

August  
2017

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St. Augustine Homes Monthly  
St. Augustine Shores  
St. Augustine South

# St. Augustine Observer

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

## Shores United Methodist Chooses New Youth Director

Taylor P. Lowery is the new Youth Director at Shores United Methodist Church. She was born Raleigh North Carolina and is currently a student

with University of Phoenix, finishing a Bachelor's degree in Science and Health Administration. She volunteered for two years at the Holly Springs United Methodist Church (NC) as a nursery assistant. She is a full-time Marketing Coordinator for Island Doctors and enjoys swimming, dancing, fishing, and spending time with her family.

All local middle and high school students are invited to be part of the S.W.A.G. (Saved with Amazing Grace) youth group. The group meets every Wednesday from 6-7:30 pm in the church's Christian Education Building. A pizza supper is served weekly.

Shores United Methodist Church is located at 724 Shores Blvd, between the Shores Golf Course Clubhouse and Hartley Elementary. More information is available at [www.shoresumc.org](http://www.shoresumc.org) or by calling 797-4416. Rev. Randy Strickland is the pastor.



## "FRESH FRESHIES"! BABY FRESHWATER CROCS HATCH AT THE ALLIGATOR FARM

The St. Augustine Alligator Farm Zoological Park announces a rare occurrence in North America: the hatching of four freshwater Johnston's crocodiles, *Crocodylus johnstoni*. The new babies mark the first time the species has hatched at the zoo and only the second time babies of this species were welcomed in North America, with first captive hatch credits going to the Baltimore Aquarium. The four baby crocs and their proud parents, Derek and Bindi, will wait to see if more hatchlings emerge from the remaining eggs in the clutch.

"These are Johnston's crocodiles, what Australians refer to as 'freshies,' said Jim Darlington, Reptile Curator at The Alligator Farm. "It's a first for us, very exciting. And we might have one or two more soon. We try not to count our crocs before they hatch. I don't want to jinx it, but we're hopeful."

The new hatchlings continue a trend of new arrivals that began last summer with the arrival of the first Indian gharial to be hatched outside of India or Nepal. The gharial's birthday celebration was soon followed by the arrival of six baby Galapagos tortoises, who began hatching the same day as the gharial. Their birth marked the first time this endangered species was bred at the Alligator Farm since the arrival of Galapagos tortoises at the park in 1947.

"The hatching of the freshies is another terrific achievement in terms of animal conservation, which is a vital part of our mission" said John Brueggen, Zoo Director. "I'm proud of our team of reptile keepers who helped make this happen, and I'm looking forward to inviting visitors to the zoo to see the new baby freshies."

About The Alligator Farm - The St. Augustine Alligator Farm Zoological Park is one of Florida's oldest and most treasured attractions. Since 1893, it has provided visitors with exciting and educational opportunities to interact with a wide range of crocodylians, reptiles, mammals and birds. Located on Anastasia Island in St. Augustine, The Alligator Farm features natural exhibits, wildlife shows and educational demonstrations. It is the only place in the world where visitors can see every species of alligator, crocodile, caiman and gharial. For more information, visit [www.alligatorfarm.com](http://www.alligatorfarm.com).



## Riverview Club Water Aerobics Class 2017



Above is the annual photo for the 4th of July of participants in the water aerobics class. The class is free for pool members of the Riverview Club. Classes are held Monday, Wednesday and Fridays from 9:00 am to 10:00 am from May 1st through October 31st (weather permitting).

We use water weights or pool noodles and stretch and sing our way to a happy experience. Consider joining us! If you have any questions. Please contact the instructor, Elsa Olsen, at 904-377-3731.

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

- **St. Augustine Shores:** June Board Update
- **St. Augustine South:** Women of the Moose Dinner/Dance August 19th
- *Event & Entertainment Guide*
- *Health Update: SI Dysfunction*
- *Financial Focus: Matched and Long Term Goals*
- *Computer Corner: Do you know who is Sending emails?*
- *In the Law: Tax Court Decision Corps are not people in hardship*
- *Civic Association: Rising Country Music Star at Beach*
- *Is rise of social media causing decline in Expectation of Privacy?*
- *Save Your electronics*

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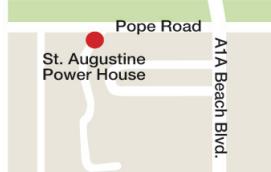


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## The St. Augustine Observer

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

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

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

Information should be received by the 15th of the month in order to appear in the following month's

issue. Articles or information may be sent to the St. Augustine Observer, 1965 A1A South #180, St. Augustine Florida 32080-6509. Information may also be e-mailed to clifflogsdon@att.net.

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

The Observer's acceptance of advertising does not constitute an endorsement or approval of any product or services by the Observer or its staff. It is agreed that the Observer and its staff will not be held liable for information provided herein by submitters, including pictures, graphics, websites and/or emails listed, that may have the potential to constitute fraud or other violation of law including copywriting infringements. The publisher reserves the right to refuse advertising that does not meet the publication's standards.

### St. Augustine Shores Community Calendar

The Shores Service Corporation  
Shores Homeowners Association  
(904) 794-2000  
www.staugshores.org

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

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.

### St. Augustine South Community Calendar

The St. Augustine South Improvement Association  
(904) 794-5129  
www.staugsouth.com  
Associate News Editor  
Joan Nizza 904-687-8726

**Officers**  
Theresa Nizza - President  
Louis Zimmer - Vice President  
Keith Rowland - Treasurer  
Lynn Rowland - Secretary

**Board Members**  
Lynn Rowland Theresa Nizza  
Louis Zimmer Keith Rowland  
Joan Nizza

St Augustine South Improvement Center will not be holding Board meetings or regular monthly meetings during July or August. Meetings will resume as well as neighborhood clean-up days in September.

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

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

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

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

#### SPECIAL EVENTS

#### Women of the Moose Back to the 50's Dinner/Dance

Women of the Moose-1101 will host a Back to the 50's Dinner/Dance on Saturday, August 19, 2017 at the St Augustine Clubhouse 709 Royal Road.

Dinner 6pm, Dancing 7pm to 11pm. Great food, raffles, door prizes. B.Y.O.B and mixers. Call for reservations: Sandra @ 806-0535 or Theresa @ 794-5129.

## Community Classifieds

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

**Business, Services, seeking work and others may be placed** in the classified section according to the following rate schedule: 1/2" (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 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 15th of every month for the next month's issue. Free ads up to 5 items only should be sent.

**FOR SALE:** 2007 Honda ZTX 1300. One owner, maintained and serviced regularly. garage kept, comes with windshield, mustang seats and saddle bags. new tires, new Cobra pipes, plus original pipes and kit. bike jack, helmets included. .27000 miles. Priced below book value for quick sale. Must see to appreciate at this price. \$4000.00. Call Jerry at 904/315-1499.

**FOR SALE:** (1) 6 pack light bulbs (for ceiling track lighting) GU 10 pins, 50 watt, \$15. (2) HPPHOTOSMART C3180 printer/copier/scanner. Can use as a stand-alone copier. (W no computer) As printer/scanner was used w windows vista & Windows 7 computers. \$30 (3) NOW THATS WHAT I CALL MUSIC CDs. Collection of 20 (#36-51, 33, 30,29) Any one single \$10, whole lot of 20 for \$75. Call 904-495-2590

**FOR SALE:** (1) Upright Freezer - Extra freezer for summer company or holiday crowd. Used 6 months. Excellent condition. \$150. (2) Luggage - Wheeled, expandable, black, never used 28x 19w x 12 deep. \$120. (3) TV Radio Lantern - Ideal for boat, RV, Camper. Has radio, weather and mini storage. Used once. \$50. (4) Mini Refrigerator - Hot/cold switch, 7 L capacity.

