirements. All genres are encompassed. For information call Donna at 794-0789.

St. Augustine Travel Club

by Peter Dytrych

Our next Travel Club will be held on Wednesday, December 13, at 3:00 pm, at the Southeast Branch Public Library. This topic is "Journey from New Year's Eve in Paris to Lapland, Venice, Egypt, Jerusalem, and The Lost City of Petra".

The Travel Club is free to all St. Augustine residents and their friends and no preregistration is necessary. Any questions, feel free to call Peter Dytrych at 904 797-3736.

St. Augustine Travel Club Annual Cruise - April 2018

The St. Augustine Travel Club will again be sailing the seas on Sunday, April 8 to Sunday, April 15, 2018 on the Oasis of the Seas out of Port Canaveral to the ports of St. Maarten, San Juan and Labadee for a 7-day Eastern Caribbean cruise. Prices start from \$875.54 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Oceanview and balcony cabins are available at higher cost. Book now with a \$250 pp deposit and receive a \$50 per cabin On Board Credit. Call Peter, St. Augustine Travel Club at (904) 797-3736 for more information and reservation.

2017 Annual Holiday Performances

(continued from page 1)

popular songs and show tunes; and a spring program featuring major choral works. The chorus is made up of 100 volunteer members and depends on the good will of audiences and donors for support in our musical endeavors. For more information, visit www.staugustinecommunitychorus.org.

The St. Augustine Community Chorus is a recipient of a Music Grant from the Florida Division of Cultural Affairs in the General Support Grant program and supports the promotion of CULTURE BUILDS FLORIDA.

Heritage Baptist Church

"A Warm & Friendly Fellowship"

Sunday School	9:30 a.m.
Morning Service	10:30 a.m.
Evening Services	5:30 p.m.
Wednesday Night Services	7 p.m.

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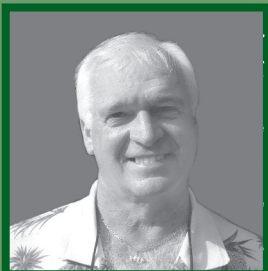
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Shores United Methodist Celebrates Christmas

Shores United Methodist will celebrate Christmas, the birth of Jesus Christ in various ways this year.

On Friday, December 15th, a live nativity will be presented between 6 and 8 pm, outdoor on the church's lawn. The presentation will be 15-20 minutes long and will be performed three times during the 2 hour period, with breaks in between.

Audience members can enjoy cookies and hot chocolate before or after the performances in the church's Fellowship Hall in the Christian Education Building.

Since Christmas Eve, December 24th, falls on a Sunday this year, the Chancel Choir will present an interactive Christmas Cantata on Christmas Eve morning at 10 a.m. This will be the only worship service that morning. Sunday School will not be held that day.

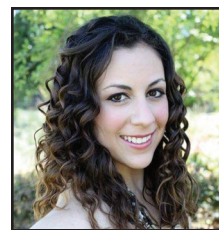
Later that same day, two Christmas Eve services will be held. A traditional worship service will be held at 4:30 p.m. and a contemporary, family oriented service will be held at 6:30 p.m. Both services will feature candlelight and communion will be celebrated. Childcare will be available for infants and preschoolers during both services.

Shores United Methodist Church is located at 724 Shores Blvd, between the Shores Golf Course and Hartley Elementary. Rev. Randy Strickland is the pastor. The community is welcome at all of these Christmas events. Visit the church's website at www.shoresumc.org.

Christina Cruz's Original Play Premiers in New York City in January 2018

(continued from page 3)

You may remember Christina Cruz from her work onstage and off as a director, choreographer, dancer, and actress with The Limelight Theatre. Six years ago, Christina moved to New Jersey



