



Happy Independence Day!



# St. Augustine Observer

NEWS FOR RESIDENTS AND VISITOR IN ST. AUGUSTINE, FL AREAS

## “Flip Flop ‘Til You Drop’ 2016” A Pleasant walk for charity



This year's "Flip Flop 'Til You Drop," a pleasant walk for charity, will be held on (Saturday) July 9, 2016, to support K9s For Warriors. The event will rally at Dunes Cracker House on A1A Beach Blvd. at 1:00 pm. A limited quantity of Flip Flop t-shirts can be purchased in advance for \$20.00 each at the following locations: LYMI Oddities, The Sunshine shop, The Original Cafe Eleven and FA Cafe. The t-shirt is your ticket to exclusive deals at these locations, and the others listed below. On the day of the event a t-shirt design contest will be held at Dunes Cracker House @ 4 p.m. for the most creative design with \$\$\$ and prizes awarded.

The following St. Augustine Beach business are helping to support this event -The Taco Shop, Dunes Cracker House, Coquina Beach Surf Club, Panama Hattie's, The Sunshine Shop, The Original Cafe Eleven, LYMI Oddities, FA's Cafe and Mango Mango's. Special guest musicians will be providing live music at some of these locations.

For those who do not wish to walk the entire event route, as in the past many years, Old Town Trolley Tours will provide free trolley rides and bottled water.

The purpose of “Flip Flop ‘Til You Drop” has always been to bring attention and awareness to the needs of our local charities; this year we are supporting K9s For Warriors. Over this past 13 years the event has donated over \$130,000.00 to local charities in our community.

K9s For Warriors - SIGNIFICANCE: “The unfortunate, staggering fact is, every day 22 veterans returning from combat take their lives,” said Rory Diamond, Executive Director, at K9s For Warriors. “The K9s for Warriors training program not only provides our soldiers with a live-saving gift, but it is also an opportunity for peer to peer support with other servicemen and women who suffer from similar issues.”

About K9s For Warriors - Founded in 2011 as a 501(c) 3 organization by Shari Duval, K9s For Warriors is dedicated to providing service canines to our warriors suffering from post-traumatic stress, traumatic brain injury and/or military sexual trauma as a result of military service post 9/11. Our goal is to give a new leash on life to rescue dogs and military heroes, empowering warriors to return to civilian life with dignity and independence.

## St. Augustine Alligator Farm has new Resident!

On June 12, 2016, the St. Augustine Alligator Farm Zoological Park successfully hatched out a live baby Indian Gharial (*Gavialis gangeticus*) at their accredited zoo in St. Augustine, Florida, USA. Indian Gharials occur in India and Nepal and have never been bred outside of these two countries prior to this event. This successful hatching represents many years of concentrated captive care and management of the species in AZA (Association of Zoos and Aquariums) institutions. This is a cooperative event as the adult male is owned by the Bronx Zoo, and the adult female is owned by the St. Augustine Alligator Farm. As is often the case, it takes many zoos working together to be successful in captive breeding programs.

campaigns, it is coordinating research and conservation activities on remaining populations and habitats. Key priorities include protecting all remaining suitable habitats from illegal activities that threaten gharials, monitoring and research on current populations, addressing human impacts on gharials and riverine habitat, and establishing conservation programs with local communities.

St. Augustine Alligator Farm Zoological Park Website: [www.alligatorfarm.com](http://www.alligatorfarm.com)  
St. Augustine Alligator Farm Facebook: [www.facebook.com/TheAlligatorFarm](http://www.facebook.com/TheAlligatorFarm);  
Gharial Conservation Alliance: <http://www.gharialconservationalliance.org/IUCN>  
Crocodile Specialist Group Website: [www.iucncsg.org/](http://www.iucncsg.org/);  
Association of Zoos and Aquariums Website: [www.aza.org](http://www.aza.org)



The St. Augustine Alligator Farm Zoological Park, established in 1893, is best known for the fact that it displays every species of living crocodylian (alligators, caiman, crocodiles, and gharial) in the world. They have been able to breed most of the living species of crocodylians, but the unique habits and biology of the gharial have made them a significant challenge.

Gharials are a critically endangered species, with an estimated 200 left in the wild due to habitat destruction, pollution, illegal sand mining, and drowning in illegal fishing nets. Gharials are a unique animal with a long slender snout that is even evident right out of the egg. They have over 100 needle-sharp teeth which they use to catch fish in freshwater rivers.

The Gharial Conservation Alliance (GCA) was established in 2007 and comprises key gharial scientists, experts and stakeholders primarily in gharial range states. Starting with fund- and awareness-raising

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

- **News From Around the Shores:**  
- Shores Service Corp May Board Update  
- Message for President
- **Area Event & Entertainment Guide**
- **Health Update: Accumulating Dysfunction**
- **Financial Focus: How Can You Declare Your Financial Independence?**
- **Computer Corner: Windows 10 Free Upgrade Ends**
- **Sheriff's Corner: Neighborhood Watch Program**

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6 PM dinner RainTree Restaurant  
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### The St. Augustine Observer

Published monthly for residents and visitors of St. Augustine, FL.  
1965 A1A South #180  
St. Augustine, FL 32080-6509  
www.observer.vpweb.com

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

First priority will be given to reporting news and activities of the residents of the St. Augustine Shores and other 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.

Information should 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 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.

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**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.

• **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 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.

• **Recreation Club Committee Meeting** - May 2, 4 pm in Clubhouse.

• **Deed Restriction & Covenant Committee Meeting** - May 5, 6:30 pm in Clubhouse.

• **RV & Boat Compound Committee Meeting** - May 9, 6 pm.

### Get Your Copy of the Observer?

The monthly Shores Observer newspaper is delivered free of charge to *Shores Service Corporation Residents* and other selected neighborhoods in Southern St. Augustine by U.S. Mail. Additional free copies can be obtained from the Riverview Club office and the Southeast Library. Issues are available to download on-line at [www.observer.vpweb.com](http://www.observer.vpweb.com).

If you live outside the mailing areas and want an individual copy mailed to you, contact us for an annual agreement for mailing cost on one years postage. The paper is free and made possible by our advertiser. Visit and thank them whenever possible.

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## Community Classifieds

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

**Business, Services, seeking work and others may be placed** in the classified section 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 paid 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:** 42" Drop Leaf Table with 4 chairs. Antique Green/Natural wood. One year old. \$300. Call 904-770-2866 or 407-468-3389.

**FOR SALE:** Tan Living Room Set including Sofa, Loveseat, and Club Chair. No stains or tears. In good condition. \$295. Call 904-794-5855.

**FOR SALE:** 1. Ludwil Drum 5 piece set. All hardware and 5 cybals and carring cases. \$600. 2. Cast Iron Chimenia 4 feet tall. Never used. Excellent Contition. \$60. 3. 21 Gallon Air Compreser. Good condition. \$100. 4. Antique Aztec Mexican Stone Chess Set. \$150. 5. Lullale Traver Bag on wheels. Black by Travelord. \$50. 6. Large Antique Shipping Trunk. Allin good condition. 904-794-5637.

**FOR SALE:** 1. 2003 Harley Davidson FXST, softail, 8000 miles. \$5000 2. ThermalArc 211i, 3 in 1 welder. Ready to plug and melt metal \$500. 3. Table saw L/N - \$100 4. Router and table with a few carbide bits - \$50. 5. Interior

scaffolding on casters, 24w x 74l x 75h - L/N \$50. 6. 2003 Northriver Revenge 16ft aluminum boat on trailer with 25hp Yamaha. \$3000. Gary @ 253-740-2006.

**FOR SALE:** Coleman Powermate 6750 watt, Model PM0606750. Portable generator purchased in 2007. It was filled with gas and ran out for storage. It was serviced 2015 after hurricane season. All paperwork included. Asking \$500 OBO. Call 904-797-4886.

**FOR SALE:** 1. RCA L26WD21-26" LCD HDTV Flat Screen TV. Mounted on swivel wall bracket. Perfect for bedroom. \$250. 2. Dresser by Pulaski. 5 horizontal drawers that open easy. Mahogany. Like new. \$294. 3. Bissell Bagless power force vacuum. 4 carpet and 1 bare floor settings wide width cleaning path. \$75. 4. Two living room floor lamps. \$10 each. 904-679-4367.

**FOR SALE:** Shower Chair with back & arms. \$50. 2. Chari Commode. \$60. 3. Knee Walker. \$100. 4. Walking Stick. \$10. 904-794-4689.

### St. Mary's by the Sea

National Catholic Church (PNCC)

Mass Time - 10:00 Sundays

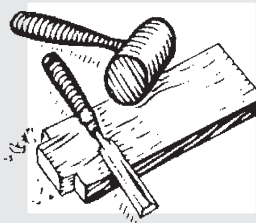
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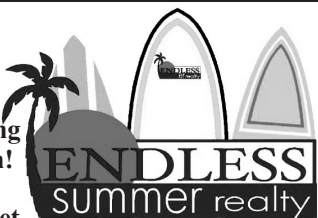
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# St. Augustine Shores Club News

## July 2016 Riverview Club Calendar

### Dances:

**EARLY SOCIAL**  
6:00pm to 9:00pm  
\*BYOB\*

**Sunday, July 3<sup>rd</sup>** - Entertainment by Tim Rippey  
Chairpersons: Sam & Diane Phillips  
Dance Club Members: FREE, Activity Members and Guests: \$15.00/pp  
RSVP at [www.staugshores.org](http://www.staugshores.org)



**MAIN SOCIAL**  
7:00pm to 10:00pm  
\*BYOB\*

**Saturday, July 23<sup>rd</sup>** - Entertainment by Nostalgia  
Chairpersons: To Be Determined  
Dance Club Members: FREE, Activity Members and Guests: \$15.00/pp  
RSVP at [www.staugshores.org](http://www.staugshores.org)

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

Check out the latest events in our new  
website: [www.staugshores.org](http://www.staugshores.org)

<b>Bridge</b>	Fridays 1:00pm
<b>Bridge Lessons</b>	Classes will resume in September.
<b>Chicago Bridge</b>	<b>Must have a partner to play</b> , Mondays at 12:30 and Thursdays at 12:30pm
<b>Chair Yoga</b>	Monday, Wednesdays & Fridays at 10:45am. A gentler form of yoga for those for whom balance is an issue.
<b>Dance Class</b>	Classes will resume in September.
<b>Exercise Class</b>	Tuesdays and Thursdays at 10:00am.
<b>Line Dancing</b>	Every Monday at 6:30 pm and Wednesday at 10:00am
<b>Mah Jongg</b>	Tuesdays at 1:00pm & Wednesday at 10:30 am.
<b>Yoga</b>	Mondays, Wednesdays and Fridays 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.
<b>Zumba</b>	Tuesdays at 5:30pm. Low-impact Zumba to protect joints. Come sweat, lose weight, meet people, and have a blast!
<b>Writers in the Shores</b>	Meetings will resume in September.

### Upcoming Events at the Riverview Club

**Council on Aging:** Memory Enhancement Program, Every Tuesday and Thursday from 9:00 am until 2:00 pm  
Please call Kathy Cinney at 729-9163 or visit [coasjc.com](http://coasjc.com) for more information.