AC/DC adapter. Never used. \$80. Call 904-806-3525.

**FOR SALE:** 136 White Golf Balls and 34 colored Golf Balls. \$20. Call 904-797-5447.

**FOR SALE:** (1) 5 Piece Ludwig Drum Set. All hardware, 5 symbals and carrying case. \$600. (2) Aztec Stone Chess Set. \$150. (3) Luggage Travel Bag- Black & on wheels. \$75. (4) Professional Decorating Tips - 95 pieces. Stainless Steel. Not used. \$75. (5) Cooking 50- Complete Reference Cookbook by Chet Holden, Hard Cover. \$100. All best offer considered. Call 904-791-5637.

**FOR SALE:** (1) Power Mac G5 Tower Computer. 2 hard drives with software. Works great. \$100. I can send pictures. Call 904-607-1410. (2) Older Macbook G4 laptop. Works great. Has software. \$75. (3) Dell Desktop PC with software. Works great. \$75. Call 904-607-1410.

**FREE:** Scrap Metal - must take all. Towbars, anchors, iron and all kinds of metal. Call 904-806-9754.

**ANNOUNCEMENT:** "Retired? Looking to learn Spanish for travel or for a new career? One-hour classes, one-on-one. 904 413 8407.

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

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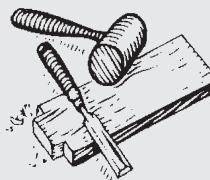
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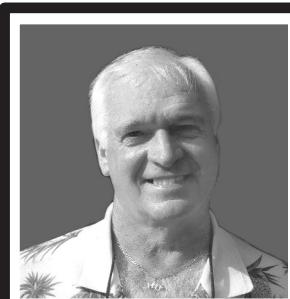
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# St. Augustine Shores Club News

## August 2017 Riverview Club Calendar

**AUGUST DANCES** - Dance Club Members: FREE, Guests: \$15.00/pp

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

Friday, August 4<sup>th</sup>  
**Entertainment by Ernie**  
Hosted by: Frank & Jackie Phillips  
RSVP at [www.staugshores.org](http://www.staugshores.org) or call 904-794-2000



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

Saturday, August 19<sup>th</sup>  
**Entertainment by Frank Saffi**  
Hosted by: Nicolas & Mary Arocha  
RSVP at [www.staugshores.org](http://www.staugshores.org) or call 904-794-2000

Check out the latest events  
at [www.staugshores.org](http://www.staugshores.org)

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

<b>Bridge</b>	Fridays 1:00 pm.
<b>Bridge Lesson</b>	June – August summer break, <b>classes will resume in September.</b>
<b>Chicago Bridge</b>	<b>Must have a partner to play</b> , Monday and Thursday at 12:30 pm.
<b>Card Game</b>	<b>Calling All Card Players!</b> New card game group on Tuesdays, at 3:30 pm – 6:00 pm. Come and share your favorite card game: 500, Euchre, Pitch, Pinochle, Canasta, etc.
<b>Mah Jongg</b>	Tuesday at 1:00 pm & Wednesday at 10:30 am.
<b>Chair Yoga</b>	Monday, Wednesday & Friday at 10:45 am. A gentler form of yoga for those whom balance is an issue. <b>30 minutes floor stretches after class on Wednesdays!</b>
<b>Yoga</b>	Mondays, Wednesdays and Fridays at 9:00 am. Bring a non-skid mat & wear comfortable clothing (no belts or anything tight around your waist). The class is geared to all levels.
<b>Exercise Class</b>	Exercises led by Marcia, all fitness levels are welcome: Tuesday and Thursday at 10:00 am.
<b>Dance Class</b>	July – August summer break, <b>classes will resume in September.</b>
<b>Line Dancing</b>	Every Monday at 6:30 pm and Wednesday at 10:00 am.
<b>Zumba</b>	Tuesdays at 5:30 pm. Low-impact Zumba to protect joints. Come sweat, lose weight, meet people, and have a blast!
<b>Writers in Shores</b>	There will be no meetings of the Writers in the Shores for July or August. Meetings will resume in September.

### Upcoming Events at the Riverview Club

**Early Social:** Sunday, September 10<sup>th</sup>, 2017 (6pm to 9pm) – Entertainment by Ernie

**Main Social:** Saturday, September 23<sup>rd</sup>, 2017 (7pm to 10pm) – Entertainment by Phil Farino

## Riverview Club Events

### AUGUST DANCES

Dance Club Members: FREE, Guests: \$15.00/pp - ALL ARE WELCOME!  
RSVP at [www.staugshores.org](http://www.staugshores.org) or call 904-794-2000

### EARLY SOCIAL DANCE

Friday, August 4<sup>th</sup> 7:00 pm to 10:00 pm Entertainment by Ernie \*BYOB\*

### MAIN SOCIAL DANCE

Saturday, August 19<sup>th</sup> 7:00 pm to 10:00 PM. Entertainment by Frank Saffi \*BYOB\*

### WATER AEROBIES

Join-in the fun on Monday, Wednesday and Friday ? 9:00 am at the Riverview Club's Pool, led by Elsa. Low-impact water aerobics class for all fitness levels. Current Pool Pass is required.

### GRANDPARENTING

The Joys and Challenges of GRANDPARENTING, A workshop for finding fulfillment in grandparenting. 5-week workshop:

When: Monday, October 2, 9, 16, 23, 30, 2017 9 am - 11 am

Fee: \$25/workshop, Free to SA Shores Activities Club Members. Reserve a spot today!

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- Memorial Service
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- Office/Holiday Party

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## St. Augustine Shores Service Corporation June Board Meeting Summary

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

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

**Approval of the Minutes** – May 11, 2017. Director Duncan made a motion to accept the minutes as presented, Seconded By Secretary Arocha and carried Unanimously.

**Treasurers Report** – Read by Treasurer Lorbeer accepted for audit. General Manager Smith explained the decrease in the operating fund and the decrease in the reserve fund.

**Collections Issues** - General Manager Smith presented 1 collection issue. The homeowner requests a payment plan to pay off the \$747.00 debt and stay current for 12 months at \$62.25 per month. Treasurer Lorbeer made a motion to approve the payment plan as presented, Seconded by Director Duncan and carried Unanimously.

**Managers' Report** - Joseph H. Smith III

**Maintenance Fee Cap** - President O'Such discussed his invitation to those attending the annual meeting. He asked that they attend the June meeting to discuss the cap. There were 10 members in attendance. Jason Baker suggested that we not place a cap on the fee only a maximum percentage on the amount the fee can be raised annually. Director Duncan discussed initiating special assessments as opposed to raising the cap. He stated that it would be \$45 per member to repair the pier. Treasurer Lorbeer suggested that collection of the special assessments could be an issue. Mike Amato suggested that we lobby to raise the cap to \$40. Treasurer Lorbeer suggested we educate the membership on the rising costs to run the business.

**Dreux Isaac Reserve Study** - Mr. and Mrs. Bouton commented on the wording of the request to raise the cap and the communication effort. Mrs. Amato commented on attendance at the monthly meetings. Director Duncan stated that the cap issue only lost by 1 vote. He suggested the Board place a maximum percentage on the amount the fee can be raised annually and not have a cap. He suggested that the Board discuss what services are going to have to be cut if we are unsuccessful in raising the cap. Treasurer Lorbeer concurred. Mr. Bouton disagreed. He feels this discussion is a healthy discussion and is concerned about a rogue Board in the future.

### Progress on Board Goals

**Curb Appeal** - We are working with St. Johns County on replacing sod and repairing irrigation damaged during drainage pipe replacement.