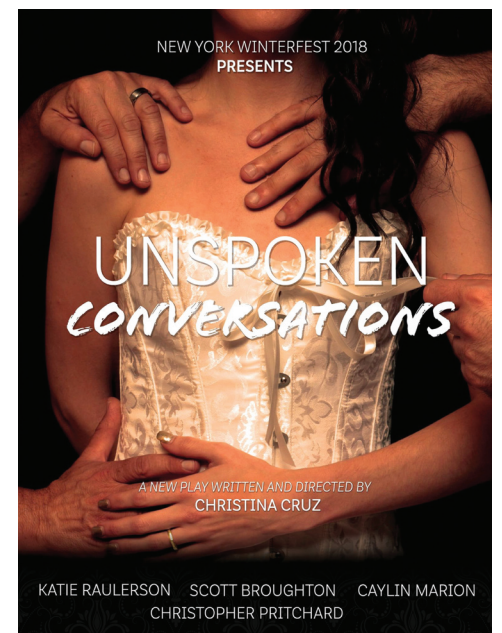
to pursue a Master's of Arts in Theatre Studies. While in her program at Montclair State University, Christina wrote the play, "Unspoken Conversations", which has been accepted into NY Winterfest's Theatre Festival 2018. A historical fiction based loosely on real-life events, the play centers around the famous writers, August Strindberg (best know for his play, Miss Julie) and Frank Wedekind (famously know for his play, Spring Awakening) and their love triangle with Frida Uhl. "Unspoken Conversations" will have three performances at the Hudson Guild Theatre in New York, NY. It will star St. Augustine natives, Katie Raulerson and Christopher Pritchard and will feature

Scott Broughton and Caylin Marion. Not only is Christina Cruz the playwright, she will be directing and producing the play as well. Kyle Moore is the musical director, and Chris Mauro is the Stage Manager.

On December 22nd, Christina Cruz, Katie Raulerson, Christopher Pritchard and Scott Broughton will be home for the holidays and will be at "Cheezes Grill" fundraising for Unspoken Conversations, by showing off their many talents during a cabaret night. Cheezes Grill will be donating a percentage of their sales that night to the production of Unspoken Conversations. Stop by to wish the artists well, enjoy great food, be entertained, and make a donation. If you wish to donate directly to their GoFundMePage, please visit <https://www.gofundme.com/help-produce-christinas-play>.

Christina move to St Augustine with her family in 1999. She attended Hartley Elementary school, Gamble Rogers middle school and Pedro Menendez High School. All of her life she has been a dancer. She trained under Libby Johnson at the St Augustine Academy of Performing Arts and studied tap, jazz, ballet, pointe, lyrical, and theatre. She was also on the competition team, performance team, was in several musical theatre productions and also eventually became a teacher there as well. She acted with SMTC (also known as "Curtis Camp"). When she was cast as Adelaide in "Guys and Dolls" she knew the stage was her true home. She also acted with the St. Augustine Community Theatre under the direction of Dominique Tredik when she was in high school.

After she graduated from Florida State University in English literature and psychology, she attended Florida school of the arts and became involved with the Limelight Theatre, first as Columbia in "The Rocky Horror Show." She then choreographed several kidzfactory shows including "Fiddler on the Roof", "Aladdin" and "Guys and Dolls". She choreographed the mainstage production of "Gypsy", "Big River", and "Spamalot". She directed and choreographed "A Funny Thing Happened on the Way to the Forum" and directed "Lend Me a Tenor".



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News From Around St. Johns County

First Coast Card Club Let's Play Cards!

First Coast Card Club - Dates for December 2017:

Wednesday, December 6th. St Augustine Main Library, 1960 N. Ponce De Leon Blvd., St Augustine 1:00PM.

Thursday, December 14th. Anastasia Island Library-124 Seagrove Main St., St Augustine Beach. 12:00PM.

Saturday, December 16th. Holiday Lunch 11:00AM. Cards: 12:00PM-2:30PM. St Augustine Restaurant. Please make contact to Lea to be added to the Attendee List. NO Limit On Attendees. RSVP EARLY!

Tuesday, December 19th. St Augustine Main Library, 1960 N. Ponce De Leon Blvd., St Augustine 1:00PM.

Meet more card players at our Community Libraries Every Month. Your Support Is Appreciated. Contact Lea at: 904-829-0643 for more information and verification of events.