**Early Social:** Friday, August 5<sup>th</sup> (7pm to 10pm) – Entertainment by Ernie

**Main Social:** Saturday, August 27<sup>th</sup> (7pm to 10pm) – Entertainment by Frank Saffi

## Message from President Jim

### Happy Independence Day!

The June meeting of the HOA was lightly attended but heavy on content! Within the next few months, important issues are being tackled by your board of directors. The following are some of the highlights from your meeting. Remember, our meetings are on the second Thursday of every month at 7 PM at the Riverview club; I urge you to attend, as you are responsible for complying with the decisions that the board votes into force. Remember, agendas are posted on our website no later than forty-eight (48) hours prior to the meeting at [www.staugshores.org](http://www.staugshores.org).

First of all, important issues are managed first through committee, which helps to ensure that our citizen participation is respected as the highest level service. I would like to call your attention under the Board of Directors tab at the website to the Service Corp. Committees. <http://www.staugshores.org/#!service-corp-committees-so0rb> These committees are your avenues to participate in the active management of your community. When you find a committee that interests you, contact me at [President@staugshores.net](mailto:President@staugshores.net).

For the next several months, I am also asking you to review the governing documents of our homeowners association, as found under the About tab, Governing documents section (make sure you look at your unit.) <http://www.staugshores.org/#!governing-documents-fby0p> If you are unsure of which unit is applicable, there is a Map of the Shores under this same tab & section on the website. Revision of our governing documents is a priority, as it impacts our ability to govern properly.

The 2016-17 St Augustine Shores Reserve Study is in need of review. The reserves of our homeowners association are the means by which we make provision for replacement of assets which are owned by the Service Corporation. Ideally, a committee consisting of engineers, attorneys, accountants, and citizens should be familiar with this document to ensure that adequate funds are maintained in our reserve accounts. When a deficiency is noted in funding, a recommendation will be made to increase the HOA dues. The funding that we receive from which to budget was last approved in

## St. Augustine Shores Service Corporation

### May 12th Board Meeting Summary

The St. Augustine Shores Service Corporation's Board of Directors meeting was called to order by Vice President James O'Such at 7:00 P.M. Present: Treasurer Claire Lorbeer, Director Janet Cassford, Director Philip Van Tiem, Director Winston Burrell, Secretary Sue Chitwood. Absent President James Priester. Director Burrell motioned to accept the April 14, 2016 minutes, seconded By Secretary Chitwood. The motion carried unanimously. Treasurers Report – Read by Treasurer Lorbeer accepted for audit. General Manager Smith explained the decrease in the operating fund and the increase in the reserve fund.

#### Old Business:

**Instructor Fees** - Vice President O'Such explained that the Board directed General Manager Smith to check with our insurance broker to find out if yoga instructor certification had any bearing on liability insurance coverage for the Riverview Facility. This was a result of Nancy Willis requesting payment to instruct yoga class. She is not certified to instruct yoga class. Certification does not affect liability coverage, although it is suggested that the instructor list the Service Corporation as an additional insured on their liability policy. Treasurer Lorbeer motioned to pay Nancy Willis to instruct her yoga class and seconded by Director Burrell. The membership expressed their support of an approval. Secretary Chitwood inquired about the number of people attending these classes and if we were going to set a minimum on participation. Nancy requests \$30 an hour for a total of \$195 a week. Ed Ferrell suggested that if participation falls we could cancel that class. Ray Story mentioned that the members pay an annual fee so there is no minimum required. The Motion carried unanimously.

#### Progress on Board Goals

**Curb Appeal** – General Manager Smith reported that the old outhouse had been removed from the Boat/RV Storage Compound.

**Safety and Security** – All our card access systems have been engaged and are fully operational. Secretary Chitwood requested that Board members be issued a card to access the Pier, the Boat/RV Storage Compound, and the Pool that they would relinquish when they no longer served on the Board. General Manager Smith presented this request to the Board.

**Operations** – General Manager Smith explained that he was still working on soliciting three sealed bids for the Janitorial Services Contract. The cutoff date was May 9, 2016 at 2:00 p.m. Director Burrell motioned to extend the time out another 30 days to try and solicit more bids, seconded by Treasurer Lorbeer and carried unanimous.

#### Committee Reports

**ACC Committee – General Manager Smith** - The ACC Committee held one meeting in the month of April. They approved 14 applications: 4 fences, 4 new homes, 2 pool enclosures, 1 screen room, 3 sheds, 1 tabled. Total approved YTD 204

**Boat/RV Storage Committee** – Secretary Chitwood - Secretary Chitwood informed the Board that the committee has held 2 meetings since the April Board meeting. The access card system is in place and seems to be working fine. The committee recommends that a compound inventory be taken every 3 months to ensure compliance with Deed Restrictions and established policy. The inventory should be provided to the committee for review and verification at the end of every quarter. The General Manager should send letters out to violators with actions needed to remedy the violations and time lines to comply. She discussed fining these violators. Secretary Chitwood discussed meeting with the St. Johns County Commission to see if we could get Tract T back from the County for additional storage. We also own Tract L Unit 2 for additional storage. She informed the Board that there were a few vehicles that did not have current stickers on their tags and that there are 2 Tractors parked in the lot. She informed the Board that Baker occupies 7 spots at no charge.

**Action Status List Update** - Rachel Diamond presented a revised report summarizing the projects that have been completed and those in progress.

**Riverview Building and Grounds Committee** - Rachel Diamond updated the Board on the Activities Club and potential clientele for the Riverview Facility. Rachel Diamond agreed to continue to monitor the Action Status List and the Riverview Building and Grounds Committee.

**Home Office Application** - 1. James Priester 212 Deportivo Drive. For the purpose of a catering business. He agrees to abide by County Ordinance 95-9. 2. Brian Richardson 477 San Bruno Street. For the purpose of graphic design and web design illustration. Agrees to abide by County Ordinance 95-9. Secretary Chitwood motioned to approve the home office application for 212 Deportivo Drive and seconded by Treasurer Lorbeer. The membership commented on polling the immediate neighbors to see if they had any issues with this type of business. They commented on limiting the number of home offices approved. Motion carried unanimously. Both applications approved unanimously.

**Deed Restriction Report** - The report was presented to the Board.

**Collection Issues** - Case #1 carried unanimously. Case #2 failed to carry by vote of 5 to 1 due to comments that payment plan was longer than others and General Manager to counter offer the 12 month plan.

#### Other Director Actions:

Secretary Chitwood motioned to make application for a permit for service to light the Riverview entrance sign, seconded by Director Burrell and carried unanimous. Secretary Chitwood commented on the front entrance canopy lights. She discussed getting the women's restroom door replaced.

the year 2000. Since then, inflation has taken over 30% of our purchasing power, without an increase! A proposal to replace the "one size fits all" regressive system will be in next year's annual notice of meeting and election. To my thought process, charging folks with smaller homes a higher per square foot fee is not the way to do business.

At the July 14th meeting, a Fines Committee will be appointed to make recommendations to the Board concerning the process that will be followed with respect to fines levied pursuant to violations of our governing documents. Please bear in mind that this process will be in compliance with Florida Statute 720.305. Also, a Resident Review and Appeal Committee, to act in oversight to the Fines Committee, will also be appointed. PLEASE VOLUNTEER! If you

are a Shores property owner or resident, expect a letter from the association which outlines the process for addressing the continued violations of our deed restrictions (see Governing Documents) which was approved at the last board meeting.

Additionally, during the rainy season, please pay close attention to the areas where you live and travel. It is important that you notify the office of any situations concerning drainage where improvements can be made. Now is the time when these issues manifest themselves, be alert and attentive.

Remember, this is your community I look forward to seeing you at the next meeting which will be July 14th at 7pm.

Sincerely,  
Jim Priester, President

**"I only want cremation."**

**Flagler Memorial Cremation Society**  
**669-1809**

## News Around South St. Augustine

### Riverview Club Committee Activities

**RV & Boat Committee** - The RV & Boat will meet again on August 8th at 6pm in the Library at the club house.

**Recreation Club** - The Recreation Club will be meeting again on September 12 at 10am.

**Deed Restrictions & Covenants** - No meetings in July.

### Writers In The Shores

By Donna Johnson

There will be no meetings of the Writers in the Shores for July or August. Meetings will resume again in September as we have before on the 2nd and 4th Tuesday, at 1:00 pm here at the Riverview Club Library. Come and check us out, everyone is welcome and we would like to invite anyone who loves to write. You do not have to be a member. We are a casual group who enjoy sharing their work and related discussion with each other. There are no officers, dues or requirements. All genres are encompassed. For information call Donna at 794-0789. Have a great summer and we'll see you again in September!

### Integrative Memory Enhancement Offered at Riverview Club in Shores

Are you or a loved one concerned about memory changes? If so, this creative, innovative and very successful program was designed for YOU!

Learn simple strategies to give your brain a boost and participate in classes that focus on cognitive stimulation, education and socialization. But, best of all...have fun doing it!

The Council on Aging Integrative Memory Enhancement Program is now offered at the Riverview Club in the Shores. This class meets every Tuesday and Thursday from 9:00 AM to 2:00 PM and is limited to 10 participants. Fee for service with subsidies available for those who qualify. Call Kathy Cinney 904-729-9163 for more information.

Please visit our website at [coasjc.com](http://coasjc.com) to learn more about the Council on Aging.

### Shore United Methodist Vacation Bible School

Shores United Methodist Church, 724 Shores Blvd. will host Surf Shack Vacation Bible School July 25 – 29, from 8:45 a.m. to 12:15 p.m. At Surf Shack VBS, Pre-K 4

to rising sixth graders will discover an interactive Bible-based program that will give them an opportunity to ride the waves with God's Amazing Love. As Surfers, they will explore how to serve and experience God's amazing presence in their lives by participating in a variety of activities. It will be an ocean of excitement as kids enjoy beach-themed music, crafts, Science projects, recreation, Bible stories and more! On Friday, July 29, families are invited to Catch the Wave at our VBS Summer Splash Party! Registration is free and Forms are available at the church office or call 797-4416 or visit the church website at [www.shoresumc.org](http://www.shoresumc.org).



Although the church recently celebrated its 35th anniversary, the CEB was built in 1991 as a daycare building. Since the daycare closed, the building has been used for meetings and Sunday School classes for children and adults. It is also used by the Council on Aging for memory enhancement classes twice a week.

The current renovation will convert the western half the building into a Fellowship Hall and warming kitchen. During the 60 day renovation, all church activities will be held within the church sanctuary. Plans are to have the renovations completed before the start of Vacation Bible School on July 25th.

The renovation of the CEB will result in consolidation of the kitchens in the church sanctuary and the CEB and the provision of one additional meeting room. The new Fellowship Hall and kitchen will provide a space for meals, social activities, parties, and small wedding receptions, as well as the church's Fall Festival and fundraisers. It will also be used for Sunday School classes and meetings.

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### Senior Singles Social Club


The River House Senior Singles Club will June 7th dine at Salt Life, 321 A1A Beach Blvd, St Augustine, FL 32080, St. Augustine. This is a lovely setting for open-air beachfront dining, offering seafood, sushi burgers and more. For reservations and menu choice please call 209-3655. Luncheon will be from 11:30 a.m. to 1:30 p.m. All senior singles are welcome to attend and make new friends.

#### Medicare/Medicaid Help with Dick Wallis

Dick Wallis is here for people interested in help with Medicare or Medicaid. He is available by appointment or by walk-in on Tuesdays from 8:30-11:30am in the Partner's Office at River House (179 Marine St.). For questions or appointments please call 209-3655.


#### Dinner and a Movie

Join the movie goers for another fun evening at River House, 179 Marine Street on Thursday, June 16th, from 4:30-7:30 pm for the showing of "Brooklyn", the story of an Irish immigrant in 1950s NYC, who begins a romance with a tough Italian plumber. Challenges and choices abound! Cost is \$13 for River House Activity Members and \$16 for Non-members. Price includes movie, dinner, a soft drink and popcorn. Beer and wine are available. Please call 209-3655 for details. Reservations and advance payment required by Wednesday, June 8th. Visit [www.coasjc.com](http://www.coasjc.com) for more information on COA.