**Safety and Security** - The sidewalks at Viscaya and Holiday Lake and at Deltona have been repaired and the slab for the basketball court at Aragon Park has been poured.

**Operations** - Smith discussed the pier repair project and his communications with Yelton. We are pushing to get moved up the schedule. He shared a news article about scamming on pier projects and suggested we be patient and not make a bad decision.

### Committee Reports

**ACC Committee** – General Manager Smith reported the ACC held one meeting in the month of May and approved 1 carport enclosure, 1 commercial sign, 4 fences, 3 new homes. Total approved YTD 353. There were 2 variance requests. (1) Bouton 428 Maribella - Mr. Bouton explained the reason for his request to move his fence forward from the rear of the house because Gas lines, pool equipment and irrigation wires are directly under the broken post. Director Van Tiem made a motion that we grant the variance as presented, seconded by Treasurer Lorbeer, and carried Unanimously. (2) Pettigrew 204 Lugo Way - He would like to move the fence forward of the rear of the house to abut the neighbors fence. We need to ratify the positive vote taken via email. Vice President Diety made a motion that we grant the variance as presented, seconded by Secretary Arocha, and motion carried unanimously.

**Deed Restriction Modification Committee** – Charles Bouton. President O'Such discussed his conversation with the corporate attorney. Mulligans bid to modify the Covenants is a flat rate. There was discussion on 268 Shores Blvd. The property has been atrocious for years.

**Home Office Applications** - Hanson and Plummer 246 Deltona Blvd for the purpose of an on-line store Coastal Items and Jewelry. She agrees to abide by County Ordinance 95 – 9. Vice President Diety made a motion to approve the home office application as presented, seconded by Director Filloramo and approve unanimously.

### Comments

Director Filloramo informed the Board about the County Commission's approval on a modification to the St. Augustine Shores PUD for a Dunkin Donuts with a drive through and a restaurant that will serve alcoholic beverages on Santa Maria Blvd. Secretary Arocha commented on finding a way to install a kayak launch by the pier. Treasurer Lorbeer commented on the additional housing units planned for the Shores and the impact of traffic. Director Van Tiem commented on dressing up the Main Entrance to the Shores and painting the skirting. Darlene Van Tiem commented on lakes and parks for the South end of the Shores. Tammy Stanford inquired about the basketball court. She also commented on using social media to reach the community. Charles Bouton commented on the County's future plan to build a pier and kayak launch and thought maybe the Board should write a letter of support for the project. Meeting Adjourned.

### POTTERY CLASSES in the Shores

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# News Around Southern St. Augustine

## Writers In The Shores

By Donna Johnson

There will be no meetings of the Writers in the Shores for August. Meetings will resume again in September as we have before on the 2nd and 4th Tuesday, at 1 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!

## Templed Bet Yam Presents "Trivia Night!"

by Jackie Witte

Test your knowledge of trivia on Saturday, August 12, at Temple Bet Yam, 2055 Wildwood Drive, St. Augustine. The family fun begins at 6:00 p.m. Tickets are \$15 per person - kids under 16 participate for free. Food and prizes are included! Call Carol or Bernie for information and reservations at 954-895-7332 or [Bernie.levy@att.net](mailto:Bernie.levy@att.net).

## Shored United Methodist Church hosts "High Tea & Crafts" Event

The Sunset Circle at Shores United Methodist Church will sponsor "High Tea & Crafts" on Saturday, September 23, 2017 between 10 a.m. and 2 p.m. This free event will allow participants to sample a variety of traditional tea sandwiches, desserts, coffee and tea AND to learn a new craft or two. Areas will be set aside for crafting three different items that could be used as gifts. The event is free and reservations are appreciated but not necessary. Call the church at 797-4416 to save your seat!

Shores United Methodist Church is located at 724 Shores Blvd, between the Shores Golf Course and Hartley Elementary. Rev. Randy Strickland is the pastor. ([www.shoresumc.org](http://www.shoresumc.org))

## St. Augustine Travel Club

by Peter Dytrych

### St. Augustine Travel Club Cruise - Southern Caribbean

The St. Augustine Travel Club will again be sailing the seas on Monday, November 27 to Thursday, December 7, 2017 on Norwegian Jade out of Miami, voted Best Overall, to the ports of San Juan, St. Thomas, Dominica Island, Barbados, St. Lucia, St. Maarten for a 10-day Southern Caribbean cruise. Prices start from \$921.09 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Oceanview and balcony cabins are available at higher cost. Book now with a \$250 pp deposit and receive a choice of valuable amenities. Call Peter, St. Augustine Travel Club at (904) 797-3736 for more information and reservations.

### St. Augustine Travel Club Annual Cruise - Eastern Caribbean

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

Call Peter, St. Augustine Travel Club at (904) 797-3736 for more information and reservations.

## United Way Announces Emergency Food and Shelter National Board Program Funds

United Way of St. Johns County is pleased to announce that \$17,365.00 in federal funds has been awarded to St. Johns County through the Emergency Food and Shelter National Board Program.

A local board made up of county, city, and human services agencies along with United Way of St. Johns County will determine how funds are to be distributed among emergency food and shelter programs in the local service area. The board is responsible for recommending agencies to receive funds in this cycle and, as well as, funds awarded in future cycles.

Under the terms of the grant from the National Board, local organizations, whether nonprofit or governmental, may apply. To receive funds, the organization must conduct an annual audit, practice non-discrimination, and have demonstrated the capability to deliver emergency food and shelter programs. Examples of how program funds can be used include the following: food (served meals or groceries), lodging in a mass shelter or hotel, one month's rent or mortgage payment, one month's utility bill and/or equipment necessary to feed or shelter people.

Qualifying programs are urged to apply or gather additional information by contacting United Way of St. Johns County, [jenny.harvey@unitedway-sjc.org](mailto:jenny.harvey@unitedway-sjc.org) or 904-829-9721. To learn more about United Way of St. Johns County, visit [www.unitedway-sjc.org](http://www.unitedway-sjc.org).

## Bible Study in the Shores

In-depth Bible Study on The Gospel of Matthew. This study will help you know Jesus better. Seeking 5 participants, ages 18 - 100 and co-ed... The class will be held on Saturday mornings from 10:00 AM - 11:00 AM at my house in The Shores. If interested please contact Bill Taylor 832-443-2689

## St. Augustine Galloway Training Programs

Jeff Galloway, if you are a runner, chances are you've heard of him will be here. Jeff will be our guest here in St. Augustine on August 10 for a meet-and-greet that will be open to the public. He is one of the nicest people you'll ever meet, and his talks to the public - especially to runners (both new and experienced) - are very inspirational. I would appreciate it if you could include this in The Observer, as I think there will be a real interest in hearing him.

Thursday, August 10, 2017 @ 7:00 p.m.

The DEN (Dynamic Energy Nutrition)

711 A1A Beach Blvd., Unit A St. Augustine, 32080

The DEN will be hosting him along with my running group, St. Augustine Galloway Training Programs. If you, or the public, has questions about this event they can contact me personally.

## The Joys and Challenges of GRANDPARENTING

A workshop for finding fulfillment in grandparenting

Sponsored by the Riverview Club in the Shores every Monday, beginning Oct 2nd ending Oct 30th, from 9:00 am - 11: am. five (5) consecutive weeks. Gain ideas and resources on how to make quality connections, share your experiences, and find fulfillment in one of life's most exiting gifts: grandchildren. You will understand your unique and influential roles and the effect of unconditional love and acceptance. Leave a legacy of Love, Faith and Life and learn why the grandparent/grandchild relationship is second in emotional importance only to the parent/child relationship. Grandparents are the family's connection to the past - the link to the heritage with personal stories, photos, family trees and traditions.