St Augustine Jacksonville Newcomers Club Of Northeast Florida - Dates For December 2017:

Friday, December 8th. Bethlehem Live Experience-Large Middle East Exhibit/Dinner. St Johns Co. Ponte Vedra 6PM.

Friday, December 22nd. Villa Zorayda Guided Holiday Tour/Dinner St Augustine. 5:30PM.

Sunday, December 24th. Annual Christmas Eve Day Event. Lunch/Christmas Trivia-Prizes-Santa's Treats. 1PM.

Thursday, December 28th. Trivia Evening/Dinner. St Augustine Restaurant. Please Contact Lea for name of restaurant and to be added to the Attendee List. 6PM RSVP Early!

Please Contact Lea for more information and how to Join Our Club. 904-829-0643/904-814-9612.

St. Augustine Jewish Historical Society

The St. Augustine Jewish Historical Society in cooperation with the National Center for Jewish Film at Brandeis University will screen the documentary "Expulsion and Memory: Descendants of the Hidden Jews" on Monday, December 11th at 7 p.m. in the St. Augustine Campus Teaching Auditorium (C0116) of the St. Johns River State College, 2990 College Dr, St Augustine, Florida 32084 The event is sponsored by the St. Augustine Jewish Historical Society as part of the quest to understand the environment in which crypto-Jews lived in the first Spanish period of St. Augustine. The program is free, all are welcome, no advance arrangements are necessary. Please call (904) 626-5956 for best directions.

EMMA Concert Association presents

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Great crowds for Taste of Beach & Surf Illumination Civic Association donates \$750 for Beach Blast Off

It took a little while but the Taste of the Beach finally happened on November 12th. Last year's event was cancelled because of Hurricane Matthew and then we had two hurricanes this fall. The weather was great, the food delicious, the music from Those Guys was magical and the crowd was large and enthusiastic! A check will be presented in early December to the Betty Griffin Center. A list of 2017 Taste winners can be found below. Visit our website for complete results.

For the first time in the long history of Surf Illumination, the command to light up our community Christmas tree was given by a duo with six legs! K-9 Kilo and his handler Officer Bruce Cline of the Saint Augustine led the countdown as the large tree located in the center of Pier Park was lit. Kilo and Officer Cline have become local celebrities and great ambassadors for our local police department! We want to thank our Surf Illumination sponsors for making this celebration so wonderful and they are Ameris Bank, The Pioneer Barn at Fort Menendez, Anastasia Paining, The Sunshine Shop, FBT Mortgage, Pop A Lock, Long Street Auto and Wayne Fusco Photography.

The City of Saint Augustine Beach saw a significant increase in insurance costs for this year's Beach Blast Off event. According to City officials acts of Terrorism at other large events across the country has led to an increase in premiums. In order to support this very important event the Civic Association moved to donate \$750 to help defray these costs. Beach Blast Off is still looking for volunteers. Please visit the City's event website or contact Hala Laquidera at City Hall.

Finally thanks to Commander Thomas Ashlock of the Beach Police Department for speaking to us in November about important holiday safety topics including locking your vehicle and home, utilizing an alarm if you have one, be aware of your surroundings as you come and go from stores and credit card fraud. We have a list of tips on our website at www.sabca.org Happy Holidays to you and yours from the Board of Directors of the Civic Association.

2017 Taste of the Beach Winners – Judges Winners

• Best Appetizer – Seafood Duo – Seared Ahi Tuna & Chili Lime Shrimp – Blackfly Restaurant • Best Entrée – Shrimp & Grits – Sunset Grille • Best Dessert – Banana Beignets in Bourbon Butter – Blackfly Restaurant • People's Choice - Best Restaurant – Sunset Grille • Best Booth Décor – Viola's

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Wild Flower Meadow Group

by Cindy Taylor

It has come to our attention, not for the first time, that some don't understand the value in having a wildflower meadow and see it as only a patch of weeds. I have tried to cite its benefits in past articles, but one of our members wrote the following points which I hope will explain it better.