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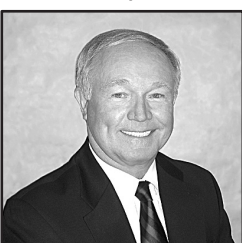
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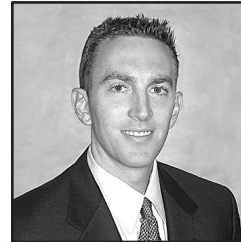
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## News From Around St. Johns County

### 2016 Council on Aging Championship Gala and Golf Tournament

The 2016 COA Championship Golf Tournament is set for Monday, August 29th at World Golf Village's beautiful Slammer and Squire, 2 World Golf Place in St. Augustine. A Captain's Choice event, the COA Championship Golf Tournament is one of the premiere golf events in the north Florida area.

Gala: The 2016 COA Gala will be held on Sunday August 28th, beginning at 5:30 pm at River House, 179 Marine St. Highlights of the Gala include dinner and cocktails overlooking the beautiful Matanzas River and live and silent auctions with unique art, gift, entertainment and travel items. Tickets for the Gala are \$85 per person.

Sponsors: There are many opportunities for you or your business to support COA through Golf and Gala sponsorships and COA is still accepting teams for play. For pricing and more information, please call Jane at (904) 209-3687.

### St. Augustine Travel Club

by Peter Dytrych

The St. Augustine Travel Club will be taking a vacation break for the months of July and August. We wish you a wonderful, safe summer, and we will see you back in September. Look for future announcements in the papers.

### St. Johns County Offers Free "Reach the Beach" Shuttle Service during Summer Holiday Weekends

St. Johns County, FL – With the demand of off-beach parking expected to exceed capacity during the holidays this summer, St. Johns County is offering a free shuttle service to Mickler's Beachfront Park and the St. Johns County Ocean and Fishing Pier from 10 a.m. to 4 p.m. Independence Day: July 2 – 4 Labor Day: September 3 – 5.

The Mickler's Beachfront Park shuttle will transport beach visitors between Cornerstone Park, 1046 A1A North, and Mickler's Beachfront Park, which provides direct access to the beach. The Pier shuttle will transport beach visitors between St. Augustine Beach City Hall, 2200 A1A South, and the Pier parking lot, which provides direct access to Pier amenities and the beach. The shuttles will run every 20 minutes with the final shuttles departing at 4 p.m.

Both shuttle service routes will be provided by the St. Johns County Council on Aging, Inc. DBA Coastal Transportation and will be subject to inclement weather. Service updates will be provided via the St. Johns County Reach the Beach mobile website, Twitter feed, and Facebook page. St. Johns County and the Tourist Development Council provide the Reach the Beach shuttles to relieve congestion at the Mickler's Beachfront Park and the St. Johns County Ocean and Fishing Pier, and to give St. Johns County residents and visitors a more safe and convenient beach experience. For additional information, please visit [www.sjcf.us/Beaches](http://www.sjcf.us/Beaches) or call 904.209.0331.

## Wild Flower Meadow Group

by Cindy Taylor

The plant I'm featuring this month is Fakahatchee grasses. We have several clumps in the upper meadow by the corners and a few more where the path takes a 90 degree turn. I chose it because at this time of year its flowers are showy in a did a little research on sure it's a native and what a native plant is. Conservation Service part of the balance developed over of years in a particular The Florida Native defines a Florida native before the Europeans



wrote the Fakahatchee came from Abyssinia and became "naturalized". A naturalized plant is one that needs no human help to grow and reproduce in an area where it's not native. Some threaten the welfare of native plants by spreading rapidly and crowding out natives, but not all naturalized plants are invasive. I side with the Florida Native Plant Society designating the Fakahatchee as a native, but it does grow quickly and spreads rapidly. It can, however, be managed and in the meadow we'll now trim them back occasionally. Live and learn.

The Fakahatchee has benefits, besides the beauty of its tiny flowers. It's host to larvae of several species of skippers and its dense broad leaves provide excellent cover for small mammals, birds, and reptiles.

Our group meets the first Saturday of each month at 8:30 by the Riverview Club House. Our goal is to preserve the wild flower meadow, learn about native plants, and ones that grow in this location. We occasionally visit state and county parks and welcome newcomers, even if you want only to come on the outings. We're an informal group without officers or dues and hope you will join us. Call Claire at 794-7473 for more information.

### Volunteer Sexual Assault Victim Advocates Needed

- If your words could heal, would you speak up?
- If your presence could provide comfort, would you show up?

If you answered "yes", consider becoming a Volunteer Sexual Assault Victim Advocate!

Advocacy training is available for those who are committed to making a difference by being there for victims of sexual assault. Advocacy training teaches you the skills you need to help sexual assault victims begin the healing process.

For answers to your questions and training information, call Betty Griffin House at 904-808-8544.



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## July 2016

### July 1

**First Friday Garden Walk:** Visit Washington Oaks Gardens State Park on the First Friday of every month for a guided tour of the beautiful gardens. Meet in the garden parking lot at 10 a.m. and wear comfortable shoes. The tour will last approximately one hour. Admission into the park is \$5 per vehicle, up to eight people; \$4 per vehicle for single occupancy or \$2 per person on bicycle applies. 6400 North Oceanshore Boulevard, Palm Coast. 386-446-6783 [www.floridastateparks.org/park/Washington-Oaks](http://www.floridastateparks.org/park/Washington-Oaks)

**First Friday Art Walk:** From 5 p.m. to 9 p.m. on the first Friday of every month, the Art Galleries of St. Augustine feature new exhibits, refreshments and live music at more than 20 galleries. The event is held rain or shine inside the member galleries and is a free, self-guided walking tour (tour maps available at participating galleries). Plus, free Art Walk Trolleys and Trains provided by St. Augustine Sightseeing Trains and Old Town Trolleys, offer free transportation throughout downtown for the art walk. 832-779-2781 [www.artgalleriesofstaugustine.org](http://www.artgalleriesofstaugustine.org)

**Sublime with Rome at the St. Augustine Amphitheatre:** Sublime with Rome features original Sublime bassist Eric Wilson, vocalist and guitarist Rome Ramirez and drummer Josh Freese. The performance will have a set list packed with the group's iconic hits, including tracks from the most recent release, *Sirens*. Doors open at 5:30 p.m.; show starts at 6:05 p.m. Admission is \$59.50; \$49.50, and \$34.50. 1340C A1A South, St. Augustine. 904-209-0367 [www.staugamphitheatre.com](http://www.staugamphitheatre.com)

### July 1 – 10

**Annual Honors Show at the St. Augustine Art Association:** The St. Augustine Art Association's Honors Show features award-winning artists from the past three years who present new works in this season finale. The gallery is open Tuesday - Saturday noon to 4 p.m. and Sunday 2 to 5 p.m. Admission is free. 22 Marine Street, St. Augustine. 904-824-23 [www.staaa.org](http://www.staaa.org)

### July 1 - 14

**IMAX 3D The Legend of Tarzan:** It has been years since the man once known as Tarzan (Skarsgård) left the jungles of Africa behind for a gentrified life as John Clayton III, Lord Greystoke, with his beloved wife, Jane (Robbie) at his side. Now, he has been invited back to the Congo to serve as a trade emissary of Parliament. Admission is \$13 for adults; \$12 for students/seniors/military; \$10 for children (age 3-12); free for children under 3. Visit the website for show times. One World Golf Place, St. Augustine. 904-940-4123 [www.worldgolfIMAX.com](http://www.worldgolfIMAX.com)

### July 2

**First Saturday: GTM Research Reserve Guided Cultural Hike:** The first Saturday of each month at 8:30 a.m. features a guided cultural hike that focuses on the Guana Peninsula's 5,000 years of human history. This 1.5-mile guided walking tour departs from the Trailhead Pavilion located just west of the Guana Dam. The programs are free. There is a \$3 parking fee. 505 Guana River Road, Ponte Vedra Beach. 904-823-4500 <http://gtmnerr.org>

**First Saturday: Militia Muster and Training at Fort Mose:** Visit Fort Mose on the first Saturday of each month from 9 a.m. to 2 p.m. to be transported back to the 18th Century. The members of the Fort Mose Militia come together to practice their firing drills, teach new Militia members historic weapons use and safety and generally have an enjoyable Saturday at Fort Mose. Visitors will experience historic weapons demonstrations, including musket firing drills. Children of all ages will have the opportunity to participate in the children's militia training using wooden toy muskets and authentic uniform accessories. The park is open from 9 a.m. to 5 p.m. Admission into the park is free. Admission into the Visitor Center is \$2 per person. 15 Fort Mose Trail, St. Augustine. 904-823-2232 [www.floridastateparks.org/park/Fort-Mose](http://www.floridastateparks.org/park/Fort-Mose)

### July 2

**First Saturday: Living History Day at Fort Matanzas:** From 10:30 a.m. until 3:30 p.m., authentically clad reenactors demonstrate Spanish cannons at this fortress that guarded the southern approach to St. Augustine. Admission is free, including the ferry ride to and from Rattlesnake Island. Fort Matanzas National Monument is located approximately 15 miles south of St. Augustine. 8635 A1A South, St. Augustine. 904-471-0116 [www.nps.gov/foma](http://www.nps.gov/foma)

**First Saturday: VIP All Things Chocolate Tasting Tour:** Experience an indulgent walking tour of St. Augustine's historic district where you will get to experience the most unique chocolate selections that our Nation's oldest city has to offer. You'll explore unique culinary venues and "foodie" hotspots to sample delicious chocolate in all forms, including wine, sauces, toppings, dips,

desserts and much more. You'll also learn about the history of St. Augustine from our licensed, professional guide as you explore several historic points of interest. This two-hour walking tour departs from Tour St. Augustine at 1 p.m. The cost is \$59 per person. Advance reservations required. 4 Granada Street, St. Augustine. 904-825-0087 [www.StAugCityWalks.com](http://www.StAugCityWalks.com)

**First Saturday - Drum Runner Series Barrel Racing: St. Johns County Fair Grounds:** Saddle up and head over to the St. Johns County Fair Grounds for monthly barrel, pole and other timed speed horse events. The event is open to public free spectators. Participants must have own horse. Participation fees are \$15 for St. Johns County Horse Council members and \$25 for non-members. Awards will be presented for each age group in each event. The races take place from 2 - 7p.m. at St. Johns County Fairgrounds, 5840 S.R. 207, Elkton. [www.sjchc.org](http://www.sjchc.org)

**Barenaked Ladies with Orchestral Manoeuvres in the Dark and Howard Jones at the St. Augustine Amphitheatre:** After 27 years together, more than 14 million albums sold, multiple Juno Awards, and GRAMMY nominations, Silverball, the cerebral band's 14th album finds the long-standing partnership of Ed Robertson (guitar, vocals), Jim Creeggan (bass, vocals), Kevin Hearn (keyboard, guitar, vocals) and Tyler Stewart (drums, vocals) firing on all cylinders. Gates open at 5 p.m.; event starts at 6:30 p.m. Tickets are \$79.50, \$54.50; & \$39.50. 1340C A1A South, St. Augustine. 904-209-0367 [www.staugamphitheatre.com](http://www.staugamphitheatre.com)

