



St. Augustine Shores OBSERVER

NEWS FOR AND ABOUT RESIDENTS OF ST. AUGUSTINE SHORES

St. Johns River State holds Respiratory Care Pinning Ceremony



St. Johns River State College students completing the two-year degree program in Respiratory Care and participating in the pinning ceremony were: Front row, from left: Olivia Day, Tonia Gullett-Moore, Courtney Marrero, Chalsea Hutcheson, Lacey Henry and Josie Austin. Back row, from left: Christopher Bayer, Brittany Goolesby, Ciara Manning, Bertha Germinal, Alan Williams and Christopher Singleton.

St. Johns River State College recently held a pinning ceremony honoring Respiratory Care students. The students were presented with a special pin during the ceremony before faculty, family and friends, recognizing their accomplishments and hard work in completing the program and becoming eligible to become respiratory care professionals.

SJR State faculty and administration also honored the clinical sites and technologists from area hospitals who have helped students gain hands-on experience. The guest speaker was Sue Pilbeam, MS, RRT, FAARC, SJR State advisory committee member.

Students completing the program from Clay County: Christopher Bayer, Olivia Day, Bertha Germinal and Chalsea Hutcheson.

Students completing the program from St. Johns County: Josie Austin, Brittany Goolesby, Tonia Gullett-Moore, Courtney Marrero, Christopher Singleton and Alan Williams.

Student completing the program from Putnam County: Lacey Henry.

Student completing the program from Duval County: Ciara Manning.

The Associate in Science degree program prepares students for careers as respiratory care professionals. Upon successful completion of the 20 month curriculum, students are eligible to apply to take the national certification exams for Certified Respiratory Therapist (CRT) and Registered Respiratory Therapist (RRT), both administered by the National Board of Respiratory Care.

SJR State's Respiratory Care program is offered on the St. Augustine campus. Specific prerequisites and requirements apply and must be completed prior to the first day of the application period. The program is accredited by the Commission on Accreditation for Respiratory Care. Applications for Spring 2016 enrollment are now being accepted through September 15.

SJR State offers additional health programs such as radiologic technology, nursing assistant, health information technology and nursing. For more information on degree and certificate programs in the health field, visit the website at SJRstate.edu.

Ballroom Dance Association Celebrates St. Augustine's 450th!



Inez McDonald, 90 years young (back to camera) and her dance partner Don Nelson, dancing at the "Old Fashion Picnic" summer dance in July.

Seniors having fun is what the St. Augustine Ballroom Dance Association is all about. Members and guests come in all shapes, sizes, age and dance ability. Some are in their 90's and still dancing. Others are in their 50's and dancing up a storm. They all have one thing in common, though. They love dancing on a large dance floor to live music, surrounded by beautiful decorations.

For the past 34 years, the association has been offering seniors a combination of special costume dances and elegant formal dances. The next dance, which will be held on Saturday, September 12th, is an elegant formal dance celebrating St. Augustine's 450th anniversary. New starting time is 7pm and new ending time is 10:30pm. The place is the Riverview Club, 790 Christina Drive, in St. Augustine Shores.

The very popular Ray Mezo band will provide the dance music. Well known dance instructors Felix Solis and Annie Hawkins will perform a Viennese waltz and a mambo at the first break. Hors d'Oeuvres, desserts and coffee will be served at the second break.

Guests pay just \$15. Appropriate guest attire for this special event is a dark business suit with tie for the men and a cocktail dress for the women.

For an invitation, call President Hal Sommer at 904-823-0719. Or call Dennis and Mary Larimore at 904-825-4902. For more information and to see pictures of recent dances, visit facebook.com/SABDASTAug.

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What's Inside The Observer This Month...

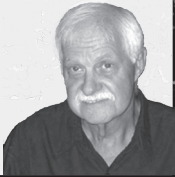
- **News From Around the Shores:**
 - Presidents Message
 - Shores Service Corp August Board Update
 - Riverview Club Calendar
- **Health Update: Golfing: A Game of Life Or Death?**
- **Financial Focus: Inflation and Your Retirement Income Strategy**
- **Computer Corner: Mores Windows 10 Updates**
- **Sheriff's Corner: Offender Watch Program**
- **What Is EMDR?**
- **The Eye Center gets new Laser Technology**

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St. Augustine, FL 32080-6509

The St. Augustine Shores Observer

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www.observer.vpweb.com



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

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

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

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

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

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

Shores Community Calendar

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

• **Shores Recreation Association** board meetings are held on the first Tuesday of each month at 11:30 a.m. at the Riverview Club.

• **Conquistador Condominium** Board meetings are held on the fourth Monday of each month at 6 p.m. at the Riverview Club.

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

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

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

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Community Classifieds

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

Business, Services and other Ads may now be placed according to the Following rate schedule: 1/2" (4 lines) \$5, 1" (8 lines) \$10, 1 1/2" (12 lines) \$15, 2" (16 lines) \$20. These Ads are to be payed in advance before running in the Observer.

Send your ad and payment if required to Shores Observer, 1965 A1A South #180, St. Augustine, 32080-6509. Or you may email your ad to clifflogsdon@att.net. Deadline for all ads is the 10th of every month for the next month's issue.

FOR SALE: Several pairs of ladies slacks (long pants) size 8 some never worn. \$5 each. Call 904-501-4969.