Grandchildren can be intimidating, adoring, weird, loving, sulky, snuggly, demanding, deflating, and aggressive; they can also give you a longer and healthier life according to new research. Why not accept the challenge and join me, and other fellow grandparents in this interactive workshop and don't forget to bring the child within you. The benefits between generations will keep the grandparents younger and grandchildren wiser.

Topics for discussion include:

- Grandparents Most Influential Roles
- Leaving a Legacy of Love, Faith and Life
- Listening & Talking - Playing & Learning
- When You Make the Rules
- Starting Your Scrap book

Robert Groleau, M.Ed., is a father of four and grandparent of ten. Originally from New Hampshire, Rob lives with his wife of 47 years in St. Augustine, FL. As a retired public-school teacher and military chaplaincy, speaker, consultant, Instructor at Rollins College, Florida and most recently a volunteer for Haven Hospice, Rob has helped families create strong bonds and strengthen family relationships.

Registration: Riverview Club, 790 Christina Drive, St. Augustine, FL 32086, Contact Ellie at (904) 794-2000 or email [ellie@staugshores.net](mailto:ellie@staugshores.net), Fee: \$25.00, Free to SA Shores Activities Club Members. Reserve a spot today!

## St. Augustine Distillery Welcomes New General Manager to Oversee Operations

St. Augustine Distillery has announced the appointment of Matt Stevens as General Manager. Drawing on more than a decade of experience in the hospitality industry, Stevens is responsible for overseeing day-to-day operations at the facility including tour operations, the distillery's on-site retail gift shop and guest experience.

"We are excited to welcome Matt to our team," said Philip McDaniel, co-founder and CEO of St. Augustine Distillery. "His management experience and knowledge of the hospitality industry coupled with a vibrant passion for our community is the perfect recipe for success."

Born and raised in St. Augustine, Stevens spent seven years in management roles at Momentum Aviation Group in Tucson, Ariz. and six years as manager of A1A Ale Works, a popular restaurant in downtown St. Augustine. His responsibilities will include all tour and retail operations while enhancing the experience of the 150,000 guests who visit the distillery each year.

"I join an already passionate team of 45 employees who have helped build this company from the ground up," said Stevens. "When you focus on team building and creative thinking within a passionate group of people, the sky's the limit."

St. Augustine Distillery, a family-owned and operated company, is housed in the historic FP&L Ice Plant, which dates back to 1907. To learn more about St. Augustine Distillery, visit [www.staugustinedistillery.com](http://www.staugustinedistillery.com). To take a virtual tour, visit <https://goo.gl/ujjASn>.

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## News From Around St. Johns County

### United Way of St. Johns County Accepting Applications for New Partner Agencies

Applications can be made between July 15 and October 1, 2017, for nonprofits in St. Johns County that wish to become a Certified Partner Agency of United Way of St. Johns County. This application process is for organizations that are not currently a United Way Certified Partner Agency. For acceptance, the organization must be in compliance with all Eligibility Criteria and agree to comply with the Membership Standards as listed in the agreement document.

Although there are additional items, the following must be included in the application: documentation that the nonprofit corporation is incorporated in Florida, 501(c)(3), authorization by the Florida Department of Agriculture and Consumer Services to solicit funds and the organization must provide human services to St. Johns County residents. Human services are those services provided directly to individuals or families experiencing difficulty in meeting their basic human needs.

Visit [bit.ly/2017partner](http://bit.ly/2017partner) to start the process of becoming a partner agency with United Way-SJC. If you have any questions, please contact Jenny Harvey at (904) 829-9721 or [jenny.harvey@unitedway-sjc.org](mailto:jenny.harvey@unitedway-sjc.org).

United Way focuses on the building blocks that lead to a good quality of life - Education, Health and Financial Stability. United Way-SJC understands that together we build a collaborative relationship of residents, businesses, government and nonprofits working to meet the most pressing social service issues in St. Johns County, large and small. We all gain when children are successful in school, when people are healthy and when families are financially stable. Join us. To give, to advocate, or to volunteer, please visit the United Way-SJC website at [www.unitedway-sjc.org](http://www.unitedway-sjc.org) or call (904) 829-9721.

### St. Johns River State College Offers Non-credit Art Classes

St. Johns River State College will offer art history and watercolor leisure courses this fall on the St. Augustine campus. The non-credit courses will be taught by local artist and Florida School of the Arts instructor David Ouellette.

**Art History IA** – The course will cover the art of the Aegean culture, including the palaces, paintings and sculptures of the Cyclades islands, Crete and Mycenae. Students will study ancient Greek art, from the emerging Geometric and Orientalizing periods through the Early and High Classical periods and Hellenistic times. Students will also study Etruscan and Roman art, from Republican, Early, High and Late Empirical times, as well as the art of the Eastern Byzantine and Western Medieval worlds. The class will meet on Tuesdays and Thursdays from 2:30 – 4:30 p.m. from November 2 through December 7 on the St. Augustine campus, Room S-114. Registration for the non-credit course is \$45.00.

**Watercolor I** - This course is intended to instruct the student on the techniques of the watercolor medium using both the wet and dry methods with emphasis on composition, color arrangement and particular methods of brush-handling. There will be regular critiques and out of class assignments.

The class will meet on Tuesdays and Thursdays from 2:30 – 4:30 p.m., from October 3 through October 31, on the St. Augustine campus, room S-132. Registration for the non-credit course is \$65.00; the class will be limited to 12 students.

There are no requirements or prerequisites to register for these courses. To register, download the continuing education registration form from the College website at [www.SJRstate.edu/continuinged.html](http://www.SJRstate.edu/continuinged.html). Applications are also available on the St. Augustine campus in the administration building. The application and payment can be delivered in person to the St. Augustine campus or mailed to the Academic Affairs office at 5001 St. Johns Avenue, Palatka, FL 32177. For additional information, call (386) 312-4211 or email [davidouellette@sjrstate.edu](mailto:davidouellette@sjrstate.edu).

Local artist and Florida School of the Arts instructor David Ouellette will teach non-credit art history and watercolor courses on the St. Augustine campus this fall. There are no prerequisites required for registration. Applications are available online at [www.SJRstate.edu/continuinged.html](http://www.SJRstate.edu/continuinged.html).

### 4-H Youth Development Program Seeks Volunteers To Work with 4-H Youth

The St. Johns County 4-H Youth Development Program is seeking caring adult volunteers to work with 4-H youth ages 5-18 in St. Johns County.

As a 4-H club or project leader, 4-H volunteers have an opportunity to share their interests with youth. The 4-H project areas include animal and plant science, healthy living, citizenship, environmental education, technology, food preparation, photography and more. The reward of sharing your interest with a young person is priceless. Through a “learn by doing” experience, 4-H volunteers help youth learn leadership, communication, citizenship and a variety of life skills that enable them to become capable and caring citizens.

4-H Volunteers have the flexibility to determine the amount of time, location and subject area they prefer. Volunteers receive full assistance of the 4-H Office, including training, office support, and a variety of resource materials and project curriculum. An orientation for new Club and Project Volunteers will take place on Tuesday, August 8th from 6:30pm to 8pm at the St. Johns County Extension Office located at 3125 Agricultural Center Drive, St. Augustine, FL 32092.

Help the youth of St. Johns County to be the best that they can be by becoming a 4-H Volunteer. Please call the 4-H Office at 904 209-0430 by August 4th if you would like to attend the 4-H volunteer orientation on Tuesday, August 8th. Contact person: GERALYN SACHS, UF/IFAS/St. Johns County 4-H Extension Agent, 3125 Agricultural Center Drive, St. Augustine, FL 32092, [fish12@ufl.edu](mailto:fish12@ufl.edu).