### July 3

**World Golf Village Fireworks:** World Golf Village celebrates Independence Day a day early with the annual fireworks display over the Village Lake. Admission is free to the fireworks. One World Golf Place, St. Augustine. 904-940-4123 [www.worldgolfIMAX.com](http://www.worldgolfIMAX.com)

**Twenty-One Pilots at the St. Augustine Amphitheatre:** Meteoric alternative rock and pop duo Twenty One Pilots bring their "Emotional Roadshow" to the St. Augustine Amphitheatre. The concert is at 6 p.m.; doors open at 5 p.m. Tickets are \$55 & \$45. 1340C A1A South, St. Augustine. 904-209-0367 [www.staugamphitheatre.com](http://www.staugamphitheatre.com)

### July 4

**Fireworks Over The Matanzas:** The 4th of July Concert and Fireworks in St. Augustine starts at 6 p.m. with the All Star Orchestra performing in the Plaza de la Constitución. At 9:30 p.m., one of the largest fireworks displays on the East Coast bursts above the ancient Castillo de San Marcos and reflects in the waters of Matanzas Bay. Admission is free with the best vantage points along the bayfront between the Castillo and the Bridge of Lions. There will be extra parking on Francis Field (\$10 cash only) behind the parking garage (\$10). For other available parking go to [www.ParkStAug.com](http://www.ParkStAug.com) Bicycle parking locations also located throughout the downtown. For a list go to [www.FireworksOverTheMatanzas.com](http://www.FireworksOverTheMatanzas.com)

### July 4

**First Wednesday: Lightner Museum Curator Tours:** Lightner Museum curator provides a themed interactive tour designed to give participants an opportunity to see acquisitions in operation rather than just as static displays. The tour, which is included in admission, takes place at 10 a.m. on the second floor of Lightner Museum. Regular admission is \$10 adults; \$6 for active duty military; \$5 college student and youth ages 12-18; under 12 are free. 75 King Street, St. Augustine. 904-824-2874 [www.lightnermuseum.org](http://www.lightnermuseum.org)

**Music by the Sea Concert:** Free weekly concert at the St. Johns County Pier features a wide variety of musical genres. The seaside concerts are 7 - 9 p.m. This week's featured performer is Billy Buchanan & Free Avenue. Starting at 6 p.m. Black Fly Restaurant will offer dinners as an option for concert goers. All dinners are priced at \$10 or less. Concert goers are encouraged to car pool or ride the shuttle from the St. Augustine Beach City Hall. The pier is located at 350 A1A Beach Blvd., St. Augustine Beach. 904-347-8007 [www.sabca.org](http://www.sabca.org)

**Summer Movie By the Bay:** Ripley's St. Augustine Attractions presents this free summer movie series at the St. Augustine Municipal Marina. All movies begin at 8:30 p.m. This week's movie is "Norm of the North." 111 Avenida Menendez, St. Augustine. 904-824-1606 [www.facebook.com/saintaugustineripleys](http://www.facebook.com/saintaugustineripleys)

### July 7

**Adult Saltwater Fishing Workshop:** Washington Oaks Gardens State Park hosts a series of hands-on, saltwater fishing workshops to teach visitors the basic techniques for catching fish as well as the importance of conservation and safety. Adult workshops for ages 18 and over are scheduled for each Thursday in July. The three-hour workshops start at 9 a.m. and cost \$20 per



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participant, including park entrance fee. All supplies are provided. Advance registration is required. 6400 North Oceanshore Boulevard, Palm Coast. 386-446-6783 [www.washingtonoaks.org](http://www.washingtonoaks.org)

**Concert in the Plaza:** From 7 p.m. to 9 p.m. every Thursday night through September 1, enjoy a live free concert under the oak trees in St. Augustine's Plaza de la Constitución. This week's performance features Bob & Joline and The Friends of Mine Band. Bring a chair or blanket for seating. Corner of Cathedral Place and King Street, St. Augustine. 904-825-1004 [www.plazaconcerts.com](http://www.plazaconcerts.com)

#### July 7 - 10

**U.S. Women's Open Championship at the Hall of Fame:** Visit the Hall of Fame during the U.S. Women's Open Championship Week and enjoy learning about Hall of Fame Members who are past champions as you take a special scavenger hunt through the Hall of Fame. The broadcast will be shown throughout the Museum during the week. The museum is open Monday to Saturday 10 a.m. to 6 p.m.; Sunday noon to 6 p.m. Admission is adults \$19.50; seniors, military and Florida residents \$18.50; students \$10; children (ages 5 to 12) \$5; age 4 and under free. One World Golf Place, St. Augustine. 904-940-4123 [www.owg.com](http://www.owg.com)

**Ancient City Game Fish Challenge:** The Ancient City Game Fish Challenge presented by Ancient City Game Fish Association is an exciting three-day tournament based in beautiful historic downtown St. Augustine. There will be three divisions (Kingfish Challenge, Back Water Challenge and Junior Kingfish Tournament) that come together to create a world-class tournament. The tournament is based out of Camanchee Cove Yacht Harbor and Northeast Florida Marlin Association Clubhouse. Awards are presented to the top anglers in each division, including junior anglers and small fry anglers. 3070 Harbor Drive, St. Augustine. 904-824-8324 [acgfa.com](http://acgfa.com)

#### July 8 15, 22 & 29

**Youth Saltwater Fishing Workshop:** Washington Oaks Gardens State Park hosts a series of hands-on, saltwater fishing workshops to teach visitors the basic techniques for catching fish as well as the importance of conservation and safety. Youth workshops for ages 8 to 17 are scheduled for each Friday in July. The three-hour workshops start at 9 a.m. and cost \$20 per participant, including park entrance fee. All supplies are provided. Advance registration is required. 6400 North Oceanshore Boulevard, Palm Coast. 386-446-6783 [www.washingtonoaks.org](http://www.washingtonoaks.org)

#### July 8

**The Robert Cray Band Performs at the Ponte Vedra Concert Hall:** The Ponte Vedra Concert Hall proudly announces the return of iconic blues act The Robert Cray Band. Open ears and an open mind are the essence of singer, guitarist and songwriter Robert Cray's approach to writing, recording and playing music. He has created a sound that rises from American roots and arrives today both fresh and familiar. In just over 40 years, Cray and his band have recorded 20 studio releases, 15 of which have been on the Billboard charts, and played bars, concert halls, festivals and arenas around the world. Doors open at 7 p.m.; show starts at 8 p.m. Admission for reserved seating is \$92.50 rows A-B; \$72.50 rows C-L; \$62.50 all remaining rows. 1050 A1A North, Ponte Vedra Beach. 904-209-0367 [www.pvconcerthall.com](http://www.pvconcerthall.com)

#### July 8

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**Flag with Special Guests War On Women and The Dirty Nil on the Backyard Stage at the St. Augustine Amphitheatre:** Seminal punk band, Flag, featuring original members Keith Morris, Chuck Dukowski, Bill Stevenson and Dez Cadena with Stephen Egerton, will perform the music of Black Flag live from the Backyard Stage at the St. Augustine Amphitheatre. Gates open at 6:30 p.m.; show starts at 7:30 p.m. Admission is \$28 day of show and \$25 in advance. 1340C A1A South, St. Augustine. 904-209-0367 [www.staugamphitheatre.com](http://www.staugamphitheatre.com)

#### July 9

**Second Saturday: GTM Reserve Guided Trail Hike:** Join GTM Research Reserve volunteers from 8:30 a.m. to 10:30 a.m. for a 1.5-mile guided walk through the Guana Trail. After the walk, visit the GTM Research Reserve Environmental Education Center. There is a \$3 parking fee. 505 Guana River Road, Ponte Vedra Beach. 904-823-4500 [www.gtmnerr.org/](http://www.gtmnerr.org/)

**Second Saturday Free St. Augustine Pet Walk Pup Crawl:** Explore the timeless streets of St. Augustine and hear tales of the city's rich history while touring with your beloved pets. This free, one-hour guided walking tour covers several square blocks of the downtown plaza area. All pets must be leashed and all city pet ordinances followed. This is a great way to share quality time with "man's best friend" and explore the nation's oldest city. Tour departs at 10 a.m. from Tour St. Augustine office. Reservations required. 4 Granada Street, St. Augustine. 904-825-0087 [www.staugcitywalks.com](http://www.staugcitywalks.com)

**Second Saturday: Plant Sale:** Washington Oaks Gardens State Park hosts their monthly plant sale from 10 a.m. to 2 p.m. Regular park entrance fee of \$5 per vehicle, up to eight people; \$4 per vehicle for single occupancy or \$2 per person on bicycle applies. 6400 North Oceanshore Blvd., Palm Coast. 386-446-6783 [www.floridastateparks.org/park/Washington-Oaks](http://www.floridastateparks.org/park/Washington-Oaks)

#### July 11

**Privateers and Pirates Set Sail:** Set sail on the Schooner Freedom and learn all about the privateers and pirates that sailed the waters of St. Augustine and coastal Florida. An educator from the St. Augustine Pirate and Treasure Museum will join the captain and crew for a fun, hands-on sailing experience. Help hoist the sails, hear amazing tales and see artifacts, all while sailing on a real tall ship. Ticket price includes admission into the St. Augustine Pirate and Treasure Museum. Sail includes complimentary soda, water, beer and wine. The ship departs at 2:15 p.m. for a two-hour cruise. Tickets are \$60 for adults and \$45 for youth (16 and under). 111 Avenida Menendez, St. Augustine. 904-810-1010 [www.schoonerfreedom.com](http://www.schoonerfreedom.com)

#### July 13

**Nease House Environmental Education Day:** St. Johns County Parks & Recreation and the St. Johns County Environmental Division are hosting an Environmental Education Day from 9 a.m. to 12 p.m. at Nease Beachfront Park. This free workshop is open to the public and all ages are welcome. Throughout the park and the historic Nease House information and interactive activities will be available. 3171 Coastal Highway, Vilano Beach. 904-209-0323 [www.sjefl.us/Recreation](http://www.sjefl.us/Recreation)

**Music by the Sea Concert:** Free weekly concert at the St. Johns County Pier features a wide variety of musical genres. The seaside concerts are 7 - 9 p.m. This week's featured performer is Jimmy Parish & The Waves. Starting at 6 p.m. Little Margie's FA Café will offer dinners as an option for concert goers. All dinners are priced at \$10 or less. Concert goers are encouraged to car pool or ride the shuttle from the St. Augustine Beach City Hall. The pier is located at 350 A1A Beach Boulevard, St. Augustine Beach. 904-347-8007 [www.sabca.org](http://www.sabca.org)

**Summer Movie By the Bay:** Ripley's St. Augustine Attractions presents this free summer movie series at the St. Augustine Municipal Marina. All movies begin at 8:30 p.m. This week's movie is "Goosebumps." 111 Avenida Menendez, St. Augustine. 904-824-1606 [www.facebook.com/saintaugustineripleys](http://www.facebook.com/saintaugustineripleys)

#### July 14

**Adult Saltwater Fishing Workshop:** Washington Oaks Gardens State Park hosts a series of hands-on, saltwater fishing workshops to teach visitors the basic techniques for catching fish as well as the importance of conservation and safety. Adult workshops for ages 18 and over are scheduled for each Thursday in July. The three-hour workshops start at 9 a.m. and cost \$20 per participant, including park entrance fee. All supplies are provided. Advance registration is required. 6400 North Oceanshore Boulevard, Palm Coast. 386-446-6783 [www.washingtonoaks.org](http://www.washingtonoaks.org)