FOR SALE: Solid Wood Armoire from Ethan Allen. Made by Tell City Chair Company. Measures 72" tall by 40.5" wide and 19" deep. 3 drawers on the base. Top can accommodate a TV. Has electrical and cable plug. Very nice. Asking \$250. Pictures available. Call 904-377-7898.

FOR SALE: 4 vinyl blinds 4 ft wide, 6ft long. Goof for sun room or lanai \$50 each. Large 23" by 12" Tappon Microwave Oven, good condition, used sparingly \$30. Call 794-4143.

FOR SALE: Inflation System for auto/bicycle Tires and other Inflation needs. Brand New. Never used. Backup for a second system for bicycle/auto. Bicycle sold. Includes motor gauge and hand held gauge. In manufacturers packaging. Needs wall plug to run. \$28. Call 904-217-0940.

FOR SALE: 1. Vtec Brand 2 Handset Cordless Phones and Answering System. Many features. \$24. 2. Pottery Barn Plate Chargers, silver plated, set of 12. New in box. Original cost \$360. Will sell for \$125. 3. Steel tool stand. 18"Wx22 1/2Lx26 7/8H. This tool stand was used in the late 40's, early 50's by the Remington Firearms factory. Has unique sculptural legs. No rust and has caster wheels. \$35. 4. Spa back massager cushion. 2 massage intensity levels and heat. Auto and wall adapter. Like

new condition, \$18. Call 904-687-3001.

FOR SALE: Armoire. Excellent condition with Pecan finish. Three shelves plus two bottom drawers. 37" long, 18" deep, 57" tall. \$95.00. Call 904-794-5855.

FOR SALE: 1. Black Fabric Futon \$40. 2. Stationary exercise air bike \$20. 3. Weider Total Gym \$50. 4. Rollator Walker with Seat \$10. 5. Bedside Commode \$10. 6. Clothes Steamer \$5. Call 904-501-1378.

FOR SALE: 1. Bedsheet, Queen size, by Laura Ashley. Solid moss/gray color - will match many bedding ensembles. \$12.00. 2. A set of 4 grommet curtain panels in a cream/beige with a geometric tone on tone pattern. Very nice, and washes so well in the machine. They are 84" length. \$45.00 complete. 3. A seersucker coverlet and 2 pillow shams from Orvis, striped earthtones. Size is double, but will fit a queen size bed half way down the sides, or as a bedspread to the floor of a double bed. All laundered; no pets. \$35.00 complete. Call 904 797-3736.

Work Wanted: 1. Looking for a Nanny, companion for the elderly, house or and pet-sitter? I am here to help you, in and around the St. Augustine Shores area. Reasonable, honest and reliable. Call: Martina at: 904-342-2604. 2. Handyman of many trades is looking to help you, in and around the St. Augustine Shores area. Resonable, accurate, honest and reliable. Call Horst at: 904-342-2604.

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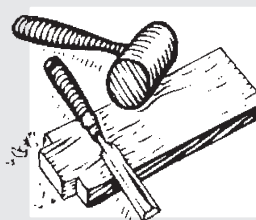
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St. Augustine Shores Club News

September Riverview Club Calendar

DANCE MEMBERS:

September 19th EARLY SOCIAL

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

Chairpersons: The Hernandez's

Reservations: Tuesday 9/15/15 and Thursday 9/17/15 *9-10am

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

September 27th MAIN SOCIAL

Sunday 6:00PM- 9:00PM Music by: Ernie

Chairpersons: Liz Blount & Chris Martin

Reservations: Tuesday 8/22/15 and Thursday 8/24/15 *9-10am Dance Members and

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

ACTIVITY MEMBERS:

RUBBER BRIDGE- Friday at 12:30PM

BRIDGE LESSONS- 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 September 17 @ 2pm.

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 8th and again on the 23rd at 1pm. The chosen subject "The Pletting Rain..." 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

Shores Family Day will Be October 10th at the Riverview Club

Shores Fall Yard Sale will be November 14th

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- October 17th 7-10pm. Entertainment: Tim Rippey

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

Main Social- October 30th Friday 7-10pm. Entertainment: Phil Farino

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

Compassion 5 K Run

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

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

- Pre-Registration: \$22 - ACRR members \$20 (deadline October 30th)
- Pre-Registration pick-up is Friday, November 13th from 5-7 pm at St. Augustine Rehabilitation Specialists (S.T.A.R.S.) 105 Mariner Health Way #213 St. Augustine, FL 32086 ** Pre-Registration fee includes race t-shirt **
- LATE REGISTRATION: \$25 after October 30th
- SAME DAY REGISTRATION: \$30 (7am - 7:30am) T-shirt not guaranteed
- **Entry Fees are Non Refundable**
- Timed and scored by Jaguar Timing Systems electronic bib tag (Wear on front chest to be scored). Results will be posted near finish line and at www.milestoneauthority.com. Please include your cell phone carrier to receive INSTANT SMS text message of your race time.

Shores President's Message

My name is James Priester and I am the current HOA Board President for the 2015-2016 business year. I have been a Shores resident for over fourteen years. I was elected to the Board of Directors in 2013 and in 2015 I was unanimously voted to be the President by my fellow Board Members.

Since being elected to the Board of Directors, I have been a part of some great improvements to our community. We as a board have approved several renovation projects for the Riverview Club such as resurfacing the pool, renovating the pool bathhouse. We have also voted to improve the appearance and function of the interior of the club with new flooring, new paint and office improvements help to present the club in a manner to allow our community to grow with a positive image.