In a wildflower meadow there's:

- Less air and noise pollution because mowing happens only once a year,
- No fertilizers or pesticides are used to be washed by rain into our waterways,

- Little water is used,
- Meadow plants provide cover for animals,
- Meadow plants provide nectar and pollen for pollinators,
- Meadow plants are hosts for butterflies,
- The biodiversity of the meadow encourages diversity in the fauna as well,
- The meadow is a refuge for nature, provides beauty, and interest.



"Wildflowers are the heroes of the planet; they are a key part of the complex web of dependency between the creatures that live today."

"Americans use enormous quantities of water, fuel, fertilizers, and pesticides to make a lawn grow vigorously only then to spend more time and money weekly to keep it short. So why, amidst growing ecological awareness, do lawns continue to dominate landscapes?" - Larry Weaner

There are several fall flowers and grasses blooming now: palafoxia, conradina, rattle box, muhly grass, blazing star, paint brush, cottonweed, salt and pepper bush, Elliot loves grass, and of course Spanish needle.

We occasionally visit state and county parks and welcome newcomers, even if you want to come only on the outings. Our group meets the first Saturday of each month by the Riverview Club House at 8:30. Our goal is to preserve the wildflower meadow, learn about native plants, and those that grow in this location. We're an informal group without officers or dues and hope you will join us. Call Claire at 904-826-5366 for more information.

Womens Food Alliance 2018-19 Advisory Board

"The Womens Food Alliance is honored to have these talented, successful and hard-working members guide our organization through 2018!", Leigh Cort, President and Founder. Picture: Front: Faye Lance, Becky Lowry, Nancy Guarnieri, Kathleen Hurley, Monica Stouder, Back: Barbara Golden, Cindy Stavely, Lauren Titus, Nancy Slatsky, Leigh Cort.



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St. Augustine's most popular New Year's celebration, the Beach Blast Off takes place at St. Augustine Beach Pier Park on Sunday, December 31, 2017, with live music, food and drinks, a kids' zone, and a spectacular fireworks show.

The Comfort Zone offers 30 food vendors and a beer, champagne and wine tent. Local bands provide the music and a 65-inch TV keeps everyone up-to-the-minute with the New Year's Eve festivities in Times Square and around the world. This year's event features a mechanical bull, a photo booth, and carnival rides. The Kids' Zone area includes several inflatables and activities such as face painting. The fireworks display to music takes place

at 8:30 p.m., with the after-party continuing until 10:00 p.m. FREE entrance. Tickets available for Kids' Zone activities and food and drink purchases. For information call (904) 669-5670.

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DID YOU KNOW Historically Speaking...

- **The first building erected in St. Augustine Shores was at 49 Shores Blvd. - it was in 1971 that the original Deltona Sales Center was built.**
- **In 1971, there were 17 homes permitted. In 1972 it was 120 homes and in 1973 there were 305 homes built.**
- **These "modular" homes were built in a factory on Riviera Blvd. where they were assembled and then brought in two halves to their foundations. SAPA owns the factory today. It was originally purchased by VAW Aluminum in 1979.**
- **In 1974, The Fairview Condominiums were built at The Shores Golf Course and in 1975 another 175 homes were completed.**

Futuristically Speaking...

- **Dunkin Donuts Drive Thru and a 30,000 SF Retail and Office Center are slated for Santa Maria Blvd. and Shores Blvd.**
- **South of the closed Bank of America, a 3 Phase Development is planned with Shores Dental and a 3,000 SF building will be built.**
- **A WaWa Service Station is planned for the Z-Best on US 1. Stay tuned...**

Did you know that we have all of the original floor plans for St. Augustine Shores homes and a list of which plan was built on which lot?

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Conquering the "No Time" Myth

By Anytime Fitness St. Augustine

We've all heard the saying: If you want something bad enough, you'll find a way. If you don't want it bad enough, you'll find an excuse. One common excuse that we all tend to use every now and again is that we don't have enough time. It's like the adult version of "the dog ate my homework."

"I don't have enough time." It's a story we tell ourselves and others when we don't really want to do something, or it's simply not high enough on our priority list. But what about when it's something we know we should be doing, something that will impact our lives for the better and make us happier, healthier people in the long run?