**Concert in the Plaza:** From 7 p.m. to 9 p.m. every Thursday night through September 1, enjoy a live free concert under the oak trees in St. Augustine's Plaza de la Constitución. This week's performance features Ancient City Slickers. Bring a chair or blanket for seating. Corner of Cathedral Place and King Street, St. Augustine. 904-825-1004 [www.plazaconcerts.com](http://www.plazaconcerts.com)

**MY2K Tour featuring 98 Degrees with O-Town, Dream and Ryan Cabrera at St. Augustine Amphitheatre:** The popular 90's boy band 98 Degree's will be joined by fellow late-90s sensations girl group Dream and boy band O-Town, as well as early-aughts breakout Ryan Cabrera on the My2k Tour. The performance begins at 7 p.m. (gates open at 6 p.m.) at the St. Augustine Amphitheatre. Tickets are \$79.50, \$59.50 and \$44. Tickets are available at the St. Augustine Amphitheatre Box Office and at Ticket Master Outlets. 1340 C A1A South, St. Augustine. 904-209-0367 [www.StAugAmphitheatre.com](http://www.StAugAmphitheatre.com)

#### July 14 - 17

**Open Championship Week at the Hall of Fame:** Visit the World Golf Hall of Fame during the Open Championship Week (British Open) and enjoy learning about Hall of Fame members who are Open Champions as you take a special scavenger hunt through the museum. Enjoy a chance to win a Hall of Fame prize pack. There will be a special photo opportunity with the Hall's



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Claret Jug each day. The tournament will be broadcast throughout the museum during the week. This weekend, all residents of the United Kingdom and Ireland receive free admission with ID. Hall of Fame ticket prices are \$19.50 for adults; \$18.50 for seniors, military and FL residents; \$10 for students; \$5 for children (age 5-12); free for children under 5. One World Golf Place, St. Augustine. 904-940-4123 www.worldgolfhalloffame.org

**July 15**

**Youth Saltwater Fishing Workshop:** Washington Oaks Gardens State Park hosts a series of hands-on, saltwater fishing workshops to teach visitors the basic techniques for catching fish as well as the importance of conservation and safety. Youth workshops for ages 8-17 are scheduled for each Friday in July. The three-hour workshops start at 9 a.m. and cost \$20 per participant, including park entrance fee. All supplies are provided. Advance registration is required. 6400 North Oceanshore Boulevard, Palm Coast. 386-446-6783 www.washingtonoaks.org

**Fins and Freedom:** Schooner Freedom Charters is once again partnering with Marineland, the dolphin experts, for a one-of-a-kind sailing experience. Come on board, help raise sails, and then kick back and relax while educators from the world's first oceanarium talk about dolphins. Learn interesting tidbits about these magnificent creatures as well as the groundbreaking conservation work taking place at Marineland. Complimentary beverages included, passengers may bring snacks or a picnic. After the sail, visit Marineland to complete this unique experience. Ticket price includes the sail and admission to Marineland. The boat departs at 2:15 p.m. and lasts two hours. Ticket costs are \$60 for adults and \$45 for youth (16 and under). 111 Avenida Menendez, St. Augustine. 904-810-1010 www.schoonerfreedom.com

**Third Friday VIP Gallery Art Stroll & Tasting Tour:** Enjoy St Augustine's art and history with a licensed, professional tour guide on this intimate, entertaining VIP walking tour through the ancient streets of St Augustine's historic district. During this 2.5-hour experience, you will learn how St. Augustine's art, architecture and culture are juxtaposed to create one of the most unique old world cities in the United States today. You will visit several different galleries where the curator will meet your group personally and discuss select art displays. You'll also enjoy some culinary tasting stops for wine and light tapas that will be relevant to St Augustine's art scene, for a true taste of the past and present. This exclusive tour departs at 4:30 p.m. from Tour St Augustine where guests will enjoy complimentary San Sebastian wine and chocolates at check in. Tickets are \$25 per person. Advance reservations required. 4 Granada Street, St. Augustine. 904-825-0087 www.VIPArtWalk.com

**Centennial Evenings at Castillo de San Marcos:** As an additional way to commemorate the National Park Service Centennial and provide more opportunities to "Find Your Park," the Castillo de San Marcos will have extended hours one Friday per month from May to September. Visit the Castillo from 5 p.m. to 7 p.m. to informally explore the history and importance of this fortress. Admission into the Castillo de San Marcos is \$10 per adult; children (age 15 and younger) are free. 1 South Castillo Drive, St. Augustine. 904-829-6506 www.nps.gov/casa

**Community First Night Owl Cinema Series Featuring "Labyrinth" with David Bowie Plaza Dance Party, Bowie Costume Contest and Face-Painting:** Community First Credit Union and the St. Augustine Amphitheatre proudly announce the return of the family friendly Community First Night Owl Cinema Series. The series is free and open to all ages, with free parking and concessions available for purchase. The films are projected on a giant 18-by-32-foot screen on the St. Augustine Amphitheatre stage. This week's event features the movie "Labyrinth" with a David Bowie Plaza Dance Party, Bowie Costume Contest and Face-Painting. Activities start at 7 p.m.; movie starts at 8 p.m. 1340 C A1A South, St. Augustine. 904-209-0367 www.staugamphitheatre.com

**July 15 - 21**

**IMAX 3D Ghostbusters:** Sony Pictures' highly anticipated summer tent pole Ghostbusters will be digitally re-mastered into the immersive IMAX® 3D format. The new film stars Melissa McCarthy, Kristen Wiig, Kate McKinnon, Leslie Jones and Chris Hemsworth, from a screenplay

based on the film Ghostbusters, written by Dan Aykroyd and Harold Ramis, Admission is \$13 for adults; \$12 for students/seniors/military; \$10 for children (age 3-12); free for children under 3. Visit the website for show times. One World Golf Place, St. Augustine. 904-940-4123 www.worldgolfIMAX.com

**July 16**

**Bridge of Lions 5K Run:** The annual run across St. Augustine's Bridge of Lions starts at 7:30 a.m. Runners and walkers start at the historic Castillo de San Marcos (The Fort), in downtown St. Augustine, run over the Bridge of Lions, and through Davis Shores. The race finishes at Oglethorpe Park, on Anastasia Island. Advance registration is \$25 & \$30 and \$35 day of race. Parking at the Castillo is free until 10 a.m. 1 South Castillo Dr., St. Augustine. 386-747-3532 http://bridgeoflions5k.com

**Third Saturday Photography Challenge Event:** Photographers, from beginners to professionals, compete to take the best photo at three designated locations within Washington Oaks Gardens State Park. Maps to the featured locations can be obtained from the Ranger Station or from volunteers in the main parking lot. Each month, park volunteers will select the winning photo, which will then be displayed at the Visitors Information Center kiosk and the park's gift shop. There is no cost to compete. Park admission is \$5 per vehicle; \$2 per pedestrian/bicyclist. The park is open from 8 a.m. to sunset. 6400 North Oceanshore Boulevard, Palm Coast. 609-247-8146 www.floridastateparks.org/park/Washington-Oaks

**Third Saturday Guided Beach Exploration Guana South Beach:** Join GTM Research Reserve Docents from 8:30 a.m. to 10 a.m. for a beach walk at the Guana South beach location on A1A, South Ponte Vedra Beach. Learn about the animals that call the beach home as well as seashells and other interesting facts. This is a "Beaches 101" experience that the entire family will enjoy. There is a \$3/per vehicle parking fee. 1798 Ponte Vedra Boulevard, Ponte Vedra Beach. 904-823-4500 www.gtmnerr.org

**Third Saturday Nocatee Farmer's Market:** Nocatee Farmer's Market takes place from 10 a.m. to 2 p.m. every third Saturday. This free, family-friendly event has more than 80 local vendors selling everything from produce, crafts, jewelry, herbs, unique foods and more. Free face painting will be available for the little ones, along with a bounce house. 245 Little River Road, Ponte Vedra. 904-924-6863 www.nocatee.com

**Third Saturday Tolomato Cemetery Guided Tour:** Tour the oldest extant planned cemetery in Florida with burials starting during the First Spanish Period (1565-1763). Admission is free, but donations are encouraged. Tours are from 11 a.m. - 3 p.m. 14 Cordova Street, St. Augustine. 904-257-3273 www.tolomatoceemetery.com

**The Pemberwicks Perform at the Fountain of Youth:** As part of the Fountain of Youth's continuing first and third Saturdays program, hear "The Pemberwicks" play al fresco in concert from 2 - 5 p.m. by the Trolley and Train stop at the Fountain of Youth. Enjoy delicious food, beer and wine, available at the Five Flags Cafe. Limited seating is available, so bring your own chairs for this fun free event. Parking is free while on the Fountain of Youth property. 11 Magnolia Avenue, St Augustine. 904-829-3168 www.fountainofyouthflorida.com

**Third Saturday Free Black Heritage & Civil Rights Walking Tour:** You are invited to join St. Augustine Black Heritage Tours for a walking tour of historical sites in St. Augustine where more than 400 years of African American History lives. Our licensed, professional guide will take you to several locations that were significant to the Civil Rights Movement of St. Augustine, where you will hear stories and see history come alive as you follow in the footsteps of Dr. Martin Luther King and Andrew Young. You will also visit Lincolnville, established by freedmen

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following the American Civil War, which is now on the National Register of Historic Places. A visit to St. Augustine would be incomplete without exploring the rich African American Heritage that changed our Nation's history and inspired the world. This 1.5-hour tour departs from Tour St. Augustine at 4 p.m. Advance reservations required, individual bookings only (no groups). 4 Granada Street, St. Augustine. 904-825-0087 [www.StAugustineBlackHeritageTours.com](http://www.StAugustineBlackHeritageTours.com)

**Shawn Mendes at the St. Augustine Amphitheatre:** People's Choice Award Winner for Favorite Breakout Artist, Sean Mendes performs at 7:30 p.m. at the St. Augustine Amphitheatre. Tickets are \$40. 1340C A1A South, St. Augustine. 904-209-0367 [www.staugamphitheatre.com](http://www.staugamphitheatre.com)

**Marianas Trench at the Ponte Vedra Concert Hall:** Canadian pop-rock sensation Marianas Trench performs at 8 p.m. at the Ponte Vedra Concert Hall. Doors open at 7 p.m. Admission is \$25.20 and \$22.50. 1050 A1A North, Ponte Vedra Beach. 904-209-0367 [www.pvconcerthall.com](http://www.pvconcerthall.com)

**July 17**

**Flight of the Conchords at the St. Augustine Amphitheatre:** GRAMMY award-winning folk comedy duo Flight of the Conchords will perform at 7 p.m. Doors open at 5:30 p.m. Admission is \$55, \$50 & \$39.50. 1340C A1A South, St. Augustine. 904-209-0367 [www.staugamphitheatre.com](http://www.staugamphitheatre.com)

**July 19**

**Third Tuesday GTM Research Reserve Marineland Lecture:** This lecture series is held on the 3rd Tuesday of the month from 10 a.m. to 11 a.m. at the GTM Research Reserve Marineland Field Office. The series is designed to inform the public about their coastal natural world. The lectures are free so space is limited and reservations are requested. 9741 North Oceanshore Boulevard, Marineland. 904-823-4500 [www.gtmnerr.org](http://www.gtmnerr.org)

**Sunset/Moonrise at St. Augustine Lighthouse & Maritime Museum:** Enjoy the sunset and moonrise from the top of the Lighthouse at 7:45 p.m. The \$30 admission includes a champagne toast, provided by San Sebastian Winery, hors d'oeuvres from The Reef and an informative overview of the history of the St. Augustine Light Station. Reservations required. 81 Lighthouse Avenue, St. Augustine. 904-829-0745 [www.staugustinelighthouse.org](http://www.staugustinelighthouse.org)