As a standing order, I invite all of my fellows Shores Residents to attend the Board of Directors' meetings (second Thursday of each month at 7 pm) and help support our community. The agenda for these meetings is posted on our website (<http://www.staugshores-hoa.org>) no later than 48 hours prior to the meeting.

My fellow board members and I have developed a set of short term goals that we will work to complete this year. The goals include improving the appearance of our community with landscaping, reviewing our governing documents to ensure current/best practices are being employed, developing more youth programs/recreational facilities and reviewing safety and security measures within our community. These are just a few of the areas we intend to address above the normal business conducted throughout the upcoming year. Some of these goals will require the forming of committees to accomplish them and we would ask if you are interested in getting involved and have a skill set that can help with our goals, please join us at the next Board Meeting.

As your St. Augustine Shores HOA Board President, I will continue to work with all of the membership's needs in mind. As a dedicated public servant, I have committed to making my community safer and will strive to improve our way of life in the Shores by continually investing my efforts into increasing the value of our Shores properties.

I would like to thank my neighbors and fellow Shores residents for your vote of confidence. I will give my best to ensure that our community continues to move forward in a positive manner. If you would like to contact me, please email General Manager Joe Smith (joe@staugshores.net) and include Attn: Board President.



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News from Around the Shores

St. Augustine Shores Service Corporation

August 13, 2015 Board of Directors Summary

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

The Invocation was given by General Manager Smith followed by the Pledge of Allegiance and approval of the Minutes – July 9, 2015. Motion to approve by VP Zinn, seconded by Treasurer Lorbeer and carried unanimously.

401K Presentation: Tom Hamilton, Retirement Planner Paychex, presented a customized plan design for the St. Augustine Shores Service Corporation employees. A power point package was presented to all Board members.

President's Comments: President Priester addressed the Board on accountability and explained that all items requiring a vote of the Board of Directors will follow these steps: 1. Motion from the Board, 2. Second from the Board, 3. Membership Comment (Limited 2 minutes). 4. Discussion from the Board, 5. Vote. He explained that Directors Comments will be limited to 3 minutes and Members Comments will be limited to 3 minutes to keep the meeting on task and to eliminate open ended discussion.

Treasurer Report: Read by Treasurer Lorbeer accepted for audit. General Manager Smith explained the increase in operating cash and the decrease in the reserve funds on the report.

Collections Issues: General Manager Smith presented collection issues.

- 102 Augusta Circle amount owed \$762.60. Request to pay off the balance and stay current in 8 months. Payment would be \$100.00 per month. Motion by Treasurer Lorbeer that accept the payment plan proposal. Seconded by Director O'Such. Board Discussion and carried Unanimously..

- 6 authorizations to proceed:
 - 1010 San Remo Rd. amount owed \$4189.00,
 - 2795 Bahia Drive amount owed \$646.50,
 - 679 Alieda Drive amount owed \$5613.00,
 - 221 Phoenetia Drive amount owed \$3021.00,
 - 709 Augusta Circle amount owed \$389.00,
 - 250 Rosaria Street amount owed \$348.00.
 Board discussion and motion by VP Zinn to move these properties forward, seconded by Director Chitwood, and motion carried unanimously.

- 22 Aledo Court amount owed \$3130.00. Legal Counsel recommends to write off the \$3014.35 and close the account. Board discussion and motion by Director Chitwood to accept Legal Counsel's advice and write off the bad debt expense and seconded by Secretary Diamond. Board Discussion on the motion and vote of 5 yes votes and 1 no vote Vice President Zinn. The motion carried.

- 1078 San Remo Rd. amount owed \$4674.00. Received proposal to pay \$2500.00 to settle debt. Board Discussion and motion by President Priester to deny the offer, seconded by Secretary Diamond. Board Discussion and motion carried unanimously.

ACC Report: Jerry Zinn

The ACC Committee had 1 meeting in the month of July. The ACC Committee approved: 4 new homes, 4 screen rooms, 1 pool enclosure, 1 pool, tabled 3 for more information, 1 permit extension. Total approved YTD 85.

Managers' Report: Joe Smith III

Old Business:

401K Discussion: Vice President Zinn

presented a plan developed by Barnett Wealth Advisors utilizing a Key Employee Life Insurance Policy and simple IRA plans for all employees. General Manager Smith directed to put together the mechanics and chose a plan.

Storm water Drainage System Maintenance Issue: General Manager Smith explained that he had solicited three Excavating Companies waiting to bid on the project. SJRWM to meet with Smith August 19, 2015 to provide design details.

Status of Pool Bathhouse: General Manager Smith explained that JTN Construction will correct the drainage issue after the pool close on October 31, 2015. Performance Bond is retained.

Progress on Board Goals

Curb Appeal: Secretary Diamond requested that an Arborist be engaged to determine the health and future plans for the oaks on Tract W Unit 1 in front of Ameris Bank. General Manager Smith summarized a study submitted by Arborist Jason Shaw. Secretary Diamond discussed painting the curb at the entrance to identify the turn. Director Chitwood commented on trimming the greenbelt over the sidewalk on Shores Blvd. and Christina Drive. She would like to see the vines cut off at the root. General Manager Smith informed the Board that he is in the process of soliciting bids to repair/replace \$1800 sq. ft. of sidewalk on the West side of Twin Lakes.