Let's take a look at some of the more common time-related excuses we use to avoid exercise, and figure out how we can conquer them!

I have kids - When you are busy raising a family, it's easy to feel as though there just aren't enough hours in the day to get everything done, much less fit in any "you" time. A good way to overcome this challenge is to treat working out like you would any other appointment, and commit yourself to being there. Start small and remember that anything is better than nothing at all! Finding a workout buddy, hiring a fitness coach, or getting involved in group exercise sessions are all great ways to stay motivated when it comes to doing something good for yourself, too.

I work full time - Most of us need to work forty plus hours a week to support ourselves and our families. It's understandable that finding time to exercise can be difficult, but it is also important that we are healthy so that we can continue to provide for ourselves and our families to the best of our abilities. An effective way to fit exercise into a full time work schedule is to get small workouts in throughout the work day, or hit the gym before work, after work, or during your lunch break. Time spent on getting yourself to a healthier place is like money in the bank, in more ways than one.

I'm tired all the time - It's been scientifically proven that regular exercise can actually increase your energy levels. If you can push past that initial tiredness and make the time to exercise, the energy will come. Instead of reaching for that afternoon coffee or energy drink, try doing some physical activity, instead. It may not happen overnight, but once the results of a consistent workout routine start kicking in, you'll be amazed at how much better you feel! A huge bonus of this is that it's all natural. As a side note, make sure you are drinking enough water throughout the day, as dehydration has also been shown to cause fatigue.

My gym closes before I can get there - This excuse literally does not exist when you join Anytime Fitness. Members have club access 24 hours a day, 7 days a week, 365 days a year (holidays included!), at over 3,600 facilities worldwide. This convenience makes it easy to find what works for you! (continued on page 13)



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What is Dry Needling?

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



Dry Needling (DN) is a technique used to treat trigger points by a variety of professionals. It is used by physical therapists in in number of countries and currently in 35 states. It is called "dry" needling because it does not incorporate medication. Instead, the muscle is systematically examined so the trigger point can be palpated and isolated. A solid filament needle is inserted to the depth of the palpated trigger point to elicit a local twitch response, indicating the palpation and treatment was accurate. Once it twitches, that trigger point is gone.

I have written about trigger points in previous columns. Janet Travell, MD to JFK defined trigger points as hyper-irritable spots found in a taut band of a muscle. They've been written about in medical literature as early as the 1800's but as with most things, we know a lot more now than we did then. Trigger points are not only painful but limit the length of a muscle, strength of a muscle, can alter the firing patterns of a muscles and can therefore be a significant cause of dysfunction. Physical therapists use DN primarily as a tool to treat dysfunction.

Trigger points can develop with muscle overloading in a sustained poor posture, repetitive movements, or unaccustomed activities, such as boarding windows for a hurricane or eccentric activities, such as coming down from a ladder. The overloaded produces a microscopic contracture within the muscle. Basically the tiny contractile elements run out of energy, hindering blood flow making the tissue "ischemic". This means it lacks blood, oxygen and other nutrients. It is also unable to adequately remove waste products, which cause pain and dysfunction.

Trigger points can be treated in a number of ways. Manual pressure can be applied with or without contractions, and modalities can be used such as DN. The key to restoring function is to rid the muscle of the trigger point, restore length/strength and prevent further problems or compensations i.e. postural corrections or improper muscle balance. If not corrected, trigger points can and will return.

Trigger points and their referred pain are major sources of headaches, shoulder pain, feelings of numbness or tingling, low back pain, hip pain, pelvic pain, chronic pain and more. Having said that, I must say, not every ache, pain or limitation is a trigger point. Trigger points are, however, problematic because the nervous system becomes hypersensitize, which is called Central Sensitization, but that will have to be the topic for next month's column.

If you think you have trigger points, a "knot" in your neck, shoulder, back, leg, or elsewhere that won't go away, DN or other treatments may help. Consulting with your PT can help. He/she should be able to identify, isolate and treat the trigger point, easing or elevating the pain and restoring function. And as with most dysfunctions, early intervention is better than later. Trigger points can get worse over time so don't wait.