**Full Moon Sail Aboard the Schooner Freedom:** Go on a 75-minute sail aboard the Schooner Freedom and enjoy the sound of the wind and waves beneath the magical glow of the full moon on St. Augustine's Matanzas Bay. Bring along a picnic basket - the crew provides complimentary soda, water, beer and wine. The full moon sail features live music by a local musician. Tickets are \$35 per person; reservations highly recommended. Departs the City Marina at 8:45 p.m. 111 Avenida Menendez, St. Augustine. 904-810-1010 [www.schoonerfreedom.com](http://www.schoonerfreedom.com)

**July 20**

**Music by the Sea Concert:** Free weekly concert at the St. Johns County Pier features a wide variety of musical genres. The seaside concerts are 7 - 9 p.m. This week's featured performer is Mr. Natural. Starting at 6 p.m. Panama Hatties will offer dinners as an option for concert goers. All dinners are priced at \$10 or less. Concert goers are encouraged to car pool or ride the shuttle from the St. Augustine Beach City Hall. The pier is located at 350 A1A Beach Blvd., St. Augustine Beach. 904-347-8007 [www.freebeachconcerts.com](http://www.freebeachconcerts.com)

**Summer Movie By the Bay:** Ripley's St. Augustine Attractions presents this free summer movie series at the St. Augustine Municipal Marina. All movies begin at 8:30 p.m. This week's movie is "The Good Dinosaur." 111 Avenida Menendez, St. Augustine. 904-824-1606 [www.facebook.com/saintaugustineripleys](http://www.facebook.com/saintaugustineripleys)

**July 21**

**Adult Saltwater Fishing Workshop:** Washington Oaks Gardens State Park hosts a series of hands-on, saltwater fishing workshops to teach visitors the basic techniques for catching fish as well as the importance of conservation and safety. Adult workshops for ages 18 and over are scheduled for each Thursday in July. The three-hour workshops start at 9 a.m. and cost \$20 per participant, including park entrance fee. All supplies are provided. Advance registration is required. 6400 North Oceanshore Boulevard, Palm Coast. 386-446-6783 [www.washingtonoaks.org](http://www.washingtonoaks.org)

**Concert in the Plaza:** From 7 p.m. to 9 p.m. every Thursday night through September 1, enjoy a live free concert under the oak trees in St. Augustine's Plaza de la Constitución. This week's performance features The Falling Bones. Bring a chair or blanket for seating. Corner of Cathedral Place and King Street, St. Augustine. 904-825-1004 [www.plazaconcerts.com](http://www.plazaconcerts.com)

**July 22**

**Youth Saltwater Fishing Workshop:** Washington Oaks Gardens State Park hosts a series of hands-on, saltwater fishing workshops to teach visitors the basic techniques for catching fish as well as the importance of conservation and safety. Youth workshops for ages 8-17 are scheduled for each Friday in July. The three-hour workshops start at 9 a.m. and cost \$20 per participant, including park entrance fee. All supplies are provided. Advance registration is required. 6400 North Oceanshore Boulevard, Palm Coast. 386-446-6783 [www.washingtonoaks.org](http://www.washingtonoaks.org)

**Community First Night Owl Cinema Series Featuring "Inside Out":** Community First Credit Union and the St. Augustine Amphitheatre proudly announce the return of the family friendly Community First Night Owl Cinema Series. The series is free and open to all ages, with free parking and concessions available for purchase. The films are projected on a giant 18-by-32-foot screen on the St. Augustine Amphitheatre stage. This week's event features the movie "Inside Out." Doors open at 7 p.m.; movie starts at 8 p.m. 1340 C A1A South, St. Augustine. 904-209-0367 [www.staugamphitheatre.com](http://www.staugamphitheatre.com)

**July 22 - August 4**

**IMAX 3D Star Trek Beyond:** Based upon "Star Trek" created by Gene Roddenberry, "STAR TREK BEYOND" reunites Jon Cho, Simon Pegg, Chris Pine, Zachary Quinto, Zoë Saldana, Karl Urban and Anton Yelchin. Admission is \$13 for adults; \$12 for students/seniors/military; \$10 for children (age 3-12); free for children under 3. Visit the website for show times. One World Golf Place, St. Augustine. 904-940-4123 [www.worldgolfIMAX.com](http://www.worldgolfIMAX.com)

**July 22 - September 3**

**Curatorial's Choice Exhibition:** The Cultural Center at Ponte Vedra Beach features the Curatorial's Choice Exhibition in the Main Gallery. Admission to the gallery is free. Hours are Monday to Friday, 9 a.m. to 5 p.m.; Saturdays 10 a.m. to 4 p.m. 50 Executive Way, Ponte Vedra Beach. 904-280-0614 [www.ccpvb.org](http://www.ccpvb.org)

**First Coast Plein Air Painters Member Exhibition:** The Cultural Center at Ponte Vedra Beach features the First Coast Plein Air Painters Member Exhibition in the Scene Gallery. Admission to the gallery is free. Hours are Monday to Friday, 9 a.m. to 5 p.m.; Saturdays 10 a.m. to 4 p.m. 50 Executive Way, Ponte Vedra Beach. 904-280-0614 [www.ccpvb.org](http://www.ccpvb.org)

**July 23**

**Fourth Saturday Family Seining at the GTM Research Reserve:** Join GTM Research Reserve docents from 8:30 a.m. to 10:30 a.m. to learn how to pull a seine net collecting species of fish, crabs and more. Learn about the animals and their roles in the habitat. Waders and boots will be provided. The program is included with regular admission to the Reserve and takes place in the Environmental Education Center. 505 Guana River Road, Ponte Vedra Beach. 904-823-4500 [www.gtmnerr.org](http://www.gtmnerr.org)

**Summer Arts and Craft Event:** First Coast Arts and Crafts event will be held from 9 a.m. to 3 p.m. at the Mark Lance National Guard Armory. There will be many unique items available for purchase. Admission is free. 190 San Marco Avenue, St. Augustine. 904-669-5950 [www.firstcoastcrafts.com](http://www.firstcoastcrafts.com)

**Cultural Influences in the Spanish Colonial Kitchen:** Stop by Fort Matanzas National Monument between 10 a.m. and 3 p.m. for demonstrations and conversations about the Spanish heritage that is the foundation of St. Augustine and Fort Matanzas. It takes place at the Fort Matanzas Visitor Center and admission is free. 8635 A1A South, St. Augustine. 904-829-6506 [www.nps.gov/foma](http://www.nps.gov/foma)

**Fourth Saturday Free Historic Walking Tour:** History comes alive as you saunter through the narrow brick streets of our nation's oldest city for an up close and personal view of the city. Our licensed, professional guide will relate more than 400 years of St. Augustine's past during this all-encompassing 1.5-hour history lesson. You'll be intrigued and inspired as you hear tales of the Colonial Exploration Period, the opulent Henry Flagler Development Period, and the modern Civil Rights Movement and events that took place. This tour departs from Tour Saint Augustine at 4 p.m. Advance reservations required. 4 Granada Street, St. Augustine. 904-825-0087 [www.StAugCityWalks.com](http://www.StAugCityWalks.com)

**July 23 - August 28**

**7th Annual Nature & Wildlife Exhibition at the St. Augustine Art Association:** This popular exhibition features landscapes, florals, marine life, birds, plant life and more. The gallery is open Tuesday - Saturday noon to 4 p.m. and Sunday 2 to 5 p.m. Admission is free. 22 Marine Street, St. Augustine. 904-824-2310 [www.staaa.org](http://www.staaa.org)

**July 24**

**Fourth Sunday: Pet-Friendly Food Tours:** This special pet-friendly version of our original St. Augustine Food and Wine Tasting Tour is also a fundraiser for our local Humane Society. To help support this wonderful cause, City Walks Food and Wine Tasting Tours will donate \$20 directly to the Humane Society for every furry friend that joins our St. Augustine Pet-Friendly Food Tour. Spend the afternoon sampling wonderful food and wine while visiting select eateries that welcome your pet. What better way to enjoy food, fun, history and companionship... all while supporting a great cause. This exclusive 2.5-hour walking tour departs at 2 p.m. from Tour St Augustine where our guests will enjoy complimentary San Sebastian wine and chocolates at check in. Tickets are \$59 per human and, of course, free for their furry-companions. Advance reservations required. 4 Granada Street, St. Augustine. 904-825-0087 [www.StAugCityWalks.com](http://www.StAugCityWalks.com)

**July 26**

**311 with Special Guest Matisyahu Performs at the St. Augustine Amphitheatre:** The members of 311 mix rock, rap, reggae and funk into their own unique sound. After years of touring, 311 developed a reputation as one of the most entertaining and dynamic live bands in the United States. Doors open at 5 p.m.; show starts at 6:30 p.m. Tickets are \$54.50 & \$44.50. 1340C A1A South, St. Augustine. 904-209-0367 [www.staugamphitheatre.com](http://www.staugamphitheatre.com)



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**July 27**

**Music by the Sea Concert:** Free weekly concert at the St. Johns County Pier features a wide variety of musical genres. The seaside concerts are 7 - 9 p.m. This week's featured performer will be The Grapes of Roth. Starting at 6 p.m. La Petit Pleasures will offer dinners as an option for concert goers. All dinners are priced at \$10 or less. Concert goers are encouraged to car pool or ride the shuttle from the St. Augustine Beach City Hall. The pier is located at 350 A1A Beach Boulevard, St. Augustine Beach. 904-347-8007 www.sabca.org

**Summer Movie By the Bay:** Ripley's St. Augustine Attractions presents this free summer movie series at the St. Augustine Municipal Marina. All movies begin at 8:30 p.m. This week's movie is "Hotel Transylvania 2." 111 Avenida Menendez, St. Augustine. 904-824-1606 www.facebook.com/saintaugustineripleys

**July 28**

**Adult Saltwater Fishing Workshop:** Washington Oaks Gardens State Park hosts a series of hands-on, saltwater fishing workshops to teach visitors the basic techniques for catching fish as well as the importance of conservation and safety. Adult workshops for ages 18 and over are scheduled for each Thursday in July. The three-hour workshops start at 9 a.m. and cost \$20 per participant, including park entrance fee. All supplies are provided. Advance registration is required. 6400 North Oceanshore Boulevard, Palm Coast. 386-446-6783 www.washingtonoaks.org

**Lightner After Hours:** Kick off the weekend in style in the Lightner Museum's Grand Ballroom Gallery for this inaugural monthly social. Starting July 28, the Lightner Museum will host evening socials the first Thursday of the month from 6 to 8 p.m. This event is free and open to the public. Music and refreshments provided. A \$3 donation per drink is appreciated. 75 King Street, St. Augustine. 904-824-2874 www.lightnermuseum.org

**Concert in the Plaza:** From 7 p.m. to 9 p.m. every Thursday night through September 1, enjoy a live free concert under the oak trees in St. Augustine's Plaza de la Constitución. This week's performance features The Committee. Bring a chair or blanket for seating. Corner of Cathedral Place and King Street, St. Augustine. 904-825-1004 www.plazaconcerts.com

**July 28 - 31**

**PGA Championship Week at the Hall of Fame:** Visit the Hall of Fame during PGA Championship Week and learn about Hall of Fame Members who are PGA Champions as you take a special scavenger hunt with a chance to win a HOF prize pack. Special photo opportunity with the Hall's Wanamaker Trophy. The tournament will be broadcast throughout the Museum during the week. Admission is \$19.50 for adults; \$18.50 for seniors, military and Florida residents; \$10 for students; \$5 for children (age 5-12); free for children under 5. One World Golf Place, St. Augustine. 904-940-4123 www.WorldGolfHallofFame.org

**July 29**

**Youth Saltwater Fishing Workshop:** Washington Oaks Gardens State Park hosts a series of hands-on, saltwater fishing workshops to teach visitors the basic techniques for catching fish as well as the importance of conservation and safety. Youth workshops for ages 8-17 are scheduled for each Friday in July. The three-hour workshops start at 9 a.m. and cost \$20 per participant, including park entrance fee. All supplies are provided. Advance registration is required. 6400 North Oceanshore Boulevard, Palm Coast. 386-446-6783 www.washingtonoaks.org

**July 29 - August 21**

**The Last Five Years at The Limelight Theatre:** This is an adult, emotional and intimate musical about two New Yorkers in their twenties who fall in and out of love over the course of five years. The two characters only meet once, at their wedding in the middle of the show. Performance times are 7:30 p.m. Thursday - Saturday and 2 p.m. on Sunday. Tickets are \$26; \$24 seniors; \$20 student and military. 11 Old Mission Avenue, St. Augustine. 904-825-1164 www.limelight-theatre.org

**July 30**

**Last Saturday: Uptown Saturday Night:** From 5 p.m. to 9 p.m. on the last Saturday of each month, experience live music, refreshments, new exhibits, book signings and much more at the galleries, antique stores and unique shops on St. Augustine's San Marco Avenue, between Ripley's Museum and the Mission Nombre de Dios. The Mission Nombre de Dios provides free parking.