Safety/Security: Vice President Zinn informed the Board of the results of the RV/Boatyard Survey. He recommended a new keycard access system for the yard to identify the person entering and leaving.

Operations: Motion by President Priester to have a line item in the 2016 – 2017 Budget for the I pads or tablets to use at Board meetings, seconded by Director O'Such. Carried unanimously.

Policy on Directors Seated on Multiple Boards: Motion by President Priester to cancel the policy and put it to the Membership at the annual meeting, seconded by Vice President Zinn and carried 4 yes votes 2 no votes Treasurer Lorbeer and Director O'Such.

Office Renovation is completed.

New Business

Committee Assignments: President Priester introduced the scope of the "Compound Committee" to address the RV/Boat and Trailer storage area only. Directors Zinn and Director elected as co-chair. President Priester suggested a need to establish a "Riverview Facility Committee" and Director Diamone and Director Chitwood elected as co-chair.

Rental Rate adjustments: General Manager Smith provided the Board with a list of local venues and their rate structures including deposit criteria, balance paid in full dates and time allowed per rental.

Action Status List: President Priester explained the need and benefit of an action status list. He asked Secretary Diamond to handle the development of this list.

Deed Restriction Report: General Manager Smith provided the Board with a copy of the report. He explained that the County Health Department and the Code Enforcement Department were handling the rat infestation issue at 907 Palermo Road.

Directors Comments: Treasurer Lorbeer wanted to commend President Priester for the way he ran the meeting. Director Chitwood commented on the fountains and the need to budget for the replacement of these fountains. Meeting Adjourned.

Jewish High Holiday Schedule at Temple Bet Yam

by Carol Gladstone

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

S'lihot:Shabbat	Friday, September 4th: 7:30 PM
Erev Rosh Hashanah	Sunday, September 13th 7:30 PM
Rosh Hashanah Day	Monday, September 14th
	Children's Service: 9:00 A.M
	Morning Service: 10:00 A.M.
	Kiddush followed by Tashlich: Approx. 1:00 PM
Kol Nidre:	Tuesday, September 22: 7:30 PM
Yom Kippur Day	Wednesday, September 23
	Children's Service: 9:00 A.M.
	Morning Service: 10:00 A.M
	Afternoon Service: 3:15 PM
	Yizkor and Neilah: Approx 4:45 PM
	Havdalah and Break the Fast: 6:15 PM
Sukkot Celebration	Sunday, September 27th TBD

"Understanding The Civil War" Discussion Group Meeting

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

Writers In The Shores

By Donna Johnson

We're back ! Our meetings will resume again in September as we have before on the 2nd and 4th Tuesday, at 1pm here at the Riverview Club Library. The September meetings will be on Tuesday the 8th and again on the 22nd. The chosen topic for this month on the 22nd is, "The pelting rain ". 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 are a casual group who enjoy sharing their work and related discussion with each other. There are no officers, dues or requirements. All genres are encompassed. For information call me at 794-0789

St. Augustine Travel Club Cruise

by Peter Dytrych

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

St. Augustine Genealogical Society (SAGS)

The St Augustine Genealogical Society (SAGS) meets at the St Johns Public Library, SE Branch, large conference room located at 6670 US 1 South, St. Augustine, FL 32086, on the second Saturday of the month at 1:00 p.m. For more information call (904) 315-4028 or 460-2719.

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

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

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St. Augustine and Obelisk Art 450 Tour of Compassion



Compassionate St. Augustine, the Crisp-Ellert Art Museum, Flagler College, and The Community Foundation for Northeast Florida will present Obelisk Art 450 commemorating the 450th anniversary of the founding of St. Augustine. The Obelisk Art 450 Tour of Compassion public art project will formally open on First Friday Art Walk, September 4 from 5:30 pm until 9:00 pm. The exhibition located at 48 Sevilla Street in historic downtown St. Augustine will remain on display through Friday, September 18. The public is invited to attend and there is no charge. The Obelisk Art 450 Tour of Compassion is a collection of 25, eight-foot tall obelisks embellished by professional artists and completed for a public art exhibition scheduled for the permanent installations in September. The Obelisk Art 450 Compassion through the Eyes of Children is a collection of 28, four-foot tall obelisks ornamented by elementary schoolchildren in St. Johns County.

Many of the artists selected through an extensive Call to Artists process have significant exhibition experience to include local, national and international museum and gallery shows. For additional information, visit the website at www.compassionstaugustine.org.

Interfaith Celebration

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

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

Friends of A1A Upcoming Events

• **Spoonbills & Sprockets Cycling Tour, November 1, 2015** - Come experience the beautiful A1A Scenic Byway by bike! Whether the 100, 72 or 36 mile route, take in the sights of Gamble Rogers State Park, Varn Park, Marineland and the St. Augustine area. A fully supported ride, including SAG support. This ride is sure to please as you tour our beautiful beaches and parks. Once finished, enjoy a catered luncheon and an afternoon at Marineland!

• **7th Annual Super Scenic 72 Mile Garage Sale, November 14, 2015** - The Garage Sale offers shoppers an experience like no other. Starts in Ponte Vedra and ends in Flagler Beach, 10 community sites other 100 stops on the way.


Oktoberfest Music Festival at Yacht Club


Music Festival, Sunday, September 20, 1 to 7 PM, St. Augustine Yacht Club, opposite Lighthouse on Salt Run. Open to public. Tickets \$3. German food and beer sold. Music by Southern Style Vocal Band, Just Dave, and others. Call 824-9725 or email manager@staugustineyachtclub.com for information and tickets.