### Art 4 Charities Partners With PACT

PACT Prevention Coalition, a local nonprofit that develops solutions and addresses the problem of alcohol, tobacco and other drug abuse in St. Johns County, recently became the newest partner of Art 4 Charities, a for-profit business that assists nonprofits in their fundraising efforts.

On Saturday, June 3rd, a live and silent auction was held at Jaybird's Restaurant located at 2600 N. Ponce de Leon Blvd. in St. Augustine from 5-8pm to benefit the organization. Artwork was on display for the general public to view along with a live auction.

Participating in Art 4 Charities' Charity Benefits Program, PACT agrees to inform their supporters and the public about the partnership and be involved in the company's fundraisers along with inviting the company to take part in their events. In turn, the nonprofit receives 40% of the proceeds designated to them.

The concept of Art 4 Charities is simply to offer reproductions of The Old Masters and beautiful artwork and photography to the general public with designated charities receiving a portion of the profits.

“PACT Prevention Coalition of St. Johns County is excited to initiate a new partnership with Art 4 Charities”, said Bridget Heenan, Executive Director of PACT Prevention Coalition. “As a small, local non-profit, we are delighted to have a venue which will support our financial needs with such a positive, creative and worthwhile opportunity. We are excited to begin showcasing the wonderful artwork which will be so appealing to many local residents. Additionally, the choice to have treasured family photos captured and transformed onto canvas, presents a personalized option in creating quality art for a home, business office or to share as a unique gift. Here's the chance to feature a family member ... or group photo ... or that best photo from a special occasion ... or perhaps a beloved pet. For information about hosting an art auction or home art showing to support your local charity, please contact Art 4 Charities at (904)469-7428 or email Diane Machaby at [art4charities.dm@gmail.com](mailto:art4charities.dm@gmail.com). To purchase artwork and photography to benefit your favorite charity, visit the Art 4 Charities website at [Art4Charities.net](http://Art4Charities.net).

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## Wild Flower Meadow Group

by Cindy Taylor

Early in July we finally had the rain we were hoping for and the flowers loved it. Unfortunately, so did the lawn grasses that threaten the wildflower meadow. It's another lesson in life: nothing in life is exactly the way we want it.



Another lesson from the wildflower meadow has to do with removing what doesn't belong (lawn grasses). I guess you could say it's my nemesis. Sometimes I can't pull them out by the entire root; but the next time I try, it's weaker and I remove more of it. It can take many efforts to accomplish a task and just when I think I'm getting ahead, it rains. And so the wildflower meadow teaches perseverance. The effort is worth it to be outside, with good company, flowers, and away from electronic devices.

This month I want to thank Edie Swinney for her donation of spiderwort to the meadow. I also want to thank all the members of our group who plant wildflower seeds, transplant flowers, and water them till they take hold.

Early in July the new blossoms were passion vine, sand hill cone flower, Florida elephant foot, Micheaux croton, iron weed, dune daisy, seed box (Ludwigia), milk pea, scarlet sage, queen's delight, wood sage, and black root. Coreopsis, Mimosa strigillosa, spiderwort, wood sage, southern bee blossom, and ground cherry were still in bloom, also gaillardia, scorpion tail, painted leaf, false dandelion, Spanish needle, wild petunia, fire bush, honeysuckle vine, frog fruit, and butterfly pea.

We occasionally visit state and county parks and welcome newcomers, even if you want to come only on the outings. Our group meets the first Saturday of each month at about 8:30 by the Riverview Club House. Our goal is to preserve the wildflower meadow, learn about native plants, and those that grow in this location. We're an informal group without officers or dues and hope you will join us. Call Claire at 904-826-5366 for more information. Call Cindy at 904-797-3931 if you'd like to submit pictures of the meadow for our monthly article.

## August Calender of Events

Please call to confirm events as some dates and times could vary. An updated calendar is available every 2 - 4 months. In addition, an updated calendar of events is available at the VCB's website, [www.FloridasHistoricCoast.com](http://www.FloridasHistoricCoast.com), or by calling 800-653-2489 or 904-829-1711.

**August 2**  
**St. Augustine Beach Wednesday Market** - 350 A1A Beach Blvd., St. Augustine Beach 904-347-8007 [www.sabca.org](http://www.sabca.org)

**Lightner Museum Curator Tours** - 75 King St., St. Augustine 904-824-2874 [www.lightnermuseum.org](http://www.lightnermuseum.org)

**Music by the Sea Concert** - 350 A1A Beach Blvd., St. Augustine Beach 904-347-8007 [www.sabca.org](http://www.sabca.org)

**August 3**  
**Concert in the Plaza** - Corner of Cathedral Pl. and King St., St. Augustine 904-825-1004 [www.citystaug.com/concerts](http://www.citystaug.com/concerts)

**August 4**  
**Garden Walk** - 6400 N. Oceanshore Blvd., Palm Coast 386-446-6783 [www.washingtonoaks.org](http://www.washingtonoaks.org)

**First Friday Art Walk** - 832-779-2781 [www.artgalleriesofstaugustine.org](http://www.artgalleriesofstaugustine.org)

**Art Walk Off the Beaten Path** - 904-540-0402 [www.vilanobeachfl.com](http://www.vilanobeachfl.com)

**August 5**  
**GTM Research Reserve Guided**

**Exploration Hike** - 505 Guana River Rd., Ponte Vedra Beach 904-823-4500 [www.gtmnerr.org](http://www.gtmnerr.org)

**Militia Muster and Training at Fort Mose** - 904-823-2232 [www.floridastateparks.org/park/fort-mose](http://www.floridastateparks.org/park/fort-mose)

**VIP All Things Chocolate Tasting Tour** - 4 Granada St., St. Augustine 904-825-0087 [www.staugcitywalks.com](http://www.staugcitywalks.com)

(continued on page 14)

Valerie Miller  
Pet Sitter

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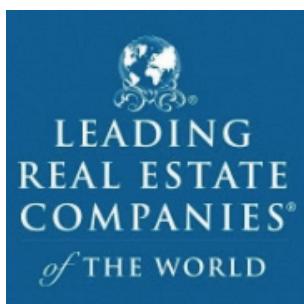


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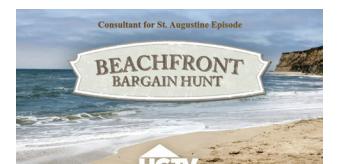


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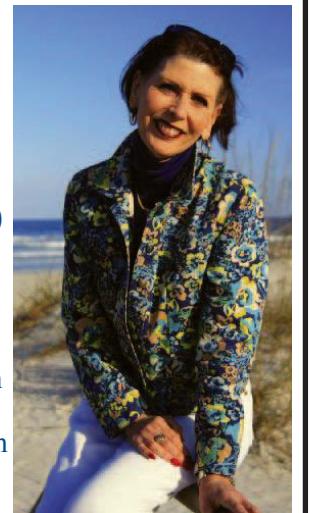
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## Is the Rise of Social Media Causing a Decline in Expectation of Privacy?

by Colby Keefe, Esq.  
Jackson Law Group

Summer is here, and that means uploading summer vacation pictures. But before you start sharing, you may want to hesitate. If you think you're only sharing material with Facebook friends, think again: you could someday find yourself explaining those pictures in a courtroom.

Florida courts allow social media content, such as photos shared on Facebook, to be discovered as evidence in litigation. This issue was addressed in a 2015 case when a Broward County woman sued Target Corp. for a slip-and-fall accident. The court allowed photos the woman shared on Facebook in as relevant evidence – including photos suggesting “her injury claims [were] suspect.” Over the woman’s objections, the court found that her privacy interest in the photos was minimal. Furthermore, this was true regardless of any privacy settings. In other words, you may hand-select who you share content with, but expect that it may be shared along to a broader network.