**Emma Moseley Band Celebrates Release of New Album from the St. Augustine Amphitheatre Backyard Stage:** Soulful Southern rock 'n roll group Emma Moseley Band will celebrate the release of their new album Nine-Four-Nine live from the St. Augustine Amphitheatre Backyard Stage on Saturday. This free event will feature live performances by Emma Moseley Band and special guests Kristopher James and The Curt Towne Band. Emma Moseley Band knows the song is pushed by authentic invitations into the heart. Doors open at 6: p.m.; show starts at 6:30 p.m. 1340C A1A South, St. Augustine. 904-209-0367 www.staugamphitheatre.com

**July 31**

**Last Sunday Music in the Box:** On the last Sunday of the month, enjoy live acoustic music by some of the area's best up-and-coming bands and musicians from 6 p.m. to 9 p.m. on stage at the Limelight Theatre. This month's event features Royal Johnson, a funky blues band from Macon, Ga. Admission is \$5. Refreshments available for purchase. 11 Old Mission Avenue, St. Augustine. 904-825-1164 www.Limelight-Theatre.org

# St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff



## Neighborhood Watch Program

During these times, residential and vehicle burglaries continue to be prevalent, not only in St. Johns County, but throughout the country. Many thieves gain entry simply by opening unlocked doors and windows. I urge each of you to remember to lock your doors and windows in an effort to stop these burglaries. Another type burglary is also on the rise and that is the Smash & Grab burglary. It is not only important to lock your doors, but keep valuables out of sight. A common occurrence is when a woman makes a quick stop to a daycare facility, store, health club or even a park and leaves their purse inside the locked vehicle. Crooks surveil these facilities out and if they see a woman get out of the vehicle without their purse they act quickly to smash the window and remove the purse. It is just as important to keep valuables out of sight as it is to keep the doors locked.

Another tool in combating neighborhood crime is through the Neighborhood Watch Program offered here at the St. Johns County Sheriff's Office. By banding together with law enforcement, neighborhoods are more apt to prevent crime before it occurs. This community-based program has been proven to deter crime. The National Neighborhood Watch Program, which began in 1972 through the National Sheriffs' Association, unites law enforcement, local organizations and citizens in a community-wide effort to reduce residential crime. Thousands of these programs have been developed throughout the country and many thrive here in St. Johns County.

The concept for the program is simple: Neighbors looking out for neighbors. Any community resident can take part, young and old, single and married, renter and home owner. Just a few concerned residents, a community organization or the Sheriff's Office can spearhead the effort to organize a Neighborhood Watch. Members learn how to make their homes more secure, watch out for each other and the neighborhood, and, most importantly, REPORT activities that raise their suspicions to the Sheriff's Office. You can form a Neighborhood Watch group around any geographical unit such as, a block, apartment building, park, business area, housing complex, office or marina. Watch groups are NOT vigilantes. They are extra eyes and ears for reporting crimes and helping neighbors. The program also builds pride and serves as a springboard for efforts that address other community concerns, such as recreation for youth, child care, and affordable housing.

If you are interested in forming a Neighborhood Watch in your area, and one does not exist, form a small planning committee. Set a tentative date and location for an initial neighborhood meeting. Then contact the Sheriff's Office and request that a Crime Prevention Deputy come to your meeting to discuss your specific community's problems and needs. Contact as many of your neighbors as possible and ask if they would be willing to meet to organize a Neighborhood Watch group in your area.

Once your program is beginning to get

under way, there are several concrete steps you should take to make the organization successful. Contact the Sheriff's Office for help in training members in home security and reporting skills as well as for information on local crime patterns. Select a coordinator and block captain who will be responsible for organizing meetings and relaying information to members. Recruit new members and notify any new residents moving into the area. Make special efforts to involve our seniors, working parents, and young people into the program.

Some things to look and listen out for: Screaming or shouting for help; someone looking into windows of homes or parked cars. Unusual noises. Property being taken out of houses or building where no one is at home, or the business is closed. Cars, vans or trucks moving slowly with no lights or with no apparent destination. Anyone being forced into a vehicle. A stranger running through private yards or alleyways. A stranger sitting in a car or stopping to talk to a child. Abandoned cars. Most importantly try to obtain a tag number and direction of travel of a suspect and pass that information to the Sheriff's Office as soon as possible. Remember, don't investigate these problems yourself. Report these and any other suspicious incidents to the Sheriff's Office as they are happening.

Once you get started in organizing a Neighborhood Watch, there is virtually no limit to the innovative ways to combat crime and increase involvement of your community. Your neighborhood will not only become safer and more secure, but will have the added benefit of neighbors brought closer together, with opportunities to rekindle the sense of community that many areas of the country have lost over the years.

For additional information on the Neighborhood Watch program or any of the other Crime Prevention programs, please contact Corporal Diana Bryant at 209-1551. There is much more information available to our residents on our many programs offered at your Sheriff's Office from our website at www.sjsso.org. For those of you on Social Media, be sure to follow us on Facebook and Twitter and please download the SJSO mobile Ap to connect with your Sheriff's Office. As always, please feel free to contact me anytime at my e-mail address at dshoar@sjsso.org. Thank you.

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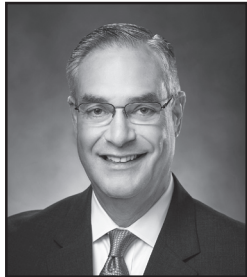
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- St Augustine Shores Area - References Available
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## Financial Focus

Information Provided by  
Edward Jones

### How Can You Declare Your Financial Independence?

Next week, we observe the 4th of July with sparklers, picnics and parades. And living in a country that offers so much freedom, we have a lot to celebrate. But on a more personal level, you may still be working toward another type of independence – financial independence. What can you do to speed your progress toward this goal?

Here are some ideas to think about:

- Free yourself from excessive fear. As an investor, it's not hard to find something to fear. Oil prices, interest rates, political squabbles, even natural disasters – at any given time, each of these factors (and many more) might be blamed for volatility in the financial markets. In response, many people take a “time out” from investing. Don't let fear hold you back. It takes discipline and some mental toughness to stay invested in all economic environments, but if you're constantly jumping in and out of the market, you're almost guaranteed to miss out on the kind of continuity and opportunities you need to move toward your financial freedom.

- Liberate your investments' growth potential. Many investors avoid investing too aggressively, wishing to lower their risk level. And that's certainly not a bad idea. On the other hand, you can easily slip into investing too “safely” by keeping the bulk of your portfolio in investments that protect your principal but offer so little in the way of return that they may not even keep up with inflation. So, try to always maintain a reasonable percentage of growth-oriented vehicles in your portfolio. The exact amount may depend on your age and tolerance for risk, but at virtually every

stage of your life, you need some growth potential.

- Avoid the tyranny of debt. It's not easy to stay out of debt. But carrying a heavy debt load is truly a burden – you're not only concerned about making the payments, but you're also depriving yourself of dollars that could be used to invest for your future. Try to do everything you can to live within your means and avoid racking up more debt than is necessary. And when you do whittle down your debts, put that “found” money to work. The more you put in your investment portfolio, the more opportunities you have to reach your objectives.

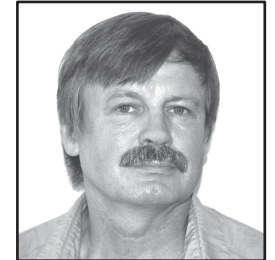
- Free your thinking about the future. Here's another roadblock on your journey toward financial independence: short-term thinking. Instead of seeking quick gains (which are notoriously hard to achieve), strive for steady growth. Instead of reacting to the news of the day by making impulsive moves, chart a long-term strategy that's appropriate for your needs, and stick to it. Instead of focusing on the losses you might see on one month's investment statement, look back over the progress you've made over the last five or 10 years. In short, worry less about today – and plan for tomorrow.

It will take a lot of time, effort and patience to ultimately achieve your own Financial Independence Day. But once you do, you'll have reason to rejoice – and you won't even need the fireworks.

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

## Computer Corner

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



### Windows 10 Free Upgrade Ends

It still holds Microsoft's offer for a free Windows 10 upgrade expires 29 July. So all windows 7 hold outs can soon relax, no more nagging ads and your Windows 7 will continue the extended support of Windows 7 until 2020. For those of you that have made the switch; don't forget to create a Microsoft account so all your apps will work and you have access to all those free apps at Microsoft's store. If you do not create an account your computer will still work, just most of the apps will not.

I am still in Maine but will be returning at the end of July. If your computer is having problems or you need help understanding Windows 10, then get in touch with me after I return and we will solve your problems.

Some new terms in windows 10: OneDrive – free cloud storage for all Windows 10 accounts from Microsoft. All

Apps – Gone is the term “all Programs” they are just calling everything Apps now. This area will show you an alphabetic list of all your apps (programs). File Explorer – This is actually the return of an old term it has been called Windows Explorer, My computer, Computer and now File Explorer, this tool allows you access to everything attached to your computer with storage, all your folders and files, that camera, USB drives and your DVD player. Microsoft Edge - This program is phasing out Internet Explorer. They both exist in Windows 10 but they are pushing Edge. They both do the same thing and that is “surfing the web”. Edge does have some nice advantages; Reading View is one of them. Last but not least Store - This app takes you to the available apps available for Windows 10, free and paid.

See you in august.