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Wild Flower Meadow Group

by Cindy Taylor

We welcomed a potential new member last month and hope she'll return. Last month one of our members donated a Chickasaw plum tree, another donated a salt and pepper bush, and we planted them where a storm blew down a wax myrtle tree. A couple in the group laid landscape cloth around them to keep the grasses from encroaching and covered the area with pine straw. This fall, during the planting season, we'll remove the landscape cloth and plant wild flower seeds.

During our July meeting a couple members also cleared an area by the path in the lower meadow and planted more scorpion tail and tropical sage. The hope is the flowers will eventually spread throughout the lower meadow and won't look like flower beds.



Nature would do this if it weren't for all the invasive lawn grasses we couldn't get rid of after the area became a meadow.

In July the horse mint started blooming and cone flowers still are. There are coreopsis, gaillardia, iron-weed, tropical sage, wood sage in bloom, a few (continued on page ??)



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Golfing: A Game Of Life Or Death?

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



As if avid golfers needed one more reason to play, here it is: **golfing can improve your health and yes, add years to your life.** According to a Swedish study published in 2008, people who play golf regularly without using a cart have a 40% lower mortality rate than those of the same age and sex who don't exercise. This could equate to adding as many as 5 years to your life, IF you play regularly and walk the course. Those with the lowest handicaps had the best rate, which probably means they play most often.

Playing often and playing well means playing injury-free. According to current research, golfers most often injure the low back, the non-dominant shoulder and the elbow. Professional golfers tend to experience overuse injuries due to constant practice and thousands of swings. Amateur golfers tend to acquire injuries related to an incorrect golf swing as well as overuse. Inadequate range of motion, strength and endurance are at the root of most injuries, particularly in the back and shoulder. Limited range of motion in one area of your body will result in compensation and overstress in a neighboring area. Back pain may be a result of poor 'core' or trunk control or tight hips. Forcing a follow-through when your hip rotation is limited can produce excessive strain in the low back.

Golf is all about mechanics. Faulty mechanics in the hip may lead to hip or low back pain. Faulty shoulder mechanics will produce undue strain in specific tissue, which can lead to a shoulder impingement, tendonitis, shoulder instability, or even a rotator cuff tear. Inadequate stability of the non-dominant hip allows the hips to open up. Inadequate strength in the non-dominant shoulder allows the club to get away and opens up the face of the club. In both cases, the effect is certain death: the

dreaded slice.

Speed is essential to producing power, but power is of no use without control. Balance, timing and endurance are also keys to playing a good round. No one enjoys shooting par, or less, on the front nine only to see everything fall apart on the backside due to muscle fatigue, dropping of the shoulders or poor backswing. Playing just one round of golf can require 200+ swings, including practice swings and hitting a bucket of balls at the range.

Yes, frequent play can decrease your handicap (sorry spouses) and according to the Swedish it can also add years to your life. And if you didn't know it before, you now know, adequate range of motion, speed, strength, and endurance are all just as important for safe and pain free play. Limitations or deficiencies in any of these areas can often be remedied without the use of expensive equipment or fancy gadgets. Physical therapy can help locate impairments and provide simple do-it-yourself stretches and exercises.

If you and your game are healthy, keep saving your money. You may be playing 5 years beyond your current retirement plan. But if you and your game are struggling or hurting, don't play through. Seek help. The answer may be simpler than you think.

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.

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St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

OffenderWatch Program

Did you know that sex offenders or predators move an average of four times a year! It is this reason that our citizens want and need easy access to sex offender data so they can run neighborhood searches around their home and school. They want to stay updated with emails and postal mailings whenever there is a change around them. In addition, 80-90% of us likely have a sex offender living within a one mile radius of our home, our children's school, and place of work. This month I would like to talk to you about a very important program we offer here at your Sheriff's Office. It is the OffenderWatch Program. This is an on-line tool to keep you better informed as to where registered sex offenders and predators reside in our county. This system will enable anyone with an Internet connection to search for registered sex offenders and predators within our county by name or address.

This program is two-fold: A geographic tool and an e-mail notification program. With the geographic tool, any address in the county can be entered into a search engine, and a map will be displayed showing full information on the location of any registered sex offenders or predators living within a mile radius of that address.

The email notification program allows any person to enter up to five addresses in the county into a database so that the Sheriff's Office can notify you of any offenders or predators who moves within one mile of that given address. To sign up for the OffenderWatch program, go to our website at www.sjso.org, and click on the Sex Offender and Predator tab and then the OffenderWatch link. Instructions will guide you through the process.

Also on our website you will find safety tips for parents and children. With recent events in our neighboring counties involving crimes against children, parents should remain diligent by knowing where their children are at all times. Be familiar with their friends and daily activities, especially on-line and whom they might be "talking"

to. Help build self-esteem in your child, listen carefully to their fears, and be supportive in all your discussions with them. Replace your child's fear with knowledge and guide them in their decision-making. By practicing age appropriate life skills early this could assist them with more complex situations later. Teach them to trust their own feelings and assure them they have a right to say NO to what they sense is wrong. Choose substitute care givers carefully, and be alert to anyone who is paying unusual amounts of attention to your children or giving them inappropriate gifts. Teach your children that no one should approach them or touch them in a way that makes them feel uncomfortable. If someone does, assure them you are the person to discuss it with.