Rob Stanborough has been a DN Senior Instructor of Dry Needling for Myopain Seminars since 2010, (www.myopainseminars.com). He is currently the only Physical Therapist permitted to perform DN in the state of FL. He is president and co-owner of First Coast Rehabilitation (www.firstcoastrehab.com), as well as co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He has presented on the topic of soft tissue dysfunction in a variety of venues. Read previous columns posted on www.firstcoastrehab.com.

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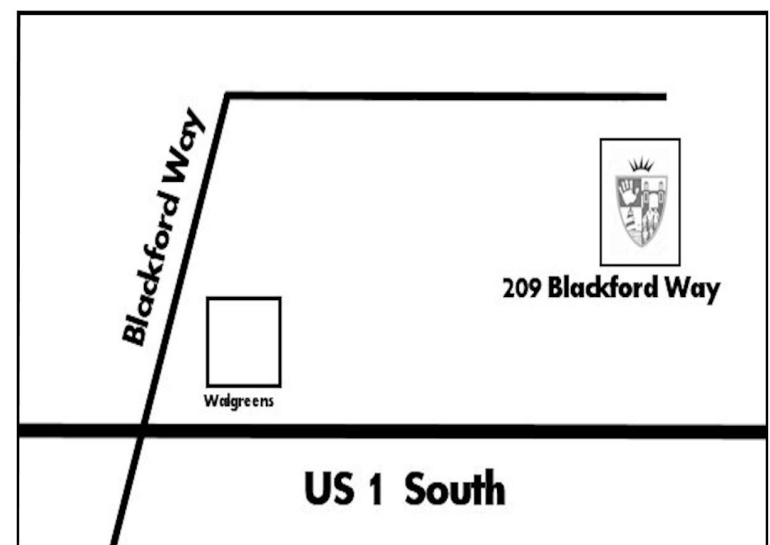
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Conquering the "No Time" Myth

(continued from page 10)

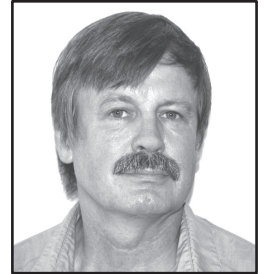
I can't fit a two-hour routine into my day - The really great news about this is that you don't need to set aside two hours every day for exercise. Studies show that just 2.5 hours of moderate cardio exercise and 2 hours of strength training per week is enough to improve your health. In a 168-hour week, that is only 4.5 hours, or a little over 2% of your valuable time being spent on getting yourself to a happier, healthier, more energetic place. There is no way to put a price tag on that!

The Bottom Line. So, that's it. Do you really want to be healthier, or do you want to use time as an excuse not to exercise? We all get the same 24 hours a day, and it is up to us to determine how we are going to best use them. Time is the most valuable commodity we have, so it is important to spend it wisely.

Whether you are a novice, a workout fanatic, or coming back from a long hiatus, we here at Anytime Fitness St. Augustine are here to help you get to a healthier place. Stop by and check us out! Whether you end up joining our family or not, explore the many options that exist in St. Augustine and keep striving to be a happy, healthier you!

Computer Corner

By Gary Herrick, Computer Professor
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mainely2@bellsouth.net



"Con Artist"

Greetings from Computer Professor. First a reminder in the fight against "con artist": No business of any kind, who you have an account with, will ask you to click on a link in an email for ANY reason. If you have any concern then get out of the email, and independently sign into your account online to check, or just call or visit your bank and ask. This applies for pop-up messages while you are on the Internet that say you have problem, and have a link to follow or a phone number to call, DON'T. Do not even read or listen to what they are saying. Any messages or popups from your computer itself, other than from when you are on the Internet, if real, would be from YOUR programs and they will have their name on the message. For instance, your antivirus program.