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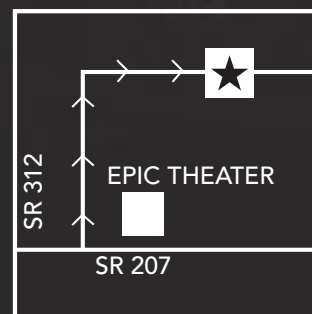
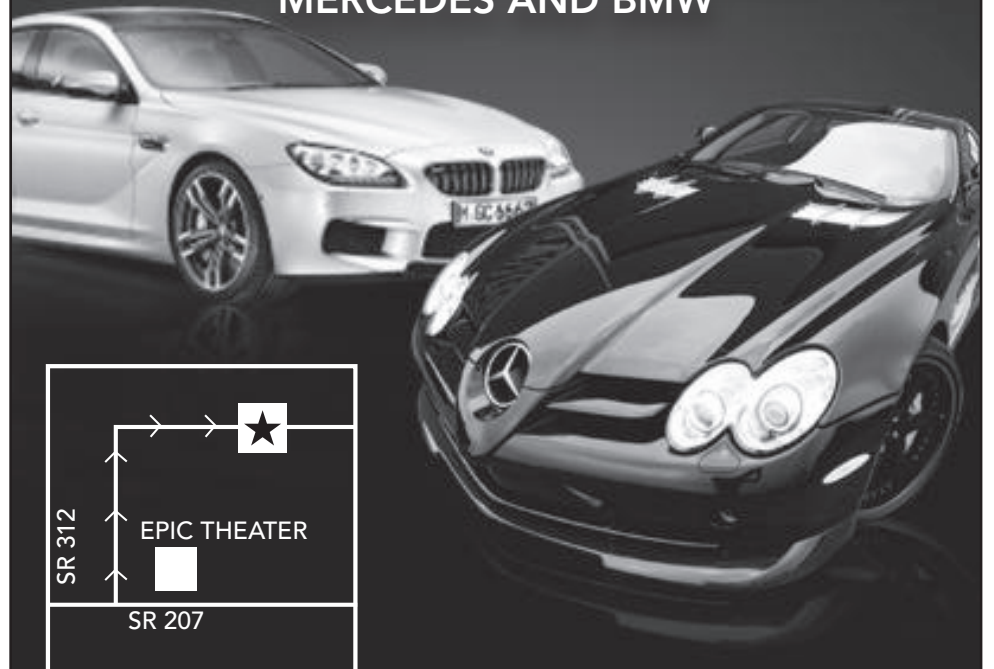
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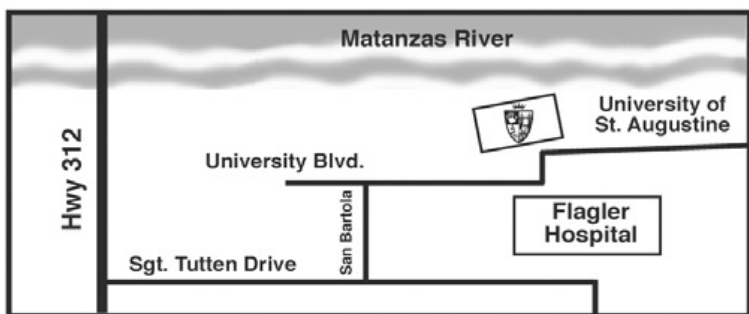
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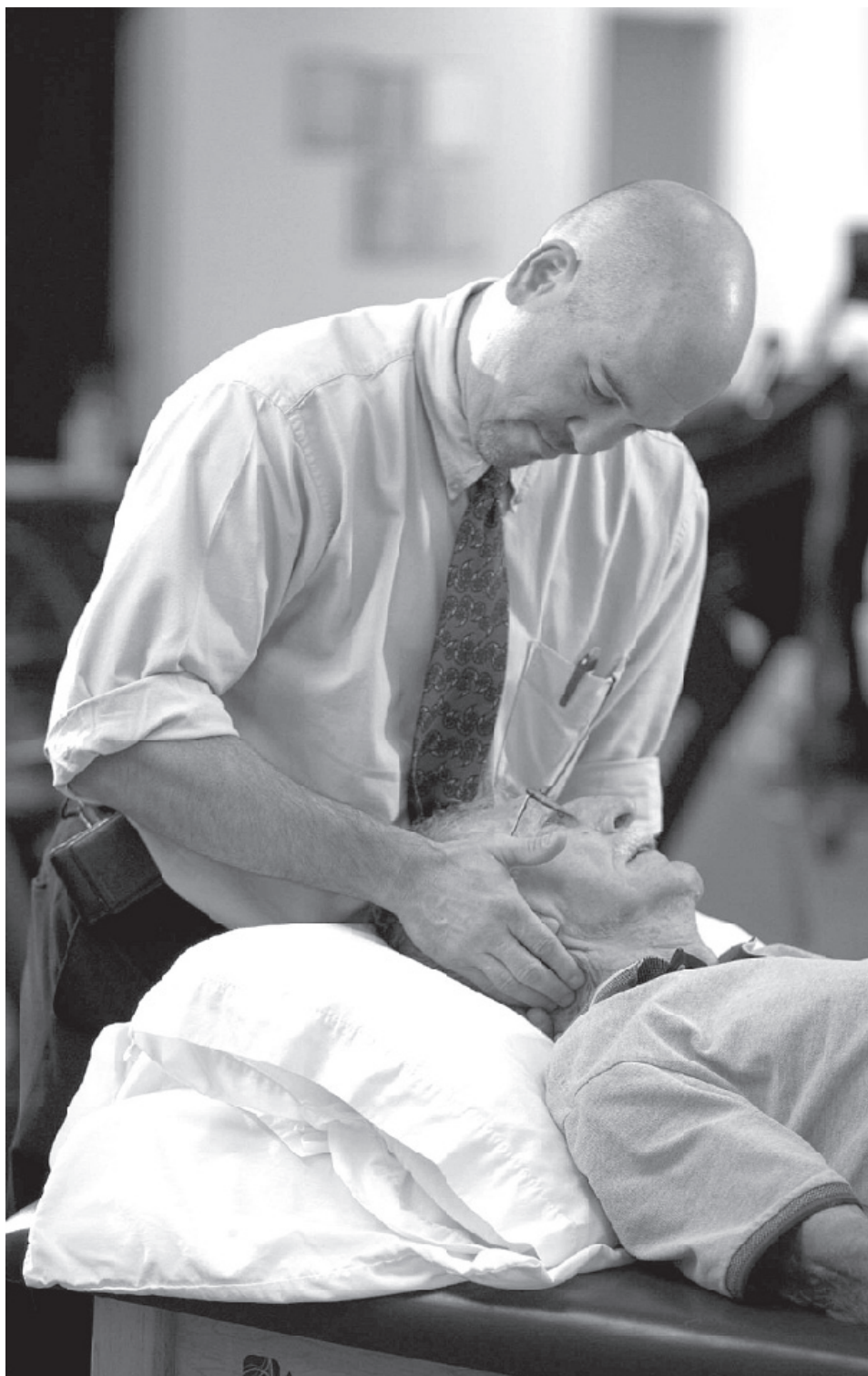
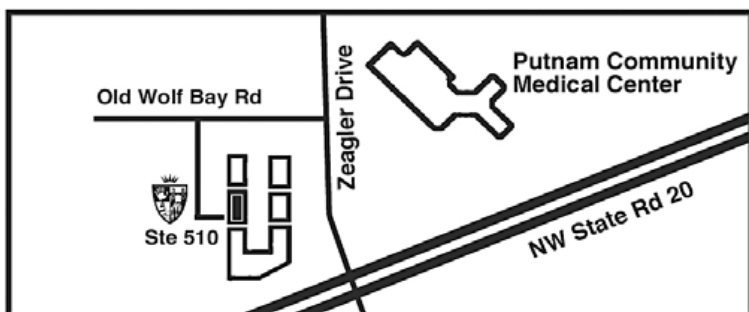
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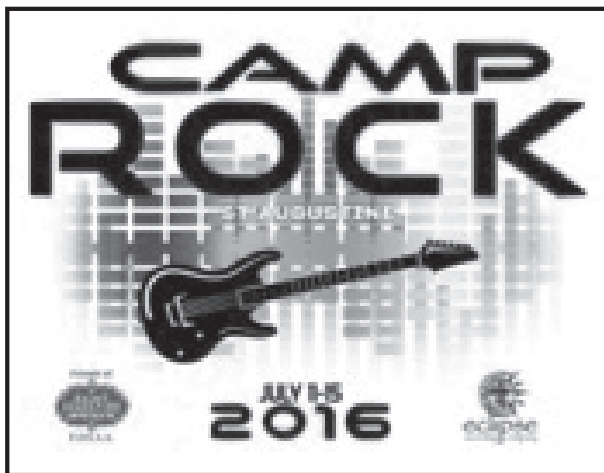
## Main Library July 2016 Adult Events

Below are the Main Library adult events for July. Please contact the Library for more program details. Amy Ackerman at 904-827-6940 or aackerman@sjcfl.us

- Jaws - Based on the Book Cinema: Jaws Tuesday, July 5th – 2:00 to 4:00 pm
- SAT - Tuesday, July 5th – 6:00 to 7:00 pm
- Stretching 101 with Gina Marie: Friday, July 8th – 10:30 to 11:30 am
- Teen Fanfiction Writing Club: Monday, July 11th – 5:30 pm to 6:30 pm
- Adult Card Games: Tuesday, July 12th – 1:30 pm to 3:00 pm
- Silent Peace Meditation: Tuesday, July 12th – 6:15 to 7:45 pm
- Stretching 101 with Gina Marie: Friday, July 15th – 10:30 to 11:30 am
- Adult Wellness Screenings: Friday, July 15th – 12:00 to 4:00 pm
- Japanese Anime At Main: Monday, July 18th – 5:00 to 7:00 pm
- The Killers - Based on the Book Cinema: Tuesday, July 19th – 2:00 to 4:00 pm
- Wellness Screenings: Friday, July 29th – 12:00 to 4:00 pm

## FOSAA and Eclipse Recording Studios Team up to Launch Camp Rock

If you are the parent of a Middle or High School student who is an aspiring rock musician, then check out Camp Rock. Students who have some experience playing



guitar, bass, keyboard, drums or vocal are eligible. Under the direction of Jim Stafford of Eclipse Recording Studios, students will work with professional local musicians and then be placed in combos to learn the dynamics of playing with a group. On the last day of camp combos will perform for family and friends and the following week go to Eclipse Recording Studios to record their songs and receive a CD. The Camp will be held at the Amphitheatre.

Camp Rock dates are now July 11 - 15, 9 AM – 2:30 PM.

An application and instructions

can be found at [www.eclipserecording.com](http://www.eclipserecording.com). Tuition for the week is \$200 and scholarships are available. For further information contact Jim Stafford, Camp Administrator at [Camprock@eclipserecording.com](mailto:Camprock@eclipserecording.com) Friends of the St Augustine Amphitheatre (FOSAA) is sponsoring this camp.

## Accumulating Dysfunction

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



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

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

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

The word function is a term resurfacing in healthcare. Perhaps the re-focus is due to our more active baby-boomers, or changes in healthcare and insurance policies. Regardless of the reason, it’s important because function requires movement and proper movement keeps us healthy. Our bodies consist of an osseus (bony) frame, controlled by a myofascial system, which receives its orders from the nervous system. Injury to any one of these systems will result in dysfunction (impaired or abnormal function) great or small. Fortunately, due to “self-preservation” our bodies compensate in varying degrees –

resulting in imbalances.

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

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

Functional Physical exams are offered at First Coast Rehabilitation St. Augustine 904-829-3411 or Palatka 386-325-2721.

Rob Stanborough is a physical therapists, president and co-owner of First Coast Rehabilitation. He is co-author of *Myofascial Manipulation: Theory & Application*, 3rd ed by Proed Inc. He’s certified in manual therapy and a Fellow of the American Academy of Orthopaedic Manual Therapists. Read previous columns posted on [www.firstcoastrehab.com](http://www.firstcoastrehab.com).

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