Some safety tips for young children include: Teach them about who they are including their full name, birthdate, complete address, phone number and their parents' full names. If a child is in a public place and they get separated from you, encourage and teach them to not to wander around looking but to go to a checkout counter, a security office, or lost & found. Have them tell someone in authority that they have become separated from their parent and need help in finding them. If possible, use the buddy system. It's more fun and there is safety in numbers. Don't wander the neighborhood after dark or while alone. If someone follows your child on foot or in a car, teach them to stay away from them and find a trusted neighbor or adult. Be sure to tell them not to talk with strangers, give directions or look for a lost pet from someone they do not know. Most importantly, if someone tries to take a child away, the best defenses are the child's legs and voices. Try to run and scream before they get too close and call 911 immediately.

There is a wealth of information on our website on this topic as well as on many other topics at www.sjso.org. Please feel free to follow the Sheriff's Office on Facebook and Twitter and of course email me with any questions or concerns at dshoar@sjso.org. Thanks for reading and stay safe!

Wild Flower

(continued from page 6)

butterfly peas, meadow beauty, and lots of gaura (also known now as southern bee blossom). There are also lance leaf coreopsis, mimosa strigillosa, day flowers, sweet white clover, frog fruit, Florida elephant foot, honeysuckle vine, and scorpion tails. The rattle boxes are preparing to blossom, so are the blazing star, paint brush, and blue curls. It's hard to believe the Florida fall bloomers are just around the corner.

We meet the first Saturday of each month at 8:30 by the Riverview Club House. Our goal is to care for the wild flower meadow, learn about native plants, and what grows in this location. We occasionally visit state and county parks and welcome newcomers. We're an informal group without officers or dues and hope you will join us. Call Claire at 794-7473 or 325-3660 for more information.

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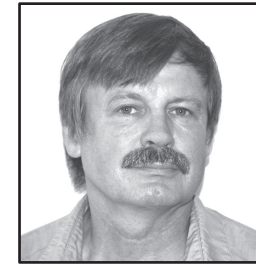
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Computer Corner

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

More Windows 10 Updates



Greetings from Computer Professor
I hope everyone is doing fine this hot summer.

Some of you may have already installed Windows 10, on purpose of by accident. If you explore it with curiosity and patients you will soon enjoy it as much as any other operating system, maybe more. If you panic and withdraw, then it will be a long road to enjoyment. You have one year time to install this free update to Windows 10 from Windows 7 or 8.1, you also have 30 days to remove Windows 10 and restore it to what you had before the upgrade.

If you reserved your copy it may already be in Windows update section ready to install, if you do not want it installed yet then I suggest you hide the update until you are ready, (right-click on the update and select hide). I am compiling some "getting started" handouts which will be available on my website once this article reaches distribution, email me for information at mainely2@bellsouth.net. I am available for private tutoring at an hourly rate and am currently working with a premier Internet training website making video lessons as well as online classes and tutoring. My effort is to reach more people with the help they need in all versions of Windows and Microsoft Office programs.

There are two main "looks" for the start menu in windows 10, one that is close to the Windows 7 look and one that is close to the Windows 8.1 look. What your computer will have depends several factors so I will describe them both. The windows 7 look has a small menu with a few apps on the right side of the menu and on the left is most used apps, navigation to documents, downloads, explorer, and settings as well as the power button. Below the power button is an "all Apps" selection to show you all apps/programs. Yes, they have given up on the term program and they are now all called apps. The app list in in alphabetical order. Once you have opened the app list a "back" button takes its place to return to the previous menu.

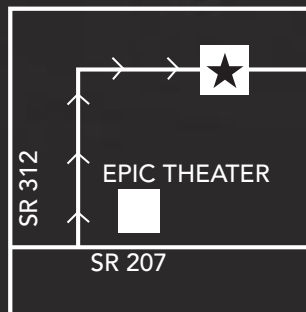
If you want the 8.1 look you must first go to "settings", then "personalization" then the category "Start", turn on the option "Use Start full screen", then close the window. Clicking the start button (windows key) now will show the app portion as full screen. On the left of the menu is two buttons close to the bottom and one at the top. The two at the bottom is the apps list and the power button, the one at the top is the settings and recent used list. Sorry for the brief explanation here due to my limited space for the article, stick with it, you will love it.

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Financial Focus

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Inflation and Your Retirement Income Strategy

You might not think much about inflation. After all, it's been quite low for the past several years. Still, you may want to take it into account when you're planning your retirement income strategy.

Of course, no one can really predict the future course of inflation. But it's a pretty safe bet it won't disappear altogether — and even a mild inflation rate, over time, can strongly erode your purchasing power. Consider this: If you were to purchase an item today for \$100, that same item, in 25 years, would cost you \$209, assuming an annual inflation rate of 3%. That's a pretty big difference.

During your working years, you can hope that your income will at least rise enough to match inflation. But what about when you retire? How can you minimize the impact of inflation on your retirement income?

One thing you can certainly do is include an inflation assumption in your calculations of how much annual income you'll need. The number you choose as an inflation factor could possibly be based on recent inflation levels, but you might want to err on the conservative side and use a slightly higher figure. Since you may be retired for two or three decades, you might have to periodically adjust the inflation factor to correspond to the actual inflation rate.