All my customers are finding Windows 10 much easier to use once it is setup correctly. I have seen one snag that is starting to appear. Windows 10 is doing many thing automatically for you to keep

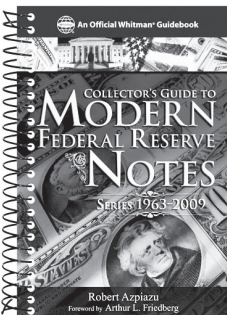
it running smooth and stay updated. The problem comes from a person's computer that is not used much or travels with you so it is only used every few months. When a windows 10 computer is shut down for months it will get a long way behind on updates and maintenance. When you go to use it again you will see a very slow working computer until it catches up on updates and maintenance, which could be days later. If you have a computer that has months at a time in sitting in a closet not turned on, then a few days before you go on your trip and want to use it, start your computer and either leave it on to update itself or manually initiate windows updates until there are no more and let it sit on overnight to catch up on maintenance. This also applies to the new computer you buy, it probably has been months since it was made, thus months behind also. I have seen some people return computers because they were so slow initially, and was only from it trying to get itself caught up.

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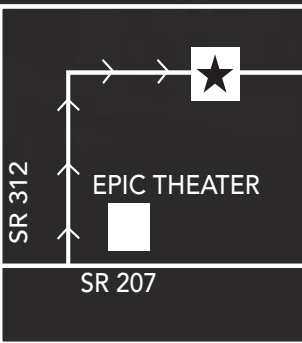
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Financial Focus

Information Provided by

Edward Jones

Time to Review Your Investment Strategy for the Year

As the year draws to a close, it's a good time to review your progress toward your financial goals. But on what areas should you focus your attention?

Of course, you may immediately think about whether your investments have done well. When evaluating the performance of their investments for a given year, many people mistakenly think their portfolios should have done just as well as a common market index, such as the Standard & Poor's 500. But the S&P 500 is essentially a measure of large-company, domestic stocks, and your portfolio probably doesn't look like that – nor should it, because it's important to own an investment mix that aligns with your goals, risk tolerance and return objectives. It's this return objective that you should evaluate over time – not the return of an arbitrary benchmark that isn't personalized to your goals and risk tolerance.

Your return objective will likely evolve. If you are starting out in your career, you may need your portfolio to be oriented primarily toward growth, which means it may need to be more heavily weighted toward stocks. But if you are retiring in a few years, you may need a more balanced allocation between stocks and bonds, which can address your needs for growth and income.

So, assuming you have created a long-term investment strategy that has a target rate of return for each year, you can review your progress accordingly. If you matched or exceeded that rate this past year, you're staying on track, but if your return fell short of your desired target, you may need to make some changes. Before doing so, though, you need to understand just why your return was lower than anticipated.

For example, if you owned some stocks that underperformed due to unusual circumstances – and even events such as Hurricanes Harvey and Irma can affect the stock prices of some companies – you may not need to be overly concerned, especially if the fundamentals of the stocks are still sound. On the other hand, if you own some investments that have underperformed for several years, you may need to consider selling them and using the proceeds to explore new investment opportunities.

Investment performance isn't the only thing you should consider when looking at your financial picture over this past year. What changed in your life? Did you welcome a new child to your family? If so, you may need to respond by increasing your life insurance coverage or opening a college savings account. Did you or your spouse change jobs? You may now have access to a new employer-sponsored retirement account, such as a 401(k), so you'll need to decide how much money to put into the various investments within this plan. And one change certainly happened this past year: You moved one year closer to retirement. By itself, this may cause you to re-evaluate how much risk you're willing to tolerate in your investment portfolio, especially if you are within a few years of your planned retirement.

Whether it is the performance of your portfolio or changes in your life, you will find that you always have some reasons to look back at your investment and financial strategies for one year – and to look ahead at moves you can make for the next.

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

"Diaries of a Shores Grand-Dad"

by Dirk Schroeder



It has been over 5 years now that the "Civic Advocate" ceased to be published and some of you may remember that I write the "Diaries of a Shores Dad". Well, Kathy and I are grandparents this year and so it is high time for me to write once again and of course there is much catching up to do.