The court stated that the right to privacy will only attach if there exists a legitimate expectation of privacy. Historically, examples of a legitimate expectation of privacy could be in the privacy of one’s home or in some tangible items like financial records. Recent cases have tested where social media falls in the expectation of privacy analysis.

You may not have a right to privacy for photographs you willingly share, but what if your picture is shared without permission? If you’re downtown with friends and someone at the neighboring table unsuspectingly snaps your photo, do you have any recourse if it’s shared on social media?

Most social media sites have procedures for removal of unauthorized content. Whether there is civil or criminal liability, however, can depend on multiple factors, such as the age of the person in the photograph, where the photograph was taken, and whether the photograph is being used for commercial gain, among other things.

It is understandable that recent cases have prompted courts to analyze reasonable expectations of privacy. After all, the standard for a legitimate expectation of privacy was established back when “going viral” meant a smallpox outbreak. As the scope of privacy rights are tested through social media, you may want to think before you post.

Colby Keefe is an Associate Attorney at Jackson Law Group. After earning her Bachelor of Arts from Flagler College in 2012, Ms. Keefe earned her J.D. from the University of Georgia School of Law in Athens, Georgia.

## St. Augustine Beach Civic Association

by Bill Jones, President  
www.thecivicassociation.com

## Rising Country Music Star at Music by the Sea August 23rd



Sometimes luck and a little good timing pay big dividends when you’re trying to book bands. Over the last few years more people from around the country have heard about The Civic Association’s popular Music by the Sea concert series. The word has also gotten out in the music community. We’re getting inquiries and calls from well-known acts and up and rising stars too. On August 23rd Music by the Sea welcomes Maggie Baugh and her band to our beautiful beach. Two years ago I was talking to the agent for American Idol contestant Lauren Alaina about performing here. About the time we were set to make a deal, Lauren’s newest music video took off and her availability to small venues like ours dried up. Lauren’s agent was kind enough turn me on to a young lady by



the name of Maggie Baugh and she lived just south of us. I got a chance to see the then 15 year old play the fiddle on stage with The Charlie Daniels Band. Charlie sang with this sensationally talented teen played the Devil Went Down to Georgia. We booked her for a show last May but we had thunderstorms and a crowd of about 400 instead of our usual 1200. Maggie and her band loved the venue and asked to come back. Since agreeing to come back Maggie has signed three deals that have her career on the rise. This young talent has a publishing deal with Nashville based Placer Creek Publishing, a recording contract with Cold River Records and is now represented by the Endeavor Division of the prestigious William Morris Agency. The good news is we’ve got this talented little lady locked in for August 23rd. So country fans here’s your chance to see a rising star up close and personal. For a look at the complete Music by the Sea schedule please visit our website at www.freebeachconcerts.com

We’re down to 6 months on our contract to operate the Wednesday Market at Pier Park. St Johns County Administrator Michael Wanchick continues to tell us that there is no room for events that take up parking spaces at Pier Park. The County has tried to get our City to take over the operation of the parking lot, pavilion and volleyball courts but they refuse to relinquish control of the Pier, Bait & Gift Shop. The County claims they lose \$30K - \$35K on the operation of the facility. The City wants time to really crunch numbers on this before they would consider moving forward. We’ll be asking for your input and help to find a solution. If you are not yet on our email list please send a request to be added to [sabcivic@yahoo.com](mailto:sabcivic@yahoo.com) to stay informed.

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## Financial Focus

Information Provided by  
Edward Jones

### Matched-and Long-Term Goals with the Right Investments

Not all investments are created equal. Some are better suited for short-term goals, while others can help you build resources for objectives far in the future. As an investor, then, one of your biggest challenges will be to match your short- and long-term goals with the appropriate investment vehicles. How should you proceed?

For starters, identify your short- and long-term goals. Your shorter-term goals will change throughout your life. When you are starting out in your career, for example, you might aspire to purchase a home in the next three to five years. Later on, though, your biggest short-term objective might be to save enough money for a long tour of Europe – without racking up credit card debt.

As for long-term goals, your biggest one likely will be to enjoy a comfortable retirement. But you may well have other long-term plans, too, such as sending your kids to college in 10 or 15 years.

After you have a clear sense of your short- and long-term goals, you can choose the right investments to help you meet them. Let's start with the shorter-term ones. When you're saving for a down payment on a home or for an expensive European vacation, you want to make sure that a certain amount of money will be available to you at a certain time. Consequently, you may want to avoid stocks or stock-based vehicles, which will constantly fluctuate in price, because you don't want the value of your investment to be down at the moment you need the money. Instead, for short-term goals, you may want to consider a fixed-income vehicle, such as a bond, which is designed to provide regular interest payments and return your full principal upon the bond's maturity (providing the issuer

doesn't default, which, with investment-grade bonds, is generally unlikely).

For longer-term goals, such as college for your kids and a comfortable retirement for yourself, it's a different story. To achieve these goals – and especially for retirement – you generally need to accumulate as much as you can. As a result, you need investments with growth potential, which means you will need to consider stocks and stock-based instruments. As mentioned above, stocks will always fluctuate in value, and they may be worth more or less than your original investment when sold. However, building a portfolio with an investment mix that's appropriate for your risk tolerance, and that contains a reasonable amount of growth-oriented vehicles, can potentially help you overcome short-term volatility and continue making progress toward your long-term goals.

Plus, you have some attractive long-term options available. With a 529 college savings plan, you can save for college and possibly achieve tax benefits, too. And by contributing regularly to your IRA and 401(k) or similar employer-sponsored plan, you can defer taxes while spreading your dollars among a wide range of investments. But there's one thing all long-term investments have in common: You need patience and discipline to stick with them.

So, there you have some ideas on short- and long-term investing. Keeping this distinction in mind when you invest can help boost your confidence that you're making appropriate moves for all your goals.

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



### Do you Know Who is Sending you Emails?

Greeting from Computer Professor. I have learned to become very careful, cautious and maybe even cynical while dealing with email and Internet information.

Don't get me wrong, I couldn't function the same without the information and material available on the internet at my fingertips. It is the natural and manmade fault of the human race that is messing it up. A good portion of the human race likes to steal from others for their own gain. This certainly is not anything new and did not start with the Internet, just became more exposed. The older we are the wiser we are about this only because we have a greater chance to have been "taken" before, use that experience wisely while on the Internet or dealing with email.

Here is something that may help. The name that is displayed on the "from" line on an email can be manipulated into saying anything a person wants; any name or wording, even your own. This display name is NOT the email address and thus is not unique or protected and therefore cannot be trusted to identify the sender.

There is an email address associated with the display and you, as a receiver of this email, can access to see who it is really from. The procedure can vary

depending on what program you are using to access your email, many times all you have to do is point, click or tap the senders display name and a small window comes up with the address. Look at this address, at times you can tell instantly that it could not be the correct address by looking at the domain name or extension. The extension is the last 2 or 3 characters at the end of the address (can be more). For example: defuritly@tech.edu is not your bank. The ".edu" is a controlled educational establishment; which means, someone's kid is trying to con you out of your money for beer money. There is an ever growing list of extensions out there but the chances are the place they are pretending to be would be a ".com", ".net" or a more common one.