Another important step is maintaining an investment portfolio that can potentially provide returns well above the inflation rate. Historically, stocks have been the only investment category — as opposed to investments such as Treasury bills and long-term government bonds — whose returns have significantly outpaced inflation. So you may want to consider owning an appropriate percentage of stocks and stock-based investments in your portfolio, even during your retirement years.

Now, you might be concerned at the mention of the words "stocks" and "retirement years" in the same sentence. After all, stocks will fluctuate in value, sometimes dramatically, and even though you may be retired for a long time, you won't want

to wait for years to "bounce back" from a bad year in the market. But not all investments move in the same direction at the same time; spreading your dollars among a range of asset classes — large stocks, small and mid-cap stocks, bonds, certificates of deposit (CDs), foreign investments and so on — may help you reduce the impact of volatility on your portfolio.

And you don't even have to rely solely on stocks to help combat inflation. You could also consider Treasury Inflation-Protected Securities, or TIPS. When you purchase a TIPS, your principal increases with inflation and decreases with deflation, as measured by the Consumer Price Index. Your TIPS pay interest twice a year, at a fixed rate; this rate is applied to the adjusted principal, so your interest payments will rise with inflation and fall with deflation. When your TIPS matures, you will receive adjusted principal or original principal, whichever is greater. As is the case with other bonds, though, you could choose to sell your TIPS before it matures.*

Work with your financial advisor to help decide what moves are right for you to help protect your retirement income from inflation. It may be a "hidden" threat, but you don't want to ignore it.

*Yield to maturity cannot be predetermined, due to uncertain future inflation adjustments. If TIPS are sold prior to maturity, you may receive less than your initial investment amount. If bonds are not held in a tax-advantaged account, investors will be required to pay federal taxes on the accredited value annually, although they will not receive any principal payment until maturity. When the inflation rate is high and the principal value is rising significantly, the taxes paid on TIPS may exceed interest income received. Therefore, TIPS may not be suitable for investors who depend on their investments for living expenses.

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

St. Augustine Beach Civic Association

by Bill Jones, President
www.thecivicasociation.com

450th Celebration "unofficially" Starts here at the Beach



Thanks to the hundreds of people that signed our petition and over 20 people that came to speak at last month's City Commission meeting. The Commission voted 3 to 1 in favor of renewing the Civic Association lease on the old police garage at Pier Park. The building is essential to our ability to produce over 75 free community events each year at Pier Park. Our thanks to Commissioners Gary Snodgrass, Rich O'Brien and Margaret England who voted yes. Even though she was not required to Mayor Andrea Samuels recused herself from the vote as her husband sits on our board. We are very grateful for the vote of confidence and the support from the community.

The music and fun for the 450th Celebration unofficially starts here at the beach with our first ever "Big Hair 80's Rock Beach Party" on Wednesday September 2nd. Music by the Sea is proud to present the 80's cover band Papercutt at the Pier Park Pavilion. Papercutt is well known as the best glam band in the land covering 80's groups like Poison, Bon Jovi, Journey and others. The band performs in 80's garb including lipstick, makeup, spandex, glitter and big hair too. We are inviting everyone to dig out those old leg warmers, finger-less gloves and Members Only jackets and let's relive the 80's. Signature dinners will be provided by South Beach Grill. In addition to Papercutt the Civic Association has enlisted the service of UNF student Lane Pittman to open the show with a cover of the Jimi Hendrix version of The National Anthem. This will be an unforgettable night at the Pier.

Our 10th annual "Taste of the Beach" is set for Sunday October 18th from noon until 5 pm at the Pier Pavilion. Thanks to event co-chairs Barbara Kleisler and Lois Toonder for their outstanding work. The event will

feature 14 restaurants from here on the Island and they are; Amici Italian Restaurant, Beachcomber, Blackfly, Bonez BBQ, Dune's Cracker House, Les Petits Pleasures, Panama Hattie's, Purple Olive, Ripe Bistro, Salt Life Food Shack, South Beach Grill, Sunset Grille, Viola's Pasta & Seafood, and Obi's Fillin Station. There will also be live music, beer, wine, soft drinks and more. The event is to benefit the Betty Griffin House which serves victims of domestic violence. Save the date and bring the whole family for the 2015 Taste of the Beach.

I had the opportunity to represent the Civic Association at a couple of great events over the last few weeks. The first was the 25th Anniversary Luncheon for the Betty Griffin House. The event was held at Flagler College and celebrated the many volunteers and staff that helped make the BGH what we see today. Executive Director Joyce Mahr and Sheriff David Shoar spoke of the modest beginnings of the program and the great progress the BGH has made over the last 25 years. The other event was the Growers Alliance Benefit. The event was headed up by our friends Martin Kabaki and his wife Purity Gikunju. Many of you know these two as the Kenyan Coffee vendors at many of the local markets. These two have been raising money for over a decade to provide water purification and dialysis equipment in their original home country of Kenya. Their work is remarkable and like the volunteers and staff at the Betty Griffin House, I am reminded that each one of us can make a big difference in the lives of others. Whether you are a volunteer for the Civic Association or any other non-profit organization I thank you and remind you that your efforts really do matter. See you at the beach

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, September 11th at 9:00 a.m.
WHERE: Riverview Club Library at the St. Augustine Shores ****RSVP required****
Refreshments will be served.

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

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Three Board Certified Ophthalmologists and eye surgeons at The Eye Center in St. Augustine have brought a breakthrough in cataract surgery and astigmatism correction to Northeast Florida in the form of Alcon's LenSx femtosecond laser technology.