In 1973, the "St. Augustine Shores Civic Association" was formed and incorporated to get news out about happenings in "The Shores" and to create interesting activities and programs for Shores residents. The publication known as the "Civic Advocate", created monthly by the Civic Association, was uninterrupted for nearly 40 years and has taken a respite for the last 5 years. The "St. Augustine Observer" was also being published back in those days and it is in the capable hands of publisher Cliff Lodgson. Cliff and I have known each other for some time so I contacted him to see if there was room for some fresh content and thus, here I am again.

Since 2012, the last know "Diaries of a Shores Dad" article, so much has happened. In 2012, our oldest son had just moved out seeking independence, our middle son was graduating high school, playing soccer and guitar and our youngest was in high school and playing football and basketball.

Fast forward 5 years and the oldest is married and the first-born American Schroeder girl Claire, is born (pictured here at 3 months) and the other two boys have moved out of our home leaving us as empty nesters. If someone had asked us back in 2012, "What do you envision life will be like 5 years from now?", none of these things would have been on our radar. Yet, here we are with only Toby the miniature poodle to keep us company.

So we'll start boxing up the memories soon and moving out to begin the next chapter. We keep moving Southward. 20 years ago, we moved from St. Augustine South to St. Augustine Shores (prior to that I lived in Davis Shores). Now, we'll move from the North section of The Shores to the South section of The Shores. We've picked out a nice building lot in San Savino and we'll be living there by Summer 2018. We have already met a number of the neighbors there and we're definitely going to love living there. Moving within The Shores neighborhood is a testimonial that it has many great things going for it.

You will see "The Diaries" on a monthly basis and beginning in 2018, you will get to know the Grand-Dad better than ever before. You will also see "Did You Know" pieces about real estate in The Shores - I will supply you with juicy morsels of information that span from historical to current events. As always, I wish you a Sunshine State of mind and may your life be always better.

St. Anastasia Catholic Church Parish Hall Now Taking Bookings for Wedding Receptions Corporate Meetings and Organization Events

The long-awaited new Parish Hall of St. Anastasia Catholic Church on Anastasia Island will soon be completed. Anticipating the opening in 2018, the church is taking reservations for wedding receptions, corporate meetings, fine arts performances and organization events for up to 300 people beginning April 1, 2018.

"The new center will help meet the need for communal gathering space in the community," said Father Tim Lindenfelser, pastor of the church. "It's the first gathering area of its size south of St. Augustine in St. Johns County."

The 22,000-square-foot Parish Hall will host a number of parish programs and functions, and includes 10 faith formation classrooms and a choir rehearsal room. Its main room, The St. Jude Celebration Hall, can be configured for table dining, or with chairs for music, theatrical and dance performances, both religious and secular.

The availability of parking is a major benefit of holding events in the new hall: St. Anastasia Catholic Church has 404 parking spaces. The church is only two blocks from the beach, on the west side of State Road A1A South, and near a large number of hotels that can accommodate out-of-state guests. That makes it an ideal spot for a wedding reception. The Celebration Hall will have a number of amenities that are important to wedding planners, including a professional kitchen for caterers, a long pedestal in the main room that can serve as a buffet, and a performance stage with state-of-the-art sound system for live music.

Other features of the St. Anastasia Catholic Church Parish Hall make it ideal for meetings, conferences and other events by corporations, community non-profits and other organizations. The hall can offer up to 12 break-out rooms for smaller sessions. The sound system will allow presenters to be heard clearly throughout the Celebration Hall. In addition, broadband and presentation equipment will accommodate the level of technology used in contemporary business events. Free high-speed, fiber optic Wi-Fi is also available throughout the building.

A new parish hall and community center have long been part of St. Anastasia Catholic Church's plans. The parish, founded in 1988, has grown steadily over the years. In addition to serving the needs of the parish, St. Anastasia looks forward to its continuing involvement with residents and visitors.

As Father Tim Lindenfelser explained, "The new gathering space is one of the ways in which St. Anastasia Catholic Church continues to be a part of the greater community." For additional information about the St. Anastasia Catholic Church community center, or to request information about reserving the community center for an event, please call Brian Schoonover, Ph.D., at (904) 471-5364, or email info@saccfl.org. More information about St. Anastasia Catholic Church can be found at www.saccfl.org.



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