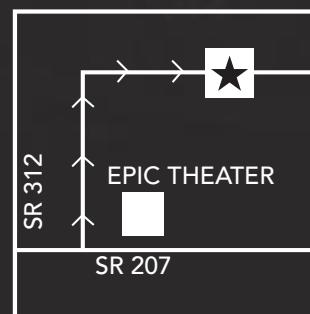
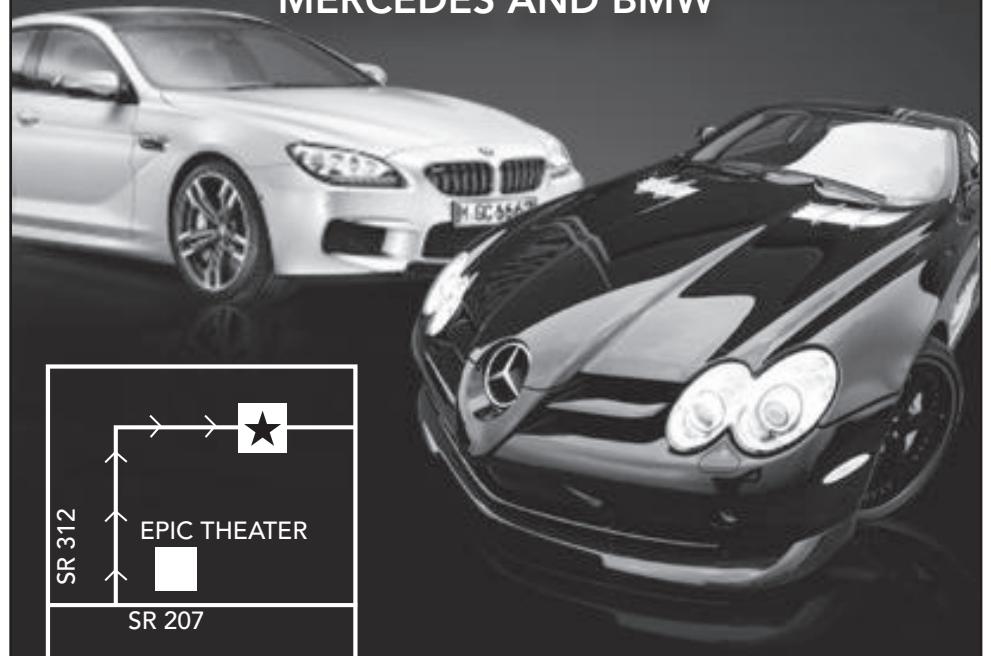
If it is a ".com" then that means it could be sent by anyone, yes but; if it claims to be your internet provider or your bank, then the word just before the ".com" should be the bank's name or internet providers name; i.e. AOL.com or wells Fargo.com. Beware of additional characters with a legit sounding domain; this can change an address to another file type. For example: "www.firstunion.com.html" is not a web address but is actually a piece of paper anyone could create. For more info call Gary at 904-377-6785.

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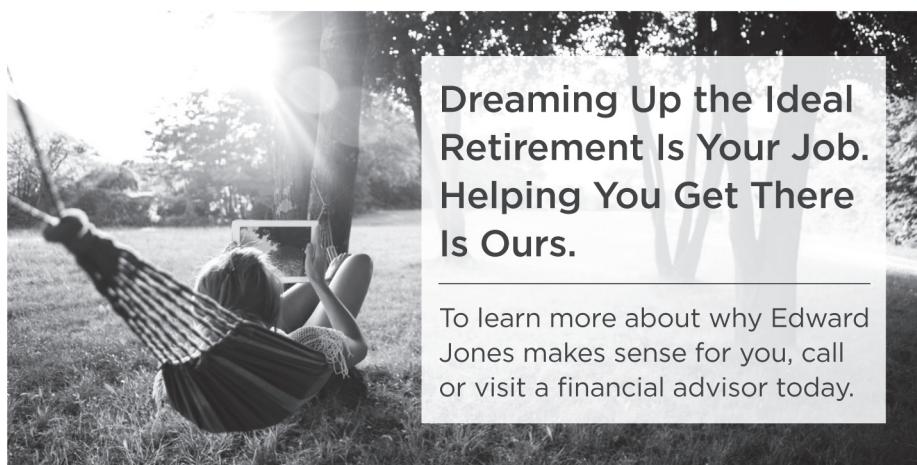
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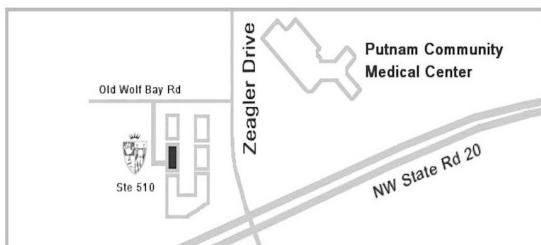
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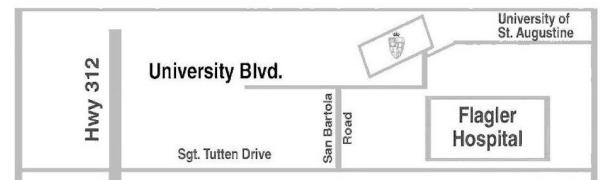
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## Save Your Electronics! by Pure Energy Electric

We have all experienced power surges at one time or another, from your power flickering to complete loss of power. This can be very hazardous to our homes/offices electronics and electrical equipment.

When a surge occurs, it sends a quick increase of voltage through your homes electrical systems. Surges cause an arc of the electrical current. Arcs of electrical current turn into heat and damage your electrical systems and electronic circuit boards in appliances and electronics. Large surges may be caused during power grid changes from the utility company or lightning. Surges can also be caused by large appliances like refrigerators, air conditioners, vacuum cleaners, copy machines/printers, freezers, dishwashers and many more. Small surges may not even be noticeable to the human eye and occur multiple times a day. These surges will decrease the life of your equipment over time. Surges can enter your house through the powerlines, telephone wires, or dish/ TV cables.

What can you do to keep your electronics and appliances safe? Make sure your homes/offices electrical systems have been grounded properly and install surge protections. When looking for surge protection be aware, all surge protection is not created equal. It is important that surge protectors carry a "UL 1449" label. Most high quality surge protectors carry a warranty to cover devices and appliances up to a particular dollar amount. Pure Energy Electrical Services will be able to recommend a quality surge protector.

What do I need to have surge protection on? It is important to have protection at all the entrance points of your home. It is recommended that a whole house surge protector be installed at the electrical panel; as well as installing surge protection for TV, internet and telephone wires. Our licensed electrician will be able to customize your surge protection to exactly what you need for your devices. Contact Pure Energy Electric today at 904-829-5038; mention this article and receive a free estimate to determine your electrical surge protection needs. Keep your homes and everything in it safe. Call 904-829-5038 Today!

## August Calender of Events

(continued from page 7)

### August 5

**Drum Runner Series Barrel Racing at St. Johns County Fairgrounds** - 5840 S.R. 207, Elkton 904-588-8017 [www.sjchc.org](http://www.sjchc.org)

### August 7

**Sunset/Moonrise at the St. Augustine Lighthouse & Maritime Museum** - 81 Lighthouse Ave., St. Augustine 904-829-0745 [www.staugustinelighthouse.org](http://www.staugustinelighthouse.org)

### August 9

**St. Augustine Beach Wednesday Market** - 350 A1A Beach Blvd., St. Augustine Beach 904-347-8007 [www.sabca.org](http://www.sabca.org)

**Music by the Sea Concert** - 350 A1A Beach Blvd., St. Augustine Beach 904-347-8007 [www.sabca.org](http://www.sabca.org)

### August 10

**Concert in the Plaza** - Corner of Cathedral Pl. and King St., St. Augustine 904-825-1004 [www.citystaug.com/concerts](http://www.citystaug.com/concerts)

### August 12

**Family Seining at the GTM Research Reserve**- Environmental Education Center. 505 Guana River Rd., Ponte Vedra Beach 904-823-4500 [www.gtmnerr.org](http://www.gtmnerr.org)