Ophthalmologists Paul Hund III, M.D., Todd Thompson, M.D., and Russell Nelligan, M.D. announce a cutting-edge and highly innovative

procedure to cataract surgery and astigmatism correction practices. The precision of the Alcon LenSx laser enables a more precise and consistent cataract surgery and astigmatism correction, while reducing risk of human error or unpredictability.

Historically, cataract surgery and astigmatism correction have been a common and a very safe procedure for Ophthalmologists. A cataract is a patient's natural lens of the eye that

has undergone changes (usually aging changes) that causes the natural lens to become opaque, causing discoloration and difficulty seeing correctly. Astigmatism has to do with the irregular football shape, instead of round shape, of the eye that typically requires spectacle correction to obtain clear vision. With the femtosecond laser, the Ophthalmologist uses the LenSx laser to make small incisions into the cornea of the eye and then into the cataract, after which the cataract

material is removed with an ultrasound and vacuum.

While cataract surgery has in recent years been a relatively safe and incident-free procedure, there has always been some room for error with irregular incisions and imprecise results. Patients have also become more demanding of results that reduce astigmatism and reduce the need for glasses postoperatively.

The Alcon LenSx laser helps to reduce this margin of error and to reshape the eye to achieve more precise results. The precision afforded by the LenSx laser is thanks to a hyper-fast, image-guided system that uses a laser instead of the human hand, to make several of the necessary incisional steps of a cataract surgery along with the astigmatic reducing corneal incisions.

The Eye Center of St. Augustine has three locations in the area: 1400 U. S. Highway 1, in St. Augustine; 10 Florida Park Drive in Palm Coast, and 319 West Town Place in World Golf Village.

For more information, or to schedule an appointment, call the St. Augustine office 904-829-2286.



Dr. Paul Hund III, Ophthalmologist



Dr. Todd Thompson, Ophthalmologist



Dr. Russell Nelligan, Ophthalmologist

What Is EMDR?

by Dr. Betty Carvajal Pantaleon

Eye Movement Desensitization and Reprocessing, or EMDR, is a powerful new psychotherapy technique which has been very successful in helping people who suffer from trauma, anxiety, panic, disturbing memories, post traumatic stress and many other emotional problems. Until recently, these conditions were difficult and time-consuming to treat. EMDR is considered a breakthrough therapy because of its simplicity and the fact that it can bring quick and lasting relief for most types of emotional distress. EMDR is the most effective and rapid method for healing PTSD (Post Traumatic Stress Disorder) as shown by extensive scientific research studies.

The EMDR therapy uses bilateral stimulation, right/left eye movement, or tactile stimulation, which repeatedly activates the opposite sides of the brain, releasing emotional experiences that are "trapped" in the nervous system. This assists the neurophysiological system, the basis of the mind/body connection, to free itself of blockages and reconnect itself.

As troubling images and feelings are processed by the brain via the eye-movement patterns of EMDR, resolution of the issues and a more peaceful state are achieved.

How Does It Work?

The therapist works gently with the client and asks him/her to revisit the traumatic moment or incident, recalling feelings surrounding the experience, as well as any negative thoughts, feelings and memories. The therapist uses a light bar to help move eyes left to right and vice versa, with or without auditory sounds. The client tracks the movements as if watching ping pong. The more intensely the client focuses on the memory, the easier it becomes for the memory to come to life. As quick and vibrant images arise during the therapy session, they are processed by the eye movements, resulting in painful feelings being exchanged for more peaceful, loving and resolved feelings.

What problems are helped by EMDR?

The studies to date show a high degree of effectiveness with the following conditions:

- loss of a loved one • injury of a loved one • car accident • fire • work accident
- assault • robbery • rape • natural disaster • injury • illness • witness to violence
- childhood abuse • victims of violent crimes • performance and test anxiety • trauma
- depression • anxiety or panic • phobias • fears • childhood trauma • physical abuse
- sexual abuse • post traumatic stress • bad temper • overwhelming fears • panic attacks
- low self-esteem • relationship problems • brooding or worrying • trouble sleeping

The EMDR technique is most effective when used in conjunction with other traditional methods of therapy in treating these and many other emotional disorders.

EMDR therapy can help clients replace their anxiety and fear with positive images, emotions and thoughts.

How do I know if EMDR is right for me?

There are a number of factors to consider when evaluating the appropriateness of EMDR therapy for a client's particular situation and history. During your initial consultation with me, a trained EMDR therapist, all the relevant factors will be discussed in full to help you both come to a decision to move forward with EMDR. Dr. Betty Carvajal Pantaleon is a trained therapist and specializes in EMDR.



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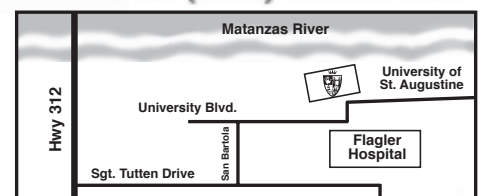
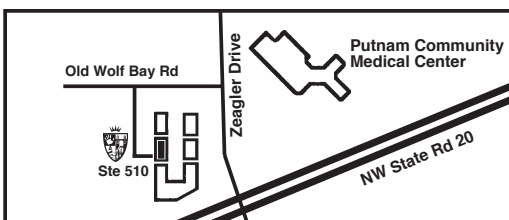
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