**Free St. Augustine Pet Walk Pup Crawl**- Tour Saint Augustine office. Reservations required. 4 Granada St., St. Augustine 904-825-0087 [www.staugcitywalks.com](http://www.staugcitywalks.com)

**Plant Sale** - 6400 N. Oceanshore Blvd., Palm Coast 386-446-6783 [www.washingtonoaks.org](http://www.washingtonoaks.org)

### August 15

**GTM Research Reserve Marineland Lecture** - 9600 Oceanshore Blvd., Marineland 904-823-4500 [www.gtmnerr.org](http://www.gtmnerr.org)

### August 16

**St. Augustine Beach Wednesday Market** - 350 A1A Beach Blvd., St. Augustine Beach 904-347-8007 [www.sabca.org](http://www.sabca.org)

**Music by the Sea Concert** - 350 A1A Beach Blvd., St. Augustine Beach 904-347-8007 [www.sabca.org](http://www.sabca.org)

### August 17

**Concert in the Plaza** - Corner of Cathedral Pl. and King St., St. Augustine 904-825-1004 [www.citystaug.com/concerts](http://www.citystaug.com/concerts)

### August 18

**VIP Gallery Art Stroll & Tasting Tour** - Advance reservations required. 4 Granada St., St. Augustine 904-825-0087 [www.vipartwalk.com](http://www.vipartwalk.com)

### August 19

**Alex's Capes and Tiaras 5K** - 790 Christina Dr., St. Augustine 904-814-6668 [www.racesmith.com](http://www.racesmith.com)

**Photography Challenge Event** - 6400 N. Oceanshore Blvd., Palm Coast 386-446-6783 [www.washingtonoaks.org](http://www.washingtonoaks.org)

**Tolomato Cemetery Guided Tour** - 14 Cordova St., St. Augustine 904-257-3273 [www.tolomatoecemetery.com](http://www.tolomatoecemetery.com)

**Free Black Heritage & Civil Rights Walking Tour**-4 Granada St., St. Augustine 904-825-0087 [www.staugustineblackheritagetours.com](http://www.staugustineblackheritagetours.com)

### August 23

**St. Augustine Beach Wednesday Market** - 350 A1A Beach Blvd., St. Augustine Beach 904-347-8007 [www.sabca.org](http://www.sabca.org)

**Music by the Sea Concert** - 350 A1A Beach Blvd., St. Augustine Beach 904-347-8007 [www.sabca.org](http://www.sabca.org)

### August 24

**Concert in the Plaza** - Corner of Cathedral Pl. and King St., St. Augustine 904-825-1004 [www.citystaug.com/concerts](http://www.citystaug.com/concerts)

### August 26

**Uptown Saturday** - 904-829-6831 [www.facebook.com/uptownstaugustine](http://www.facebook.com/uptownstaugustine)

**Free Historic Walking Tour** - 4 Granada St., St. Augustine 904-825-0087 [www.staugcitywalks.com](http://www.staugcitywalks.com)

### August 27

**Pet-Friendly Food Tours** - 4 Granada St., St. Augustine 904-825-0087 [www.staugcitywalks.com](http://www.staugcitywalks.com)

**Music in the Box** - 11 Old Mission Ave., St. Augustine 904-825-1164 [www.limelight-theatre.org](http://www.limelight-theatre.org)

### August 30

**St. Augustine Beach Wednesday Market** - 350 A1A Beach Blvd., St. Augustine Beach 904-347-8007 [www.sabca.org](http://www.sabca.org)

**Music by the Sea Concert** - 350 A1A Beach Blvd., St. Augustine Beach 904-347-8007 [www.sabca.org](http://www.sabca.org)



## SI Dysfunction

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



"SI" or "SIJ" stands for the sacroiliac joint. There is a right and left SI joint attaching the sacrum to the right and left ilium hence sacroiliac joint. Together they form your pelvis, a stable ring that provides a base for the spine as well as transmit forces from the ground through the legs.

The SI joints are not supposed to move much – just a little wiggle, if you will, with walking, sitting or standing. It also moves during childbirth, which is why the SI joints are more mobile in women than men but every bit as problematic and painful for both.

The two joints must work and move together, equally. Trouble occurs, like in many aspects of our bodies, when an imbalance is present. Imbalances can occur with asymmetrical movements. For both men and women, this could be habitually crossing one leg over the other or sleeping on one side for than the other. Golfing also produces a significant amount of torque through the stance or lead leg, making it hypermobile, for either men or women. Pregnancy and menstruation can also produce temporary hypermobility or dysfunction as well as leg-length discrepancy.

SI joint dysfunction can be seen after motor vehicle accidents, falls, hard or missteps off curbs or in a hole. The jar from such forces go through the leg, into the pelvis and through the SI joint, which can be very painful immediately and weeks later. I experienced SI joint dysfunction and pain after playing soccer. I was the substitute goalkeeper and the opposing team quickly learned the left

side was my weaker and kept me diving to that side. Two weeks later my SI joint started to give me problems.

Treatment can be difficult but not impossible, if one is patient and consistent. If one SI joint moves to much the other moves too little. Conservatively, hypermobile joints are dynamically stabilized with exercise but the problem with the SI joint, there are few muscles crossing it and none directly. But, with perseverance, joint and soft tissue manipulation, exercise and perhaps the aid of a "SI belt", SI dysfunction can be overcome.

SI joint dysfunction is more common than people think, an often mistaken for a lower lumbar problem because the pain is at the same level or near the L5 and S1. Pain can be experienced with sitting or standing, walking, twisting or even lying down. It can also produce pain in the buttock region but rarely down the leg. And with most dysfunction, early intervention is best. If you think you may have SI joint dysfunction, consult your MD or PT and become fully functional again.

*The First Coast Rehab physical therapists offer Functional Physical exams in St. Augustine 904-829-3411 or Palatka 386-325-2721. Rob Stanborough is a physical therapist 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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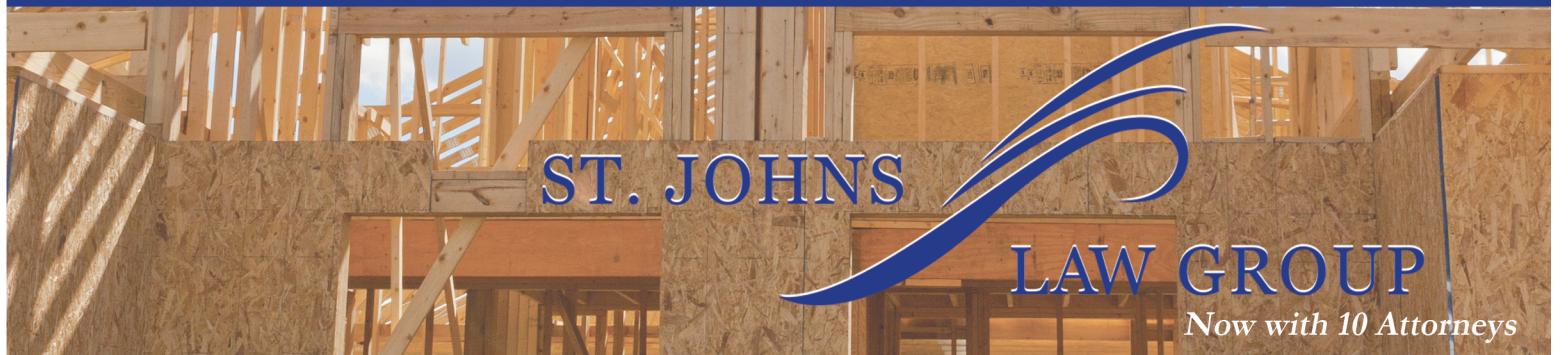
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